

BELIEVE,
A Life Lessons
Course Book

WRITTEN BY
TINA:
THE CHRISTIAN PSYCHIC

THIS IS A BOOK ABOUT BOOKS.
(AND READING)

Reading books changed my life. The bible started me first, great foundation. These are the books, charts and cards I used to get the information, then I used my own words to make the nine lessons:

- 1.) CHAKRAS - "The Chakra Tune -Up Chart." Created and designed by Elizabeth Blackburn.
- 2.) DREAMS - "The Dreamers Dictionary" by Lady Stearn Robinson and Tom Gobbett.
- "10,000 Dreams Interpreted" by Gustavus Hindman Miller.
- 3.) BODY SIGNS - "Body Signs", Hilarion, Channeled by M.B. Cooke.
- 4.) PALMISTRY - "Body Signs", Hilarion, Channeled by M.B. Cooke.
- 5.) NUMEROLOGY - "Numerology Awareness Guide" card. Designed by Neil S. Cohen
- "The Life You Were Meant to Live." by Dan Millman.
- "Symbols", Significance of names and letters "Child Light," Parenting for a new age. Hilarion, Channeled by M.B. Cooke.
- 6.) TAROT - Volume one of "The Connolly Tarot", a new handbook for the apprentice. By Eileen Connolly.
- 7.) TEACUP - "Teach Yourself Fortune Telling," Palmistry, Crystal ball, Runes, (Tea Leafs), The Tarot." By Rachel Pollack.
- 8.) I-CHING - Little handbook of the I-Ching.
- 9.) FENG SHUI - "101 Feng Shui Tips for the home" by Regard Webster.
- Feng Shui The traditional oriental way to enhance your life, by Stephen Skinner.

These are not meant for only one religion, anyone can use them. They are old and cherished beliefs that good souls have used for many years. They are meant to help you learn and grow. Some people say they are evil because they don't understand them. Others understand and believe they really do help and use them when needed. Only you can decide. All religions use prayer. Try that for your guidance. One of my rules is to never put down anyone's belief's, it will not turn them to your way of thinking. Let people believe what they want, the way they want, at the time they need to believe it. Everyone grows in a different way and at a different speed.

Find a book that interests you and start learning. Who knows where it will take you. You learn, you grow. You grow, you understand more.

When you understand more, you become more understanding and compassionate and that will bring love to your life, love calls love.

Must be 18 years of age or older to read this book.

Believe, A Life Lessons Course Book, Literary, Copyright # 1097000

Published in Abbotsford, B.C. Canada

On September 26 2012

IT'S ALL IN THE WAY YOU INTERPRET THINGS, YOUR PERCEPTION.

BELIEVE 1

- OUR FATHER WHO ART IN HEAVEN, HALLOWED BE THY NAME.

A WORD ABOUT: THE DARK FORCES.

You must embrace and respect your dark side... everyone has one. When God made this earth in all its glory, he did not want anything to be evil. There is a difference between dark and evil. A knife can be used for good dark like surgery or evil dark like murder. The evil which humans see in the world comes from within us. It is humans that make God's creations good or evil. When we feel bad about something then emotions such as fear, worry and concern are from our dark side. These emotions can help us too, fear can show us our boundaries, worry can show us our own life lessons and concern can show us our compassion. The dark side can be used as a warning sign, a red flag to guild us in the right direction. Just as dark forces work through negative emotions, the light forces work through positive emotions, like Love, kindness and happiness. The dark and the light work together for God. God made everything for a reason, including the dark. Humans turned the dark into evil, with lots of persuasion from the devil.

What would we do without our mistakes? We would never learn anything. You must have the dark to see the light. You can look up into the night sky and see total darkness... until you see a star and then another and another, you would not have seen the light without the dark and visa versa. When you are in the dark always ask what light am I to see from this? Evil is not in control of the dark, God is in control of the dark. God is in control of everything and God will never give you more then your soul can handle. God overrides the devil and his evil. Just as long as you know the difference between right/wrong; Love/hate; light/dark; good/evil; then you should be a good human. Work toward the light.

It's like God gave the devil the worst job ever but the most needed for us humans, to show us the light through the dark. (Some of us need tough Love such as being taught not to do something because it is bad for us, like smoking, dinking too much or driving too fast.) With free will, three-dimensional humans control their own emotions, dark and light. There is good dark and bad dark, good dark is fixing a cavity, bad dark is hurting for fun. There is good light and bad light, good light is charity, bad light is a sheep in wolf's clothing. Something bad happens from the light or the dark and it's not what happened, it's how you handle it that counts to God, he knows your intentions. Everyone here has good and bad karma (universal law: law of physics, or what goes around comes around). After something dark happens to you do you put dark back into the world or do you use it to put light back into the world? That is the question.

Everything is to return to God, the light and the dark. Light is where you want to be, it's more comfortable. In the daytime it is light, at night it is dark but there are always star lights, such is life. So next time you are worried or mad, ask yourself how is this to show me the light and what am I to learn from this? When you are happy, stay there and Love it, don't ask, now what bad thing could happen? Just be happy; you deserve it; learn that. Evil dark will end up light, then the devil will have helped humans after all. Until then we need dark and light to learn. Thank you God for giving us dark and light to use at our own free will. Let's show the universe that positive/light emotions will be the end result. They must be. Love is the only answer.

The way I see it God is in control. God created everything on earth and in heaven, humans and angels, everything everywhere. God and everything he created will be here forever and ever, amen. God made karma for the good and the bad, what you reap you shall also sew, for the good and the bad. Now if one of God's creations was trying to take dark to evil, which is over God's line, then Karma must come into play. God has many helpers, Michael, the archangel is just one of them. All the archangels help God in these areas. Just as authority punishes people, or parents punish a child to teach them that evil is not the way home to God, so must God punish the devil for trying to take over with his own agenda, letting evil go

too far.

Good will always triumph over evil in the end. That is what God wants all of his creations to believe will happen. The devil did not want to serve man, he was jealous of man because God loved us so much. Now the devil must show man light through the dark, that is how the devil is serving man now. Who better for the worst job God has to give, the punishment will end when the devil sees the light. Us humans will show him and the universe that Love is the way. Comedy will be born out of tragedy.

Just one more thing I think everyone should know. When we go to the other side we are with people (souls) that are just like us, remember that. And it's the same here as it is in Heaven; the people that are the closest to you are a mirror reflection of you. So we are Gods mirror reflection, let's make him proud.

- THY KINGDOM COME THAT WILL BE DONE ON EARTH AS IT IS IN HEAVEN -

THE START

Everyone has a longing for the knowledge that is around them. Can't make the longing stop, must follow it. This is where my longing took me. This is what I choose, of my own free will, to believe:

I was raised a Roman Catholic, my religion at birth. I was baptized to get rid of my original sin (not that I believe newly born babies have committed any sins. Still I say do it just in case.) Being a Catholic was a good base but as I grew older I wondered where did religion come from...? Beliefs and religion have always been in us since the beginning of time. With fear and dying we needed something to make things better. Some of these experiences were hard and we needed to communicate with our dear departed loved ones on the other side to get us through it. People also communicated to the other side to be thankful. We pray to get out of things and we pray to get us things, always have and always will. Now imagine this starting all around the world but each not knowing about the other. Was it Adam and Eve's children that led the way? Or was it the people from Atlantis? Everything would be so different depending on where you are from but all based on the need to talk to the other side within our comfort zone. For whatever reason we all have some kind of belief system and we communicate with it. This happens throughout the whole world, at all times.

I have researched other beliefs, holy books, and prophets, and there are things I liked and things I didn't like about them, same as my Roman Catholic beliefs. People of all beliefs have killed or been killed for what they believe. In the end, I decided to take what I like from each belief and what I liked from all the holy books and prophets. I left behind what I didn't like from these beliefs and what I didn't like about the holy books or prophets. I will make it personal. I will make it my own.

Below I have made a chart of the mainstream religions/beliefs that I do believe in, and on the chart I also show the things in the mainstream religions/beliefs that I don't believe in. You can make your own chart. Everyone's should be different because we are all different, even if we are in the same religion. Also on this chart are less mainstream religions/beliefs. The chart on the next page is of some holy books, symbols and prophets.

- GIVE US THIS DAY OUR DAILY BREAD -

TINA'S CHART ON HER BELIEF /RELIGION.		
BELIEVE	DON'T BELIEVE	OTHER BELIEFS
Science, Ape to Man, Theory of evolution.	Need to prove.	Wiccan
Creativeness, Gift from God.	Used for the bad.	Native Indian
Free Mason, Must believe in higher being.	Secrets. Too many rules.	Shaman/Witch doctor
Jehovah's Witness, Peace. Animals have souls.	Door to door.	Shinto
Catholic, Jesus son of God. Immortal souls.	Priests, nuns, not to marry.	Rumi
Christian, Jesus died for our sins.	Gay is wrong. Judgemental.	Aztec/ Mayan
Jewish, God is spoken of but no true name.	Women can't write Torah.	Hare Krishna
Hindu, Life is a self repeating cycle.	Extremists.	Inca
Islam, Karma. Surrender to Allah.	Women treated differently.	Mormon
Sikh , everyone is equal. Best of Hindu and Islam. Sharing.	Division.	Confucianism
Buddha, Heaven within or Nirvana. Love of art.	No women monks.	Taoism
Atheists, Love of the now.	Don't believe in any Gods.	Rastafarian
Muslims, Jesus is Messiah. Muhammad started this belief.	Radicals.	
Mennonites, good with the community.	Different levels.	

SOME HOLY BOOKS:	SOME SYMBOLS:	SOME PROPHETS:
The Bible The Torah – the five scrolls The Quran The four books The five classics The Sikh holy book The old and the new testament. The five pillars of Faith	Angels Sun Moon Stars Stonehenge Prayer wheel Cross Star of David.	Jesus Abraham/Moses Muhammad Buddha Confucius Gandhi Noah Adam

- FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US -

Did you know?

* Did you know that the Quran and the Bible are very much alike? *

* The five scrolls (the Dead Sea scrolls) were sent by God through Moses. The five scrolls are The Torah. The Torah is Gods words. Anything that was done after that I'm not sure of. *

* Adam is considered the first prophet in Islam. *

* In the early Christian beliefs and pagan Roman beliefs, there are similarities between their philosophies and the teachings of the scriptures. *

* Kabala believes that Hebrew letters hold all the secrets to life. Use your body to shape a Hebrew letter.

* Jehovah Witness's think all other religions are from the devil. They believe in the devil, but not hell. They also believe only 144 thousand people are going to Heaven to help Jesus, the rest will sort of sleep. *

* Evangelists believe only if you are one of them, will you go to Heaven to sit with Jesus. *

* In the Silo belief they say pain and suffering will, in the end, bring joy. *

* In Vietnam they believe their ancestors are watching over them. *

* I heard that in Kabala, they have used the Bible for readings. I tried this before I heard about them doing it. I thought of something and then I opened the Bible to a page and put my finger on a spot on that page. I looked there for my answer, it was very good. I must have been in that belief system before or how would I know about doing that before I heard they did it? *

* Smudging with sage is a Native Indian way of cleansing and keeping evil spirits away. It is used for people, places and things. *

* Some people think that we have mistaken aliens for God. *

* There is a belief that says you must kill all the Jews before I, your Messiah, will come back. Would anyone want to meet this Messiah? What if this Messiah turns on you? What if he tells everyone to kill your kind next? Think before you choose to believe anything and research it first. Go with Love. *

* I have heard that one of the first names for GOD is ELOHIM and YHWH (Yahweh) and GOD has a female side named ASHERAH his SHEKINAH. From the fifth book of the Old Testament (The five scrolls.) I like it. *

* Almost everyone believes in prayer and meditation. *OM MANI PADME HUM* is a saying that means: May peace and Love from all the higher beings who care for humanity be with you always. HILARION said that at the end of each of his books. Nice. *

Choose Love, for without Love, life has no meaning.

Remember – Information is power and with power comes responsibility.

If you read this book you will learn to talk to your guides. I promise by doing that you will get to know yourself better and that will give you “happily ever after”. On my search for all the religions I could find, I'm sure there are many I missed. I'm excited to add and subtract to my belief system, change is good for the soul.

For me, I like the things that let me communicate with the other side while getting to know myself better. Everyone is so different, that's the fun of this belief system. You're the only one that has it. It's unique just like you. Even if you are in the same religion as someone else, still your belief system is not exactly the same. And that's the way it should be, don't you think? Or am I the only one that thinks this way?

Because of my life experiences, I believe in many different things. Some religions would say something is evil while other religions would say it is very holy. Everyone is allowed to believe in what they want, when they want to, because of God's gift of free will. One for all, all for one. BELIEVE WHAT YOU WANT!

- AND LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL -

The two beliefs I have studied the most are: ROMAN CATHOLIC and PSYCHIC LESSONS. I have also explored a little into as many other beliefs as I could find. I'm sure that I will keep on finding new beliefs that I can look into for the rest of my life, sounds like fun. I have done this with other aspects in my life too. You can apply this system of choices to any part of your life; your beliefs, your style, your fitness, your music. Make it personal, make it unique, make it your own. ENJOY

WRITTEN BY TINA, THE CHRISTIAN/PSYCHIC

- FOR THY IS THE WISDOM THE POWER AND THE GLORY FOR EVER AND EVER, AMEN -

BELIEVE 1

THE BEGINNING

From Webster's new world dictionary:

BELIEVE: 1. to take as true, real, etc. 2. to trust a statement or promise of a person. 3. to support or think or to have faith.

PROPHECY - noun - 1. prediction of the future. 2. something predicted.

(TO MAKE A) PROPHECY - verb - 1. to predict as by divine guidance. 2. to predict in any way.

There is no right or wrong when it comes to what you believe. What is right for you is right for you. What is right for me is right for me. What you believe at this moment is right for you now. But things always change. Everyone can tell the future, everyone has a sixth sense. You have to study to become a lawyer, a doctor or a teacher. You also have to study your sixth sense. Reading is one of the best ways to learn. Books are a gift from God. If you believe good is in your future, there will be good in your future.

We have three bodies 1. our physical body, 2. our astral body, the one we go into after death, 3. our ether body, the one that is created by our mind. What we are thinking. What you believe becomes your truth in life. You create your future with your thoughts. It's a universal law. Everything in this universe is here to learn and we are all on a journey back home.

What religion is GOD? He believes in everything he created, so all religions are his.

The GOD BODY (God's body) said I would like to know myself better. I am going to spit out pieces of myself, all of my sparks will go on a journey back to me through the seven dimensions. We will always have and feel all the seven dimensions in us. As I go through each dimension, I will learn how to use it. There are many levels in each dimension. And I will always be encouraged to learn about all the other dimensions. Learn, learn, learn. That's what we are here for.

In the first dimension I must have the will to live, to physically exist. Grass, plants, and flowers are in this category. A sensitive plant won't have as much will to live as a weed. In the second dimension, I must have the will to physically exist, and now I must also develop my mind. This is the category most animals are in. A bug isn't as smart as a dog. In the third dimension, we add emotion. This is the category most humans are in. The same thing happens to two different people, one can't handle it while the other can. That which does not kill us makes us stronger. In the fourth dimension, we add spirituality. That's where the angels, guides and helpers of all kinds are. When any one talks to the Tarot cards, it's the third dimension talking to the fourth. When you are four-dimensional, it's like you are standing on a high cliff and can just see further ahead than the three-dimensional person on the bottom of the cliff, that's all. The fourth dimension is where the good schools are. Most people go there when they have a near death experience. On the other side you are with souls that are like you. Bad with bad, good with good. Mirror reflections, like on earth. The fifth dimension is the category of the planets, moons and astrology. As a planet, I have to line up in a certain way at a certain time. I will form patterns that will affect many things. I will take care of millions of souls. The sixth dimension is the sun and the stars. When the star or the sixth dimension explodes, the soul returns to the GOD BODY or the universe. Which is the seventh dimension. The star dust goes back into the universe to make life, D.N.A. Science has already made this a proven fact. Look it up. We are made of star dust. One day both faith and science will know there is another side. I believe this. When you get to the seventh dimension, or the GOD BODY, or whatever you want to call it, you are the only one that decides to go back. Only you decide if you want to go to Heaven. You will know. Plants, animals, humans, angels, planets, stars, and the GOD BODY or seventh heaven. Whatever you call it, its home.

Another thing I believe is because we are all of one body, I believe that when a life cycle of a human is over there is a piece of that humans personality left here on earth for everyone to share. It is to be put into everyone's heart forever. That is why we can feel our ancestors, and the famous ones, the people of the world. The pieces of all the personalities that we all know are part of us and will stay with us always...

Unless you are so evil that GOD has to get rid of your personality, clean you up and start your soul over again. The evil guys of our times, they will never ever be part of our hearts and we will thank GOD for that.

Imagine a big flock of birds going by. They move as one body and yet there are many, many parts to that flock body. Just like everything that is here on earth: leaves, butterflies, people, all have many parts. We are

all part of the God body, we are all one, we are all linked. Accept that and the world will be a better place. Knowing this makes me feel a real connection to everything. This has been said over and over again, by all kinds of different people for many, many years. Even after I have finished writing this, I'll see things slightly different again. Learning more about myself a little at a time, just like everyone from this world, the race we are all from, this human race. The first thing I learned to do was forgive myself. Because forgiveness is a light force, all good things are working for the light such as Love, happiness and great times. Whereas shame, guilt, and jealousy work for the dark forces. The dark forces are put here from GOD to show us the light. We must know our dark side first, to see we do not like it and then we can turn to the light to feel better. We have all done things that we are sorry for. We learn, grow and move forward. Next we must learn to forgive everyone else, the sinners and the saints. (That doesn't mean you have to hang out with them all the time, but you can forgive them in your heart.) Want to be forgiven, Loved and appreciated? Then forgive, Love and appreciate.

My reality is quite different than yours and that is good. This reality for me did not happen overnight. Most people who aren't ready for this stuff will have put this book away by now saying I am a kook. If you have got this far, then good for you for having such an open mind.

They say everyone has a book inside of them. That's because everyone has a new life of learning. As you'll see, I was always trying to come up with a good book idea. I remembered that life is sometimes stranger than fiction and I was already writing my journals. So now I do have a story to tell. This is the path I have chosen of my own free will. It may not be good for you but it's good for me. My path was very hard sometimes. I made bad choices and good choices to get to where I am today and so far I'm still here. I did finally find my happiness in this earth's school of life. I did find Love and contentment, and I'm living my wonderful life right now. Thank you Universe and thank you God.

TIME TO START MY STORY

First I will show you a few pages of pictures so you can see who I am talking about. Old family history. Then I will tell you more details about everyone. I will start with my dad's family.

Pictures on the next page.

Bottom left: My dad's grandpa (my great grandpa), Opa, who was a farmer. July 25 1872 to January 12 1951. He lived to 78 years old. Photo taken in 1945.

Bottom right: My dad's grandma, Oma, a housewife. September 29 1873 to December 9 1936. Died of diabetes at 63 years old. Picture taken in 1927.

Middle right: My dad's other grandparents, Opa and Oma. Opa was a factory worker/ painter who lived from November 16 1873 to April 23 1959. He died at 85 years old. Oma was a housewife and lived to be 85. April 30 1882 to April 12 1968. Picture taken in 1950. They originated in France during the time of Napoleon occupying The Netherlands, we are from French soldiers or gypsies around Paris.

Top left: My dad's parents (my grandparents). Picture taken on their wedding day April 29th 1930. Jan, born March 22 1903, and died April 9 1990 at 87 years old. He was an Accountant with his own office, and also did some acting on the side. He was a City councilor, and had access to food vouchers. He would hide them in his briefcase and get them to the Jewish people when he worked with the underground. He was knighted/ honored by the Dutch queen for helping Jewish people get away from the Nazi's in WWII. The Mayor gave him the award in 1961.

Rieka, a housewife, was born February 9 1908, and died April 19 1989 at 81 years old.

Top right: My dad. I call him 'Pop'. Born May 15 1934. Third child of thirteen.





Now I will tell you about my mom's family: The picture on the bottom left is my grandma's dad, my great grandpa, who was a tailor. He had polio at age 3, and died at age 47 in 1926. The picture on the bottom right is my great grandma, my grandma's mother. She sold buttons and elastics. Great grandma died at age 34 in 1919. Their children were given up for adoption, all except my Grandma who went to live with her Grandma. Great grandma is the one I saw in my near death experience, she knew me but I didn't know her. A long time after, I saw this picture of her and I thought to myself I have seen her before, then I remembered it was the lady that came up to me in my near death experience. Wow I was surprised. The picture on the top left is my grandparents' wedding day June 8 1933. The people sitting on the chairs are my grandpa's parents. Great grandpa was a cobbler. When he was 7 he was playing with a bow and arrow and he lost an eye. Great grandpa died at age 87 in 1954. Great grandma was a housewife and she died at age 82 in 1949. Standing, are my grandparents. Grandpa on the top left of the picture was born May 24 1903. He was a vegetable grower. He was colorblind. Grandpa died December 26 1994. My grandma is on the left of the picture, she was born January 18 1912, and was a housewife. They had 8 children. Grandma died November 12 2000. The picture on the right holding the doll is my mom, born December 2 1935, second child of 8 children.

The pictures below:

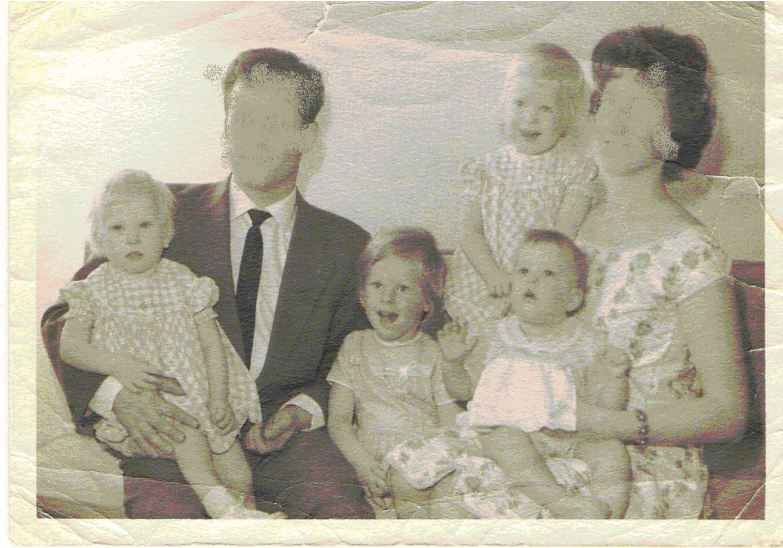
The top is of my dad in the army. Middle left is of my dad and some of my mom's brothers on the boat coming to Canada. The boat was called "De Groe Beer". They went from Rotterdam to Quebec City by boat up the St. Laurence river. Then from Quebec City to Port Coquitlam by train. Then to North Surrey. Middle right is my mom and dad's wedding on May 2 1959. The two pictures on the bottom are of my mom and dad, my grandparents, and some of my aunts and uncles, at Crescent beach in 1960.





This is a picture of the medal and certificate my Grandpa was awarded by the Dutch Queen, for helping Jewish people get away from the Nazis. It was given to him by the Mayor of the town in Holland in 1961.

The picture below is of my family. The top one was taken in 1963, 4 girls in 2 ½ years. The little picture on the left I think was taken in the late 60's or early 70's. The middle right picture was taken in 1990. The picture on the bottom was taken in 2006. Left to right, Tina, Mom, James, Pop, John, Pam, Erika.





The picture above is when my mom and dad went to Holland in 1980. My grandparents (on my dad's side) and all their children, with husbands and wife's. A very big family of 13 children and all of them still here. Most of them have had children, so there are many I have not met. Maybe one day. Such a big family.



The picture above is of my grandparents (on my mom's side) in Canada on June 8, 1983, on their 50th anniversary, with most of their grandchildren and some partners. Another very large family, making both sides of the family very big.

This is my story. I'll start with the parents I chose. They were both born in Holland to strong Catholic families. My mom and pop are both fair skinned, brown haired, good looking, healthy, artistic, strong European souls. They went through World War 2. No one should have to go through that. During the War, the Nazi's were so close to Pop's town in Holland. His dad, my Opa, was on a list of the Nazi's for helping the Jewish people. This meant trouble. My Opa and Oma must have been so worried. A week later the war ended and so my Opa's life was saved. Many years later in 1961, my Opa was honored with a medal for helping in the war, and for his work as part of the underground. We are all so proud of Opa and Oma. One day I would like to find some of the family's that my Opa helped with food vouchers and other things. If they are still around somewhere that would be so cool. Mom lived in the country. The stories she told us were more of hunger, seeing the staring people walking down the streets. The Nazi's tried to starve Holland to death. My father was one of thirteen children; my mother was one of eight children. One of the war stories my dad told us was that when the boomer planes were flying over the fields, some of the kids would sneak to the outskirts of the fields to watch. My dad even got the top of his head skimmed by a small piece of shrapnel once, he got in trouble later. I can't even imagine what that would have been like, so scary. I'm glad we live in Canada. My father came with my mother's family to Canada. My mom's parents didn't want the boys to be drafted. When they first got here they all lived in what was once a chicken coop, my father slept on one side of the coop and my mother on the other. Soon mom and pop got married.

My sister Erika came first. She is a fair-haired, blue-eyed, light-skinned beauty. Fifteen months later I was born, Tina. I was also a fair-haired, blue-eyed, light-skinned baby. When I was born in 1962, Canada didn't even have a flag. We got the Canadian flag in 1967. Half an hour after I was born, my fraternal twin sister Jody was born, with the same coloring as myself. She was born mentally disabled. Fourteen months later Pam came, a stunning brown-haired, brown-eyed, olive-skinned charmer. So my mom and dad had four girls in two and a half years. What a lot of work, especially with no washers and dryers back then, unbelievable. Three years later my brother John came, a brown-haired, brown-eyed, olive-skinned handsome human. Then Jody died when we were almost seven, which was very sad. Three years after John, my other brother James came, a fair-haired, blue-eyed, light-skinned adorable person. Our family is a good mix of seven humans in total. My childhood was actually pretty good. I know I was loved and my brothers and sisters were loved too. We went to Church and Sunday school every Sunday. We had great camping trips most summers. We would visit my grandparents or one of my aunts and uncles almost every weekend or they would come over to our place, which was always fun too. I even met my dad's parents once and a few of his brothers and sisters when they came here from Holland. We were brought up in a strict Dutch Catholic way. Sometimes we even got a good spanking. That's the way it was then, even in schools. As Oprah has said, "People do better, when they know better". So parts of the world have changed for the better because all the people changed in it. Group AETHER: A group of people all thinking in the same way, making it stronger. To this day we are all a very close family. We get together as often as we can, and everyone gets along. It's Lovely.





Top left picture is of my friends, Tina, Corinne, Carla. Top middle is my sisters and I, Tina, Pam, and Erika. Top right is of Betty and I. The next 3 pictures are of Shirley and I at the lake. The third row is June and I at Disneyland; then us girls in Victoria, Connie, Lona, Tina, June and Corinne. Then a picture of June and I at the P.N.E. Bottom left is Connie and I. Bottom middle is Tina, Connie and Lona. Bottom right is a picture of Cori and I in the bar one night.

One of my first friends was Shirley, a gorgeous girl with brown hair and eyes; such a princess. We met when we were four, almost five. Later I met Connie, she has big green eyes, brown curly haired and is such a looker, we met in Grade three. Lona, a blond Danish beauty and Corinne, a cute redheaded pretty thing, I also met in Grade three. Then in Grade six I met June, my stunning blond Icelandic Viking beauty. I had lots of good girl friends, so many I can't mention all of them here. When I was seven, I was bitten on the upper left lip, by the mailman's dog. I got seven stitches. I had a D & C for girl problems when I was nine. I matured very young. That's when I started smoking too. That same year I had plastic surgery on my lip to reduce the bump from the dog bite. I have dyslexia. I was a pioneer girl; we did that with Shirley's church. I liked art and gym. I got my bronze medallion in swimming when I was fourteen, and I wanted to be a lifeguard. Over the years my mom was in and out of the hospital for women problems. My dad was in a really bad accident at the mill where he worked. He got his foot caught on a piece of lumber and fell nine feet onto some cement, and the pile of lumber fell on him. He was in the hospital for a long time. It was a hard time for all of us. I was a tomboy (I wonder where that word comes from?), and so was Shirley. We played lots of baseball and did track and field. It was fun. I learned to swim really well in the pool that was in our neighborhood, at Kwantlan Park. I had lots of boys that were my friends too. They did all the fun stuff, and I called them all my little sweethearts. But Shirley and I also Loved dressing up and playing with Barbie's. So I had a good mix of girl and boy stuff. In Grade three, lots of the class was left behind, or as we called it then, failed. I was one of them. Lenny was my first Love. I was in Grade six and part of seven when we were seeing each other. We went roller-skating at the Stardust roller rink all the time. It really was fun, and he was one of my best friends, I remember those times very fondly. He was also my first real heartache; he just stopped seeing me and never told me why. Later I heard from some of

my little sweethearts that his mom said he was too young to be in such a serious relationship and he had to end it. She was properly right but he could have told me that. Oh well. After I got married for the first time, Lenny slept with one of my best friends, which was awkward. Later in my life Lenny and I have run into each other, and never talked about any of it, but all is fine. I know his wife since we went to school together. I really like her, and it sounds like they have a nice family and are very happy together. I am glad to hear that they are all so contented. I have always enjoyed pets, and we had cats, a bird, a few gerbils, and a rabbit. Animals are great. My family was poor but in the long run I remember my childhood being much more happy then sad.



Top picture is of a birthday party at our place and all the children from the neighborhood. The bottom left picture is of Ryan, my son, with my grandma and grandpa in 1978. The picture on the bottom right is the Christmas I got my cheerful tearful. I wanted her so badly and I got her. I was the happiest kid in the world.

