

Spiritual Frontiers Fellowship
presents

Your Magical World of Sleep and Dreams

We're fascinated by our dreams, sensing that they provide a rich source of material for our spiritual growth. Do you know that they are also vital for storing memories and for learning?

Diane Brandon has worked with dreams and studied sleep and dream research for over 30 years. In this talk she will guide us to a better understanding of the value of our sleeping and dreaming worlds. Our unconscious minds—from which many, but not all, of our dreams stem—know us better than we know ourselves consciously, and they truly conspire, quietly and behind the scenes, to help us with our lives. Dreams often represent our unconscious mind trying to bring us to balance and wholeness. With awareness, we can reap many benefits of the unconscious working for us in our dreams and in other states of consciousness.

We'll hear about some of the latest research into the sleeping mind and body and how they are different from the waking states, and learn how adequate, quality sleep is crucial to our physical health and to our ability to recall our dreams. Then we'll delve into dreams: where they come from (the unconscious mind, but other sources as well), various types of dreams, how to interpret and understand them, and how to apply them to our lives. In the last part of the talk, Diane will address dream-interpretation questions from audience members.

Growing up in New Orleans, Diane had a mostly typical middle class childhood—she was an avid reader with lots of interests and activities—except for her innate mystical orientation and awareness. But her path was to include college, graduate school, several conventional jobs, and self-employment in the performing arts before, in the early 1990s, she began using her intuitive gifts in what evolved into the work she does today. In over 18 years of intuitive work, she has focused on helping others to live to their fullest potential, lead fulfilling lives, align themselves to purpose, and unfold spiritually, drawing upon her inherently spiritual and mystical orientation and finely honed intuition. She conducts private counseling sessions using guided meditation, regression, natural process healing, and customized exercises; and she teaches workshops, classes, and teleseminars.

She hosts two radio shows: “Naturally Vibrant Living” on WebTalkRadio.net about green living; and “Vibrantly Green with Diane Brandon” on Ecology.com. She's the author of *Invisible Blueprints: Intuitive Insights for Fulfillment in Life*, and she has produced several meditation CDs. She has contributed articles to the magazines *Connexions* and *Innerchange*, including “Befriending Your Other Self” in the Winter 2011 issue of *Innerchange*; the Summer 2011 edition of *Art of WellBeing Holistic Journal* and Website will feature her article “Exploring Your Dreams for Wellness.”

Diane's book and CDs will be available for sale, with a portion of the proceeds going to support SFF. Learn more about Diane and her work at www.DianeBrandon.com and www.DianeBrandon.net.



Diane Brandon

Thursday, May 5, 2011

**4900 Waters Edge Dr, Suite 190
Raleigh, NC**

**Admission: \$10;
\$8 seniors & students**

**Doors Open - 6:45 PM
Meeting - 7:15 PM
Early Meditation - 6:30 PM (free)**

Visit us online at www.Spiritual-Frontiers.com.

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