



## DreamingBear Baraka Kanaan

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**VIEW A SAMPLE PRESENTATION OF  
DREAMINGBEAR AT AGAPE**  
<http://vimeo.com/3087230>

"If you'd like to experience a living combination of Spaulding Gray, Rumi, Jack Kerouac, Robin Williams, Shel Silverstien, Michael Talbot and Thich Nhat Hanh- you owe it to yourself to see Dreaming Bear." **Frank Marino ~Elevate Films~**

"DreamingBear is the best conscious orator on the planet. His love spells magically open the heart!" **~Mark Victor Hansen, co-creator, Chicken Soup for the Soul**

## Fractal Dreaming Playshops THE ART OF LUCID DREAM TRAVEL.

DreamingBear is an award-winning author of eight books, & stand-up philosopher whose transformational insights have inspired audiences at venues around the globe including Agape International Spiritual Center, Bodhi Tree Bookstore, The Alchemy Conference, & numerous music and arts festivals including Harmony, New Living Expo, colleges & universities, spiritual centers of all faiths, yoga studios, and private home-based gatherings.

DreamingBear's Fractal Dreaming Playshop focuses on cultivating dreams into expeditions of experience through journeys into the "all at once time". As a participant, you will "Onironaut" or bodyless travel in the hub of inter-dimensional doorways through which your consciousness becomes the nexus point for every possible version of reality.

- Learn to recognize & understand the four levels of dreaming & how to interpret their meanings as well as speak the language of dreams & employ the use of herbal dream supplements to stimulate memory & lucidity.
- Acquire a working capability to induce REM sleep, through essential pre-dream rituals/ceremonies & waking practices that invoke the art of lucidity, or conscious dream travel.
- Evoke total dream recall & the ability to use dreams as a "dress rehearsal for life" to aid in problem solving, & creative processes, by tapping into disembodied energies from past present & future.
- Be inspired to manifest your dreams, as you develop your internal technology of expanded states of awareness, including the ability of 'dreamwalking' into other people's theta states.

Examples of playshop activities include group dream mantras, chaos magic & lucid dream exercises, ecstatic play rituals, dance and movement, vocalization & singing, tools for dream manifestation, and powerful visualization techniques. vocalization & singing, tools for dream manifestation, and powerful visualization techniques.