In our teens things really changed. Erika, my older sister, got pregnant at age sixteen with the first guy she was with. They had a beautiful girl with dark hair and eyes, Julie. Then they got married. Later Erika had a son, Jason, a cute blond boy, with the same guy. At age fifteen I got pregnant with the first guy I was with too. I got married three days after my sixteenth birthday, four months along. Greg, my new husband was eighteen and a half. I moved out of my parents' house and into a small trailer in his parent's

yard. Then later into a house we rented. We had a boy, Ryan, a blond-haired, blue-eyed cute baby. Then we moved into an A-frame house on the edge of a cliff. I Loved it there. Pam moved out at seventeen, got married to a nice guy. They have two girls, Sarah, a pretty brown-haired girl and Jennifer, another cute brown-haired girl. My brothers stayed at home a little longer. The youngest, James, got married at nineteen and moved out. Soon after that, John moved in with James and his wife, and they all bought a house together. In the end Erika got divorced, so did I, and so did James. Pam and her husband stayed married. John was the single guy. Lots of dating going on. We all had different boyfriends and girlfriends along the way. I'll go back to when I was sixteen. I had a life full of choices and I was ready to dive in. My first job was when I was pregnant with Ryan. I did telemarketing for a vacuum company, but that only lasted two weeks, and then I had to stop to have the baby. My next job was working in a deli in Guildford Mall. Ryan, my son, was just little. My husband had brown hair, some red in his beard, fair skin, and was an English, Irish guy. He decided to go to California with a friend. I wanted to go but he said I couldn't afford it. I was very upset by this. I had my driver's license for one week. I didn't get to finish school and had only finished to Grade 8. Things weren't going well and I was very stressed out. On the way home from work I had a grand mal seizure, and then I had two more in the hospital. Somebody said I was talking to someone named Jody, my twin. Interesting. Thank God for families. When I got out of the hospital Ryan and I stayed at my parent's house until my husband got home from his California trip. After all the tests were done, the doctors said that my seizures were caused by stress. I could have told them that. Now I wasn't allowed to drive for a year, and I would have to take Dilantin for the rest of my life. While I was married I also took a flower-arranging course with my mom, which was fun. When I was nineteen I had a big cyst removed from my ovary, my second surgery. My husband and I were together from the time I was fifteen to age twenty-two. We did end up going to California later and it was lots of fun at Disneyland. It was a good trip but later the marriage ended anyway. I'd rather be alone and happy, than with someone and unhappy. I was so sad it didn't work out. We got married way too young. I was twenty-two, separated, and I had a six year old son. He was great. By now I was working in a chemical plant, where we packaged furniture stain. My dad did the logo for them, Far West Chemicals, since he is a great artist. I met my next Love, Sam, at the plant. We were together for five and a half years and I went to EXPO '86 with him. During that time my dad cut his right hand off at the mill. It was just awful. He uses a hook now. I was not allowed to work at the same place as my boyfriend, Sam, so I got a job working at the Surrey taxation center. I also took accounting 11 with June in the evenings, and I got an A in that class. My boyfriend/fiancé Sam, asked me to marry him four times but changed his mind four times also.



Pictures of my accident

The picture on the next page is of me in my body cast. Because I broke the scaphoid bone in my left wrist, I also had to have a cast on my arm with the thumb in it, and I'm left-handed. Two casts on! Boy, was that ever hard! That's the picture on the bottom. The top picture is of the accident site with the car and the truck. The newspaper article about the accident is on the right. It was a bad time for me and I was in a lot of pain. But I always tried to put on a happy face. I tried to never complain, even if I was in pain. That is what everyone was like while I was waiting in the doctors' offices. All the other patients always were upbeat and encouraging, looking on the sunny side of things, helping everyone. I never ever ran into anyone mean in those offices. I thought that is where you would find all the cranky people, but suffering seems to get people together to help each other, which is so nice. I have always been a person that looks on the bright side of things, but being around so many sick optimistic people for so many years really does make you think how fortunate you are, even if you are not in the best of shape. Some of the people were in so much more physical pain than me. I was and still am so very grateful to be alive and happy. Being hurt badly made me see things I never did see before, and now every day I am here I thank God for letting me live. This world is a beautiful place.



Two injured in accident

Two people were taken to hospital Saturday after their car was struck head-on by a pick-up truck.

The accident occurred at 11:18 p.m. in the 12900 block of Highway 10. The driver of a 1979 Ford pick-up crossed the centre line, sideswiping a 1979 Oldsmobile and driving head-on into a 1981 Mazda.

The Mazda's two occupants were taken to Surrey Memorial Hospital and are in stable condition.

The truck driver left the accident scene, but was later found at another location. Surrey RCMP believe liquor may have been involved. No names have been released.



One night while Sam and I were coming home from my sister Pam and her husband's house warming party, we were hit head on by a drunk driver. I woke up seven days later and I was tied to the bed so I wouldn't get up. I had a near death experience, and then I fell back into my body. I felt like I was only gone for fifteen minutes, but seven earth days went by. I knew where I had just been, but I didn't know where I was when I woke up. Then I forgot where I had been, and I knew where I was. My parents were standing there, and I asked where I was and what had happened. They told me I had been in a car accident and broken my back, and had an 80 percent chance of walking again. I also had internal injuries. I looked at my stomach and could see the long scar that felt like a bad cat scratch. Wow, what terrible news. I couldn't believe it!! We had to wait for the incision to heal a little first, so it wouldn't get infected when the body cast went on. After that, they would take X-rays and then would know if I'd be able to walk again. How long before we would know? I had at least another week before the body cast could be put on. Lots of time to think... on the spinal cord ward, with all the other people that had broken their necks or backs; people with big metal things screwed into their heads; people that were told that they would never walk again and were dealing with that; with all the others on the spinal cord ward that wanted to go home

too. It was a hard place to be.

One day a nurse came in and said, "oh you're a blond". Before I got my hair washed, they thought I was a redhead because of all the blood in my hair.

Little pieces of my near death experience came back to me. But who would believe me when I was having trouble believing it myself. I'd deal with it later. My boyfriend Sam, a tall good-looking half Native and half Irish man, had been driving and was taken to another hospital. He had a broken knee and chest. Later he was only allowed to visit me for a little while. (because we were not married.) It was such a very, very hard time for me physically. I had to wait for the X-rays to come back first before I would know if I could ever walk again, which was an impossible thing to imagine for someone who Loves to walk, run and play. When they came back they said that I could start to try to walk again. L2 and L3 had set together, but it had set and nothing had touched my spinal cord. Now it was time for me to get the body cast on. They took me down to what they called the dungeon in the hospital, the basement. I was being rolled down to the room where the cast was going to be put on and I could hear peoples horrifying screams of pain along the way and I knew why they called it the dungeon. I was so scared. When I got there, two doctors said I had to arch my back upwards with my stomach facing the ceiling while holding myself up with my wrists and feet (no one knew my left wrist was broken yet). Then the two doctors quickly wrapped the cast on me. They said if I didn't stay arched until they finished then they would have to do it again, so don't pass out. Oh my GOD, I'd do my best. I was in so much pain and it hurt so badly everywhere. I was screaming at the top of my lungs and I tried hard not to pass out, but the pain was too much so eventually I did black out.

I woke up on the way back to my room. I did it; the cast was on. They said I would wear the body cast for two and a half months. Next I had to be raised up slowly so I could get used to being vertical. I passed out again and again. Soon I was taught how to do a log roll so I could sit up. I did it. Then I had to be able to walk up and down two flights of stairs before I could go home. So much work! It took a while but I did it. Then I went home. Our bed was put on the main floor in the dining room. I was very sick, always slapping my stomach against the body cast when I got ill; throwing up and throwing up. I didn't know how much more I could take. Turns out I was allergic to Tylenol Threes, which I was taking several of every four hours. Sam was the one who figured that out. Then I got an infection under my cast on the incision, and so they cut a hole in the cast at the hospital so they could clean and fix the infection. My body was rotting, and it really did smell. That's a smell you never forget, rotting flesh, terrible. A nurse would come every day for a month. She put a tube down into the infection, and then put peroxide in to clean it. The nurse said the infection was almost right to my spinal cord. I could hear and feel the peroxide fizzing up and cleaning the infection, then it would run down my sides - awful, awful, awful. Nice lady, but I really didn't like waiting for her to come over every day. When would this all end.

When I started to get up and do a few things, we found out that the scaphoid bone in my wrist was broken. I had a cast put on my left wrist with the thumb in it, and I'm left handed. The cast was put on two and a half weeks before the body cast was off. It was most difficult with the two casts. I needed so much help. My mom, pop, sisters, brothers, and friends would all come over to help; thank God. I wore the wrist cast for five months. Then they did a bone grafting on my wrist because it didn't have any mobility; another surgery. The cast was on for another two months, and I had lots of physiotherapy. My wrist would never be the same but I do still use it for writing; just not for long of periods. When the body cast came off I still wore a body brace full time for six months. Then I still had to wear it in the car for another six months after that. Now I wear it when needed, like when driving in the snow or when there is pain. Also during this time my hernia popped. It had been worked on when I had the surgeries for the internal injuries. At that time, they had taken everything out of me and cleaned up the blood, stitched up my pancreas, small bowel and sewed the stomach wall, which is the hernia. Then they put everything back in and sewed me up. The seat belt slapped a whole in my stomach wall and that is the hernia. I had the hernia fixed, and later it popped again and had to be fixed again. That darn thing has been worked on three times now. I guess hernias are known for popping. Then I had plastic surgery done on the old infected area, since after I got the body cast off there was a really ugly swirly scar where the infection had been. The doctor did a zigzag scar to repair it. It looks better, but I could use more work there, that's for sure. My boyfriend/ fiancé, Sam, was getting better and I wasn't. He told me he didn't want to wait for me anymore, so I gave him back the ring again for the fourth and the final time. Better to know now than later. I was heartbroken. I moved closer to my parents. I'd had two surgeries before the accident, and now five more for a total of seven. It took all I had in me to heal. I started reading lots; books by Ruth Montgomery, Edger Cayce the Sleeping Prophet, and other authors that my mom had said I should read; all about spiritual learning. This

changed my life forever. All I did for a long time was have surgeries, read, and go to lawyers and doctors; it was like a job.

Then the surgeries stopped. During the court case, at the day of discovery, I had to sit beside the guy that hit us head on. We'll call him DW. He said to me "You ruined my life". I ruined your life??!! Wow! I couldn't believe it, but I said nothing. I think DW ended up getting 6 months in jail and a 5-year driver's license suspension. I was way too weak and beat up to go back to court. I just couldn't do it. Not after being so hurt and having to sit in the same room with that DW and him being allowed to say mean things to me, no way. I couldn't believe that this was allowed to happen to the victim. Well, I decided not to waste the time or the energy on a soul that was still learning to just be nice; he was so not worth it. Besides he had done this to himself. I wanted to move forward. Three and a half years went by and my insurance settlement came in. I got 210,500.00, and by the time the lawyers had got their share, I was left with 157,000.00. I would really have rather had my health. I had never ever had that much money. I took my time to think about what I was going to do with the money. First I would take care of my family and friends. I had a dinner in a nice restaurant for my family, and I gave them each one thousand dollars, and their children fifty dollars each. For my friends, I took them to Victoria for five days. We stayed at the Empress Hotel and The Olde English Inn. They each got three hundred dollars for spending money, and I took them to the wax museum, the provincial museum, sea world, and all the sites. We had lots of good food, good shopping and good times with each other. What fun we all had.



The pictures on the next page are of us girls in Victoria and on the ferry.

Top picture from bottom left: June, me, and Connie. Top row from left: Corinne and Lona.

Next is a picture of us on the ferry in 1990.



I paid off all my bills, and bought some furniture and a car. Ryan and I got some new clothes too. I put 100,000.00 into a T-bill, which made about 1000.00 a month interest. So I lived off that for a few months. Then the interest went way down to about 300 to 400 a month, which was not enough to live off. So I bought a house in Prince George with the money and rented it to my friend Corinne for a year. Then she was going to move so I sold it, broke even, and bought a half a duplex in Mission with the money. During the time between living in Newton when I had my accident, and moving to Mission, I did window coverings for a while. But I was also trying to find a better job. I took a three-year correspondence course, writing for children. It was something else to do while healing between surgeries. My plan was to get my E.C.E. next then maybe open a daycare at some point. I knew I would be able to get lots of good children's stories from my daycare. That's what I wanted to do. I also really enjoyed reading about the other side. I was seeing my next Love interest by this time too, Jerry, a six foot, four inch, gorgeous, long brown-haired, green-eyed babe. He was a bad boy, but he was fun. We were on again, off again; eight months here and five months there. We spent a few summers together. In the meantime and in between time, we would see other people. I'll go back to when I was living in the duplex in Mission, which turned out to be a bad area. I had roommates to help pay the bills, and I worked part time as a demo lady in grocery stores then. I had finished my writing course and was going to look into E.C.E. courses next.

One night I had a dream that my brother John and I bought a house together. I ran it by him, he said sure. So I sold the half duplex in Mission, and broke even again. My brother and I bought a nice average size house with a basement suite. It had the most beautiful garden and pool in the back yard. I lived upstairs with Ryan, and John rented the downstairs to my roommates, a nice couple named Phil and Cindy. As you'll see, I found out that you had to babysit for a year and a half, or a certain amount of hours, before you could start the E.C.E. course. The demo job was slowing down, the hours were almost nothing by then, and so I started babysitting when I could. Then the demo job ended.

I owned half a home but I still needed an income. This was becoming a problem. I couldn't do manual labor anymore and I had only finished Grade eight. I was slowly getting to be low on funds and the E.C.E. courses would take at least another four years.



On the next page: June and I always made sure that we had time for fun. In late August 1992 we decided to go see Brian Adams, in his 'Waking up the neighborhood tour' which we called the Nuno concert because we liked him from Extreme, all the other bands were really good too. It was held in Osoyoos, and on the way up, as we were going through Manning Park, it started to snow. Here is a picture of June and I, in the snowfall of August 1992.



Now back to the story. I still enjoyed reading about the other side, and the things you could do to try to talk to the other side, like the runes and karma cards. I wanted to know more. John had decided to move in downstairs. That is when I started my journals, since it really helped me deal with things. Starting March 1, 1993, I wrote down: 1) what I physically did, 2) what I thought of the day, and 3) my dreams - when I remembered them. It was so I would always remember the three human dimensions: physically existing, the mind, and emotion. Dreams were how I was going to get used to talking to the other side. I wanted to see if my dreams would play out in my real life. I got a dream book so I would understand what was being said to me by my guides while I slept. This is what I called our communication time, sleeping.

I had to say every night before I went to bed, "I will remember my dreams". Then I had to say it again in the morning. In the beginning it was scary, when things started to happen to me that I had dreamed first. It was fear of the unknown. I did want to know more about where I was when I had my near death experience; I needed to know. I remember it was the most contented feeling I have ever had, almost dying. It was so peaceful, not a care, everything was fine, nothing to worry about. It was like being in a dark room with your eyes closed. Someone comes in the room and turns the light on, your eyes are still closed but you know that there is light and you can feel someone's presence, their soul. All five senses, sight, touch, taste, smell and sound are internalized. The one you really feel now is your sixth sense.

In my near death experience I felt souls guiding me. Some souls I knew, some knew me but I didn't know them, but I remembered their faces. We were going to the light through a tunnel. Souls would gently bump into me along the way, as if to say hello. We were then talking without words. We didn't have bodies; we were all like balls of warm light going to the bigger light, going home. It felt really good. Then I was in a big comfortable room reviewing my life with some guides. The one scene I do remember is the one with my cat. His soul sat across from me. It was nice to see, without eyes, my cat again. We watched scenes of our time together on something that was like a big screen TV, but without a screen. Lots of nice, cuddly times. Then I was busy in the kitchen getting dinner ready, my cat kept on jumping on the counter trying to get the food. After a while I got mad and yelled get down, he did but kept on trying to get a bit of food by meowing by my feet. I shoved the cat away with my foot and took him outside saying what a pest he was. My cat told me that he didn't like it when I did that to him. My guides said in the most non-judgmental way, "what do you think of this?" I said, "I'm so sorry. I know it was just in your nature, that's what cats do". Please forgive me. My cat said that's OK. I forgive you. I then decided to be nicer to animals because they have souls too. No one decided this except me. I felt better I was my own judge. My guides seemed happy for me too. There were many scenes, but I don't remember any more. I know I went to see a few schools but I don't remember much about that. The next thing that was really clear, the one thing I remember was that they said I had to go back to earth, I didn't want to, please don't make me go back to that body. They said there is still more you have to do. What do you mean I asked? They said, "you will see". Then they carefully bumped me back. I fell into my body...

I would like you to see and feel how I learned to talk to the other side on a daily basis. It was hard at first because it was so easy. It was difficult to believe that what I was receiving was true. I had to learn to believe in myself first. Once I got the hang of it, it was like riding a bike, you never forget. I'm sure I used my sixth sense in a past lifetime also. So now it's just a way of life. Everyday I learn a little more about my sixth sense, just like you will. May I present to you my journals on a daily basis for a nine-year cycle starting March 1 1993 to March 1 2002, and beyond. I hope that seeing how I learned to talk to my guides will help you learn to talk to yours, which will in the end make you happy and contented like me. That is why I wrote this book. I want all humans to know there is another side. We are always being taken care of and we are all Loved dearly. Now go and find yourself, in your own way.

All the things that happen in this story are real, all the dreams are real, all the emotions too. This is my real story, the way I remember it. But not everyone remembers things the same way and certain names, images and details have been slightly changed to protect the innocent. Plus there are a lot of shy and private people in my life, so out of respect for them I have covered their faces. There will be parts of this story when there is a lot going on and there will be parts when there is not, just like real life, real reality. Of course I didn't write every single detail down. I didn't write every time I exercised, ate, bathed, watched my soap(The Young and the Restless) or Oprah, that kind of thing. But I did write down anything I thought was something to be mentioned. This is what I have to offer the world; this is my life's work. I hope I will help some people with this book. That is what I want; that is why I Believe I am here, to help others. Also I am sorry for any errors in the spelling and editing. Both our boys helped me, and we did the best we could.

WE WILL START WITH A LESSON AT THE BEGINNING OF EACH CHAPTER.

DREAMS, WEEK ONE.

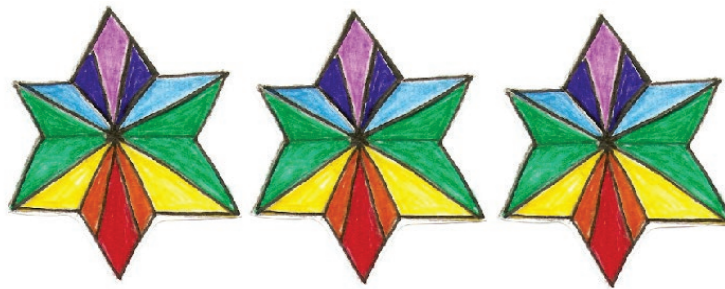
Before we start lesson One, we will talk about dreams. Find a nice pen and blank book to write in. Over the next nine weeks you will be writing your dreams down every night. Just before you go to bed you will say, "I WILL REMEMBER MY DREAMS". Then in the morning you will say, "I WILL REMEMBER MY DREAMS". Take some time to let your dreams come back to you, do your best. If you do not remember them write that down too. Write the date down and don't forget to leave a space for the dream meaning. Then at the end of each week we will see what your dreams are trying to say to you. Have fun. (IF THIS LESSON IS NOT BEING DONE IN A CLASSROOM SETTING, PLEASE TAKE AS MUCH TIME AS YOU NEED.)

IT'S ALL IN THE WAY YOU INTERPRET THINGS, YOUR PERSPECTIVE.

LESSON ONE AND TEST.

THIS LESSON HAS FOUR PAGES.

TRINITY



BASIC LESSON ON CHAKRAS.

Are you ready to dive in?

Chakras are energy centers. Each chakra has a color that goes with it; certain parts of your body go with that color and/or chakra. For example if you have a bladder infection, orange goes with that part of your body. Music, foods, stones and smells also go with each chakra.

When chakras are in tune, our physical/mental/spiritual selves are in harmony and we have good health. When chakras are not aligned and are out of tune, we can become ill. Balance is needed. With each chakra there comes an angel or guide. Remember some of them could be old family and friends from a past life. They Love you and only want to help you in any way they can. Listen to your heart and you will hear them.

Here are the chakra colors: the crown chakra is violet, the third eye chakra is indigo, the throat chakra is blue, the heart chakra is the center of the whole system and is green, the personal power chakra is yellow, the sex chakra is orange, and the root chakra is red.

In the following sections, you will learn to do a tune up by using white, which carries all the colors. Imagine white going through the center of your body and then back around again. This should pull any wandering chakras back into place. For a more specific area in your body use the color for that area. Also use the music, stones, foods and smells for that part of your body. You can even use the colors that are around you to influence your health. Use color for what you decide to wear that day. Remember, color heals.

Here are some parts of the body with their colors and chakras:

	Top of Head:	Center of forehead:	Throat area:	Center of chest:	Above navel below chest:	Between navel and genitals:	Base of spine:
CHAKRAS:	Crown	Third eye.	Throat	Heart.	Solar plexus.	Sacral.	Root
COLORS:	VIOLET	INDIGO	BLUE	GREEN	YELLOW	ORANGE	RED
PARTS OF BODY:	RIGHT SIDE OF BRAIN. CENTRAL NERVOUS SYSTEM. RIGHT EYE.	LEFT SIDE OF BRAIN. LEFT EYE. NOSE. EARS.	JAW. NECK. THROAT VOICE. UPPER LUNGS. ARMS.	HEART. BLOOD. IMMUNE SYSTEM. LOWER LUNGS. SKIN.	LIVER. DIGESTIVE SYSTEM. STOMACH. SPLEEN. BLADDER.	PELVIS AREA. SEX ORGANS. KIDNEY.	BONES. NAILS. COLON. PROSTATE

Here are the musical notes that go with each chakra.

Violet	Indigo	Blue	Green	Yellow	Orange	Red
♫ Ohm	♫ Ee	♫ Eh	♫ Ah	♫ tOp	♫ hOme	♫ U(ooH)

With the information above and below, which shows the chakra locations, foods, stones and smells that also go with each chakra, you will be able to do a full tune-up when you need it. And with practice you will know intuitively when you are aligned.

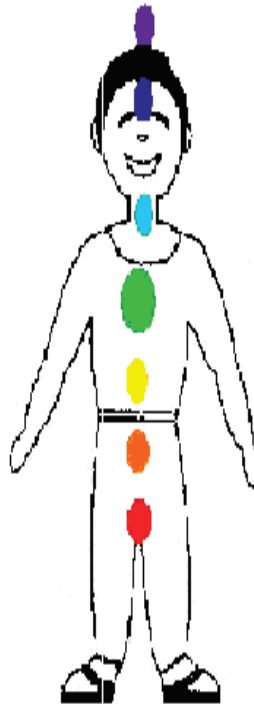
Reiki is another way to heal your body with colors. Reiki is when you pull the colors from the rainbow, the earth and the universe. With the help of yours and the clients' angels to heal, align and balance yourself or your client, it really is powerful stuff. Sometimes when the placing of the hands happens, you can feel the heat and the power from all the forces together. It changed my life for the better. It is amazing all the things that comes up when you have a Reiki session. You must try it one day. Have fun.

CHAKRA CARD
GOD IS ALL COLORS
CHAKRA LOCATIONS

WHITE HAS ALL
COLORS IN IT.

TO ALIGN CHAKRAS,
IMAGINE WHITE
GOING THROUGH THE
CENTER OF YOUR BODY.
THEN BACK AROUND AGAIN.

CHAKRAS HAVE THE SAME
COLORS AS A RAINBOW.



EVERY CHAKRA HAS AN
ANGEL THAT TAKES
CARE OF THAT AREA,
CALL THEM FOR HELP.

HEAL YOURSELF WITH
COLORS, RELEASING
BLOCKED ENERGIES.

THERE ARE SEVEN MAJOR
CHAKRAS AND HUNDREDS
OF MINOR ONES.

1. VIOLET
2. INDIGO
3. BLUE
4. GREEN
5. YELLOW
6. ORANGE
7. RED

ANCHOR YOUR ENERGY
TO THE EARTH.

	FOODS	STONES	SMELLS
VIOLET	PURPLE GRAPES EGGPLANT BLACKBERRIES	AMETHYST DIAMOND ALEXANDRITE	LOTUS ROSE SPRUCE
INDIGO	BOTH VIOLET AND BLUE FOODS.	QUARTZ AZURITE CALCITE	JASMINE MINT MUGWORT
BLUE	BLUEBERRIES PLUMS ASPARAGUS	BLUE SAPPHIRE TURQUOISE AQUAMARINE	SAGE FRANKINCENSE BENZOIN
GREEN	SPINACH CUCUMBER PEAS	EMERALD GREEN JADE ROSE QUARTZ	MARJORAM YARROW ORRIS ROOT
YELLOW	BANANA PINEAPPLE LEMONS	AMBER CITRINE TIGERS EYE	CARNATION LAVENDER ROSEMARY
ORANGE	ORANGES CARROTS PEACHES	CORAL MOONSTONE CARNELIAN	SANDLEWOOD GARDENIA YLANG-YLANG
RED	STRAWBERRIES TOMATOES RED PEPPERS	RUBY RED GARNET BLOODSTONE	CEDAR CLOVER PEPPER

CHAKRA TEST.

- 1.) How many chakra's do we have? ANSWER: Seven.
- 2.) Starting from the top, what are the seven chakras? ANSWER: Violet, indigo, blue, green, yellow, orange, red.
- 3.) Where are the seven chakras located? ANSWER: Crown, third eye, heart, solar plexus, sacral, root.
- 4.) Give one stone for each chakra, starting at the top. ANSWER: Clear quartz, azurite, blue sapphire, emerald, tigers eye, moonstone, ruby.
- 5.) Give one aroma for each chakra, starting from the top. ANSWER: Spruce, mint, sage, yarrow, lavender, ylang-ylang, pepper.
- 6.) Give one food for each chakra, starting from the top. ANSWER: Eggplant, asparagus, blueberries, cucumbers, bananas, carrots, strawberries.
- 7.) For aligning chakras, what color carries all colors? ANSWER: White.
- 8.) What do you do with the white to align chakras? ANSWER: You imagine white going through the center of your body and back around again.
- 9.) Will the colors around you help your chakras? ANSWER: Yes.

INFORMATION FROM: THE CHAKRA TUNE-UP CHART. 1992 ONWARDS & UPWARDS INC.,
VICTORIA, B.C. CANADA 1-604-360-1790. CREATED AND DESIGNED BY ELIZABETH
BLACKBURN.

Now we start my journals.

Written by Tina the Christian Psychic.

IT'S ALL IN THE WAY YOU INTERPRET THINGS, YOUR PERCEPTION.

BELIEVE 1

MARCH 1 1993, Monday. Physically: (what I did) visited Connie in Abbotsford. Phil and Cindy my roommates moved out and John my brother moved in. Mentally: (what I thought of the day). I'm so pleased John moved in. Emotionally: (my dreams). I don't remember my dreams.

MARCH 2 1993, Tuesday. Physically: Quiet day. Mentally: My cat misses her brother, the old roommates cat. Emotionally: I dreamed that I was eating candy in the mall. Then a dirty old man was flirting with me. It gave me a bad feeling.

DREAM MEANING - EATING CANDY MEANS SEX. THE FEELING WAS BAD SO BE CAREFUL ABOUT SEX STUFF.

MARCH 3 1993, Wednesday. Physically: My best friend June and I went to Lynden in the U.S.A. for lunch in the big windmill. It was fun. Home. Later I went up the hill to see my sister Pam, she helped me with my taxes. Mentally: Ryan, my son wasn't feeling good today. Emotionally: I dreamed I was swimming at Kwantlan Park pool in Surrey. I was with my friends from Brandon, and we had lots of fun.

DREAM MEANING - SWIMMING WITH OTHERS MEANS MIXED FORTUNES. THE FEELING WAS GOOD.

MARCH 4 1993, Thursday. Physically: Went to see Connie, always nice. Home. Carla, my tiny, cute, sweet friend with a rough side, from Brandon but living in Surrey, called. We had a nice talk. Mentally: Ryan wasn't feeling well again today, he had another day off from school. John is working a lot. It's busy at Pepsi. Emotionally: I dreamed I was making hot soup. I dreamed this guy I like, Sherman, was smoking in my living room.

DREAM MEANING - MAKING SOUP MEANS COMFORT, HOT SOUP MEANS THINGS WILL COME OUT BETTER THEN EXPECTED. SMOKING HOT SHERMAN IN THE LIVINGROOM MAKES SENSE. I'LL PROBABLY SEE HIM SOON.

MARCH 5 1993, Friday. Physically: Got stuff for dinner since I'm having June and her son Troy, a handsome young blond boy, over tomorrow. I went and saw Connie. Her neighbor Jan, a classic beauty, was there too, and we had a nice visit. Home. Relax, later Sherman, my six foot, four inch blond very good looking friend phoned and came over, he stayed until midnight. Mentally: I wonder what Sherman's intentions are? Emotionally: I dreamed that Sherman was lying on my bed. His feet were hanging over the edge. He said he was too big for my bed.

DREAM MEANING - PROBABLY MEANS SHERMAN IS TOO MUCH FOR ME.

MARCH 6 1993, Saturday. Physically: Relaxed. I started to get dinner ready. June and Troy came over. We had a great dinner. Ryan watched Troy, plus John was home. June and I went to the pub down the street, The Springs, it's like a big comfy log cabin. It was fun. Sherman was there with a girl. He said hi. Later when June and I were leaving, Sherman went up to slow dance with the girl. Home. June and I talked. Bed. Mentally: Sherman must have been on a date. Emotionally: I dreamed I was partying with my old roommates and other friends.

DREAM MEANING - PARTYING MEANS GETTING AWAY TO HAVE FUN.

MARCH 7 1993, Sunday. Physically: Nice relaxing morning talking with June, later they left. Ryan and I went to my sister Erika's for Jason's birthday party. The whole family was there. It was fun. Home, relax, bed. Mentally: Always nice to see my family. Emotionally: I dreamed that my family lived in the apartment building in Surrey, the one I lived in. It was a nice feeling. We had suites that were close to each

other.

DREAM MEANING - FAMILY IS COMFORT.

MARCH 8 1993, Monday. Physically: Connie and I did some running around in town. Home. Relaxing day. Mentally: I sure am lucky to have such good friends. Emotionally: I dreamed that I was talking to my mom about menus, and we couldn't agree. My friends and I were sitting at a long table for dinner, even friends from a long time ago. It was good.

DREAM MEANING - MOTHERS MEAN LOVE AND COMFORT. MENUS, LOTS OF MEN.

FRIENDS AND DINNER, NEED FOR COMFORT AND FUN.

MARCH 9 1993, Tuesday. Physically: Puttered. Connie and I did some 'in town' things again. Home. Rest. Mentally: It was a beautiful sunny day. Emotionally: I dreamed that a married man wanted to sleep with me. I said no, go away.

DREAM MEANING - RESISTING TEMPTATION, STAYING AWAY FROM SOMETHING THAT I KNOW IS BAD FOR ME.

MARCH 10 1993, Wednesday. Physically: Connie and I hung out. Home. Ryan got kicked out of his Mission school for fighting. At Ryan's high school it's the jocks against the long hairs or greasers. Ryan has long hair and the jocks don't like him, they are always bugging him. Things are not the same as when I went to school, or are they? John wasn't feeling well today. I made some homemade soup for all of us. Mentally: It was another beautiful spring day today. Emotionally: I dreamed I was talking to Connie about one of my ex-boyfriends.

DREAM MEANING - REVIEW.

MARCH 11 1993, Thursday. Physically: Connie and I went to Surrey to see Carla and her cute son, good visit. Home, rest. Mentally: Always nice to see Carla and her son. Emotionally: I dreamed about a job interview and shopping with Pam.

DREAM MEANING - JOB INTERVIEW MEANS - BENEFICIAL EVENT, FUN.

MARCH 12 1993, Friday. Physically: Exercised with Connie, I hurt my back, must be more careful. Home, rest. Mentally: Phil and Cindy, my old roommates called and invited me to a party for tomorrow, sounds like fun. Emotionally: I dreamed I was at the party, I was putting things under peoples pillows.

DREAM MEANING - PILLOW MEANS GOOD THINGS, PILLOW TALK.

MARCH 13 1993, Saturday. Physically: Had a nice visit with Pam. Home. Rest. Later I went to the party. It was fun. I got lots of attention. One guy really liked me but I wasn't interested. Home. Mentally: It sure is nice to have someone really like you like that; too bad I wasn't interested, oh well. Emotionally: I dreamed John said I missed my appointment with the cable guy, but as it turned out he was wrong, I didn't have one.

DREAM MEANING - IN MY LIFE, THOUGHT I MISSED SOMETHING, BUT DIDN'T.

MARCH 14 1993, Sunday. Physically: June and I went to the E.S.P. fair in Vancouver. We drove to Surrey, parked and took the sky train. I got a picture of my aura. June got a mini astrology reading. Really fun, I enjoyed that so much. We went to Earls for dinner, good food. Home. Relax. Mentally: Carla called, one of the guys from Brandon got hit by a tow truck and is badly hurt, we'll pray for the best. Emotionally: I dreamed that someone told me I should let Sherman read the book I'm reading, BODY SIGNS, after I'm finished it.

DREAM MEANING - PASSING ON INFORMATION.

A picture of Tina's aura on the next page. Right, Green - healing/ teaching. Left, Orange - creative/ artistic.





June and I were in "Phoenix Books" in Surrey, around my last birthday (Jan. 24). I was drawn to a book called BODY SIGNS, so she got it for me for my birthday, so nice. This book is one of the most fascinating books I have ever read. It is a book that is channeled by M.B. Cooke. He channels HILARION. I wanted to know about my body signs. What were my guides trying to tell me. It was a book that told you about *the hidden meaning of the foot, leg, internal organs, vertebrae... plus a complete course in esoteric palmistry*. This was for me.

I used some of the Body Signs book information for three of the lessons in this book. All the books I used for the other nine lessons in this book are mentioned at the bottom of each lesson, and at the front of this book. You can get the books and learn more. Books are one of the best ways to learn. These are just some of the books I have used to learn from in my life. Everyone should have a different library because we all have different lessons. This is the order we will be learning the nine lessons in this book.

First you learned about CHAKRAS in this chapter, Chapter One. And you also started writing your dreams down for a week. Next you will learn about DREAMS in Chapter Two and write your dreams down for the next week. You will learn what I did, about BODY SIGNS in Chapter Three, and PALMISTRY in Chapter Four. Also write down your dreams for those two weeks. Then later we'll learn about NUMERALOGY in Chapter Five and THE TAROT CARDS in Chapter Six. Don't forget to write your dreams down for those weeks. Chapter Seven is about LEAF/TEA CUP READINGS, and in Chapter Eight, you'll learn about the I-CHING, and write your dreams down. In the last lesson, Chapter Nine, you will learn about FENG SHUI. You can keep on writing your dreams down if you want after all the lessons are finished. Nine chapters with nine basic lessons, one for each chapter. And each basic lesson has a test with nine questions. Learn lots and have fun.

BACK TO MY JOURNALS.

MARCH 15 1993, Monday. Physically: Went to see Connie, nice. Home. Did a little housework until I got too sore. Rest. Bed. Mentally: Got a few estimates on the garden. It will cost way too much and I can't do it. I could hurt myself, as I tend to overdo it. It's hard for me to stop working sometimes. Emotionally: I dreamed I was on a cruise ship. I saw all the places my summertime guy, Jerry, has lived in.

DREAM MEANING - NEEDING A HOLIDAY.

MARCH 16 1993, Tuesday. Physically: Went to my parents to borrow some garden tools, nice visit. Home. Went for a visit at Pam's. Home, relax, bed. Mentally: I'm going to try to do the garden myself, slowly. I heard back from one of the magazines I wrote to, to try again. I will, something has to come to me soon. I'll find a good story to write about. Emotionally: I dreamed about that TV show 'Step by Step'. I dreamed about my friend Shirley. Her girls, the two beautiful dark beauties, were fist fighting, they were older.

DREAM MEANING - CHILDHOOD STUFF.

MARCH 17 1993, Wednesday. Physically: Went to Connie's, we exercised and had another nice visit. Home. I'm sore, relax. Mentally: Carla called, her boyfriend just got out of jail, he was in for a few months. They were being intimate, when he had to stop because he had a bad headache. They went to the hospital. He died of a brain aneurism. My God. Carla and I talked for a while. Her boyfriend was a nice guy even if he was in jail. I didn't know him that well but from what I could see, I liked him, he was friendly. Carla's other friend is doing better now. Carla has a good book in her, just like all of us do. Emotionally: All I can remember about my dreams is hearing nice music.

DREAM MEANING - RELAXING.

MARCH 18 1993, Thursday. Physically: To Connie's, exercised. Went to see my parents. Relax. Mentally: I dropped off a few resumes in some health food stores today. Emotionally: I dreamed Connie said if I'm not home yet, to use the back door and wait for her.

DREAM MEANING - SOMETHING THAT IS FAMILIAR.

MARCH 19 1993, Friday. Physically: Went to U.S.A. to get some stamps. I mailed my story. Ryan and I went to June and Troy's in Newton. June was busy for the day, Ryan stayed while I went to the Dell Hotel to meet Carla and her friend. I got asked for I.D. and I'm the oldest one, by eight years, wow nice. Carla and her friends are all very upset and as well they should be. I know Carla really Loved that guy. So sad. Then later I went back to June's for the night, rest. Mentally: I really feel for Carla. Emotionally: I dreamed I was with Carla and her friends.

DREAM MEANING - REVIEW.

MARCH 20 1993, Saturday. Physically: June and I went to meet Shirley at Guildford Station Pub for lunch. Lots of fun. Back to June's, rest, we had a great crab dinner. Later we went to a Cabrera, danced, lots of fun, home, talk, and bed. Mentally: That was the first time at the Lunatic Fringe Cabrera, two levels, two bands, lots of good looking guys. What a blast. Emotionally: I dreamed about partying, it was fun.

DREAM MEANING - REVIEW.

MARCH 21 1993, Sunday. Physically: Nice relaxing morning. Ryan and I went to Mission for Pam's birthday party. Lots of family fun. Home, relax and bed. Mentally: Sherman's birthday today, Pam's is really tomorrow. Emotionally: I dreamed about two girls I knew from high school, Marilee and Becky.

DREAM MEANING - COMFORT.

MARCH 22 1993, Monday. Physically: Pam's birthday. Pam's husband Al called and asked me to help him carry thirty roses, one for each year, down to her work, sure. We drove to Surrey Taxation Centre. Al took Pam the roses, so very nice. Then Al took me to a sushi place, different but good. Home, rest. Mentally: I talked to Pam after work, she was so happy. Al also got Pam thirty pink flamingos in the front yard, with a sign that said "Holy Cow, Pam's thirty now". Funny. Emotionally: I dreamed someone said to Erika, just do it. I dreamed June and I were at Shirley's watching videos.

DREAM MEANING - ENCOURAGEMENT, COMFORT.

MARCH 23 1993, Tuesday. Physically: Exercised at Connie's, nice visit too. Home, I did housework until I was sore. I overdid it. Later after I had laid down for a while I went to my old roommates place for a visit, nice. Home. Mentally: Cindy, my old roommate and her friend Teresa said they saw a U.F.O. very cool. Emotionally: I dreamed June was with her ex-boyfriend and she was smoking again. (We both quit smoking on Jan. 1 1993, New Year's Eve).

DREAM MEANING - BAD INFLUENCES.

MARCH 24 1993, Wednesday. Physically: John is working in the big garden. I helped the best I could. Rest. We went to meet June and Troy at the smorgasbord restaurant. It was great. Then we did a little

shopping, nice. Home. Rest. Mentally: The garden looks great. My dad fell off a ladder today and gave us all a scare, but he's OK. Thank God. Emotionally: All I remember about my dreams is hearing nice music. DREAM MEANING - RELAXING (RECHARGE).

MARCH 25 1993, Thursday. Physically: I went to the mall, I got some jeans. Home, quiet day. Mentally: Connie had a migraine, that's awful. Emotionally: I dreamed that I was waiting in an apartment for something.

DREAM MEANING - SOMETHING COMING SOON.

MARCH 26 1993, Friday. Physically: A little work in the garden, it takes so much to keep up that garden. I had to stop because I was sore. Connie came over for a nice visit. Relax. Mentally: I wish I could do more physical things, I miss it. Emotionally: I dreamed the antique store in Cloverdale (Red Barn) burned down. Then I was having dinner with my friends.

DREAM MEANING - APPEAL FOR HELP FROM SOMEONE CLOSE. COMFORT.

MARCH 27 1993, Saturday. Physically: I went to Pam's for a while, nice. To Surrey to see Carla, good visit. To June's, Ryan babysat while June and I went to meet Shirley and her boyfriend at the pub. Fun. Later June and I went to Vancouver, to Lunatic Fringe. We met this really cool guy. We went to his apartment after, to see his artwork. I was very impressed. We all had an interesting talk; he gave me the name of a book, called The Creators. I'll have to get it from the library later. Back to June's, talk, bed. Mentally: Shirley and her boyfriend seem so happy together. I'm pleased for them. Emotionally: I dreamed I was reading palms.

DREAM MEANING - PREMONITION.

MARCH 28 1993, Sunday. Physically: Nice relaxing morning at June's. Home, nap, rest, bed. Mentally: June had strawberries for breakfast this morning and they were really good. Emotionally: I dreamed that a boat captain wanted me. Then about fixing up an old house, Dan Conner from the show "Rosanne" was helping me fix the house up, and he found a dead body buried in the basement. It was the town bum.

DREAM MEANING - FIXING THINGS. SOMETIMES A DEATH MEANS A BIRTH.

MARCH 29 1993, Monday. Physically: Went to Connie's to exercise, home, tried to clean a little but I was way too sore, darn it. Rest. I went to Pam's. She needs me to babysit tomorrow, great. Mentally: I Love watching Pam's girls. Emotionally: I dreamed about getting pulled over by a cop, with Carla in the car. Then about partying with June and Shirley. About Sherman coming over with my story.

DREAM MEANING - REVIEW. MAYBE I'LL SEE SHERMAN SOON.

MARCH 30 1993, Tuesday. Physically: Putter. Later I got Pam's girls from school and waited for Pam to come home from Surrey Taxation Centre. Home, relax and bed. Mentally: The girls and I had fun today. Emotionally: I dreamed about the country. Then about a newborn baby that could walk, she was perfect. About Erika and I playing hide and go seek. I was hiding in a bush.

DREAM MEANING - WALKING BABIES MEANS SUDDEN INDEPENDANCE. HIDING SOMETHING. CONTEMPLATING.

MARCH 31 1993, Wednesday. Physically: Saw Cindy, she cut Ryan's hair, good job. Home, relax, bed. Mentally: Nice quiet day today. Emotionally: I dreamed I was in my high school. Then about kittens under the stairs in my old house on 106th in Surrey.

DREAM MEANING - OLD SCHOOL MEANS RELUCTANCE TO BREAK OLD ASSOCIATIONS THAT COULD BE STOPPING YOUR PROGRESS. KITTENS MEAN PLAYFULNESS.

APRIL 1 1993, Thursday. Physically: Went to get the things for when June and Troy come over. Home, relax. Pam dropped Jenny off until 8:00, relax, bed. Mentally: Talked to Carla, she's doing better. It has been one year today since I have had sex. Emotionally: I don't remember my dreams.

APRIL 2 1993, Friday. Physically: Al called today. They need me to babysit, sure, it was fun. Pam came home, nice visit, home. June and Troy came over, we had a few beers, talk, bed. Mentally: The guy I was in the accident with called tonight. It was nice but different. I wonder why he called out of the blue like that. The book 'Body Signs' is so good. There are a lot of things that ring true. It's taking so long for me to read it, but that's the way I do it. Emotionally: I dreamed that I made a light that worked. I dreamed that Jerry, an ex-boyfriend and I had sex, but after he was really mean again.

DREAM MEANING - A LIGHT MEANS I WILL BE ENLIGHTENED BY SOMETHING. THE OTHER PART IS A PREMONITION.

APRIL 3 1993, Saturday. Physically: Hour change tonight. Went with June and the kids to see library and recreation center. New things to do, I like it. Home, watched "Cool World". Pam and the girls came for a nice visit. Later after dinner we watched "Singles" and "The Graduate". Three great movies today, talk, bed. Mentally: June and I talked about the trip we promised the kids, Disneyland. I hope I can afford it, I'm

saving a little at a time. It's going to be fun. Emotionally: I dreamed I was on the back of a motorbike, then I was eating peanut butter on crackers. I was wishing I had more time for something, worried.
DREAM MEANING - BIKE MEANS ASSISTANCE, PEANUT BUTTER AND CRACKERS MEANS DOMESTIC QUARRELS. WORRIES.

APRIL 4 1993, Sunday. Physically: June and I relaxed, they left. Ryan went with John for the day. I went to see my parents, nice visit. Pam and Al came for a visit too. The swap meet is across the street so we went there. There was a dog show, so we watched that instead, fun. Home, relax, bed. Mentally: June and I decided to take my car to Disneyland because it's in the best shape. It's fun planning the trip. Emotionally: I dreamed about walking in the dirty snow with Pam and Al. Then I was shopping in the mall. Then I was crying while doing the dishes because my old fiancé died. I was moving in with my old roommates, we were unpacking.

DREAM MEANING - DIRTY SNOW WITH PAM AND AL MEANS TROUBLE WITH THEM LATER. SHOPPING IS FUN, CRYING MEANS I NEED TO LAUGH MORE AND I'VE LET GO OF SAM. UNPACKING IS STARTING OVER.

APRIL 5 1993, Monday. Physically: Went to Connie's. Jan, her neighbor was there. Very nice visit. Then Cindy and I went to the Olde Mission market, which is a four level antique store. I just Love it. We saw Cindy's friend Teresa there, it was fun. Home. Ryan was pushed around by six guys; one of them had a knife and tried to cut Ryan's hair. A woman saw it and ran over and saved Ryan. We went to the lady's to talk and to thank her for everything she did. Then we went to the police to report it. Home, rest, bed. Mentally: I'm going to pick Ryan up from school every day now, until this is over. Emotionally: I dreamed that a riot was being talked out, everything worked out good.

DREAM MEANING - TROUBLE NOW, BETTER LATER.

APRIL 6 1993, Tuesday. Physically: Got up at 5:30. We went to talk to the Principle, he gave us the name of the boy, we have to see the police later. Home, Connie came over, we hung out. Connie came with me to get Ryan. Later Ryan and I went to the police station and gave them the name. Home, relax, bed. Mentally: Ryan seems to be internalizing what happened, he's not saying much. I feel really sick, my system isn't working to well, must sit still. Emotionally: I dreamed that I was living in the A-frame again, then it was two houses, then houseboats. I had really clear smooth skin.

DREAM MEANING - THE A-FRAME MEANS COMFORT TO ME. HOUSES, MIXED UP THEN IT WILL CLEAR UP.

APRIL 7 1993, Wednesday. Physically: Went to Connie's, exercised. Jan came over, very nice visit. Got Ryan, grocery store, home, relax, bed. Mentally: Found out today that the boy with the knife is being charged, we'll probably have to go to court. Emotionally: I dreamed that I gave Connie a crystal vase, she said that she just got the exact same one, so we each got a new vase. I also dreamed about Daisy, Connie's sister.

DREAM MEANING - GIFTS COMING. SEEING CONNIE'S FAMILY.

APRIL 8 1993, Thursday. Physically: Ryan was scared to go to school, so I let him have the day off. Exercised, we went to Connie's. Her parents and her sister, Destiny, were over. It was a nice visit. Ryan and I went shopping for a blanket to put on the ratty couch. Home, rest, bed. Mentally: Ryan and I had a good day out. I hope he's feeling better. Emotionally: I dreamed about eyeglasses and about little girls laughing and playing. I think it was my friend Shirley's girls. Then about bags of groceries.

DREAM MEANING - SEEING THINGS FOR THE BETTER AND ABUNDANCE.

APRIL 9 1993, Friday. It's Good Friday. Physically: Hid some Easter things for Ryan today because we're going to June's for the weekend. Ryan had fun, so did I, nice visit with Connie, exercise, home. To Surrey for a visit with Carla, then to June's. Ryan babysat while June and I went to "Lunatic Fringe" in Vancouver. We both met some nice guys, it was fun. Wonder if we'll see them again. Back to June's, talk, bed. Mentally: A much better day than the last few. Emotionally: I dreamed that I was partying, fun.

DREAM MEANING - FUN, REVIEW.

APRIL 10 1993, Saturday. Physically: Nice relaxing morning. June and I went with the kids to a park in Coquitlam, very nice walk. To June's for dinner and a movie. We watched "Single White Female" which was scary but good. Talked, bed. Mentally: What a great day, the nature fix was wonderful. Emotionally: All I remember dreaming about is Shirley and her girls.

DREAM MEANING - SOMETHING MUST BE GOING ON WITH SHIRLEY AND HER GIRLS, OR I WILL SEE THEM SOON.

APRIL 11 1993, Sunday. Easter. Physically: Nice relaxing morning, home. Visit with Connie. Picked up a chicken on the way home to roast for dinner. Home, rest, embroider, dinner, later I made chicken soup,

sore, rest, bed. Mentally: Another great day. Emotionally: I don't remember my dreams.

APRIL 12 1993, Monday. Physically: Connie came over, we went to Pam's for coffee, nice. Home, started to do housework but I started to feel really sick. I think I've been doing too much, some kind of an attack. I was in bed most of the day. Mentally: Wow, was I sick. Emotionally: I dreamed that I was in an antique store, a girl was trying to argue with me, but I won in the end. Then a guy really liked me and I was pleased.

DREAM MEANING - WINNING FEELING.

APRIL 13 1993, Tuesday. Physically: The pool was being cleaned today. Ryan said he wasn't feeling well and he stayed home from school. I slowly cleaned the house. Then for a nice visit at my parents. Home, relax, bed. Mentally: Ryan wasn't sick today, I'm sure he was scared. We talked, and he said he would go to school tomorrow. Finished my choker. Emotionally: I dreamed about embroidering, little monkeys, a train on no tracks, going in a house. I was in a lab, the train went upstairs, Victor Newman from my soap 'The Young and the Restless', was driving it. Then I was crying because the monkey/ kitten fell in a hole and I was afraid it was going to die, worried.

DREAM MEANING - REVIEW. MONKEY MEANS MISCHIEF MAKER. TRAIN OFF TRACKS, TRY TO GET BACK ON TRACK, WORRY.

APRIL 14 1993, Wednesday. Physically: Ryan went to school today. I finished the housework. Got Ryan, home, relax, bed. Mentally: One of the boys punched and kicked Ryan. I talked to the Principal, he didn't help much, he seemed annoyed with me, didn't care at all, not nice. Emotionally: I dreamed I was talking to Carla.

DREAM MEANING - PREMONITION, GOING TO SEE CARLA TOMORROW.

APRIL 15 1993, Thursday. Physically: Went to Surrey to see Carla, it's her sons third birthday, fun, Home. Got Ryan, relax, dinner, we went to Pam's. Erika was there too, we had fun. Julie, Erika's daughter, wants me to make her a choker also, cool. Home, rest, bed. Mentally: Ryan's day was better, it's good to be around family and friends. Emotionally: I dreamed I was packing a bathroom. It had a pink tub and I was packing Q-tips and things.

DREAM MEANING - NEW BEGINNINGS.

APRIL 16 1993, Friday. Physically: Ryan didn't want to go to school again, we talked. Later John found a big rat in the pool. The pool guys came and cleaned and fixed the pool. Quiet day. Mentally: I hope things start to get better for Ryan soon, school is like a war zone. I hate sending him to war. Mission has so many bullies. Emotionally: I dreamed I was on a cruise ship, you could eat anything you wanted and not gain weight. I was having a brownie with whipped cream and candy sprinkles, so many desserts.

DREAM MEANING - SWEETS IS SEX, CRUISE IS HOLIDAY.

APRIL 17 1993, Saturday. Physically: Ryan's dad came and got him for the night. I went with Pam and her girls to a flower show, very nice. It's spring. Grocery store, to Pam's, there was a storm, cool. Home, wonderful evening to myself, relax, bed. Mentally: Today was a good day. Emotionally: I dreamed I was nude walking down the hall, which was full of water, up to my neck. Later I was admiring my nudity while looking in a mirror, a man liked me too.

DREAM MEANING - FREEDOM.

APRIL 18 1993, Sunday. Physically: Ryan came home. We went with Pam, her girls, and John to Cascade Falls. It was beautiful. To Pam's for coffee. Home, relax, bed. Mentally: John's roommate had a girl over for the evening so he sat and watched TV with me, nice. Emotionally: I dreamed about young girls and myself dancing in beautiful dresses, blue, yellow and peach. Then about prawns, shrimp, cheese. I was talking to Madonna, she was swimming in the pool at Kwantlen Park.

DREAM MEANING - DANCING WITH GIRLS IS UNEXPECTED JOY. NEED FOR A HOLIDAY.

APRIL 19 1993, Monday. Physically: Exercised, relaxed, I got Ryan from school. We went to see Connie, nice. Later we went to see my parents, always good, home, rest, and bed. Mentally: Today I worked on Julie's choker. I got a rejection letter from Cosmo, they didn't want my Marilyn Monroe story. Oh well. Emotionally: I dreamed I was sewing and I heard the Doors music.

DREAM MEANING - REVIEW.

APRIL 20 1993, Tuesday. Physically: Went to Connie's, she always makes me laugh. I went to the library. Later I got Ryan and Pam's girls from school. To Pam's until she got home from work. Home, putter, relax, bed. Mentally: I looked at the 1993 writers market. You can't take it out so I looked through it and took the '92 one home. Emotionally: I dreamed my ex-husband wanted a hug. I was talking to June on the phone, she said Shirley left with a guy we all liked. We all got into my car.

DREAM MEANING - HAPPY FOR SHIRLEY AND HER NEW BEAU.

APRIL 21 1993, Wednesday. Physically: Went to Connie's, we did buns of steel, home, got Ryan, home. I tried to fix the corners of the pool but my hands are not strong enough. We need a new liner, but can't afford it now. Mentally: Connie's neighbor gave her lots of blueberries, so she gave me some, nice. Emotionally: I dreamed Pam and Al were going to buy an apartment next to mine, by the bike trail under the Mission bridge. The apartments were nice from the outside but the inside needed some work. The river had big waves and they lightly splashed me in the face. Oprah was going to do a show here. DREAM MEANING - LIGHTLY SPLASHED WATER IN THE FACE MEANS SOMEONE YOU LIKE WILL LIKE YOU BACK. FAMOUS PERSON IS, HELP FROM UNEXPECTED SOURCE. APARTMENT MEANS WORK ON INSIDE.

APRIL 22 1993, Thursday. Physically: Went to Connie's, Jan was there too, we exercised, Ryan got home early, went to watch soap with Pam, home, relax, bed. Mentally: Connie is letting me use her pizza pans for the weekend, nice. Emotionally: I dreamed I was partying in Chilliwack, it was a hilly town. There were five of us girls sitting in the front seat of my car, we had just let a lot of boys and girls out of the back seat of my car. It was a great night, loads of fun. DREAM MEANING - HAVING FUN.

APRIL 23 1993, Friday. Physically: Went to library, to Connie's for a nice visit. Home, I got Ryan from school. June and Troy came over, we had a nice visit, bed. Mentally: It was a surprise when June and Troy came early, I'm glad. Emotionally: I dreamed I was telling someone about my accident and about Carla. DREAM MEANING - REVIEW. SYMBOLISM.

APRIL 24 1993, Saturday. Physically: June and I exercised, we watched Woody Allen's 'Husbands and Wife's', it was good. Later dinner. Ryan watched Troy while June and I went to the Springs pub. Sherman was there, later we all went to the Katz Club to see The Headpins. They were great, we had lots of fun. Then we went back to my place, June and I, Sherman and a friend. We had more homemade pizza; they stayed until 4:00 in the morning. After the boys left June and I talked for a while, bed. Mentally: We sure had fun tonight. I wonder what Sherman's intentions are? He sure was flirty, June said so too. Emotionally: I dreamed I heard The Doors music.

DREAM MEANING - REVIEW OF THE NIGHT.

APRIL 25 1993, Sunday. Physically: June and I had a nice relaxing morning. After they left I cleaned the house until I was sore and had to rest. Later Pam dropped Jenny off. John and Jenny played hide-and-go-seek outside, it was fun to watch. Pam got Jenny, grocery store, home, bed. Mentally: John did the pool corners, he used heat to move them, it looks great. Emotionally: I dreamed I had a really nice outfit on and my hair was done. I was living in a hotel and I was in a hurry.

DREAM MEANING - FEELING GOOD.

APRIL 26 1993, Monday. Physically: Relaxing morning, later I got Ryan. Sarah and Jenny went to Pam's until she got home. Home, rest, bed. Mentally: June and I talked on the phone about the weekend, she's as confused as me about what Sherman's doing. He seems to like me, but... Emotionally: I dreamed someone was filming it all. Connie was picking up her husband in the snow. Then a man in a rage.

DREAM MEANING - FILMING MEANS UNEXPECTED BONUS. A COUPLE I KNOW COULD BE FIGHTING.

APRIL 27 1993, Tuesday. Physically: Cindy and I went to the Village, home. I went to get Shirley's birthday gift, home. I got a call from my friend in Prince George, Corinne, nice to hear from her. Relaxed, bed. Mentally: Corrine said her and the kids might move to Mission, which would be nice. Emotionally: I dreamed I was talking to Oprah about us being Aquarius's and that we were ahead of ourselves.

DREAM MEANING - SEEING FAMOUS PEOPLE MEANS HELP FROM AN UNEXPECTED SOURCE.

APRIL 28 1993, Wednesday. Physically: Went with Connie to Chilliwack, her parents got a new apartment, very nice, good visit. Got Ryan from school and we went to see my parents, fun. To the Met to get me a few bras, home. Pam and the girls came for a visit, nice, rested, bed. Mentally: My mom gave me some money for some new bras and she gave me new underwear, I really needed them all, thanks mom. Carla called, she's leaving for Brandon today, she's moving there, sad. Emotionally: I dreamed I delivered a woman's beautiful baby girl, very cool, and I was talking to Erika on the phone.

DREAM MEANING - NEW BEGINNINGS.

APRIL 29 1993, Thursday. Shirley's B.D. Physically: Exercised, went to thrift store, home, got Ryan. Went to U.S.A., to volume shoes, great shoes but what a hassle at the border, it took so long, not worth it. Grocery store, home, rest, bed. Mentally: I called Shirley today for her birthday, her and her boyfriend sure sound happy, I'm so pleased for them. Emotionally: I dreamed about style and fashion.

DREAM MEANING - REVIEW OF SHOPPING.

APRIL 30 1993, Friday. Physically: Went to Connie's, nice visit. Later I got Ryan, bank, home, relax, bed. Mentally: Nice quiet day. Emotionally: I dreamed I was wearing a nice Mexican outfit at the border, waiting. I had my passport but they said I didn't need it anymore. I was in the line with my friends, everyone was so happy, no more borders, it was great.

DREAM MEANING - REVIEW.

MAY 1 1993, Saturday. Physically: Went out with Pam for a while, fun. Ryan and I went to Newton to see June and Troy. Later June and I went to Lunatic Fringe in Vancouver. This guy June likes was there with another girl, we left soon after that. Went to her place, talked, bed. Mentally: Both June and I like guys that are not clear with their intentions, or are they? Emotionally: I don't remember my dreams.

MAY 2 1993, Sunday. Physically: Relaxed, June and I went to visit Shirley and took her birthday gifts, always great to see Shirley, we've been friends for such a long time, all of us, it's comforting. To the Village, got some tops, grabbed a quick late lunch, home, relax, bed. Mentally: I've been giving John money to hold for me for Disneyland. Today was a good day. Emotionally: I dreamed I was talking to Pam about her moving. Then about Jerry sitting in a mud puddle.

DREAM MEANING - REVIEW. MUD PUDDLE MEANS GLORIOUS GOOD LUCK.

MAY 3 1993, Monday. Physically: Went to Connie's, nice visit, bank, home, got Ryan, home, putter, went to Pam's, nice visit, home, putter, relax, bed. Mentally: Nice quiet day. Emotionally: I dreamed I was camping outside, sunny day. I was playing in the water with the Brandon gang, it was fun. I was sitting by a lake in the sun listening to good music.

DREAM MEANING - GOOD TIMES AHEAD.

MAY 4 1993, Tuesday. Physically: Went with Al to Maple Ridge to help him with fence things, home. Got Ryan, to Connie's, exercised, Jan was there too, fun, grocery store, home, rest, bed. Mentally: Pam and Al's fence is going to look great. Emotionally: I dreamed about apples and about me being a twin. Carla moved to another floor and Jerry moved back to Brandon.

DREAM MEANING - APPLES, GOOD OMEN, REVIEW.

MAY 5 1993, Wednesday. Physically: Went shoe shopping, good, library, nice visit with my parents, got Ryan, home, rest, bed. Mentally: I'm very happy. Emotionally: I dreamed about prayer and God. Then about a brown raccoon on my patio. I was talking to my brother James, we were sitting at my kitchen table.

DREAM MEANING - PRAYER IS PEACE OF MIND. PREMONITION AND COMFORT.

MAY 6 1993, Thursday. Physically: Went to Connie's, nice visit, home, got Ryan, home, dinner, rest, bed. Mentally: June and I talked on the phone about guys. Emotionally: I dreamed my dad helped me climb up on the roof. Then I dreamed I was in a mansion with Kate Chancellor and Jill Abbott from my soap.

DREAM MEANING - ROOF IS SWIFT SUCCESS. FATHER IS MONEY STUFF. REVIEW.

MAY 7 1993, Friday. Physically: Relax, packed for Surrey, got Ryan. To June and Troy's for the weekend. June and I went to Shirley's underwear party, fun. June, Shirley, and myself went to the Dell for some fun. My hometown, lots of laughs. To June's, talk, bed. Mentally: That was a fun girls night out. Emotionally: I dreamed about fashion you used only for certain places.

DREAM MEANING - REVIEW. FASHION IN THE BAR.

MAY 8 1993, Saturday. Physically: Went to get a movie for tonight, 'Prelude to a Kiss'. June and I went to the Guildford Station pub for lunch, then some shopping. To June's for a quiet evening at home, the movie was good. Mentally: It was relaxing. Emotionally: I dreamed about getting ready to go to a big dinner with lots of people.

DREAM MEANING - REVIEW. FUN WITH LOTS OF PEOPLE COMING.

MAY 9 1993, Sunday. Mother's day and Troy's birthday. Physically: We went to the wave pool for Troy's birthday party, lots of kids, fun. To Taco Time for lunch, then to a movie, Disney's 'Aladdin'. It was very good. To June's for coffee, home, grocery store. I'm sore, rest, bed. Mentally: What a great day/weekend. Emotionally: I dreamed I cooked rice and I ate it.

DREAM MEANING - YOU'LL BE EXCEPTIONALLY HAPPY.

MAY 10 1993, Monday. Physically: Went to Connie's to exercise, great, home, got Ryan, Sherman and Cal came over, it was fun. Next I went to Pam's for coffee. Home, relax, bed. Mentally: Sherman came over again and was flirty. I wonder... Emotionally: I dreamed I was waiting in a line up with Sherman. Ryan was playing with toys.

DREAM MEANING - REVIEW. WAITING FOR SHERMAN.

MAY 11 1993, Tuesday. Physically: Cleaned until I was very sore, rest. Later Connie, Jan and the kids came for a little visit, very nice time, we sat outside. First time Jan was here, sunny day. Got Ryan, grocery

store, home, rest, and bed. Mentally: Erika called and said she was taking me out for lunch tomorrow, nice. Emotionally: I dreamed I had a boyfriend, he gave me a pair of sunglasses. I woke up and fell back to sleep and dreamed he gave me a dress and more. I told him he didn't have to but he wanted to, ok.

DREAM MEANING - TO RECEIVE A GIFT MEANS BEWARE.

MAY 12 1993, Wednesday. Physically: Erika came over, she took me out for lunch, so nice. We went to a few thrift stores, and then to Hong Kong boys for lunch, it was great as always. Then we went to get Ryan and Pam's girls. We went to Pam's, Erika left. Pam and girls came to my house, hot day so we went for a swim. First time we used the pool this year. Very refreshing. I made dinner for everyone. Later they went home, rest, and bed. Mentally: This was a great day, an older man came up to me today and said I was just beautiful, that's always nice, made my day. Emotionally: I dreamed I was studying with my dad and other wise men.

DREAM MEANING - WISDOM AROUND YOU.

MAY 13 1993, Thursday. Physically: Went to Connie's to exercise, home, not feeling too good today, rest, bed. Mentally: Got a call about a store in town called the White Dragon, they are looking into partnerships with a few people. June said she would be interested too, no harm in looking into it. I talked to Corinne in Prince George, they will be staying there for now, nice to talk to her. Emotionally: I dreamed I was partying with the people from Brandon, lots of people.

DREAM MEANING - GOOD TIMES AHEAD.

MAY 14 1993, Friday. Physically: Got Pam's girls from school at lunch, later mom and pop got them for the night. Got Ryan, home, relax, then my old roommates called and asked me to go to the pub with them, why not. We went to The Springs, it was really fun. Home, bed. Mentally: I enjoyed myself so much tonight. Emotionally: I dreamed about my flower garden.

DREAM MEANING - SPIRITUAL SATISFACTION, DOMESTIC LOVE AND FINANCIAL SECURITY IS WHAT A GARDEN MEANS, NICE.

MAY 15 1993, Saturday. Pop's birthday. Physically: Mom and Pop came to drop the girls off, later Pam came and got them. To meeting at the White Dragon, June couldn't make it. They decided not to keep the store open because not enough people or money, oh well. I sure learned a lot about the Hatzic Rock. Home, got Ryan, we went to the native sight where the Rock is, very big rock, wow. It's all open just the way it should be. I Love it here. Ryan and I left flowers and some of our hair as a gift to the Hatzic Rock. I'll be back one day. Great nature fix. Home, rest, bed. Mentally: I watched 'Splendor in the Grass.' Very good movie. Emotionally: I have a cold and they say don't count your dreams when you're sick. I can't remember them anyway.

MAY 16 1993, Sunday. Physically: Went to mom and pops for pop's birthday party. Lots of food and fun. Then across the street to the flea market, fun. Next everyone went to my place for a swim, fun. Pop and Mom got K.F.C. for everyone. Later I cleaned and exercised. Went for a cone with Ryan. Home, I did too much today, rest, bed. Mentally: It sure was fun with the family, like old times, we used to all to go swimming on Sunday's for the family swim at Kwantlen Park in Surrey. Emotionally: I dreamed about watching racehorses, and about talking on the phone but I couldn't hear. Then about people coming over to party, cute guys.

DREAM MEANING - RACING HORSES MEANS SWIFT SUCCESS. PHONE MEANS YOU HAVE RIVALS. PARTY IS FUN STUFF AHEAD.

MAY 17 1993, Monday. Physically: Went to Connie's, exercised, home, putter, got Ryan, grocery store, home, Pam and the girls come over for a swim, it's wonderful on a hot day like this. After they left I had dinner, relaxed, bed. Mentally: I sat on the porch this evening, lots of humming birds, it's so beautiful here. Emotionally: I dreamed I was in a line at the bank. Also that Jerry was coming over and that someone was pregnant.

DREAM MEANING - WAITING. NEW BEGINNINGS WITH JERRY.

MAY 18 1993, Tuesday. Physically: Old roommate came to borrow my car, later Connie came over with her son Bruce, and we went for a swim. After they left I went to get Ryan. He had some of his friends over for a swim too. Relax. John and I sat by the pool, very nice, relax, bed. Mentally: Nice refreshing day. Emotionally: I dreamed I made a bed so good you could flip a dime on it. Then about having a tour of a mansion.

DREAM MEANING - GOOD JOB AND LOOK BUT DON'T TOUCH.

MAY 19 1993, Wednesday. Physically: I went to the library, got that book out that the guy said would be good. 'The Creator's', by Daniel J. Boorstin. Bank, grocery store, got Ryan, home, read a little, rest, bed. Mentally: That book is about all the different religions and creations, 747 pages, wow, I'll do my best. It's

good, very interesting. Emotionally: I dreamed that Sherman was dressed up like a detective with the hat and coat, like Dick Tracy.

DREAM MEANING - SHERMAN IS HARD TO FIGURE OUT.

MAY 20 1993, Thursday. Physically: Connie's to exercise, Jan came over, nice visit. Got Ryan, we got the things for Saturday's dinner. I went with Pam to watch her girls in swimming lessons, home, putter, relax, bed. Mentally: Today there was a big storm, I sat on the porch and watched it, very cool. Emotionally: I dreamed that June and I went shopping for a new couch. The band Extreme went running by, we met the guys, we even kissed them.

DREAM MEANING - JUNE AND I GETTING READY FOR NEW THINGS (GUYS).

MAY 21 1993, Friday. Physically: Went to Connie's, exercised, home, got Ryan, home, June and Troy came for the night. Ryan watched Troy while we went to the pub, fun, home, talk, bed. Mentally: It was a slow night at the pub, but still fun. Emotionally: I dreamed I was traveling with June, we got three pairs of shoes and some hash browns.

DREAM MEANING - PREMONITION.

MAY 22 1993, Saturday. Physically: Walked with June and the boys to the store and to Pam's, had coffee, home, nice dinner. We watched 'League of Her Own', very good movie, we cried at the end. June and I walked to the Springs, fun, home, talk, bed. Mentally: We saw lots of people we know there. Emotionally: I dreamed Sherman and I lived in the house on 106th in Surrey, we were thanking each other.

DREAM MEANING - COMFORT.

MAY 23 1993, Sunday. Physically: We all had a good breakfast, then we all went outside and sat around the pool, sunny day. Shirley and her girls came over, lots of fun swimming, just like old times. After everyone left, Ryan and I went to Connie's, nice walk. Home, relax bed. Mentally: I spent too much time in the sun, burnt. Emotionally: I dreamed a humming bird came and hovered by my head, colorful, pretty.

DREAM MEANING - REVIEW. THAT HAPPENED.

MAY 24 1993, Monday. Physically: Pam, Al, the girls, Ryan, John and myself went for a bike ride on the trails, under the Mission bridge. Then home for a swim, we called the parents to come over for a swim too, fun. Later I went to Connie's to give her birthday gift a day early, what a great day, home. A wonderful evening sitting on the back porch, bed. Mentally: I'm so happy. Emotionally: I dreamed June introduced me to a really cute guy. This guy and I went on a date, we talked all night. Later we even had sex.

DREAM MEANING - PREMONITION.

MAY 25, 1993, Tuesday. Connie's and her daughter's birthday, Physically: Today I'm going to teach Ryan (14) how to do his own laundry, got to start some time. Worked on Julie's choker, quiet day, rest, and bed. Mentally: Nice talk with Connie. I needed to have a mellow day. Emotionally: I dreamed I lived with Carla on 106th, I was coming home from a jog.

DREAM MEANING - COMFORT.

MAY 26 1993, Wednesday. Physically: Puttered, bank, got Ryan, home, started to make stew. Pam called and asked us over for dinner, great, stew always tastes better the next day anyway. Great chicken stir-fry, talk, home, bed. Mentally: Another wonderful day. Emotionally: I dreamed that June and I had really nice motorbikes, Harleys. We were at the license office, everything was OK for our ride.

DREAM MEANING - MOTORS MEAN SOLID PROGRESS.

MAY 27 1993, Thursday. Physically: Went to get shorts and top set at Value Village. Then went to see Connie. Lona was there with her children. Such a nice visit. Got Ryan, home, rest, bed. Mentally: So good to see Lona and her family. Emotionally: I dreamed about packing at the house on 106th, then about beautifully decorated Christmas trees and settings, and about Corinne and Carla.

DREAM MEANING - COMFORT AND GOOD FRIENDS.

MAY 28 1993, Friday. Physically: June's old boyfriend called. He wants her back but she's not interested. Went to see Connie, good talk, got Ryan, home, dinner, packed, we went to June and Troy's. Ryan watched Troy while June and I went to Lunatic Fringe in Vancouver. We ran into Reg and friend. Later we all went to June's place, we had fun but I wasn't interested in Reg's friend. I said good night and later heard them leave at 7:30. Mentally: I really hope that Reg and June connect this time. Emotionally: I don't remember my dreams.

MAY 29 1993, Saturday. Physically: Ryan went with his dad, Greg. June and I talked all morning. Reg said he would call. We went to grocery store, I got my brown eyebrow tint. Back to June's for a great dinner and a movie, 'Toys', it was really good. More talking, nice relaxing evening, bed. Mentally: Another good day. Emotionally: I dreamed that Jane (Greg's wife) and I painted a house.

DREAM MEANING - PAINTING A HOUSE MEANS INFORMATION THAT WAS WITHHELD

WILL NOW BE FORTHCOMING.

MAY 30 1993, Sunday. Physically: Nice relaxing morning, I went back to Mission, Ryan was already there, his dad gave him \$110.00 and clothes and food for Ryan's birthday, so very nice. I tried for the first time to tint my lashes and brows, not bad for the first try. Rest, bed. Mentally: It was a fun weekend. Emotionally: I dreamed I was using a hammer and nails and then I was getting my nails done in a salon (I have never got my nails done).

DREAM MEANING - NAILS MEANS UNEXPECTED NEWS.

MAY 31 1993, Monday. Physically: Connie's to exercise, great visit, got Ryan, home, did some writing. Went to visit Pam, home, relax, bed. Mentally: I'll try to send some short stories again. Emotionally: I dreamed I was cutting throw Whalley ball park to meet my friend, all my friends came to live by me. I got a bouquet of sweet peas from my boyfriend, so happy.

DREAM MEANING - COMFORT AND FRIENDS.

JUNE 1 1993, Tuesday. Physically: Went to get old roommate Phil, we went to get car parts, home, got Ryan. Phil tuned up my car. The parts and Phil's labor cost \$150.00. I sat and talked to Phil and his friend Mel, they left. Went to get Pam's girls. Ryan and friends went for a swim, Sarah and Jenny too. Pam came home from work, we all had dinner, they left, relaxed, bed. Mentally: Now my car is ready for California. Emotionally: I dreamed that I was on a passenger train.

DREAM MEANING - TRAVEL MEANS INCREASE IN STATUS OR INCOME. TRAIN IS PREMONITION.

JUNE 2 1993, Wednesday. Physically: Shopping for a swimsuit, I found one. Went to see Connie, Jan was there too, nice visit, grocery store, got Ryan, I got my hair trimmed, home, putter, relax bed. Mentally: Ryan had more boys try and cut his hair today but he handled it. Ryan is now doing all his own laundry, I'm pleased. Emotionally: I dreamed June was upset, something to do with the future.

DREAM MEANING - PREMONITION.

JUNE 3 1993, Thursday. Physically: Went to exercise with Connie and Jan, nice visit too, got Ryan, home, dusted and vacuumed, rest, sore, bed. Mentally: My brother James and his wife are in town, we'll see them tomorrow. I hope it's sunny. Emotionally: I dreamed about a big black man, a go-cart, a cat, and an old Sam.

DREAM MEANING - THINGS FROM THE PAST. SYMBOLISM.

JUNE 4 1993, Friday. Physically: Went to pool store with pool water. Then to Connie's to exercise. Later Jan came over and so did Connie's parents, fun. I went to get Ryan, more trouble with boys. Ryan is being so brave on the outside but I know he's holding his anger in. Home, rest, we went to see my brother and his wife at mom and pop's place, very nice visit. Then back to the pool store, we need chemicals to shock the pool. Home, relax, bed. Mentally: That book I'm reading 'Body Signs', is teaching me how to read palms, all my friends and family are my guinea pigs. Today I got to read James hand, now I've read all my family's palms, we all have circles for our money (WHICH YOU WILL LEARN ABOUT IN CHAPTER FOUR). Emotionally: I dreamed that my dad called and said Ryan was falling asleep now. Then someone told me that a friend from high school was murdered. I dreamed I was in Connie's dad's old corner store, a guy was really nice to me, he asked me for my phone number, then he kissed me, it was nice.

DREAM MEANING - THINGS CALMING DOWN FOR RYAN. WORRY. COMFORT. (Mixed bag).

JUNE 5 1993, Saturday. Physically: Went to get Ryan's birthday cake for tomorrow, got Sure Shock for the pool. Shirley and her girls came over for a swim, fun. June and Troy came over, it was so nice sitting around the pool on such a nice day. After Shirley and her girls left, June and I went to Mc D's to get dinner. Later June and I went to The Springs. Mel, a friend of Phil's, was there. He likes June, but she likes him as a friend. We had fun, home, talk, and bed. Mentally: Three more weeks until June, Troy, Ryan and myself go to Disneyland. Emotionally: I dreamed June and I were sitting on bar stools, talking.

DREAM MEANING - REVIEW OF THE NIGHT.

JUNE 6 1993, Sunday. Physically: Got ready for Ryan's birthday party. The whole family came over, lots of fun. Everyone left, rest, bed. Mentally: Wow Ryan is 15 years old now, it goes so fast. Emotionally: I dreamed that James was playing chess in the back yard, and John gave me a windshield wiper.

DREAM MEANING - COMFORT. SAFE.

JUNE 7 1993, Monday. Physically: Just puttered and relaxed most of the day. Oprah had some inspiring women guests on. I did some writing because of it, wow. Mentally: Ryan's teacher called me back, I had left a message earlier. I told him about all the bullying that had been going on at that school, he said there is nothing anyone can do about the bullying, besides he doesn't believe me anyway! Really?! You're joking! We had words, I was mad!!! Something has to be done about the bullying, but no one wants to do anything.

This Mission school sucks. Emotionally: I dreamed about talking about the party.

DREAM MEANING - REVIEW OF RYAN'S BIRTHDAY PARTY.

JUNE 8 1993, Tuesday. Physically: Went to Connie's, exercise, and nice visit. Got Ryan, home, mom, pop John, James and his wife all came for a swim, it was great. Pam dropped girls off, later after everyone left, myself, the girls and Ryan just hung out until Al came to get the girls. Rest, bed. Mentally: I took the girls and Ryan for Mc D's sundaes, we had a fun day. Emotionally: I dreamed I was in a park wearing a white swimsuit. I saw some wolves killing and murdering. I was the only one that saw it. Then a guy got me and he raped me. Very, very, scary.

DREAM MEANING - NIGHTMARE. WATCH WHAT YOU'RE DOING.

JUNE 9 1993, Wednesday. Ryan's birthday. Physically: Ryan gets the day off. I dropped Ryan off at the mall to shop and I went to Connie's. Jan was there too. Later Ryan called, I got him, I went grocery shopping, home for a Ryan dinner, and we hung out, fun, bed. Mentally: Ryan and I had a great day together. Emotionally: I dreamed we got a beautiful family photo done.

DREAM MEANING - A PLEASING RENEWAL OF AN OLD FRIENDSHIP.

JUNE 10 1993, Thursday. Physically: Puttered, got Ryan, visit Connie, home, relax, bed. Mentally: Today was one of Ryan's last days of school, only a few more days of tests. Emotionally: I dreamed someone said my clothes were out of date, they looked again and everything was fine now. Saw my feet, and photos.

DREAM MEANING - SOMEONE MAKING MISTAKES. BARE FEET - NEW THINGS WITH THE OPPOSITE SEX.

JUNE 11 1993, Friday. Physically: Puttered, relaxed, bed. Mentally: Nice to sit around with Ryan all day. Emotionally: I dreamed I was sleeping, when I woke up there was a beautiful mansion and a party, lots of handsome men.

DREAM MEANING - FUN TIMES AHEAD.

JUNE 12 1993, Saturday. Physically: Exercised, went to try and help paint Pam and Al's garage door, home, rest, bed. Mentally: This has been a nice quiet evening. Emotionally: I dreamed I went to drop Ryan off at Greg's, he lived in a shed in the park with Jane.

DREAM MEANING - I MIGHT SEE GREG AND JANE.

JUNE 13 1993, Sunday. Physically: Went to Pam's, we got Erika. Ryan went with John. We met everyone in Cloverdale at a hall for my grandparent's 60th wedding anniversary. All the aunts and uncles and cousins were there, lots of fun. Home, rest, bed. Mentally: So many people in my family. I was very proud of Ryan. Emotionally: I dreamed about a wallet and sewing something. *6TH ACCIDENT

ANNIVERSARY.

DREAM MEANING - NEED FOR MONEY. HARD WORK AHEAD, COULD BE FROM ALL THE EMBROIDERING I WAS DOING.

JUNE 14 1993, Monday. Physically: Went to Connie's to exercise, got Ryan, home, relax, bed. Mentally: Ryan's teacher called, he saw the kids get Ryan this time, now he believed me! He called the parents and told them (a lot of good that will do!), and he thanked me for informing him of what was going on, and he said he was sorry for not wanting to get involved last time. He said I was a good parent! Later I cried.

Emotionally: I dreamed about my soap, 'The Young and the Restless'. I also got my hair cut, nice. I also dreamed I was living in the apartment where I lived in my twenties that had lots of criminals, and the cops visited regularly (we called it the 'heatbag' apartment).

DREAM MEANING - REVIEW AND OLD TIMES.

JUNE 15 1993, Tuesday. Physically: Went to Connie's, exercised, Jan came over, nice visit. Got Ryan, grocery store, home, did brows, relaxed, bed. Mentally: Neighbors have a new puppy, it cries all the time. Emotionally: I dreamed Connie moved near the mountains, we were going to go for a walk but first Connie did the dishes and laundry while I had a bath, then she had a bath, then we went for a walk.

DREAM MEANING - CONNIE TOLD ME THEY MIGHT BE MOVING TO PENTICTON, REVIEW.

JUNE 16 1993, Wednesday. Physically: Went to the library, then had a nice visit with Connie and Jan, home. I sat around the pool, sunny day, rest, and bed. Mentally: I did some great meditating when I was by the pool. Emotionally: I dreamed I was living in a mansion with a pool, three cute guys. Ryan's dad wanted to move in with Ryan in his area, it seemed to be OK.

DREAM MEANING - REVIEW. FEELING RICH.

JUNE 17 1993, Thursday. Physically: Visited with Connie and Jan, got Ryan, he was being bugged by that boy, I talked to the boy, then I talked to his parent, she's having so much trouble with him. Let's hope for the best. Got Pam's girls, swim, Pam came for dinner. Then mom and pop came for a swim too, fun. After they left I went to Phil and Cindy's place, they had a cute friend that liked me, he asked me out but I could

tell he was only looking for a fling, no thanks, home, bed. Mentally: It's always nice to have the attention but I don't want to get hurt. Emotionally: I dreamed about my soap and making pancakes.

DREAM MEANING - REVIEW AND COMFORT.

JUNE 18 1993, Friday. Physically: Went to get travel insurance. Home. Ryan and I worked in the garden, it's so big. It looks good. Rest my hernia and back, very sore, relaxed. Later Ryan and I went to give pop his Father's Day gift and we had a nice visit too. I went to see Connie, she just got her legs done again, the veins. What a pair, her legs and my hernia and back - pain sisters! Home, still sore, rest, bed. Mentally: I hope I didn't do anything to my hernia, it's so sore. Emotionally: I dreamed I was in the veggie garden, I told someone that the sweet peas turned into snow peas. Then Destiny, Connie's sister, had a plane in her back yard.

DREAM MEANING - REVIEW AND NEWS FROM AFAR.

JUNE 19 1993, Saturday. Physically: Puttered, Greg came and got Ryan. I then sat by the pool, nice. I packed to go to June's. Later Ryan got dropped off at June's. Ryan watched Troy while June and I went to Lunatic Fringe in Vancouver, fun. To June's, talk, bed. Mentally: I had fun tonight but I was still very sore, didn't dance. Emotionally: I dreamed I had long blond hair, like I do, but even longer. I dreamed about the bar and being able to party better.

DREAM MEANING - REVIEW AND WANTING TO BE BETTER.

JUNE 20 1993, Sunday. Physically: Relaxed at June's, then we all went to White Rock, nice to walk around the beach when the tide is out, fun. We got a cone and looked at some cute stores. Ryan and I went home. I got some cleansing tea, I hope it works, relax, bed. Mentally: Today was a very enjoyable day, but I overdid it, sore. Emotionally: I dreamed the tea was working, and then at 2:30 it did.

DREAM MEANING - REVIEW ABOUT THE TEA.

JUNE 21 1993, Monday. Physically: I slept in, then Ryan and I slowly cleaned the house, bathroom, dust, vacuum, rest. Later we went to have a nice little visit with Connie. Home, relax, bed. Mentally: That tea is working too well! I've been going all day! Emotionally: I dreamed I was telling my girlfriend, "if you don't know him, don't trust him".

DREAM MEANING - REVIEW ON MEN.

JUNE 22 1993, Tuesday. Physically: 6:30, went to Pam's to watch the girls until school started, I dropped them off. Home. I called about our hotel reservations for our trip to California, rest. Got the girls from school, Sarah had a hard day, poor thing. Pam came home. Home, relax, bed. Mentally: I must have a lot of toxins in my body, that tea is still making me go so much. Emotionally: I dreamed I was at a big house party, it was like old times, then I sat down and had a big bag of candy.

DREAM MEANING - REVIEW AND HOPEFULLY SEX SOON.

JUNE 23, Wednesday. Physically: Connie came over with Bruce, we had a nice visit. I went to get the girls, now to get Ryan. Then to Pam's until she got home. We had a nice little visit. Home, relax, bed. Mentally: Pam asked if I would watch her girls more now, sure any time. Emotionally: I dreamed us girls were picking a card out for someone.

DREAM MEANING - REVIEW ON GIRLS.

JUNE 24 1993, Thursday. Physically: 6:30, watched girls, took them to school, home, got Ryan, lunch. Went to Connie's, Lona was there with her children, fun visit, got girls after school, went to Pam's until she got home from work. Home, rest, bed. Mentally: I hit my head really hard today. Emotionally: I dreamed I was putting on a money belt at Disneyland.

DREAM MEANING - PREMONITION FOR TRIP.

JUNE 25 1993, Friday. Physically: Pam, the girls and I went to Hong Kong Boys for lunch, always good. We walked up and down the main street in Mission, looked in lots of stores, fun. To my place for a swim. Later after everyone left, Phil and Cindy came over to use the car; they asked me if I wanted to go to the Springs later, sure. Al and Pam even joined us at the Spring's for a while, and then they went home, nice time. Later we all went to the Katz Club, wow what fun. We met lots of cute guys and nice people, really fun. To Phil and Cindy's to party a little longer, home, bed. Mentally: I really enjoyed that club, good live music. I'll have to go back, it's just in Abbotsford. Emotionally: I dreamed I heard nice music.

DREAM MEANING - REVIEW OF THE NIGHT.

JUNE 26 1993, Saturday. Physically: Puttered, Carla called, she's living with her mom now, and she has found a nice guy, I hope it all works out, it's been so hard on her since her boyfriend died. I had a relaxing day at home, went to A&W for dinner, rest, bed. Mentally: John gave Ryan and I each a little money for our trip, he's so nice. Emotionally: I dreamed a guy was trying to get me, I didn't like him.

DREAM MEANING - REVIEW AND BEWARE.

JUNE 27 1993, Sunday. Physically: I did some more reading about palms, fun to try, time will tell. I went to Pam's. Erika was there. I gave Julie her chocker that I had finished, a very good and fun visit. Home, I dyed my lashes and brows from blond to dark brown, rest, and bed. Mentally: My family and friends are going to be my guinea pigs to see if this psychic stuff works. Emotionally: I dreamed I drove to the school with Pam's girls, the next day Sarah drove and I followed. Then something about \$75.00. I gave the teacher a cookie.

DREAM MEANING - PREMONITION AND TRIVIAL DISPUTES.

JUNE 28 1993, Monday. Physically: Went to bank to get travelers cheques, to mom and pop's, they gave us a little money for our trip too. I have the nicest family. To see Connie, good visit, home, relax, bed. Mentally: I sure am getting excited about the trip. That palm book sure is interesting. Emotionally: I dreamed I was babysitting. I had a tool everyone wanted. Then I was trying to find a place to have sex with my guy, no privacy.

DREAM MEANING - REVIEW. NEED FOR PRIVACY.

JUNE 29 1993, Tuesday. Physically: I started packing, did laundry, helped Ryan with some of his packing, puttered, relaxed, bed. Mentally: Disneyland, here we come. Emotionally: I dreamed about a clear pond and a stream, I was with lots of fishermen, catching lots of fish.

DREAM MEANING - SUCCESS.

JUNE 30 1993, Wednesday. Physically: Went to Connie's for a nice visit. Home, finished packing. Ryan and I went to June's for the night, we talked, bed early. Mentally: We leave first thing in the morning. Emotionally: I dreamed we were on tour with Aerosmith, we interviewed them.

DREAM MEANING - HELP FROM UNEXPECTED SOURCE.

JULY 1 1993, Thursday. Physically: Up at 3:30am, left at 5:00, exciting. We drove all day. Once we got to Oregon it started to get really hot. We drove to the border of California, 13 hours. We stayed in a cute hotel in a town called Eureka, such fun, but tired. Mentally: One and a half more days of driving. Emotionally: I dreamed we were traveling, we had to stop and wait for June's doctor to phone her for an appointment.

DREAM MEANING - TIRED AND REVIEW.

JULY 2 1993, Friday. Physically: Had a nice breakfast in a good restaurant. Started driving again. We drove until we got to Sacramento. Had a good lunch at Subway and did a little shopping. We drove until dinner at 8:30. Stopped at a junction, nice motel with a pool. Went for a swim, rest, and bed. Mentally: Hot. We sure did notice the stress in Sacramento between the black people and the white people because of that unfair court case, against the black man that got beaten up by the white police, he should have won. Some black people were giving us (a carload of blondes) really dirty looks. June and I were scared. It's just not like that at home. Emotionally: I dreamed I was sitting on a rocking chair with a cat, a lady came and shoved the cat out the window.

DREAM MEANING - SUDDEN STROKE OF LUCK IF THE CAT GOT TAKEN AWAY FROM YOU.

JULY 3 1993, Saturday. Physically: Went for a good breakfast. Left at 8:30 for Disneyland, Anaheim. Got there at 11:00, our room will be ready at 2:00. We walked around, went for a relaxing lunch, then to our room, very nice, right across the street from Disneyland. We went to the mall to go shopping, cool clothes here. Then for a nice dinner, back to Howard Johnson Hotel, rest, bed. Mentally: We all need a good night's sleep, tomorrow we go to Disneyland. Emotionally: I dreamed about an elastic, then about a ponytail. June and I were shopping for jeans in someone's basement.

DREAM MEANING - REVIEW OF THE DAY.

JULY 4 1993, Sunday. Physically: Trouble sleeping, too excited, meditated. Quick breakfast. To Disneyland, wow, so big, we got a two-day pass. We went in the haunted house, fun. To the jungle tree house, so interesting. Waited while they went on a few rides, I can't go on all the rides because of my disabilities. I did some really fun shopping. Then we went back to the Howard Johnson hotel. Tasty lunch, rest, swimming at the hotel pool, rest, great dinner, back to Disneyland. To Toon Town, waited, watched, walked. On to 'It's a Small World' ride, I Loved it so much, I could go on that ride many times. Watched the parade, then on Pirates of the Caribbean ride, fun. I waited a long time for them to go on Splash Mountain, that ride is too rough for me. I watched 'Fantasmic', a show on the water and the air, holograms, fireworks, it blew me away, so good, unreal, wow. I talked to a cute guy the whole time, we watched the July 4th fireworks, just beautiful, very crowded and a full moon. I think I had a better time than they did by just waiting - great, great time. Then they came out. Hotel, very tired, talk, bed. Mentally: Excellent first day. Emotionally: I dreamed that we were taken to the front of all the restaurant lines because Troy was with us.

DREAM MEANING - TROY IS THE YOUNGEST, WE'RE AT DISNEYLAND FOR THE CHILDREN,

OR FEELING LIKE A CHILD, FUN THINGS.

JULY 5 1993, Monday. Physically: We packed our things and put them in the car. Went for a good breakfast, we had a really nice waitress. Back to Disneyland, we went on a few more rides, like the tea cups and we went to some more stores like the Christmas store, fun, fun. Then we went to our next Howard Johnson's Hotel, in Reseda, so we can see Hollywood, can't wait. What a difference in hotels, this one is in a very bad neighborhood. There was a poop floating around in the pool! The boys stayed locked in the room while June and I ran across the street so we could get dinner, at about 5:00. A police car came by and said you must be from out of town and that we should stay in our hotel rooms and not walk around outside because it's dangerous. Oh my! No argument from us, we went back and had dinner and watched TV. We got to watch a live car chase, what a town. We went to bed early, so we could leave early. Mentally: Now I know what they mean in the Tom Petty song, "It's a long day living in Reseda". Emotionally: I dreamed I was at the A-frame, a house I used to live in. I had a pet humming bird and a budgie too. Lots of hugs.

DREAM MEANING – COMFORT. BIRDS ARE FORTUNATE OMEN.

JULY 6 1993, Tuesday. Physically: The hotel had donuts and coffee for us, we ate and left for Universal Studios, we had lunch in a very Hollywood-ish type restaurant, fun. Then I waited while they went on the 'Back to the Future' ride, very hot and no place to sit in the shade. Then we went on the tram ride, we drove throw the sets, saw Jaws come out of the water at us. Lots of neat things. Then to the Lucy tribute, I Love Lucy. Did some shopping, got dinner on the way to the hotel. Stayed in to rest, talk, bed. Mentally: It sure is warm out. Emotionally: I dreamed we were in Cloverdale with horses, someone wanted to buy the horses. Then I was talking to a mentally disabled man, We saw a beautiful butterfly fly by.

DREAM MEANING – HORSES MEAN DECEIT FROM SOMEONE YOU TRUST. BUTTERFLIES MEAN SUCCESS.

JULY 7 1993, Wednesday. Physically: Packed our things, put them in the car, had the continental breakfast. Then we went to Hollywood, saw the outside of Mann's Chinese theatre, so interesting. The shopping here is so much better than at home, such nice things. Saw the Walk of Fame, all the stars names and stuff, very cool. Went only in the front part of Ripley's, then for a big slice of pizza, more shopping, and such cool, different stores. Then we headed for home. We drove down the coast, very hot, very tired. We stopped at a nice junction hotel. Went for a cool swim. Taco Bell, relax, bed. Mentally: Tomorrow San Francisco. Emotionally: I dreamed that my Mom's family was having a family reunion at Kwantlen Park, but they wouldn't let me in. I went to our old house on 106th, Pop was having a party with a pool and hot tub, and I could go in. Then I was giving everyone their gifts from Disneyland.

DREAM MEANING - WANTING TO RETURN HOME, SO CLOSE.

JULY 8 1993, Thursday. Physically: Went for a nice breakfast, then we drove for San Francisco. We went to the pier, lots of stores, fun, we could even see Alcatraz in the distance, cool. Lunch, more shopping, and then we drove until we got to Eureka. We stopped for a fancy seafood dinner, very good, nice restaurant. The Anchor. Then we drove along the coast, so beautiful at sunset, the waves and the colors, it's something to see, unbelievable. We stopped to stay at a cute little cabin in the woods, rest, talk, and bed. Mentally: Fun, full day. Emotionally: I dreamed about a flock of bats, scary. Then I forgot the booze and had to go back for it. Then I picked up a book and dusted it off.

DREAM MEANING – BATS MEAN SORROWS AND CALAMITIES. REVIEW. DUSTY BOOKS MEAN SOON TIME TO STUDY AGAIN.

JULY 9 1993, Friday. Physically: Started driving early, stopped at the Flying Gull for a good breakfast. Then we drove down the Oregon coast, stopped at a white sandy beach, the waves were big and the water was so cold on the feet, very beautiful country. We had lunch at Subway, and then kept on driving; we'll try for home. More driving, Taco Time, driving. We stopped at a toy store for the boys. Driving, it was scary driving through Seattle at night, lots of Syrians all over. We got to the border at 2:12 in the morning. No problems crossing, they just let us go, nice. To June's by 3:00, very tired, bed. Mentally: Wow we're home, almost. Emotionally: I dreamed my brother James lived in a big wooden shack by the sea, and he was an artist, and he had rugs. I was driving lots too.

DREAM MEANING - SOMETHING TO DO WITH JAMES. CARPET - FRIENDS TO AID YOU IN NEED. REVIEW.

On the next page are pictures of us in Disneyland, Hollywood and on the Oregon coast.



JULY 10 1993, Saturday. Physically: June made toast and coffee, and then Ryan and I drove home. It sure is nice to be home. John told me that the hot water tank broke and there was water everywhere, also that James was almost killed by a fire at his work, he just got away on time, wow. Close call but he's fine now, good. I went to the grocery store for a few things. Home, relax, bed. Mentally: John paid for the hot water tank, he said I could pay him back over time, for my half, he's so nice. I'm just so pleased to be home. Emotionally: I dreamed I was visiting my mom and dad. Also John was asking his roommate for the key to the pool shed.

DREAM MEANING - PREMONITION. TO GIVE SOMEONE A KEY IS AN IMPROVEMENT IN THE HOME CONDITIONS.

JULY 11 1993, Sunday. Physically: Ryan and I went to see my parents, nice. Then to see Connie, another good visit. I did some more running around, home, rest, and bed. Mentally: So nice to see everyone and give them their small gifts from California. Emotionally: I dreamed about being in New Orleans. I saw the old buildings. I also heard the songs from the south, nice.

DREAM MEANING - TRAVEL. INCREASE IN STATUS OR INCOME. OLD BUILDINGS - NEED MONEY. MUSIC - GOOD FORTUNE.

JULY 12 1993, Monday. Physically: Went to Connie's, Jan was there, we all exercised, fun. Home, putter, relax, bed. Mentally: Sure was nice hanging out again. Emotionally: I dreamed I was ballroom dancing with all my little sweethearts from school.

DREAM MEANING - DANCING - GOOD TIMES AHEAD. OLD FRIENDS.

JULY 13 1993, Tuesday. Physically: Went to Connie's to exercise, nice visit too. Then we went shopping, we each got a long jean skirt for \$9.99. Connie also got me a top for my birthday, better late than never, that was a very nice thing for her to do. Home, rest, bed. Mentally: June talked to Shirley, we're going to meet her at the Wheelhouse on Saturday, great. Emotionally: I dreamed my whole family went to Holland for a reunion. The kids were playing in the backyard and the neighbor's back yard too.

DREAM MEANING - TRAVEL - INCREASE IN STATUS OR INCOME. FAMILY - GOOD TIME'S

AHEAD.

JULY 14 1993, Wednesday. Physically: Went to Connie's, exercised, another good visit. Home, relax, bed. Mentally: Very quiet day. Emotionally: I dreamed I lived in Manitoba with Carla, she lived downstairs. We got some money to fix up our place and to go out. Then her son broke some glass, I swept it up.

DREAM MEANING - PREMONITION. BROKEN GLASS - CHANGING CONDITIONS.

JULY 15 1993, Thursday. Physically: Ryan and I went to Connie's, Jan was there, exercise and a nice visit. Home, I went to see Pam, another nice visit. Home, putter, relax, bed. Mentally: Pam said she needs me to babysit until August 20th, then I'll go to Manitoba with Carla for a few days, should be fun. Emotionally: I dreamed that Ryan and I were floating on a raft, it split, and we swam to shore. Our cat went spinning until she was gone. Then we were staying in hotels.

DREAM MEANING - SYMBOLISM. CAT IS TREACHERY UNLESS THE CAT SOMEHOW GETS CHASED AWAY OR KILLED. REVIEW.

JULY 16 1993, Friday. Physically: Ryan and I relaxed, nice morning. Watched the last Oprah conversation, it was really good. Cindy called and asked if I wanted to go to the Springs with her, sure, it was OK. Cindy really got hassled by a guy, he wouldn't take no for an answer. Sherman was there but he didn't even come over to talk, just a wave from across the room, oh well. We left, home, bed. Mentally: Sherman didn't seem to want to talk to me. Emotionally: I dreamed I was on a passenger train, sleeping in a room.

DREAM MEANING - PREMONITION (14 years into the future).

JULY 17 1993, Saturday. Physically: Puttered, then we went to June's. The boys hung out while June and I went to meet Shirley at the Wheelhouse for appetizers, very nice. Then we went to the Scottsdale Cabrera, the Dell and CD's Cabrera in New West. Lots of flirting and dancing, fun. To June's, talk, bed. Mentally: Much better time tonight. Emotionally: I dreamed about trying to drink a glass of water, then about lying on a bed telling Sam I was glad to be with him.

DREAM MEANING - SYMBOLISM. WATER IS EMOTION. SAM AND SHERMAN ARE A LOT ALIKE, NON-COMMITTAL.

JULY 18 1993, Sunday. Physically: We all went to Rodeo's truck stop in Cloverdale for lunch, great for hangovers. They have the best burgers ever. Then everyone came to my house for a swim, sunny day, very relaxing. After Shirley and her girls left, June and I had a great dinner and talked. The boys had a pizza and hung out, bed. Mentally: This was an interesting weekend. Emotionally: I dreamed I was traveling, I stayed in a house with lots of people. The only way around was by boat or swimming, lots of water. There was a calendar and a map that showed the I-5 Highway and the coast.

DREAM MEANING - TRAVELING - SUDDEN INCREASE IN STATUS OR INCOME. REVIEW.

JULY 19 1993, Monday. Physically: June and I had a nice relaxing morning, I made breakfast, they left. Ryan and I did a lot of work on the garden, so much to keep up, rest. We cleaned, vacuumed, dusted, bathroom, rest. Later I reorganized the ornaments, fun, and bed. Mentally: It's so nice to have a clean house. Emotionally: I dreamed Sam and I were together, odd. I dreamed about a yellow lemon and my eyebrows.

DREAM MEANING - SYMBOLISM - CHAKRA, YELLOW IS PERSONAL POWER, EYEBROWS - DISAPPOINTMENT IN LOVE. SAM IN MY DREAMS SEEMS TO MEAN SHERMAN.

JULY 20 1993, Tuesday. Physically: My cat got me up at 5:00am, and later, a fuse blew. I fixed it. Ryan and I did some running around, home. Then Pam came with the girl's special food for when I babysit next week. Dinner, exercise, Pam and her girls came for a swim, nice, relax, bed. Mentally: I'm very sore tonight, did too much on the weekend. Carla called and said she's coming down here to see some of her friends. Later her and I will go to Brandon and back. But first Ryan and I have to go to court on the 31st of August. Carla and I will go for five days, staying at Carla's in Brandon and her friends along the way. Emotionally: I dreamed I was traveling with Carla. I dreamed that our cat Poopsie had her kittens. There was trouble with them, they died.

DREAM MEANING - PREMONITION.

JULY 21 1993, Wednesday. Physically: Sarah and Jenny got here at 7:30. We did the magic rocks I got from Disneyland. I had some when I was young, fun to watch them grow. Then mom and pop came over to fix Ryan's dresser, nice visit too. Rest. Later Pam came and got the girls. Exercise, rest, bed. Mentally: I'm tired. Emotionally: I dreamed about traveling. I was waiting in a line-up. I let someone go ahead of me. I heard nice music.

DREAM MEANING - REVIEW. WAITING. COMFORT.

JULY 22 1993, Thursday. Physically: The girls got here at 7:30, after breakfast we went to the mall, then to Connie's, fun. Later Pam got the girls, exercise, rest, and bed. Mentally: I enjoy watching the girls.

Emotionally: I dreamed the lawn was half dead and I was trying to drink a glass of water.

DREAM MEANING - DEAD GRASS - YOU WILL HAVE TO WORK HARD TO GET WHAT YOU WANT. WATER - EMOTIONS.

JULY 23 1993, Friday. Physically: The girls got here at 9:30. We had a nice day at home, swimming and relaxing. Later Pam got the girls, exercise, rest, and bed. Mentally: I'm looking forward to a nice quiet weekend. Emotionally: I dreamed I was washing walls, I was reading peoples palms, and then I was back from a trip.

DREAM MEANING - WASHING WALLS, SYMBOLISM, WALLS ARE OBSTACLES, WASHING THEM AWAY. PREMONITION. REVIEW.

JULY 24 1993, Saturday. Physically: Relaxing morning, putter, exercise, and grocery store. Pam and the girls came for a nice swim and a visit. Dinner, relax, bed. Mentally: June called to invite us to go to her house next weekend, which will be nice. Emotionally: I dreamed June and I went out, we ran into Sherman and his friend, we partied, then June was gone. Sherman and I went upstairs to bed. I also dreamed that Ryan had a green car.

DREAM MEANING - REVIEW. RYAN DRIVING MEANS TAKING CHARGE OF HIS OWN LIFE, GOOD. GREEN COULD MEAN MONEY AND LOVE.

JULY 25 1993, Sunday. Physically: Went to Pam's, Erika was there too. We all went to Mill Lake in Abbotsford, there was a car show there, interesting and fun, nice walk too. Then everyone went to Mc D's and my house for swim. Later after everyone left, Mel and Phil came over for a visit, we sat by the pool. After that I had a late dinner, rest, bed. Mentally: June and I talked, she said she had some odd dreams too, somewhat like I did last night. Emotionally: I dreamed Sam and I were camping. I saw some friends from school, a guy helped me with the bike I was riding.

DREAM MEANING - SAM IS SHERMAN IN MY DREAMS, SAM AND I USED TO GO CAMPING. COMFORT. ME RECIEIVING HELP WITH GETTING GOING AGAIN.

JULY 26 1993, Monday. Physically: The girls got here at 7:30, putter, exercise, kids went swimming, lunch. Later Pam came and got the girls, she paid me. I went to look for something to cover the old couch, didn't find anything, home, rest, bed. Mentally: Now I have saved a little for my trip with Carla.

Emotionally: I dreamed I was driving down 106th in Surrey and I saw another friend of mine from school. There was a reunion at Kwantlen Park. I met June there, Troy made June a bean salad. June turned into Erika and we were at the bar, our old neighbor was there, he said hi, and then Erika and the neighbor were together.

DREAM MEANING - COMFORT. FUN AHEAD.

July 27 1993, Tuesday. Physically: Girls got here at 9:30. We did some things in town, home. Later Pam came, we all went to Taco Time. Then to my house for a swim, later they left, I exercised, swim, rest, bed. Mentally: Got Ryan Marvel Training center for helping me so much with the girls. My hernia is hurting all the time now, maybe I did something to it when I was working in the garden. Emotionally: I dreamed I was in the audience, waiting for a play to start. Then an old lady got stood up.

DREAM MEANING - WAITING FOR SOMETHING.

July 28 1993, Wednesday. Physically: Girls got here at 7:30, putter, lunch, exercise, girls went swimming in the rain, what fun. Pam came, nice little visit, dinner, rest, bed. Mentally: When I was young, us girls and Shirley used to go swimming in the rain all the time, nice memories. Emotionally: I dreamed I helped Shirley with some things, and then I took her movies back. Connie was doing lots of laundry.

DREAM MEANING - REVIEW. LAUNDRY IS MOVING.

JULY 29 1993, Thursday. Physically: Girls got here at 9:30, relaxed. Connie and her kids came over, everyone went for a swim, fun. Later after everyone left, Pam came and got the girls. Exercise, relax, bed. Mentally: There was a cool thunderstorm. Emotionally: I dreamed Erika lived on the bottom floor, Pam lived on the main floor, and mom and pop lived on the top floor. They all owned this big beautiful house. I also saw Corinne, she looked good.

DREAM MEANING - FUN FAMILY. COULD BE HEARING FROM CORINNE SOON.

JULY 30 1993, Friday. Physically: Putter, relax, we went to June and Troy's. Great dinner. June and I went to Gas Town, nice time walking around. We went to the Town Pump, fun. Then home to the Newton Inn, home, talk, bed. Mentally: We sure did meet lots of nice fellows tonight. Emotionally: I heard Pearl Jam music.

DREAM MEANING - REVIEW OF NIGHT.

JULY 31 1993, Saturday. Physically: Relaxed, and then dropped Ryan off at his dad's. June, Troy and myself went to Lynn Valley, beautiful. Then we went to Bear Creek Park, nice. To June's, we watched

'Scent of a Women,' it was good. I went home, relax, bed. Mentally: June and I had some men from out of town ask to take pictures of us, nice compliment, but we were leaving and said no, sorry. Different. Emotionally: I dreamed I was the ribbon cutter for a new town's first ceremony.

DREAM MEANING – CEREMONY - FRIENDS ARE RELIABLE.

AUG. 1 1993, Sunday. Physically: Relaxed, Ryan came home, exercise. Erika and Jason came over for the afternoon, we all went swimming. John had a few of his friends over for a swim. Dinner for Erika, Jason and us. Later Pam, Al and the girls came over for a swim too, nice evening. After they all left, rest, bed. Mentally: This was a full day, I enjoyed it. Emotionally: I dreamed I was doing acrobatics, someone was taking pictures of me.

DREAM MEANING – ACROBATICS - MEANS YOU WILL OVERCOME YOUR DIFFICULTIES SOONER THEN YOU THINK.

AUG. 2 1993, Monday. Physically: Went shopping to get a start on all the August birthday gifts, lots. Then went to see mom and pop, Erika and kids were there too. All the kids went with me to our house for a swim. Later Erika came to get the kids and we had a nice little visit. After everyone left I worked on the Disneyland trip photo album, fun, bed. Mentally: So sore today plus it was very hot, rest. Emotionally: I dreamed I was doing acrobatics on the beach this time, someone was taking pictures of me again. Then I was serving oatmeal cookies, I heard Aerosmith.

DREAM MEANING - ACROBATICS, OVERCOMING DIFFICULTIES SOONER THEN YOU THINK. SWEET STUFF AND FUN TIMES AHEAD.

AUG. 3 1993, Tuesday. Physically: The girls got here at 7:30, we hung around the pool, nice, lunch. John came swimming too. Later Pam came over, swim. They left, I puttered, relaxed, bed. Mentally: Nice relaxing day. Emotionally: I dreamed I was in San Francisco, I had a tray and was serving orange juice, and I had some too.

DREAM MEANING – TRAVEL - INCREASE IN STATUS OR INCOME. ORANGE JUICE - A SHORT BUT UNFORGETTABLE LOVE AFFAIR.

AUG. 4 1993, Wednesday. Physically: Pam had a toothache, she went to the dentist. June and Troy came over, we went swimming, Pam came over and went swimming too. Then after everyone left I got a call from June, her truck had broken down. John and Ryan went to help, and it was the fan belt. They fixed it. Boys home, relax, bed. Mentally: Sunny. Emotionally: I dreamed I was in San Francisco again. Then about running up the stairs and sliding into the pool, such fun.

DREAM MEANING - TRAVEL - INCREASE IN STATUS OR INCOME. FUN THINGS.

AUG. 5 1993, Thursday. Physically: Girls got here at 7:30, nice day by the pool, the kids had fun. Later Ryan had some friends over for a swim, Pam came and got the girls. Then June and Troy came over for the weekend. Talk and bed. Mentally: Lots of fun swimming going on. Emotionally: I dreamed June and I were beside some beautiful daisies. Then a wise Chinese man was teaching me religion.

DREAM MEANING - DAISIES - HEALTH AND PROSPERITY. CHINESE - SATISFACTORY SOLUTIONS. LEARNING - RISE IN THINGS.

AUG. 6 1993, Friday. Physically: June and I relaxed, the kids went for a swim. Later Connie, Lona and their children all came over for a swim, nice day by the pool. Then in the evening, Ryan watched Troy while June and I went to the Springs, then to the Katz club. Lots of dancing, good time, home, talk, sleep. Mentally: Met lots of nice people tonight. Emotionally: I dreamed I was cleaning up after an event, sort of like a picnic reunion, folding blankets and tidying, inside and out.

DREAM MEANING - REVIEW OF THE DAY.

AUG. 7 1993, Saturday. Physically: Relaxed while the kids went for a swim. After they left I tidied up, had a nap, then we went to June's. Later we went to Lunatic Fringe, more dancing, lots of fun, home, talk, and bed. Mentally: Tired from fun. Emotionally: I dreamed I was trying on lots of new hats, and then I got them all, nice.

DREAM MEANING - A NEW HAT IS A SIGN OF GOOD LUCK, SO LOTS OF LUCK AHEAD.

AUG. 8 1993, Sunday. Physically: Relaxed, we all did a little shopping, home. I need to just take it easy today. Bed. Mentally: I talked to Carla today, nice. Emotionally: I dreamed I found the new hat I wanted.

DREAM MEANING - HATS, LOTS OF LUCK. COULD MEAN TRYING NEW THINGS TOO.

AUG. 9 1993, Monday. Physically: Went to the mall, saw Julie, she had on an old top hat, a real one, cool. I went to see Mom and Pop, nice. To see Connie too, she always makes me laugh, fun. Home, exercise, relax, bed. Mentally: I was so inspired, I got myself a new hat too. Emotionally: I dreamed that I was now the king. I was at the park with June, we walked to the house in Surrey on 106th Ave.

DREAM MEANING - HATS ARE A PREMONITION/LUCK. COMFORT. KING - PRESTIGE AND

PROSPERITY.

AUG. 10 1993, Tuesday. Physically: Relax, putter around the house, bed. Mentally: Quiet day. Emotionally: I dreamed I was crossing a bridge with Sarah, I missed the last step, but it was OK.

DREAM MEANING - THINGS WITH SARAH. BRIDGE - CHANGE.

AUG. 11 1993, Wednesday. Physically: Did some writing, puttered, relaxed, and watched Oprah and the soap. Later John, Ryan, John's roommate, his girlfriend and I, all sat by the pool, in the dark and watched the meteor shower, beautiful. Relax, bed. Mentally: Ryan's friend from Surrey called, I talked to his mom too, very nice to hear from them. Emotionally: I dreamed I was with Jerry again, and then three models caught his eye, same old stuff. Then I was a tourist.

DREAM MEANING - REVIEW OF JERRY'S THINGS.

AUG. 12 1993, Thursday. Physically: I had coffee on the back porch, saw the humming birds, very peaceful. To Connie's, a great visit. Grocery store, home. Pam dropped off Jason. He's staying for a few nights. Ryan will stay at his house later, nice. I took the boys to the store, home, bed. Mentally: Good day. Emotionally: I dreamed that I put a blanket on Jason. I told him he would be warmer that way. Then we both fell asleep on the bed. It felt very comfortable.

DREAM MEANING - REVIEW. COMFORT.

AUG. 13 1993, Friday. Physically: Good luck day for me, always. We hung around the house today, later I took the kids to Mac Donald's, home, relax, bed. Mentally: Phil and Cindy are having a birthday party for Phil next Saturday, should be fun. Emotionally: I dreamed I saw lots of good-looking men, some had sweaters on and some had sweaters off, nice. I dreamed we were at Shoppers Drug Mart for a contest. The people who had deaths among their family or friends got to go in the line-up first.

DREAM MEANING - DEATH CAN MEAN BIRTH.

AUG. 14 1993, Saturday. Physically: I took the boys to Langley, I had a nice visit with Erika while I was there. Ryan stayed, I went to June's. We had some drinks and watched some TV. 'Ren and Stimpy' was so funny, it was about farts. Talked, bed. Mentally: Fun evening. Emotionally: I dreamed I saw a train go by and at the same time I heard a song about a train.

DREAM MEANING - PREMONITION.

AUG. 15 1993, Sunday. Physically: We had a good breakfast. Then we went to Phoenix books, got some great books, home. Read a little, went to Taco time, relaxing day alone. Erika brought Ryan home, we had another nice visit, talked about soul mates. They left, rest, bed. Mentally: A great weekend. Emotionally: I dreamed I had to pay money for something but I didn't know what.

DREAM MEANING - REVIEW OF BILLS.

AUG. 16 1993, Monday. Physically: John called me at 5:00 in the morning, our cat Poopsie had three kittens. It happened on the back porch on the blanket. I cried for joy. I sat outside with Poopsie and her babies for a while. It was wonderful. Saw the humming birds again, and I read a little. Today I roasted a chicken, and gave some to John. Phil and Cindy came to see the kittens. Later I made some soup with the leftover chicken. Relax, bed. Mentally: What an exciting day. Emotionally: I dreamed I was in Seattle. There were three guys that liked me, I had to choose one.

DREAM MEANING - CHOICES AHEAD.

AUG. 17 1993, Tuesday. Physically: I sat with the cats for a while, puttered, Pam and her family came over, nice visit. Later I read more about twin flame stuff, relaxed, bed. Mentally: The kittens aren't doing so well. I did some chakra work on them. Emotionally: I dreamed I was in a room with my really close friends but I didn't know them. One of my friends was very pregnant, she asked for some alcohol, I got my dusty bottle of Drambuie out, licorice tasting.

DREAM MEANING - HAPPY TIMES WITH FRIENDS COMING UP, NOT SURE ABOUT SOME THINGS WE DO.

AUG. 18 1993, Wednesday. Physically: I gave Poopsie a flea bath, then I went to the grocery store, home, relax, tried on outfits for Friday, bath, relax, watched 'Homeward Bound'. It was good, bed. Mentally: That sure was nice of Pam to lend me the movie. Emotionally: I dreamed that Coal from the soap was my boyfriend. We just had sex and were now going for a walk. We were in Love. I told him it had been years since I had sex. Then we walked home.

DREAM MEANING - PLANS FOR THE FUTURE.

AUG. 19 1993, Thursday. Physically: Sat on the porch, nice. I talked to Corinne, she asked me to come over, maybe we will go to see her in Prince George on the way to Brandon. Went to get a movie, saw a girl driving Sherman's car. Home, relax, bed. Mentally: I'm sure Carla won't mind stopping at Corinne's on our way. Emotionally: I dreamed that Jerry grabbed my arm, and then he kissed me. I dreamed I was held

hostage by a mean evil man in a hotel, and there were two kids with us. In the end we all got away safely.
DREAM MEANING - REVIEW. RISE IN THE WORLD IF YOU ESCAPED.

AUG. 20 1993, Friday. Physically: The girls got here at 10:00, pattered. We went to get some flea combs, since that's what the vet said to do. It worked OK. Later after the girls went, we packed and went to June's. Ryan watched Troy while June and I went to meet Shirley and her boyfriend at the Guildford Station pub. We had something to eat and a good visit too. June and I went to the Town pump, they were filming a movie around there, cool. Then we went to CD's Cabrera in New West Minister, home, talk, and bed. Mentally: June and the bouncer at CD's know each other from before, they seem to like each other. Emotionally: I dreamed there was a 'for sale' sign in front of my house.

DREAM MEANING - PREMONITION.

AUG. 21 1993, Saturday. Physically: Nice relaxing morning, good talk about spiritual stuff, we went out for a nice breakfast. Then Ryan and I went home. Poopsie moved her kittens into the living room. Pam and her girls came over, we watched the soap and Oprah which I had taped, nice visit. I had a nap. Later June and Troy came over. June and I went to the Springs, then to Cindy's for Phil's birthday party, Corry was there, I had lots of fun talking to him. Then June and I went to the Katz club. We danced, and saw lots of people we know, fun. Home, talked, bed. Mentally: I gave June her birthday gift for her birthday on Monday. Emotionally: I dreamed I was at a party with June, everyone was full from eating lots of food.

DREAM MEANING - REVIEW OF THE NIGHT.

AUG. 22 1993, Sunday. Physically: We all went to the swap meet, to White Spot for a great lunch, grocery store, home. June came for a coffee, they left. Pattered, bath, bed. Mentally: This is a fun time in my life. Emotionally: I dreamed Connie invited me to dinner, it was a nice Russian theme dinner, good food.

DREAM MEANING - COMFORT.

AUG. 23 1993, Monday. June's birthday. Physically: Girls got here at 7:30, rest, swim, and lunch. Then a nice visit at Connie's, home. Later Pam got the girls. Exercise, relax, bed. Mentally: Jane called, Greg's parents will take Ryan for the first four days of my trip to Brandon, Manitoba, and then they will take him for the rest of the time, good. Emotionally: I dreamed I worked in a hotel. Then I was serving dinner to my friends in my apartment.

DREAM MEANING - SERVING, LONG AWAITED HAPPINESS.

AUG. 24 1993, Tuesday. John's birthday. Physically: The girls got here at 10:00. Today Ryan and I cleaned, vacuumed, dusted, bathroom. The girls went for a swim, nice. Later Pam got the girls. Tired and sore, I dyed my brows, rest, bed. Mentally: This morning we all went downstairs to sing Happy Birthday to John, fun. Emotionally: I dreamed I was standing on a beautiful green patch of grass beside a train track, then the ground started to shake and a train went by.

DREAM MEANING - PREMONITION.

AUG. 25 1993, Wednesday. Physically: Girls got here at 7:30. I had a coffee on the porch while the girls went for a swim, relaxing. Later Pam got the girls. Ryan got chased by those boys again, they took his hat, the court case is coming soon, can't wait. Rest, bed. Mentally: James called to thank me for his birthday card. Emotionally: I dreamed of Jell-O. Then about a ball that needed air, and about a magical building with a wizard we were not sure of.

DREAM MEANING - THINGS THAT I'M NOT SURE OF COMING UP.

AUG. 26 1993, Thursday. James's birthday. Physically: The girls got here at 10:00. Ryan's lawyer called. The other boy had decided to admit he was guilty. So Ryan doesn't have to go to court now. It must have been something to do with what had happened yesterday. We are so relieved. But there is still school. He'll get bullied there. Later Erika and Julie came over, we did some running around together, it was fun. After they left Ryan and I went to get his friend from Surrey. Got a video, then home, the boys did their own thing. I pattered, relaxed, bed. Mentally: We stopped at Greg's house because he said he had some extra food for Ryan, nice. Emotionally: I dreamed that Sam was sleeping on Ryan's couch and I took a picture of him.

DREAM MEANING - REVIEW OF SAM.

AUG. 27 1993, Friday. Physically: Sat on porch and had coffee. Cindy came to cut Ryan's hair, while I read Ryan's friend's palms and did the karma cards, fun. Cindy did a great job. Carla called, she's coming tomorrow, we'll leave the next day. Packed. I went to Guildford with the boys. They stayed at the mall while I went to meet up with Shirley for a few hours, very nice time. I got the boys. Ryan is staying at his friend's for the night, then to his grandparents, and then his dad's while I'm on my trip. I went to June's, we watched 'Benny and Jone', good movie, talked, relaxed, bed. Mentally: Always good to see Shirley and June. Emotionally: I dreamed I was pregnant, and at Greg's parents place alone. There were floods, the

power was out, and the electrical wires were sparking. I was now in labor, it was dark, I was walking around waiting for someone to come.

DREAM MEANING - UPSET AHEAD.

AUG. 28 1993, Saturday. Physically: Relaxed. June, Troy and myself went to the Pantry for breakfast, good. I went to Surrey to see Carla. Carla is staying with other friends now, lots going on, interesting visit. Carla will come over tomorrow morning and then we'll go. Home, laundry, packed. Phil came over and did my car, good job. I got totally ready for tomorrow, rest, bed. Mentally: So nice to see Carla and her friends. Emotionally: I dreamed about a cream-colored couch, leather I think. Then about a map of the U.S.A. Then I heard Poopsie meow.

DREAM MEANING - REVIEW.

AUG. 29 1993, Sunday. Physically: Carla called, she said she would be here this afternoon, we left for Prince George at 3:13. Corinne knew we were coming in late. We drove for nine hours, it was fun. We got there at 12:15, got them up, had a good talk, then to sleep. Mentally: Carla sure can drive for a long time. Emotionally: I dreamed I was talking to Corinne.

DREAM MEANING - REVIEW OF THE DAY.

AUG. 30 1993, Monday. Physically: Got up at 8:30. We sat around, had coffee and talked for the morning. Then Carla, Corinne, her daughter and myself walked downtown, went to the deli, the liquor store, then home where Corinne made us a great spaghetti dinner. Later Carla went to bed, I stayed up, Corinne and I had a nice talk, bed. Mentally: Corinne's house is one of those nice older houses, lots of character. Emotionally: I dreamed about garlic and closing fridge doors. Then I was in a real video, that's what they called it.

DREAM MEANING - REVIEW. SYMBOLISM.

AUG. 31 1993, Tuesday. Physically: Got up at 8:30, nice coffee and a talk. Carla and I packed. We stopped at Mc D's on the way out, I drove first. We saw lots of wildlife - mountain goats, deer, moose; great drive. Then Carla drove into town, we went to West Edmonton Mall, it was loads of fun, but not enough time, I'll have to come back. We went to Carla's friends place. Good visit. I went to bed in the basement suite, very nice. Carla stayed up for a while, she had more old friends over. Slept very well. Mentally: I had such a great time in that mall, lots of gifts for Ryan and everyone. Emotionally: I dreamed Ozzie was singing 'The Road to Nowhere Leads to Me'.

DREAM MEANING - REVIEW OF THE DAY.

Below are pictures of Carla and I in West Edmonton Mall.

West Edmonton mall



SEPT. 1 1993, Wednesday. Physically: We sat and had coffee with Carla's friend Fred. I think he likes her. We left for Manitoba, Carla got us out of Edmonton, and then I drove for a while. Later Carla drove us right through Saskatchewan and into Manitoba to Wellwood, where her mom's trailer is. We got there at 1:00 in the morning, talked, and then went to bed. Mentally: It was a beautiful drive at night, nice to have a place to stay. Emotionally: I dreamed I was walking very fast to get to Connie's to see her new baby girl, so cute. Connie was telling her mom how hard her labor was. I felt I got what I came for.

DREAM MEANING - BIRTH, GOOD NEWS SOON.

SEPT. 2 1993, Thursday. Physically: Sat around, had coffee, Carla's mom went to work. We went to Carla's boyfriends. Then we went to a small little town, Belmont, where we went to the pub. Everyone was so friendly, Carla's boyfriend told everyone that I read palms, so that's what I did for most of the day, such fun. Everything was paid for, all the meals and drinks, because I read the palms but I didn't want to get paid, so they paid in food and drinks. Carla's boyfriend even paid for my motel room. Bed. Mentally: Wow what a great day and evening. Emotionally: I don't remember my dreams, just heard great music.

DREAM MEANING - REVIEW.

SEPT. 3 1993, Friday. Physically: Carla's boyfriend got us a delicious breakfast. While the boys went to play baseball, Carla and I went to see her dad. We had coffee with her step-mom and her two boys. Then we went to the Keystone Center, where Carla's dad works, then to park to find the guys. They weren't there so we went to the mall and did some shopping, and then we went for a very good seafood dinner. Carla and I drove around town and she showed me Jerry's old house and their old school and the old neighborhood, very cool. Then we went to the Keystone bar, and found the guys in there, so we all went to the Bate's Hotel in Belmont. Carla's boyfriend was way too drunk and got into a fight. There was blood on his hands, and all the guys were scary crazy. We finally got away and stayed at Carla's moms. Talked, bed. Mentally: At the pub motel the guys got out of hand and made plans for us to go to Winnipeg to see a concert and stay in a hotel there. They did this without asking us. Well, I can't go on an unplanned trip. I have to be home for Ryan, he's starting school soon, so I said no thanks. What beasts, they said we have to go or else. It got way out of hand, I was scared, then I got mad and we left. They wouldn't let us go at first; they said we had to do as they said. I don't think so! We had to escape fast, so we made a run for it. They ran after us, we jumped into the car and got away. Beasts. Emotionally: I dreamed I had to escape with Carla, we got away on the freeway.

DREAM MEANING - REVIEW.

SEPT. 4 1993, Saturday. Physically: We packed to go home, puttered, very relaxing. Then we left for home, stopped at a grocery store and got some food for the trip. Carla drove for 8 hours, we stopped at a few little towns on the way. Then I drove for two hours. We were both very tired because of being up so late the night before, with all that stupid commotion. We stopped at a motel in Medicine Hat, Alberta. We relaxed, watched some TV, and talked. Bed. Mentally: Wow what beautiful land, the lights from the city were so cool, and I have never seen such a colorful sunset. Emotionally: I dreamed that I drove by the side of Connie's house, she said I hit it but I didn't, she wasn't mad. I dreamed that John and I were playing by the pool, he wanted to throw me in, fun.

DREAM MEANING - CONFLICT AND PLANNING AHEAD.

SEPT. 5 1993, Sunday. Physically: We went to the Petrol Can. restaurant for breakfast, nice. I drove for 8 hours, lots of stops. It was beautiful, we went through Banff and the Rockies. We stopped at A&W for a burger, we also stopped at a lot of junctions, I could drive for a long way, it just took me longer. Then Carla drove until we got to Chilliwack, then I drove home, we talked, bed. Mentally: Well the prairies are very beautiful, the culture is so different compared to what I'm used to here. The boys I met there were way too bossy and pushy for me. I don't like that and I was surprised that they thought they could treat women that way. All and all it was a good trip. The kittens are getting bigger, they are so cute. I'm not feeling too well from all that fuss and traveling. I need to rest. Emotionally: I don't remember my dreams.

SEPT. 6 1993, Monday. Physically: I puttered, Ryan got home, good to see him. I unpacked more, Carla got up, and we talked. Then we cleaned the car, we tried to start Carla's car, it wouldn't start. Phil jump-started it. Then Pam came for a visit, nice. Carla loaded her car and left. Pam left, dinner, bath, relax, bed. Mentally: I sure am not feeling well, I have a cold and a fever, must take it easy. Emotionally: I dreamed I was teaching people how to read palms and traveling, teaching, and learning.

DREAM MEANING - PREMONITION.

SEPT. 7 1993, Tuesday. Physically: I was up a lot last night because I am so sick. Pam and the girls came over, we went to get Ryan from school, the same boy had bullied him. We all went to mom and pops for a nice visit, to the mall, green barn veggie store, home. Pam and the girls left, dinner, I read John's roommate's palm, relaxed, bed. Mentally: Mom's nose has been bugging her, it's been hard to breath, she got it fixed, it's a little better. Emotionally: I dreamed about traveling though the country to a farm. We waited for the children for a "kids day". Then I heard Stevie Wonder sing, "My baby loves me".

DREAM MEANING - REVIEW.

SEPT. 8 1993, Wednesday. Physically: Julie's birthday. I got up at 6:30, went to Pam and Al's so I could watch the girl's until they went to school. One of the baby kitten's died in my hands today, so sad. I cried. After the girls left I went to Connie's, we talked, later Jan came over, we all had a good visit. I went to get Ryan from school, then to Pam's to wait for her girls to get home. Later Pam came home, dinner. Then all of Pam's family came over for a swim, fun. Rest, bed. Mentally: Carla called from Surrey today, her ex won't let her take their son for the day, she's so upset. Emotionally: I dreamed something about loonies and dollars.

DREAM MEANING - MONEY, GOOD LUCK.

SEPT. 9 1993, Thursday. Physically: Carla's boyfriend called looking for Carla, not here. Then one more of

the kitten's died in my hands. I cried and was very sad. Puttered. I got Ryan from school, we went to Pam's to watch the girl's and wait until she came home. I got the photos from the trip, some for me, and some for Carla. The last kitten died, more crying, poor Poopsie. Bath, relax, bed. Mentally: The vet said that it could have been a bad gene or because it's too hot, it could have been anything. Emotionally: I dreamed that someone wanted me to go back to West Edmonton Mall to go shopping.

DREAM MEANING - ME WANTING TO GO AND DO MORE SHOPPING.

SEPT. 10 1993, Friday. Physically: Got up at 6:30, dropped Ryan off at school, went to Pam's to watch the girls, dropped them off at school, home. Connie came over, we did some running around, then we sat by the pool for a while, went for a swim. I went to Pam's to watch the girls until she got home. Home, packed, Ryan and I went to June and Troy's place. We had a great dinner, watched half of the movie 'Hero', but too tired, bed. Mentally: It was a good relaxing day today, I enjoyed it. Emotionally: I dreamed I was looking for Connie from pub to pub; I looked at her parents' house for her. I had to go but no one wanted me to, I had to get my boots by leaning over an Indian, he rubbed my ass. Then Ryan wouldn't get ready to go and it started to snow, I had my big peach coat.

DREAM MEANING - LOOKING FOR SOMETHING AND NOT ABLE TO LEAVE.

SEPT. 11 1993, Saturday. Physically: June made a great breakfast, we watched the rest of the movie 'Hero', it was good. Ryan and I went home, napped. The power went out. John, Ryan and myself had to go to Pam's so we could cook dinner, they had power, fun. Home power finally came back on. Shirley and her girls came over, soon after June and Troy came over too. We all had a nice visit, we put the children to bed. John and Ryan stayed up, while June, Shirley and I went to the Katz Club, which is now called the Rock Room. Wow, everyone was there. We had a blast! Danced all night. Home. Reg came with June, they make a nice looking couple, he is tall, dark and handsome and she is a beautiful blond. They have been on and off now for a long time, I guess it's on again, that's nice, I hope it works out this time. Talk, bed. Mentally: A good time was had by all. Emotionally: I dreamed that we were all up having coffee.

DREAM MEANING - SURPRISING GOOD NEWS.

SEPT. 12 1993, Sunday. Physically: I got up, June and Reg were sleeping on the couch, Ryan and Troy got up, June and Reg got up, we had coffee. Shirley and her girls got up. We all just hung out for a while, it was fun. Then Reg left, we girls talked about the night and what fun we all had, then Shirley and her girls had to go. June and I went to ABC's for lunch, good. Home, June and Troy left. Later Carla called. She and her friend, and her friends son, were coming over, cool. They brought seafood, we hung out by the pool, it was relaxing. Very nice visit. Later after everyone left I had a bath and went to bed. Mentally: I had a great weekend but now I need to rest, next weekend I stay home. Emotionally: I dreamed that this guy from last night wanted me to write him while he was in Australia. Then I was sending Corinne some money so she could get me some jams and some jelly candies.

DREAM MEANING - REVIEW OF NIGHT. CANDY MEANS SEX.

SEPT. 13 1993, Monday. Physically: Pam called, she has today off, we went to Connie's to exercise and have coffee, nice visit too. Then we went and did some running around, home, I put the chicken in the oven. I felt like writing. I wrote a short story called "The power is out". We had dinner, good. Back to writing, I did five hours of writing, rest, bed. Mentally: I wrote my first romantic story, it was fun for me. Emotionally: I dreamed about a unicorn, then about two Cadillac's in front of the Belmont Hotel, one was white for me and the other was black for Carla. I heard the song "You are my Sunshine". Then I was grocery shopping with some guy.

DREAM MEANING - UNICORN, BENEFICIAL CHANGES. SYMBOLISM.

SEPT. 14 1993, Tuesday. Physically: Pam came over, we exercised. She had coffee, while I made chicken soup. We went to the grocery store, she left and I went to get Ryan from school, home, then I did a rewrite of my story. Later Sherman called, he wanted to come over. We did Karma cards and had coffee. Then we talked, I told him I was a little upset when I heard he had a girlfriend, later he left. Read, bed. Mentally: Sherman is a very nice guy but now he has a girlfriend and I don't think he should be coming over here as much. Emotionally: I dreamed of Reg's band, Dirty Dick. Then I dreamed about two other bands. Then about Corinne, but she lived in Nova Scotia, by the sea.

DREAM MEANING - REVIEW OF WEEKEND. COMFORT.

SEPT. 15 1993, Wednesday. Physically: I'm still feeling kind of sick, I worked on my rewrite for a couple of hours. Went to get Ryan, home, finished rewriting my story. We went to Pam's so she could help me with any other mistakes I might have made on my story. Home, dinner, rest, bed. Mentally: That's the thing about writing, there's so many rewrites. Emotionally: I dreamed I was traveling across Canada on a train, I saw the Brandon gang in the prairies, working in the fields. I went to Nova Scotia. Then Carla and Jerry's

new girlfriends were at the A-frame, they were talking about me. Later I went to the house on 106th to meet Carla and Connie.

DREAM MEANING - PREMONITION. COMFORT.

SEPT. 16 1993, Thursday. Physically: Went to Connie's, we had some of my homemade soup, did the I-Ching, (which you will be learning about in chapter eight) talked and had coffee. I went to the grocery store, got Ryan, home, dinner, relax, bed. Mentally: Tonight I read more of my book 'Body Signs', I'm reading the part about palms (which you will learn about in chapter 4). I have three luck bracelets around my wrists. Emotionally: I dreamed of cute white puppies in a garbage bin, I saved them. I dreamed I was teaching people to read palms. I had to escape from high school. I did collage by myself. A prince wanted to marry me, no for now. The teacher showed a film.

DREAM MEANING - SUDDEN SUCCESS. PREMONITION. RISE IN THE WORLD. TIME FOR LEARNING AND TEACHING.

SEPT. 17 1993, Friday. Physically: Pam came over and we exercised, later she wanted to know how I cooked a chicken and then made soup out of it. So we went to the grocery store and got the stuff, we went to her house and I fixed up the chicken for her. Got Ryan. Home, dinner, I went to Pam's to help her make the soup, fun. Home, relax, bed. Mentally: I read more of my book 'Soul Mate's', I would like to try a past life regression. Emotionally: I dreamed a dog had puppies that all lived. Then June and I were held captive in a house that had a gas station in front of it. We were under the bed with babies, we all escaped in a boat that was behind a car, we were cursing.

DREAM MEANING - REVIEW. RISE IN THE WORLD.

ROASTED CHICKEN W/POTATOES, CARROTS, CELERY, ONION AND GARLIC. 350 o

1- Med. chicken	1- Garlic clove
4- Potatoes	½ Onion
3- Carrots	3- Celery sticks

Salt/Pepper, Celery salt, Onion salt, Garlic salt, Paprika, Butter.

Roast the chicken with butter and spices rubbed on it. Chop bite-size pieces of potato, celery, carrot, onion and garlic. Add a cup of water. Cook everything in the roasting pan together for the correct amount of time for the size of the bird. Baste and lightly sprinkle with Paprika every half hour until cooked. Take the lid off for the last half hour of cooking. When dinner in a pot is done, serve warm and enjoy. Make sure you leave some chicken to make soup the next day.

CHICKEN NOODLE SOUP RECIPE.

Clean all the chicken off the bones. Put back in pot with all the left over potatoes, celery, carrots, onion and garlic. Add more veggies and spices. Add 2 cups water, let cook in pot at medium for an hour. Add the noodles you have in the house (I use broken spaghetti noodles), cook until noodles are done, about half an hour to an hour. Then serve warm with some crackers, toast or bread of your choice. Enjoy.

SEPT. 18 1993, Saturday. Physically: Pam and I went to see mom and pop, nice visit. Shopping, home, dinner, rest, I went to see Teresa with Phil and Cindy. It was the first time I have been to Teresa's place, she's pregnant, cool. Home, the Sears catalogue came today, I ordered some of my Christmas gifts. I finished putting the pictures from the trip with Carla in the album. Relax, bed. Mentally: Teresa and her boyfriend sure have a nice place. Emotionally: I dreamed I was traveling with Carla. Then a workman made a maze for my car to go though. My car couldn't do it, we laughed.

DREAM MEANING - REVIEW. SYMBOLISM.

SEPT. 19 1993, Sunday. Physically: Carla called, she's back in Belmont. Putter, I got the recycling things ready. Ryan and I washed the car, inside and out. Then we went to the recycling place, home, dinner, rest, and bed. Mentally: Our VCR broke down, I had been expecting it to for a long time now. Emotionally: I dreamed I was driving around in a taxi, I liked it so much I bought my own and made money off of it. I dreamed about John and a calendar.

DREAM MEANING - NEED FOR MONEY, PAYING JOHN OVER TIME.

SEPT. 20 1993, Monday. Physically: Went to Pam's, exercised, we went to the grocery store, did some

running around. Dropped Pam at home, got Ryan, we went to Pam's, watched the soap, while she went through her clothes. Home, dinner, I did my brows, read, bed. Mentally: I feel funny, like something's going to happen. Emotionally: I dreamed Sherman came over, we were standing on the back porch talking about how he never came over for a swim this summer. Then there was a sign that said \$1.49. Then I was talking to Lona saying I'm not doing spiritual readings one on one anymore.

DREAM MEANING - REVIEW. NEED FOR MONEY. PREMONITION.

SEPT. 21 1993, Tuesday. Physically: Pam came over we went to Connie's, we exercised, had coffee and a good laugh, so much fun being with the girls. Home, the power was out again, got Ryan, home rest, dinner, read, bed. Mentally: I really had some bad cramps today, woo. Emotionally: I dreamed that there was a rat in my bed, I even woke from it. I was sitting around a table with a family, and Oprah was interviewing us. I was looking for June and my hotel reservation slip. Then Oprah gave everyone some of that bubbly plastic to put in front of their faces, and then you could go and meet your guy.

DREAM MEANING - BAD MAN IN BED. SYMBOLISM. NOT KNOWING ABOUT A GUY.

SEPT. 22 1993, Wednesday. Physically: Pam and Al had a quick visit this morning. Then I did some writing until I had to get Ryan, home, rest, we ordered pizza, relax, bed. Mentally: I did a meditation, very restful. I heard my guides say that my next boyfriend would come around in time. Emotionally: I dreamed I was on a passenger train, I was looking for something to wear, I put on my big white sweater and my black skirt, with my black clogs. I had lots of belts but I choose the white one. Sherman gave me a bouquet of flowers but I knew he had a girlfriend, so I got a guy to watch him. I won in the end.

DREAM MEANING - PREMONITION.

SEPT. 23 1993, Thursday. Physically: Connie came over, we went to Pam's, exercised. We went to Hong Kong Boys for lunch, always good. We went to a few stores, fun. Got Ryan, home, dinner, then to Abbotsford where there is a new psychic store, "Food for thought", very cool. Home, relax, read, bed. Mentally: Today was a great day. Emotionally: I dreamed I was on a ship, I had sex with a sailor, and then I escaped. I was in the white apartments, I had to escape from them too, so I ran to my parent's old place down the street. The Donahue show was there, I took pictures.

DREAM MEANING - RISE IN THE WORLD.

SEPT. 24 1993, Friday. Physically: Don't have enough money to do a full grocery shop, have to go to food bank for a few things. You pay for the food here at the food bank, very little, and you can pick only so much. I got a lot of good stuff, even crab meat. Went to Pam's, exercised. I went to the grocery store for cheese, milk and eggs. Got Ryan. We packed and went to June's for the evening, talked and had a good time, bed. Mentally: It was a nice night just hanging out. Emotionally: I dreamed about spraying blue paint with a fan all over a wall. Then I was in the liquor store with June and John trying to decide if I should get tequila or vodka.

DREAM MEANING - CHOICES AHEAD.

SEPT. 25 1993, Saturday. Greg's birthday. Physically: We did the karma cards and the I-Ching, nice breakfast. June needed me to watch the kids while she went to her aunt's funeral. I took the kids to Bear Creek Park, it was a beautiful sunny day. When June got back she took me to Chi Chi's, a Mexican restaurant by Guildford, very good. Then I got Ryan and we went home. Unpacked, read, bed. Mentally: The park was fun. Emotionally: I dreamed I had a truck that needed new tires, a guy told me 2,000.00. I laughed and walked away; I quit my job, packed my work things, food and stuff. I was thinking about looking for other work, I walked to my car and it was stripped.

DREAM MEANING - WATCH OUT ABOUT GETTING RIPPED OFF.

SEPT. 26 1993, Sunday. Physically: Went to Pam's, exercised, we went to town, window-shopping for a while. Home, June gave us a steak from her parents. I cooked it up, very good. I finished reading my book, I tried some past life regression, very interesting, bed. Mentally: I asked about Jerry, I was his step-mom in a past life. And with Sherman, I was a lady in waiting, funny. Emotionally: I dreamed I was going from one of my relationships to another until I came to a big empty area. Then I saw Jerry and Dave O. at Kwantlen Park. I said hi, Dave said hi, but Jerry didn't talk to me. Then we saw a baby in the green grass, we took it to the lifeguard area, the baby's brother came and got him, they were very cute.

DREAM MEANING - SYMBOLISM. BABY IS NEW BEGINNINGS. GRASS IS SUCCESS.

SEPT. 27 1993, Monday. Physically: Today I relaxed, got Ryan, dinner, rest, bed. Mentally: I did a lot of thinking, molding stories. Emotionally: I dreamed I was ice-skating, later Ryan joined me. I told him it cost \$5.00 to adopt him but he was worth it to me.

DREAM MEANING - WORK WELL DONE. SYMBOLISM.

SEPT. 28 1993, Tuesday. Physically: Pam and I went to Clearbrook/Abbotsford and did some shopping.

We stopped at mom and pops for a nice visit. Home, we did some cooking, I made some meatless chili and meatless cabbage rolls. Pam made cabbage rolls with meat, her first time, it was fun. Pam left and I had a nice relaxing bath, bed. Mentally: Another great day with Pam. Emotionally: I dreamed that Pam and I were cooking at the A-frame and partying with the neighbors. Then June and I were walking fast on some nice green grass talking about our next trip, my dad took out his map and wanted to know the way we were going to go.

DREAM MEANING - COMFORT. SUCCESS.

SEPT. 29 1993, Wednesday. Physically: Carla phoned, we talked for about an hour, nice to hear from her. I went to Abbotsford to photocopy my story and get some envelopes, grocery store, got Ryan, home, to Pam's to exercise, home, dinner, rest, bed. Mentally: I did my nails and my brows this evening, good to pamper myself. Emotionally: I dreamed a man won an award for having such good manners, I knew him well and always commented on his good manners.

DREAM MEANING - OPPOSITES DREAM, SOMEONE WITHOUT MANNERS?

SEPT. 30 1993, Thursday. Physically: Pam called, she had to go to Coquitlam and asked if I wanted to go for the ride, she went to the bank and did what she needed to do. Then she took me to the Lone Star restaurant for lunch, it was fun and the food was really good too. Home, Ryan and pop were there, more bullying at school. I went to talk to the Principle right away. There is a meeting with all the parents on Tuesday, good. Dinner, talk, bed. Mentally: A girl took Ryan's hat, he tried to get it back, she ripped it, then some boys punched and kicked Ryan really bad. We'll see what happens on Tuesday. Emotionally: I dreamed I saw some kids crying, I went to talk to them, someone else came too, we all talked.

DREAM MEANING - PREMONITION.

OCT. 1 1993, Friday. Physically: Pam and I went to Connie's, exercise, and nice visit. Pam and I went to the grocery store, then home. Ryan stayed home today so he worked in the yard, nice. Later June and Troy came over for dinner, fun. June and I went to the Springs and then to the Katz Club, home, talk, bed. Mentally: We had a very good time, I met an interesting guy, he's been all around the world, we talked all night, he says he'll call. Emotionally: I dreamed about reading peoples palm's, I had a pinhole on the anger part of my finger.

DREAM MEANING - PREMONITION.

OCT. 2 1993, Saturday. Physically: Slow morning, relaxed. Later we took the kids to Cascade Falls, that was a very nice nature fix. Then home. After they left, I cleaned the house up a bit, I read over Ryan's suspension package, bed. Mentally: It was a great weekend, now back to reality. The people living behind us are very loud. They hit their children and their dog. I have talked to the police about it and now we wait. I hope it stops. Emotionally: I dreamed about ointment and about ice-skating, then about Roseanne and Jackie in the hospital, Jackie's boyfriend wanted to talk to her so Roseanne went shopping, when she came back to see Jackie she said that her boyfriend didn't have time for her anymore. So sad.

DREAM MEANING - WORK WELL DONE. SYMBOLISM.

OCT. 3 1993, Sunday. Physically: Puttered, went over the suspension package with Ryan for most of the morning, to Pam's to exercise, grocery store, home, dinner. I tried on some outfits for tomorrow's interview at the Spring's as a 'demo lady' in the beer and wine store part-time. Rest, bed. Mentally: I sure am nervous about the next few days. Emotionally; I dreamed I was dressed up in my black pants, I went on the stage, sat on a stool, I started to play my guitar and was doing a sound check, then I did the song 'Cats in the Cradle'.

DREAM MEANING - SYMBOLISM.

OCT. 4 1993, Monday. Bruce's birthday. Physically: I went to The Springs and had my interview, I think it went OK, home. Ryan is doing his package but he's having some trouble with it, he was arguing with me about it, he didn't want to do it anymore. I went to Pam's until he cooled down and finished his work.

Home, rest, bed. Mentally: The guy I met on the weekend called, we had a nice talk, Wednesday evening we'll get together. Emotionally: I dreamed I was getting ready to take Ryan to school, I had honey toast, when I got back some children were helping me with my car, there was a set of triplets.

DREAM MEANING - REVIEW. SWEET THINGS. SURPRISING NEWS.

OCT. 5 1993, Tuesday. Physically: We talked about new schools for Ryan, he went to school. I went to Pam's, exercised, we went to the bargain store, I got Bruce a watch for his birthday, and we went to Connie's for a nice visit. Home, dinner, to meeting at the school with all the other parents. It turned out that the girl wrote a letter saying she was sorry for saying the things she said and she was sorry that she started it all. It was very heart warming. Ryan and her made up and now they are friends, sort of, wow, so surprising! Home, bed. Mentally: Ryan wants to give the school another try, he's happy again, great.

Emotionally: I dreamed about Jerry giving me a beautiful porcelain doll from behind a glass cabinet. I was wearing a very colorful flowery skirt.

DREAM MEANING - HAPPINESS. SECURITY.

OCT. 6 1993, Wednesday. Physically: Pam got here at 9:30. We went to get Erika, we went to the Pantry for breakfast, then a little shopping, so much fun. Home, got Ryan, to Pam's to exercise, home, dinner. That guy called, I met him at a lodge in Abbotsford for a drink and a walk at Mill Lake, nice. Home, bed.

Mentally: That guy wants to see me again. He's nice, but I have a funny feeling he's married. Emotionally: I had trouble sleeping, I did dream something about Ryan's friend from Surrey and his mom and also Jerry.

DREAM MEANING - REVIEW OF FRIENDS.

OCT. 7 1993, Thursday. Physically: Went to Pam's, we went to ABC for soup and a sandwich, good. We did some running around, got Ryan, home, relax, dinner. Phil and Cindy borrowed my car for the evening. Later I had a nice bath, bed. Mentally: That guy said he wants to take me out on Saturday night, we'll see what happens. Emotionally: I dreamed that Sherman took Ryan somewhere in the snow, my mom and I were looking out his bedroom window waiting for them, then everyone came back and Ryan's room was crowded. Sherman had to peel me off my mom so he could give me a hug. Then everyone did sit up's. I was wearing Pam's peach pants.

DREAM MEANING - MUST NOT GIVE UP COMFORT, WORK ON IT.

OCT. 8 1993, Friday. Physically: Went to Pam's, exercised, she made some soup. Home, I got my GST cheque, nice. I went to the grocery store, got Ryan, home, puttered, rest, bed. Mentally: Connie didn't get her transfer from the Surrey Eaton's to the Abbotsford Eaton's. Connie said she doesn't want to drive in the winter all the way to Surrey, so she's going to look for another job out here. I know she'll find one. I didn't hear from The Spring, oh well there must be something better out there for me. Emotionally: I dreamed that guy was going to send Ryan and I on a trip to Hawaii, he said it would be good for us. I also dreamed something about Lenny.

DREAM MEANING - WHENEVER I DREAM ABOUT A GUY THAT I'M SEEING AND HE SENDS ME ON A HOLIDAY THAT MEANS IT'S OVER. IT'S MY OWN PERSONAL SIGN. I DON'T KNOW WHY.

OCT. 9 1993, Saturday. Physically: Relaxing bath, puttered. I went to Connie's, her mom, dad and sister, Destiny, were there. We all had a good visit, nice to see them. Home, nap, I dreamed I was in a theatre watching a redheaded lady sing, dinner, and bed. Mentally: That guy didn't call, he probably was married, oh well, next. Emotionally: I dreamed I was crying to my mom and dad. I dreamed I saw the neighbor guy hitting his daughter, I went to get her away to my car, I saw him beat his wife, I went to help, he beat me really badly, I ran to the other neighbors house to call 911.

DREAM MEANING - NAP - HAPPY NEWS. NIGHTTIME - FRIEND IN NEED.

OCT. 10 1993, Sunday. Physically: Went to Erika's for her birthday party, very fun. The whole family was there. Home, started dinner, nap. June and Troy came over. We had chicken and pie, good dinner, talk, bed. Mentally: June and I both aren't feeling that well - a mild cold. Emotionally: I dreamed a lady elephant was telling her baby elephant about Lady Diana and Prince Charles. Princess Diana made a cake for her ex-husbands funeral and somehow it became their wedding cake. It wasn't supposed to happen but it did, that's why they are happy with not being together. Then the mother elephant told the story of Hitler and his son's funeral. They put carrots and potatoes with his medals.

DREAM MEANING - SYMBOLISM?

OCT. 11 1993, Monday. Thanksgiving. Physically: Relaxed, we all went for a bike ride under the bridge by the farms, it was so beautiful. Home, we had leftovers for lunch, sat around and talked, nice. Later June and Troy left, puttered, bathed, made soup, relaxed, bed. Mentally: Today my neck is stiff, this is from my accident, it flares up every once and a while. Emotionally: I dreamed I was in Alberta with Carla. Next I was shopping with Pam and Erika, we had veggie soup for lunch. Now I dreamed of Vaudeville, it was a very old play on the stage.

DREAM MEANING - REVIEW. GOOD TIMES AHEAD.

OCT. 12 1993, Tuesday. Physically: I went to Pam's, she gave me a great turkey lunch, Connie came over, very nice visit. Later Pam and I went to Bargain store, grocery store, got Ryan, home. Ryan and I dusted, washed floors, bathrooms, windows, made a tuna casserole for dinner, Ryan helped by vacuuming. Cindy would like me to drive to Hope so we can meet up with Phil tomorrow, OK. Relax, bed. Mentally: I'm so sore, but it's nice to have a clean house. Emotionally: I dreamed I was delivering things in really good time, by horse. I had candy. Then I was at Farwest chemicals showing people how to work. Now I was at the A-frame talking to some guy about couches.

DREAM MEANING - PREMONITION. SEX. REVIEW. COMFORT.

OCT. 13 1993, Wednesday. Physically: Pam and I went to Clearbrook to get Ryan a phone for his room, got Ryan, to Pam's, exercise. Home, dinner, Cindy came over, we drove to Hope. We met up with Phil. He's working in Hope for a while, nice little visit in the hotel room where he's staying, then Cindy and I drove home, rest, bed. Mentally: Today was a nice day. Hope is very beautiful, cool carvings all throughout the town. I was also looking for a new couch since the one I have has seen better days. Emotionally: I dreamed that June and I got tickets for a very popular concert, a cute guy let us in. I was in a blue kitchen in a house on 148th, and then it turned into Corinne's place. I told them I was born there.

DREAM MEANING - GOOD TIMES AHEAD. SYMBOLISM.

OCT. 14 1993, Thursday. Physically: Relaxed, got Ryan at noon, went to grocery store, Pam's to exercise, Erika was there too, nice visit. Home, dinner, rest, bed. Mentally: Carla called, she had an interesting dream about Jerry and wanted to know what it meant, great talk. Emotionally: I dreamed that Poopsie had 2 kittens, and they died. I walked into an angel and said you can't take them away so soon because I didn't get to know them yet.

DREAM MEANING - REVIEW OF KITTENS.

OCT. 15 1993, Friday. Erika's birthday. Physically: Connie and the kids came to get me, Ryan stayed home. We went to Lona's in Coquitlam. It was an interesting, fun, visit. We went to Pam's to exercise, nice visit, home, rest, bed. Mentally: Lona and I don't see each other as much as I would like to. Emotionally: I dreamed I saw my dad at the swap meet, he was buying all of us kids yellow lemons, I went over to say hi, he told me, I was thrilled. Now I was making pizza, looking out my front door, I saw Jerry, he came in the door.

DREAM MEANING - DIFFICULTIES. OPEN DOORS MEANS YOU ARE WILLING TO LET THAT IN, CLOSED IS NOT WILLING.

OCT. 16 1993, Saturday. Physically: Greg came and got Ryan for the night. I went to Pam's, had coffee, exercised, we went to the green barn veggie store, then to the Bargain store. I finally found a couch and chair, old but in good shape, even a little wood on it, for \$75.00. I'll take it. Home, the couch and chair came, Pam helped me set it up, I just Love it. Later I watched 'When Harry met Sally', on my new furniture, I enjoyed this evening, bed. Mentally: Today was a great day. Emotionally: I dreamed I was working at The Springs, demo-ing wine and I was really good at it. Then I was on my bed, Sherman was all over me, I asked him about his girlfriends, he said it was OK, I didn't believe him. I said, "stop it".

DREAM MEANING - SYMBOLISM.

OCT. 17 1993, Sunday. Physically: I slept in, Ryan came home, putter, I went to Pam's jewelry party, I helped with the food, everyone came over. It was fun, they all seemed to have a good time, and Pam did very well. Home, dinner, rest, bed. Mentally: It was a fun afternoon with the lady's. Emotionally: I dreamed I was in the passenger seat, someone was driving, and we headed into a small town. There were skunks all up and down the road but none of them smelled. We stopped at a gate, there was a raccoon, it was a strange town.

DREAM MEANING - SOMEONE ELSE DRIVING ME. DISAPPOINTMENT BUT NEW DOOR WILL OPEN.

OCT. 18 1993, Monday. Physically: I went to the Unemployment office to get forms for Ryan's SIN. I looked at the job board, home, made up a resume and handed it in. Called a lady about a babysitting job, we'll see. Got Ryan, went to Pam's to watch her girls for half an hour, home, dinner, went to Connie's for a nice visit, home, relax, bed. Mentally: June called and said she had a dream about Jerry too, we'll most likely be seeing him soon. Emotionally: I dreamed that Cindy and I were in Hope talking to a little boy, there was a really cute Indian guy, I went over to talk to him, we kissed.

DREAM MEANING - REVIEW.

OCT. 19 1993, Tuesday. Physically: Waited for the pool guys to come, to shut down the pool until spring, then I went to Pam's, exercised, got Ryan, home, dinner, relax, bed. Mentally: That darn pool is almost too much to take care of. Emotionally: I dreamed I was in a bank waiting in line, the girl in front of me had a long black coat on, a wide black belt, with her long black hair hanging over the coat.

DREAM MEANING - UNFAVORABLE OMEN.

OCT. 20 1993, Wednesday. Physically: Went to Pam's to exercise, to metaphysical store to get June Linda McCartney's book on meatless recipes. Took shoes back for Sarah, then home. I went to an interview for that part-time babysitting job; I got it, and met the children's teacher. I start babysitting for them tomorrow, cool. Got Ryan, home, dinner, went to Connie's for a nice visit, home, bed. Mentally: I sure hope this babysitting job works out, since Pam isn't working at the moment. She'll get called in later - the Taxation

Centre is seasonal work. Emotionally: I dreamed that I said to use yogurt instead of ice cream, it's better for you. And I was at a trading post trading things for cereal.

DREAM MEANING - SYMBOLISM.

OCT. 21 1993, Thursday. Physically: Connie woke me up at 9:00, she had all kinds of things from Connie's husband's parents (the food they didn't like) for Ryan and myself, so nice of them. We went to Pam's to exercise, nice time. Then I went to get Ryan, and dropped him off. Got the children after school, and babysat until four. Home, dinner, rest, bed. Mentally: I think I'll like watching those kids, very sweet. Emotionally: I dreamed I saw two little girls playing, and about ice cream again. I woke up and got up for a while, went back to bed and dreamed I was having sex with a rock star.

DREAM MEANING - REVIEW. ICECREAM, MAJOR SUCCESS.

OCT. 22 1993, Friday. Physically: Went to Pam's, exercise. We went shopping; Pam picked my name for Christmas so she got me a very nice warm quilt. I'm very pleased. Then I got Ryan, dropped him off and went babysitting until 5:15 when the father came home. When I got home we packed, and Ryan and I went to June and Troy's for dinner and a movie. We had meatless burgers and watched "Honeymoon in Vegas". I really enjoyed myself. Mentally: Such a relaxing evening, I needed it. Emotionally: I dreamed I was putting words into columns and was explaining to someone why they went there.

DREAM MEANING - POWER.

OCT. 23 1993, Saturday. Physically: Relaxed, we all went to Stanley Park, and got to see the animals in the zoo. June brought some nuts, and we were feeding the squirrels. They came running from everywhere; one even jumped on my leg, it was so cute. Back to June's to get our stuff, home, unpacked, rested, bed.

Mentally: It sure was fun today, a windy fall afternoon, and great weekend. Emotionally: I dreamed I banged my toe, I looked down and my toe seemed funny, it hurt. I heard Rod Stewart singing 'Have I told you lately that I loved you'. And I seen little girls playing.

DREAM MEANING - NEW ACQUAINTANCES. COMFORT. REVIEW.

OCT. 24 1993, Sunday. Physically: Ryan and I carved our pumpkins and cooked the seeds, fun. The guys tarred a few patches on the roof. I did some cooking, dinner, rest, bed. Mentally: Carla called today, nice to hear from her. I had some bad cramps tonight. Emotionally: I dreamed that I was in a secret super hero group. We were trying to save a little boy. I had to take pictures of him in a store window. One of the super hero's was my boyfriend, later we had sex.

DREAM MEANING - CRITICISM COMING.

OCT. 25 1993, Monday. Physically: Went to Pam's to exercise, then to babysit at 1:00. I picked up the young boy, later I got Ryan, then the older boy and girl. I went to their house until their father came home. I went home, rest, and bed. Mentally: Lots of my friends called, Carla called again, Connie called, Pam called, Corinne called, nice to have so many friends. Emotionally: I dreamed that Shirley had a Clydesdale horse, it was so beautiful. Then she told me she was pregnant but she was afraid to tell her boyfriend, in the end it turned out to be OK. It seemed that Shirley was going to have three girls now, cool. Then I dreamed I had lots of pimples, and then they all went away.

DREAM MEANING - EASE. NEW BEGINNINGS. WORRIES.

OCT. 26 1993, Tuesday. Physically: Pam came over, we went to mom and pop for a nice visit, we got our Christmas money, they want us to pick out our own gifts for Christmas. We went shopping at Wal-Mart, it was lots of fun. Then we dropped off our stuff back at mom and pop's, home, relax, bed. Mentally: I Love to shop with Pam but she can out-shop me anytime, I just can't shop as long as her. Emotionally: I dreamed that I was packing to go somewhere with my new boyfriend, we had a nice talk.

DREAM MEANING - SOMEONE LEAVING.

OCT. 27 1993, Wednesday. Physically: Got up at 7:15 and babysat until 1:15, home, putter, got Ryan, later Cindy called and needed a ride to her mom's, so I took her. Relax, bed. Mentally: Cindy's mom lives in a beautiful park, her boyfriend takes care of the parks, must be nice to live there. Emotionally: I dreamed I was eating rice, and then I was wearing dress pants. I heard that Meatloaf song 'You took the words right out of my mouth, it must have been while you were kissing me'.

DREAM MEANING - COMFORT. HAPPY.

OCT. 28 1993, Thursday. Physically: Went to Pam's to exercise, I went to babysit for a while, got Ryan. Home. Pam and I went to see mom and pop, very nice visit. Home, relax, bed. Mentally: I'm very happy. Emotionally: I dreamed I went to a pool party, the guys were all by the pool outside, the girls were inside, I didn't know anyone so I called June to come over, I couldn't hear her so I had to turn the phone up.

DREAM MEANING - SAD NEWS.

OCT. 29 1993, Friday. Physically: I went to babysit at 9:00, took the kids with me, we went to Connie's for

coffee, to get Ryan, took him home, and got back to their house to wait for the oldest boy. Later the mom came home; she's very nice. Home, dinner, rest, bed. Mentally: The lady that I babysit for said that her husband might not be working after Christmas, so then they will not need me, oh well. Emotionally: I dreamed I went to June's, we took a cab to get cigarettes, and they were \$20.00. Then we went to a factory where a man knew me but I didn't know him.

DREAM MEANING - PAYING TOO MUCH.

OCT. 30 1993, Saturday. Physically: Puttered around the house. June and Troy came to get our old couch and chair for Troy's room. She said why don't we go to CD's tonight, OK. After dinner Ryan and I went to June's, Ryan babysat Troy while June and I went to CD's. What fun, everyone was dressed up for Halloween. Home, tea, talk, bed. Mentally: We sure did have a great time tonight, lots of dancing.

Emotionally: I dreamed that Al and I were unloading the trunk of a car at a park, we were setting up a picnic for everyone. Then something about a guy winning a race on a motorcycle, over and over again.

DREAM MEANING - UNLOADING. WINNING.

OCT. 31 1993 Sunday. Al's birthday. Physically: June and I relaxed, then to Joe and Flo's for breakfast, always good. We went to Surrey Place Mall. I got some earrings, then back to June's. Ryan and I went home after he helped unload the furniture. We got another pumpkin to carve for free on the way home at one of those road side stands, they wanted to get rid of them, cool. Then all the kids came trick-or-treating, fun. Rest, bed. Mentally: It was a beautiful autumn day. Emotionally: I dreamed that Janet Jackson said that she likes to go to work first then go home. I said "me too".

DREAM MEANING - KEEP TRYING.

NOV. 1 1993, Monday. Physically: Got up at 7:00, went to babysit, and cleaned up. We went to Pam's to exercise. Back to the kid's house, fed them their lunch. We went to my house, puttered, got Ryan, and back to the kid's house until their mom got home. Home, dinner, relax, bed. Mentally: I had fun playing with the children today. Emotionally: I dreamed that I was in a restaurant, I ordered a meatless burger with extra mayo.

DREAM MEANING - REVIEW OF VEGGIE BURGER.

NOV. 2 1993, Tuesday. Physically: I got Pam, we went to the metaphysical store, I got a cool chakra chart (which you learned about earlier in this chapter). We went to the mall. Later I took Pam home, got Ryan, took him home, and I went to babysit for two hours. Then home, dinner, went to Pam's to exercise, home, rest, bed. Mentally: That metaphysical store is so very interesting. Emotionally: I dreamed that Loni Anderson was exercising and swimming.

DREAM MEANING - KEEP TRYING.

NOV. 3 1993, Wednesday. Physically: Connie and Pam came over, we all went for lunch. The waiter was cute; we had such fun. Later we went walking up and down the strip stopping in all the stores. Each of us went home. Back to Pam's after dinner to exercise. Home, rest, bed. Mentally: Fun day with the girls. Emotionally: I dreamed I got paid in cash and went to see the movie, 'The Beverly Hillbillies'. I said to myself "whoever said this was a bad movie was wrong". It was so funny, I laughed so hard. I Loved it (I haven't seen the movie).

DREAM MEANING - PREMONITION.

NOV. 4 1993, Thursday. Physically: Pam and her girls came over and we went to town, fun. Later I got the kids from school, all three of them, then we got Ryan. We all went to Pam's, I exercised. Took the kids home. Home, dinner, relax, bed. Mentally: Us girls are to go out on the 27th of this month. Emotionally: I dreamed I got a cable bill for only \$16.00. I said, "now I can handle that". I paid for everyone else so now I could get something for myself.

DREAM MEANING - NEED FOR MONEY.

NOV. 5 1993, Friday. Physically: At 7:30 I went to babysit. Pam came for coffee, both the young boy and girl are sick, so they stayed home. After Pam left the kids and I watched 'Aladdin' and 'Beauty and the Beast', both were very good. The kids and I went to get the older boy and Ryan, then back to their place. The mom got home and paid me, great. Ryan and I went to the mall to get some things and dinner, home, rest, bed. Mentally: This morning I spent 2 hours cleaning their house. The mom really likes it when I do that and I don't mind doing it, little sore though. Emotionally: I dreamed I showed June the bracelet I got for Shirley's birthday, I said I liked it so much I got one for myself. Then I was eating rice. I saw John H, a boy I knew from school, one of my little sweethearts, he was nice. I told Phil and Cindy to turn around while I put my housecoat on. I also think I was breastfeeding.

DREAM MEANING - HAPPY NEWS. FORTUNATE.

NOV. 6 1993, Saturday. Physically: Ryan and I cleaned the house. I even went though some of the closets.

Dinner, relax and bed. Mentally: I always overdo it and I'm so sore now. Emotionally: I dreamed that I was with a guy who had taken this other guys truck. We were going to get dynamited, so we ran away. We jumped to safety, we made Love. Then we went out for dinner, saw Pam and Al, and said hi. Later Corinne came to help me with this guy. Pam and I went to a shirt/ jewelry party and the guy came in with the leftover dynamite.

DREAM MEANING - SYMBOLISM. REVIEW.

NOV. 7 1993, Sunday. Physically: Puttered for most of the day, did writing, cleaned some closets. For dinner, I made a ham. Rest, bed. Mentally: I sure did a lot today. Emotionally: I dreamed I was driving Jack Abbott (guy from my soap) around in a car. I told Shirley I was either going to move back to my mom and dad's old place or I was going to buy a town house.

DREAM MEANING - REVIEW. PREMONITION.

NOV. 8 1993, Monday. Physically: Went to Pam's to exercise, home. The mom called and said that they won't need me for a while until they know what is going on with her husband's job, oh well. Later Pam came and got me, and we went to a t-shirt, jewelry party that was being held by the girls she works with. It was fun; we each got something. Home, rest, bed. Mentally: Nice to meet all of the girls that Pam works with. Emotionally: I don't remember any of my dreams.

NOV. 9 1993, Tuesday. Physically: Carla called today, nice to hear from her. Pam and I went to the mall, got Ryan. Later the mom called and said that she needs me to watch the kids tomorrow even though her husband will be home. Odd. I'll take the kids to my place. Rest, bed. Mentally: The mom said that things are not going well for her and her husband. Emotionally: I dreamed something to do with shadows and the forms they make. I then ate green beans, they were very good. Then someone gave me a purple rose.

DREAM MEANING - SYMBOLISM. DIFFICULTIES AHEAD.

NOV. 10 1993, Wednesday. Physically: I went to babysit, the dad was there we talked a little, then I took the children to my place. I took the girl to school at lunch, had the young boy with me for the afternoon, later we got Ryan, then to get the other kids from school, home, later took the kids home. Home, dinner. I heard from Phil and Cindy, they are not going to live together any more, that's too bad. They will still see each other, which is good. Rest, bed. Mentally: I hope everything works out for Phil and Cindy.

Emotionally: First I dreamed I was taken out for dinner, I ordered lobster and crab. It was so tasty. I was cooking with lots of people. We cooked lots of food for lots of people.

DREAM MEANING - FORTUNATE.

NOV. 11 1993, Thursday. Remembrance Day. Physically: Ryan had the day off, we went to see mom and pop, Erika was there with Julie, great visit, home. Cindy called and asked if I could help Teresa decorate her living room, I went over there, it was lots of fun, home, rest, bed. Mentally: A great day of visiting. Emotionally: I dreamed I was making lots of food again but this time I sat down and ate when everyone else did.

DREAM MEANING - FORTUNE.

NOV. 12 1993, Friday. Physically: I went to Pam's to exercise, then to babysit. I took the kids to school, later I got Ryan and the kids from school, home, rest, putter, bed. Mentally: Phil and Cindy asked if we could watch Ruffus for a few weeks, he came over today. Ruffus and Poopsie are brother and sister cats, they played hard it was so cute. Emotionally: I dreamed I was eating oatmeal in a blue bowl, I was showing someone how to dress.

DREAM MEANING - STEADY PROGRESS.

NOV. 13 1993, Saturday. Physically: Ruffus got away this morning but Cindy came and called him and he came running, we had a nice coffee. Later June and Troy came over, we hung out for a while, June and I went to the Springs. It was nice but the guys we met were showing us their pay stubs and bragging about how one made more than the other. Whatever. Home, talk, bed. Mentally: June and I were not impressed by how much money they made. We don't care about the money; we care about who they are. Emotionally: I dreamed that I was decorating someone's living room.

DREAM MEANING - REVIEW.

NOV. 14 1993, Sunday. Physically: June and I had a nice relaxing morning. Then Ryan and I went to Pam's, Erika and kids were there too, very good visit. Home, dinner, Phil came over to talk, he talked about Cindy and him, he left, relax, bed. Mentally: I feel for Cindy and Phil. Emotionally: I dreamed something about Jerry.

DREAM MEANING - SYMBOLISM.

NOV. 15 1993, Monday. Physically: Went to Pam's to exercise, Ryan stayed home today because he is sick. Later Pam and I went to town, had lunch, home. I went to babysit from 4:00 until 11:00 when the

mom came home. Home, rest, bed. Mentally: I don't mind watching the kids in the evening if it gives me time to read. I'm starting a book called 'Body Language', very cool. Emotionally: I dreamed I was babysitting.

DREAM MEANING - REVIEW.

NOV. 16 1993, Tuesday. Physically: Ryan is home sick for one more day. I went to Pam's to exercise, did some cooking. I went to babysit for the evening. Home, rest, bed. Mentally: Some guy called and said he knew me from years ago, said he knew Lona too. Odd I don't remember him. Emotionally: I dreamed I was driving somewhere and I got rear-ended, I was in lots of pain, I was holding some guys hand and crying.

DREAM MEANING - PHYSICAL SOURCE.

NOV. 17 1993. Wednesday. Physically: Went to Pam's to exercise, then into town, home. Phil came by to say hi. Later Carla called, she's doing fine. That Rob guy called and asked me out, we'll see, I'm not sure. Rest, bed. Mentally: I'll get that Rob guy to meet me when I go out with the girls in Langley. That way it's safe. Rob called me at 12:45 tonight from the bar and wanted me to meet him for a couple of drinks. I told him I would meet him in Langley on the 27th. Emotionally: I dreamed I was working on a basement suite. Dan from the Roseanne show came walking in, I told him to grab a hammer and get to work.

DREAM MEANING - COMFORT (I LIKE DAN IN REAL LIFE).

NOV. 18 1993, Thursday. Physically: Went to Pam's, she made lunch and trimmed my hair, lunch was good and my hair looks great. Home. I went to babysit for the evening. Later the mom came back so I went home, rest, and bed. Mentally: Those kids are sweet but they don't like going to bed. Emotionally: Now I dreamed I was painting this basement suite. I saw a guy take really good care of the children, I said that's nice and I kissed him.

DREAM MEANING - REVIEW.

NOV. 19 1993, Friday. Physically: Went to Pam's, we went to the mall, got Ryan, home. Later I went to babysit until the mom came home, home, rest, bed. Mentally: Rob called again today and wanted me to meet him at the 14th. St. pub on the 25th. We'll see. I feel better meeting him with others around. Emotionally: I don't remember any of my dreams because Ryan was sick last night and that Rob called me at 2:30 in the morning again. I don't like that.

NOV. 20 1993, Saturday. Physically: Went to get Phil and Cindy, then to the car part store to get some things for an oil change. Phil did the oil change while Cindy and I sat inside, I did some cooking for the freezer. Later I took them home, home, rest, dinner, putter, relax, bed. Mentally: So nice to know someone that knows about cars and does it for a good price, he rotated my tires too. Emotionally: I dreamed I bought a new house. I was in the big master bedroom turning on the lamps. Then I was cooking. June and I were invited to two parties. I was reading lots of books, learning then teaching.

DREAM MEANING - PREMONITION.

NOV. 21 1993, Sunday. Physically: Ryan and I went to let Pam's cat out because they are at Whistler for the night. To mom and pops for a nice visit, went to the swap meet. Home, later we went to let the cat in. Pam came over, she gave me a little angel for watching the cat, so nice. Rest, bed. Mentally: That Rob guy called again, he seems nice, we'll meet at the bar in Langley when I'm with the girls. Emotionally: I dreamed something about pillows and eggs.

DREAM MEANING - DOMESTIC CONTENTMENT.

NOV. 22 1993, Monday. Physically: Went to Connie's to exercise, home, to Pam's to watch her girls because she is starting work again, also went to get the other children. I did a lot of running around with all the kids, here and there until 10:30, home, rest, bed. Mentally: What a busy day. Emotionally: I dreamed that someone said get ready for them, it was a room full of cats. Then Tina Turner was singing "Simply the Best".

DREAM MEANING - SYMBOLISM.

NOV. 23 1993, Tuesday. Physically: I had the children again today until 10:30, Pam's girls, Ryan from school, then the other children too. Home, rest, bed. Mentally: I should really think about the daycare thing soon. Rob called again, seems nice. It snowed a little today. Emotionally: I dreamed I got a new hat to wear to the wedding. It was navy blue and had lace that would cover my face. Then I was playing baseball. I hit a home run. June said I should get ready for it.

DREAM MEANING - GOOD LUCK. BLUE, LIBERATION FROM WORRY.

NOV. 24 1993, Wednesday. Physically: Pam's girls got off at 11:15, I went to get them, we went to get my car air-cared, it passed, yeah. I got my car insured, got Ryan. Now to Pam's until she gets home. Later Ryan and I went to A&W for dinner, home, went over my Christmas gifts and did my Christmas cards. Relax, bed. Mentally: I enjoyed today, got lots done. Almost one more month until Christmas. Emotionally: I

dreamed I was looking at some pictures at Teresa's, of mother and child.

DREAM MEANING - COMFORT.

NOV. 25 1993, Thursday. Physically: Got to Pam's at 6:30, my battery died because it's so cold out. John came to jump start my car. The girls went to school, then home. Ryan has the day off so we cleaned the house, while roasting a chicken. Went to get girls from school, sat until Pam came home. Home, then to watch the other children for the evening. The mom got home later, home, rest, bed. Mentally: Busy day. I'm so sore. The chicken was good. Emotionally: All I remember dreaming is someone was lying to us but we knew.

DREAM MEANING - HELP FROM AN UNEXPECTED SOURCE.

NOV. 26 1993, Friday. Physically: I went to get mom and Julie, we went to the psychic store. Since I had picked Julie's name for Christmas, I got her to pick out something. Then we all went to Bernie's Beach Hut for a good lunch, and then we all went home. I went to get the girls and Ryan, waited for Pam, home, made chicken noodle soup, good. Went to watch the other kids until the mom got home, home, relax, bed.

Mentally: Lots and lots of babysitting. Emotionally: I dreamed that I was happy and I was eating oatmeal.

DREAM MEANING - STEADY PROGRESS.

NOV. 27 1993, Saturday. Physically: Greg came and got Ryan, I went to Pam's to exercise, home, puttered. Got ready, Pam came and got me, we got Connie, we all went to the Keg in the Country in Langley to meet all the other girls from school. After dinner we went to a Cabrera called China Beach. Ryan's dad's wife Jane and her sister were there, they're good people. Lona was there, we both met that Rob guy, don't really remember him much, just a little. He's a nice guy, but for someone else. I'm not too interested. We all had a really good time, had a great meal, laughed and danced the night away, very tired. Home, bed. Mentally: I've been doing too much, need to rest. Lots of fun, I just can't resist. Emotionally: I don't remember my dreams.

NOV. 28 1993, Sunday. Physically: Relaxed, Ryan came home. Connie called and asked if I wanted to go with her to Lona's to get Bruce, he stayed the night over there because of Lona's son's birthday, sure lets go. We went to Coquitlam, he was still having his party so we stayed until 4:00, fun. Home, Ryan and I went to the grocery store, home, rest, bed. Mentally: John lost his wallet today so he was very upset, we talked. I called Pam to see if it was there. It was, which made John very happy. I'm so tired. Emotionally: I dreamed that Pam was going to take me to the theatre to see a play. We got to the entrance and I didn't want to go in, then I was given free money. That was a very fun time.

DREAM MEANING - PREMONITION (in real life I get claustrophobic in theatres now, it has to be a really good movie to get me in there, like a Disney movie). OPPOSITES DREAM, NEED FOR MONEY.

NOV. 29 1993, Monday. Physically: Got up at 6:30, dropped Ryan off at school early at 7:30, to Pam's to watch the girls for an hour. Home, nap. I dreamed about a man that had beautiful lips. Puttered, went to get Ryan, then to watch the girls until Pam came home, then home, dinner, then to watch the other kids until the mom came home. Home, rest, bed. Mentally: The other children were hard to put to bed tonight. Emotionally: I dreamed that Sam came to visit me, we were just friends, it was nice. Later after Sam left Jerry came to visit me too, just as a friend, it was nice.

DREAM MEANING - HAPPY. GOOD TIMES AHEAD.

NOV. 30 1993, Tuesday. Physically: I puttered for most of the day, then I went to get Ryan, then watched the girls until 4:00. Home, dinner, to watch the other kids. The father came home early and said he might be on the day shift again soon, good. Home, rest, bed. Mentally: I hope that I can still watch all the children, with all the shift changes. Emotionally: I dreamed that I was wearing my new fur coat? I dreamed about Jessie from the show 'Full House'.

DREAM MEANING - CHANGE FOR THE BETTER. KEEP TRYING.

DEC. 1 1993, Wednesday. Physically: Got up 6:45, dropped Ryan off at school early at 7:30, went to Pam's to watch the girls for an hour, home, got Christmas things ready to mail, puttered, got Ryan, went to the girls place until Pam got home, home, dinner, the mom called and said that the dad quit his job and that she would call me when he got a new one, OK. Rest, bed. Mentally: Well we'll see what happens. Emotionally: I dreamed that I was in some kind of a race, I was wet and putting on shorts and a bathing suit top. Then I was at the 'heatbag' apartments in Surrey with Connie visiting someone.

DREAM MEANING - NEW OFFER. WARNING.

DEC. 2 1993, Thursday. Mom's birthday. Physically: Corinne called, nice to hear from her. Later I went to get Ryan, we went to moms for her birthday. Spaghetti dinner for all of us, Grandma was even there, it was lots of fun, home, putter, rest, bed. Mentally: I sure had a great time at mom and pop's today. The dad called and asked me to babysit tomorrow from 9 to 1, OK. Emotionally: I dreamed I was telling fortunes,

also talking to mom about painting in the backyard.

DREAM MEANING - PREMONITION.

DEC. 3 1993, Friday. Physically: Up at 6:30 to watch the girls for an hour, then to watch the kids until 1:00, home, later I got Ryan, then to watch the girls until Pam got home, we exercised. Next Ryan and I went to the grocery store, home, relax, bed. Mentally: Today I am very tired, I'm not as young as I used to be, and my wounds hurt. Emotionally: I dreamed about two kids sitting on a couch. And about partying in one of the Disneyland stores/hotels. I was with people I didn't know, but it was fun.

DREAM MEANING - REVIEW. FUN AHEAD.

DEC. 4 1993, Saturday. Physically: Puttered for the afternoon, getting ready to take a dinner to June's, later Ryan and I went to June and Troy's in Newton. I made dinner, nice. Afterwards June and I went to a poetry bar, I liked it. We went through Gastown, then to Lunatic Fringe, what a great place, the upstairs band and the downstairs band were both excellent rocker/ metal bands, we had so much fun. Home, talk, bed.

Mentally: Lots of really cute guys to dance with. Emotionally: I dreamed that we went to the Town Pump to see Dread Zeppelin, a Led Zeppelin imitation band, but it was really Elvis, he was alive.

DREAM MEANING - REVIEW.

DEC. 5 1993, Sunday. Physically: I got up early to do the dishes. Later we all went to the Cloverdale swap meet, it was packed. Then Ryan and I went home and I had a nap. Then to Jenny's birthday party, that was fun too. Home, rest, bed. Mentally: I've totally over done it, I have a cold, feeling ill. Emotionally: I dreamed about a lot of hamburgers to cook for visitors. I dreamed that I was on a raft with Ryan and some man, he took us to Lynn Valley, and he made a big wave.

DREAM MEANING - SYMBOLISM.

DEC. 6 1993, Monday. Jenny's birthday. Physically: Went in to town to do some errands. Later I went to get Ryan, then to get the girls until Pam got home. Home, I made some meatless cabbage rolls, putter, rest, bed. Mentally: The father of the kids is looking for a job, I hope he finds one soon. Emotionally: I dreamed that I really needed some privacy.

DREAM MEANING - NEED FOR TIME ALONE.

DEC. 7 1993, Tuesday. Physically: Got up at 6:30 to watch the girls until they went to school. I went to have a nice visit with Connie. Home, cleaned the house, dusted, vacuumed, and cleaned the bathroom. I got the fake Christmas tree up so we could decorate it that evening. Then went to get Ryan and the girls until Pam came home, we exercised. Home, decorated the Christmas tree, fun, putter, very tired, bed at 9:00.

Mentally: The house is so nice. I Love Christmas. Emotionally: I dreamed I was in an antique store/Value Village, I forgot my purse upstairs. The guy from E.T. helped me find it, he pulled the stairs down and grabbed me. We swung from a rope, got my purse and went back, so cool. I saw Sherman in a mirror when we were swinging, then I saw Lona in the mirror. Clare, a lady I used to work with, worked at the store.

DREAM MEANING - KEEP TRYING. SURPRISES. DISHONESTY.

DEC. 8 1993, Wednesday. Physically: Went to watch the kids at 8:00, cleaned house, fed lunch. Later got Ryan, he watched the kids while I went to get the girls, Pam got home. I went to sit with Ryan and the kids until it was time for us to go home. Putter, relax, bed. Mentally: I got my stories back again, oh well. I'll keep trying. Emotionally: I dreamed I was connected with a school/jail for kids.

DREAM MEANING - SYMBOLISM.

DEC. 9 1993, Thursday. Physically: Got up at 6:30 to watch the girls until they went to school. Went to Connie's, we went to Sevenoaks Mall to do some Christmas shopping, fun, home, got Ryan, then the girls until Pam got home. Then home, putter, rest, bed. Mentally: I'm still not feeling very well, doing too much. I was sick five times last night, then Ryan got me up at 7:30, so I could go to babysit. Emotionally: I don't remember my dreams.

DEC. 10 1993, Friday. Physically: Got up at 7:30, very sick, but no time to be sick. I went to the kids house with Ryan, he helped me so much today, thank God. We stayed until 2:30, and then I went to watch the girls while Ryan stayed with the kids. Then Pam came home, I went back to the kids place until the dad came home, home, rest. Bed. Mentally: I can't believe I made it through the day, wow. I am doing way too much for my condition. Must learn to say no sometimes. Emotionally: I don't remember my dreams.

DEC. 11 1993, Saturday. Physically: Went to Greg and Jane's. They gave us some food and a Safeway gift certificate, very nice. I went to June's, Ryan watched Troy while June and I went to meet Connie at Guildford, we did some shopping, such fun. Later I got Ryan, home. Then we went to the grocery store, great. Home, rest, bed. Mentally: It was a good day. Emotionally: I don't remember my dreams.

DEC. 12 1993, Sunday. Physically: A day off! I went to Pam's, the girls gave me a gift for babysitting but I can't open it until Christmas, so nice. Home, got Ryan, I roasted a chicken for dinner, it was good. Putter,

rest, bed. Mentally: I sure needed to relax. I still feel a little sick but not as bad as I was. A little rest sure makes a big difference to my health, I must take it easy more often. Emotionally: I dreamed that Connie and I had a daycare together, someone wanted us to babysit on a Saturday, we had to tell them we couldn't do it.

DREAM MEANING - REVIEW OF BABYSITTING.

DEC. 13 1993, Monday. Physically: Got up at 6:30, dropped Ryan off at school early. Then went to sit with the girls until they went to school, home. Ryan called from the school, more trouble with the boy. I went to the school, and took him to the hospital because his hand hurt. He had two broken fingers! He got a cast. We went to the police station. It turned out that both boys were hurt; Ryan was saying that the boy smashed a book on his hand and the other boy said that Ryan hit him in the head. It also turned out that the other boy was on parole. We'll see what happens. Home, then to Pam's until she got home, back home, talk, rest, bed. Mentally: Whatever happens, we'll see. Emotionally: I dreamed I was hanging around with the Brandon gang. I was getting ready for a warm bath.

DREAM MEANING - NEED COMFORT.

DEC. 14 1993, Tuesday. Physically: The school called. They say that Ryan is the one who hit the boy and that is how he broke his fingers. Ryan and I talked, went to the kids house for a while, talked some more, he says he didn't do it, we talked more, he still says he didn't do it. Then the dad came home, and we went home. Finally Ryan said he did hit the boy in the head. They were in the library in the morning before school and the boy was bullying him again and Ryan said he had had enough of the bullying, so he punched him in the head, Oh my. Talked, rest, bed. Mentally: Bullies suck. Emotionally: I dreamed I was walking through the park to the white(heatbag) apartments, I went to talk to my neighbor, we went to the second floor, which was now a school, the kids were learning.

DREAM MEANING - USE YOUR OWN DILIGENT EFFORTS.

DEC. 15 1993, Wednesday. Physically: Ryan was suspended; he'll be with me for a while now. Later Ryan will be staying with his dad for a few days too, they can talk. At 7:30 we went to watch the girls until they went to school. Then we went to watch the other kids. Later with all of the children with me, I went to Pam's until she got home. Then back to the kid's house until the dad came home. Rest, bed. Mentally: This is very stressful, not good for my health. I'm taking on way too much. Emotionally: I dreamed that I was in a restaurant with lots of people. I saw a fish jump. I was going to order it, but changed my mind.

DREAM MEANING - NEED MORE FUN.

DEC. 16 1993, Thursday. Physically: Ryan and I went shopping for our last minute Christmas things. We went to watch the kids until the dad came home. Home, Ryan and I talked more about what happened, he said that he thinks that because he hit that boy, that maybe that will send a message to the other bullies not to bug him anymore. Well, we'll see. Dinner, wrap gifts, rest, bed. Mentally: Al called, he asked me not to bring Ryan over anymore, ever. He heard what Ryan did and he doesn't want him around his girls. I guess he just wants to protect his girls. I thought about it and decided that I would not watch their girls anymore; it's only for a few hours a day anyway, about one hour in the morning and one hour or so at suppertime. If Ryan can't come over then that means I can't come over either. We are a package deal. It was getting way too hard on me anyway, watching all those children. I'll just watch the other kids for now; Ryan needs me; I will stand by him. I can see both sides, no hard feelings. Emotionally: I don't remember my dreams.

DEC. 17 1993, Friday. Physically: Got up 6:30, went to watch the girls until they went to school. Home, got Ryan, went to watch the other kids, and then went to watch the girls until Pam came home. I told Pam I can't watch the girls anymore, I need to be there for Ryan and he's not allowed over here anymore. So I'm going to watch the other kids, or whatever comes up for me babysitting elsewhere later. She said she understands; I hope so. And this too shall pass. Back to the kids home until the father came home. Home. Ryan and I packed and went to June's, we talked, rested, bed. Mentally: I needed to relax tonight, nice. Emotionally: I dreamed I was with my boyfriend at the beach, playing in the water. Then the next day at the beach I saw two black girls playing, they were so cute. Then I was at Pam's looking out the window, there were big snowflakes falling outside.

DREAM MEANING - NEED FOR FUN. SNOW, ESTRANGEMENT WILL BE AGGRAVATED BY FINANCIAL DEPRESSION.

DEC. 18 1993, Saturday. Physically: Sat around with June, it was nice. June went with Shirley to go and try skiing for the first time, how exciting. I can't go because of my injuries, plus I went before and I didn't like it at all. I went shopping at Guildford Mall, while Ryan watched Troy. I got a new purse to go with my Christmas outfit. Back to June's, we went and did some running around, then back to her place for a relaxing evening. Bed. Mentally: I enjoyed today very much. Emotionally: I dreamed I was at home taking

the Christmas tree down. Then it was summer, Lona and kids came over, Shirley and kids came over, lots of others too. A little boy peed on the floor in the bathroom. Then Lona wanted to go to town for the fair and the hay rides.

DREAM MEANING - PREMONITION. NEED FOR FUN.

DEC. 19 1993, Sunday. Physically: My neck really hurts this morning, it must be the stress. We went to get a movie, 'Sleepless in Seattle'. Then to Tynehead Park for a nice walk. Later Greg got Ryan. Back at June's for the evening, Shirley came over, we all enjoyed a wonderful dinner June made for us, then we watched the movie, it was great, so romantic. Talk, bed. Mentally: We exchanged Christmas gifts, what a Lovely night we all had. Connie called. She's coming over to June's in the morning for a coffee, nice. I have such great friends. Emotionally: I dreamed that in order for me to get paid for babysitting Shirley paid June and June got the tickets and gave them to me, and then it was OK. I was dividing up the cute guy calendar for us girls in the bathroom, and my dad was wallpapering.

DREAM MEANING - REVIEW. WALLPAPER, ALTERATION IN YOUR SOCIAL STATUS.

DEC. 20 1993, Monday. Physically: Connie came for a coffee, all of us had a nice visit, and then I went home. Unpacked, went to watch the kids until the mom came home, she gave me a gift bonus, so nice. Home. Mel and Phil came for a little visit, fun. Later I ordered Chinese food, nice quiet evening, bed. Mentally: I'm feeling much better. Emotionally: I dreamed something about my Christmas outfit.

DREAM MEANING - REVIEW.

DEC. 21 1993, Tuesday. Physically: Someone called me at 6:30, and hung up. Connie and the kids came over this morning, very nice visit. Later after they left Phil and Cindy came over so we could go and get some used tires from OK tire. Home, then I tried on my Christmas outfit, looks good. Dropped off some candy for the kids for Christmas, home, relax, bed. Mentally: Working on getting ready for Dec. 25. Emotionally: I dreamed Sarah said she called me this morning at 6:30; we were laughing while decorating the Christmas tree.

DREAM MEANING - REALLY MISSING THE GIRLS.

DEC. 22 1993, Wednesday. Physically: I went to mom and pops, grandma gave me \$20.00, it was a good visit. I went to get 2 new bras, and to the grocery store. Later I went to get Ryan in Surrey, we went for a little visit to June and Troy too, home. Relax, bed. Mentally: So nice to have Ryan home. Emotionally: I dreamed I got a really big gift in a big box. Then I was partying with Carla and Cindy, we were at my parents' old place, my dad came in. We stopped partying but he didn't mind, so we kept on partying. I was scrubbing the tub really well. Then I was reading some of my girlfriend's palms from school.

DREAM MEANING - GIFT, BEWARE OF GREEKS BEARING GIFTS. FUN TIMES AHEAD.

WASHING TUB, DON'T GET INVOLVED. PREMONITION.

DEC. 23 1993, Thursday. Physically: Went to the hospital to get Ryan's cast off. Then to get his hair cut, home, nice dinner together, rest, bed. Mentally: I'm ready for Christmas. June called, Shirley and her boyfriend really split up, that's too bad, sad for Shirley, she's doesn't want to go with us on our New Year's Eve cruise anymore, poor Shirley, that's so hard, just before Christmas. I don't blame her for not wanting to go; I wouldn't be able to go either. Emotionally: I dreamed that June and I were on a bus going over Pattullo Bridge, we made it all the way across.

DREAM MEANING - SATISFACTORY CHANGES.

DEC. 24 1993, Friday. Physically: Ryan and I went to see Erika this afternoon to drop off gifts, very nice visit. Mc D's for dinner, home, we each got to open one gift tonight. June got me a John Lennon CD, rest, bed. Mentally: I just Love my new CD. Emotionally: I dreamed I was crossing a bridge again.

DREAM MEANING - SATISFACTORY CHANGES.

DEC. 25 1993, Saturday. Christmas Day. Physically: Ryan went to get John, we all opened our gifts. It was fun. John went back to bed. We relaxed and enjoyed the day. I had a bath, pattered. Later we all went to mom and pops for Christmas dinner, lots of goodies and what an excellent dinner, great time. Home, rest, bed. Mentally: Another Christmas finished. Emotionally: I dreamed that Sherman lied to me. I escaped with a family.

DREAM MEANING - RISE IN THE WORLD.

DEC. 26 1993, Sunday. Boxing Day. Physically: Greg came and got Ryan until Tuesday. Later June came over, we went to The Springs for lunch, very nice. Each of us went home, it's been a busy time, I'm tired, I just rested this evening, bed. Mentally: I'm now looking forward to New Year's Eve. Emotionally: I dreamed that I was on a cruise.

DREAM MEANING - PREMONITION.

DEC. 27 1993, Monday. Physically: I went to see mom and pop, nice visit. Then to the mall, I got myself

Chinese food for lunch, home, a day to myself, very nice, I needed it. Rest, bed. Mentally: What a strange but fabulous thing being by myself, I could get used to doing this more often. Emotionally: I dreamed that I was on a cruise ship again. I was eating a Dutch chocolate letter, I was trying to avoid a camera, I didn't want to be famous, I also made myself some chocolate milk.

DREAM MEANING - PREMONITION. GOOD HEALTH.

DEC. 28 1993, Tuesday. Physically: Greg dropped Ryan off, we rested and talked for the morning. Ryan is going to stay at Erika's for the night on New Year's Eve. Later we took Poopsie to get her shots. Then to the mall, it was fun, home, relax, bed. Mentally: It's good to have Ryan home again. Emotionally: I dreamed that I felt uncomfortable babysitting, I was helping the girl button her sweater up and the young boy came over and poured a glass of orange juice over my head.

DREAM MEANING - SYMBOLISM.

DEC. 29 1993, Wednesday. Physically: I went to babysit at 9:00. First I tidied the house, and then made the kid's lunch. We had a nice afternoon, nice to see the kids, and then the dad came home. Home, putter, rest, bed. Mentally: I enjoyed today. Emotionally: I dreamed something about the vet, vacuuming. Neal (from soap) lying on the couch asking me about a picture, I told him.

DREAM MEANING - REVIEW.

DEC. 30 1993, Thursday. Physically: Ryan and I went to June and Troy's. Ryan watched Troy while June and I went looking for a dress for June for New Year's Eve, it was fun. Later Ryan and I went home, relax, bed. Mentally: June found a beautiful long black dress. Emotionally: I dreamed Pam was pregnant. Then I baked apple crisp. Went to the park but the gorilla got out.

DREAM MEANING - NEW BEGINNINGS. WELL EARNED REWARDS. MISUNDERSTANDING.

DEC. 31 1993, Friday. Physically: I went to babysit until noon. Then Ryan and I went for lunch, packed, he went to Erika's for the night. I went to June's. We puttered and got ready, went to Shirley's, she has decided to go after all, good for her. We went to Vancouver all looking really beautiful, we got on the New Year's Eve cruise boat, wow lots of people, a very fancy party. I didn't drink that much because of the wave's and the very slippery floors, but June and Shirley were doing fine. They can drink me under the table. We all had loads of fun. Afterwards we all went to a small party, Shirley wasn't feeling well by then and wanted to go, so we said our goodbyes and we walked to the car. We were supposed to find a hotel but when we got into the car, the girls both fell asleep. I drove to Shirley's place, they got up, we went inside and talked for a little while, then went to bed. Mentally: I don't like driving in Vancouver but I did pretty well. I only got lost for a while, then I found the freeway and I got us home, it was scary but I did it. Emotionally: I dreamed about the cruise.

DREAM MEANING - REVIEW OF THE NIGHT.

QUIT SMOKING LAST NEW YEARS. I WILL STOP EATING BEEF AND PORK FOR MY FIRST YEAR OF TRYING TO BE VEGETARIAN.

JAN. 1 1994, Saturday. Physically: Got up at Shirley's, we went to Bino's for breakfast, and a great time was had by all. It was nice to sit and have a hearty meal and talk about the night. Then Shirley went to get her girls, June and I went to get Troy, I went back to Abbotsford to get Ryan and Julie, she's staying the night. Julie and I tried a Ouija board, one that she made up, interesting. I was tired, the kids hung out, I had a nap. Putter, bed. Mentally: We stopped and got lots of Chinese food, it was very good. Emotionally: I dreamed I was getting lots of information.

DREAM MEANING - REVIEW

JAN. 2 1994, Sunday. Physically: Cleaned the house, I made the kids breakfast. We tried the Ouija board again, confusing, didn't make sense. Zoey wanted gum. Then we went to Mc D's, then to mom and pop's because James was there, so nice to see him. I took pictures, dropped Julie off and went home, putter, rest, bed. Mentally: I wonder about the Ouija board, what it's all about. Emotionally: I don't remember my dreams.

JAN. 3 1994, Monday. Physically: Ryan and I went to babysit. Later the mom called and said to come to her work and she would buy us all pizza, very good. We had Little Caesar's pizza. Later the dad came home from work, and we went home. Ryan and I cleaned all the Christmas things, now the house is back to normal. Ryan and I went to get an ice cream from Mc D's, home, relax, bed. Mentally: The mom and dad said they think it's great that I bring Ryan with me, the kids just Love having him there to hang out with, that's so nice. Ryan really helps, he does all the heavy lifting for me. Emotionally: I dreamed that a friend of Ryan's was learning spiritual things, I said give him time it would all sink in soon.

DREAM MEANING - REVIEW OF SPIRITUAL THINGS.

JAN. 4 1994, Tuesday. Physically: I went to Connie's to exercise, next to the bank and grocery store, home,

lunch, then to babysit. I cleaned up a bit, we all went to my house until the dad came to get the kids. Putter, rest, bed. Mentally: Ryan really does not want to take his hat off because of what the boys did, he thinks someone will cut his hair. He will overcome this. Emotionally: I dreamed that I was making old things into new ones, old toys into new. And a coat that was magic.

DREAM MEANING - STARTING OVER.

JAN. 5 1994, Wednesday. Sarah's birthday. Physically: At 7:30 I went to babysit, cleaned house, then at lunch I took the girl to school, the little boy is with me and the older boy is already in school. We went to get Sarah a present. Then to get Ryan, then the other kids from school. We all went to my house until the mom came to get them. I had to stay home with Ryan and help him with lots of schoolwork. Besides, Ryan is not allowed over at Pam and Al's so I'm not going either. John took our gift to Sarah's party, rest bed. Mentally: I'm sure this Pam and Al thing will work itself out. Emotionally: I dreamed that Coal from my soap told everyone that he was taking me to Hawaii, we were all in the A-frame. Then I was in the bargain basement. Gord, a guy I used to see, was there. Greg and Jane and Pam and Dennis, a guy Pam used to see, was there too. Pam wanted me to go somewhere, I had trouble getting dressed. Then Pam and I went to go on a cruise.

DREAM MEANING - A TRIP, A SPLIT UP.

JAN. 6 1994, Thursday. Physically: I got the stuff ready for the dinner that June and I are going to have on Saturday. Then went to babysit the kids, later got Ryan and the other kids until the mom came home, rest, bed. Mentally: Sarah called to thank me for the gift, then Pam came to the phone, we talked a little. Carla called too, she asked me to be her bridesmaid, wow. The wedding is going to be June 4th. Cool, I can't wait. Ryan is almost off his grounding, good because then so am I. Emotionally: I dreamed that the kids I babysit and I were all sitting around my dining room table, eating chocolate éclairs. Mmm.

DREAM MEANING - GOOD HEALTH.

JAN. 7 1994, Friday. Physically: Got up at 7:30, went to babysit, and cleaned the house. Later went to get all the kids from school until the dad came home, then home, putter, June and Troy came over, nice talk, bed. Mentally: Corinne called, she said that her and the kids would be moving here by the end of the month, that's great. Emotionally: I dreamed that Shirley and I went to the drug store to get a cleansing bag for each of us. Then I dreamed that a guy came over to the house to hold me until I felt better.

DREAM MEANING - SYMBOLISM.

JAN. 8 1994, Saturday. Physically: June and I talked until she had to go with Shirley for their skiing lesson. Ryan, Troy and myself went to Langley to get Jason, home. Later John took the kids to see the movie 'Wayne's World 2'. June got back, we had a nice dinner and talked, the kids came home, they had a great time. Rest, bed. Mentally: That sure was nice of John to take all the kids to a movie, he paid for the whole thing. Emotionally: I dreamed that there was a lot of us sitting around a table waiting to have lunch, someone had called us to tell us something important at 12:00.

DREAM MEANING - UPTURN IN SOCIAL ACTIVITIES. PAY ATTENTION TO TIME OR NUMBER.

JAN. 9 1994, Sunday. Physically: June and I had a very nice relaxing morning, later Erika came to get Jason, Pam came with her. June and I went to Willowbrook Mall to do a little shopping, home, rest, bed. Mentally: I hope Pam and I will be close again soon. Emotionally: I dreamed that I had to clean something by 12:00, because something important was going to happen.

DREAM MEANING - SOMETHING TO DO WITH THAT TIME OR NUMBER, NOON. DON'T BE DRAWN INTO ANYTHING BAD.

JAN. 10 1994, Monday. Physically: Went to Connie's, they are painting all the bedrooms, the house is really looking good. Nancy got herself a cute little bunny. Later I went to babysit, cleaned the house, then went to get the kids from school, home, the dad came to get the kids, rest, bed. Mentally: The dad quit his job again, I don't know what is going to happen now. Emotionally: I dreamed something about Jerry. And I was working at a fair with Erika and Pam, I couldn't do anything right.

DREAM MEANING - REVIEW. SYMBOLISM.

JAN. 11 1994, Tuesday. Physically: Went to Connie's, we watched the soap and had a nice visit. Home, got Ryan, grocery store, home, rest, bed. Mentally: The mom called today and said they still want me to watch the kids while the dad looks for a job. She said they don't want to lose me, that's so nice.

Emotionally: I dreamed that I got a bag of clothes. I was going to take them somewhere with Ryan, then his friend was waiting for him, so Ryan and his friend drove off.

DREAM MEANING - LETTING GO. SYMBOLISM.

JAN. 12 1994, Wednesday. Physically: Went to babysit while the dad went looking for a job. Later I went

to get Ryan, home, waited for the guy to come over for the kitchen floor estimate, he's a cutie and gave us a good deal. I'll talk to John and see what he says. Putter, relax, bed. Mentally: Corinne called, she said that her and the kids would be here by the 21st, cool. Emotionally: I dreamed that a lady in a popcorn store gave me a lot of popcorn flavors to try, they were all good.

DREAM MEANING - LOVE, HEALTH AND MONEY.

JAN. 13 1994, Thursday. Physically: Puttered, did some reading, later I went to get Ryan, home, relax, bed. Mentally: The mom called and asked me to come at 7:00 pm to talk the next evening. Emotionally: I dreamed that I saw the mom in her garage doing laundry, then she came to my car to talk, we looked at some kids playing, one of them was a cute little black girl, she was teasing the boys.

DREAM MEANING - SYMBOLISM.

JAN. 14 1994, Friday. Physically: Puttered, cleaned the house, and it was a sunny day so I did some yard work too. Today Ryan is going to walk home. I hope everything will be OK. Later he came home and his walk was fine, good. In the evening I talked to the mom, they are going to see what they can do about keeping me but it's not a sure thing, that's OK too. Rest, bed. Mentally: Corinne and her husband are splitting up; Phil and Cindy are splitting up; it seems that the mom and the dad aren't doing that well. Shirley and her ex split up too, something is in the air. Emotionally: I dreamed that Shirley was seeing Neil Young, she got us tickets for his concert, he sang Harvest Moon, we got to meet him later, June and I liked some of his friends and they liked us too. Later I was organizing a calendar.

DREAM MEANING - HOPING FOR THE BEST. CALANDER, GRADUAL RELEASE OF WORRIES.

JAN. 15 1994, Saturday. Physically: Ryan and I went to the Library for a while, then to have a nice visit with mom and pop. Home, we had a relaxing day at home, bed. Mentally: Today is the first day Ryan is not grounded. Carla called at 1:00 in the morning, we talked for an hour. Emotionally: I dreamed that Gord picked a dress out for me, he said it made my boobs look good. Then we went on a cruise.

DREAM MEANIN - GOOD OMEN. SPLIT UPS.

JAN. 16 1994, Sunday. Physically: Ryan and I went to June and Troy's place. Ryan watched Troy while we went to the Guilford Station Pub for lunch, very good. Then we went to Guilford to shop, I got a nice red top. Went to get Ryan, home, rest, bed. Mentally: June and I saw Connie at Eaton's and Julie at the mall today. Emotionally: I dreamed that I had to hide some money for some bills. I hid it all around the house.

DREAM MEANING - NEED FOR MONEY.

JAN. 17 1994, Monday. Physically: Went to Connie's to watch the soap but it wasn't on because of the California earthquake. So we went to the mall for some things Connie needed. Then to her house for a nice visit. Got Ryan, home, rest, dinner, and bed. Mentally: Now that Christmas is over Connie doesn't have to work as much. Emotionally: I dreamed that I was hiding money again this time for a concert tour with Corinne, we got off the bus. I had to listen to the notes of the piano because I was to play it next.

DREAM MEANING - NEED FOR MONEY.

JAN. 18 1994, Tuesday. Physically: I talked to the floor guy, we're going to do it as soon as I have the money, great. Went to get Ryan, his friend got beat up by five bully guys, we went to go and see him, home, talk, rest, bed. Mentally: The kids sure do have to be careful nowadays. There are some really mean bullies in this town of Mission. Emotionally: I dreamed that I had to sleep on a bed in the kitchen, I didn't want to but I had to. Then I dreamed that I hid some money in my suit jacket for later.

DREAM MEANING - NEED FOR MONEY.

JAN. 19 1994, Wednesday. Physically: Relaxed, grocery store, got Ryan, we went to get his friend something because he got hurt. Home. To babysit for 2 hours. Home, bed. Mentally: Corinne called, she's in Cloverdale, and she will be coming over on Saturday for the night with her daughter. I can't wait. Emotionally: I dreamed that I was talking to a fortune telling lady.

DREAM MEANING - SYMBOLISM.

JAN. 20 1994, Thursday. Physically: Relaxed, got Ryan at 11:45, we went to Sevenoaks Mall, he got me a new top and lunch at the food fair for my birthday, nice. Home, rest, bed. Mentally: Pam called today, everyone is coming over at 2:00 on Sunday for my birthday. Emotionally: I dreamed that Corinne and I were sitting around the table with our kids, I was splitting up the bread, I said we will finish this loaf first then we can start the next one.

DREAM MEANING - SECURITY IS COMING.

JAN. 21 1994, Friday. Physically: Puttered, I decided I'd like to have bangs so I cut my hair. Ryan and I went to get some things for when everyone comes over on Sunday, then home. I made muffins, putter, rest, and bed. Mentally: I like my hair, something different. Emotionally: I dreamed about a big glass jar that had whale fat in it. And about shopping.

DREAM MEANING - PROTECTION. REVIEW.

JAN. 22 1994, Saturday. Physically: Ryan and I went to Cloverdale to get Corinne and her daughter, back to my house. I roasted a chicken, we talked, had dinner, good. Later June and Troy came over, then Phil and Cindy came over. All the adults went to the Springs, and then to the Katz Club, next to the Bellevue, 7-11, home, talked, bed. Mentally: Boy did we have a blast, I had lots of drinks bought for me, nice. I didn't have to drive. And a good time was had by all, so much fun. Emotionally: I dreamed that Corinne was holding up some pajamas and then packing.

DREAM MEANING - REVIEW OF COMPANY.

JAN 23 1994, Sunday. Physically: Us ladies all went out for breakfast, then June and Troy went home while I took Corinne and her daughter to her mom's house in Surrey. Home to get ready for my family to come over. Everyone came over; we all had cake and things. It was lots of fun too. After everyone left I tidied up, rested, bed. Mentally: Wow what a great weekend! Emotionally: All I remember dreaming is that some guy liked me.

DREAM MEANING - REVIEW.

JAN 24 1994, Monday. My 32nd birthday. Physically: Connie called and sang happy birthday to me, I went over there, she got me a nice bra and panty set. Then we went to the mall, had lunch at the food fair. I also got the stuff to make chicken noodle soup. Got Ryan, home, made some soup, relax, bed. Mentally: Shirley called to say happy birthday, nice. The mom also called, her and the dad have split up and she needs me to watch the kids full time, OK. Emotionally: I dreamed that I wrote a really good poem, then I found money in my hand, next I bought a new hat and a pink sweater. I was in a big crowd.

DREAM MEANING - REVIEW. HAT, GOOD LUCK.

JAN 25 1994, Tuesday. Physically: Went to Connie's for a nice visit, got Ryan, home, putter, rest, bed. Mentally: The mom called and she's getting a babysitting subsidy, that's great for me. Carla called to say happy birthday, very nice. Emotionally: I dreamed about a cow farm, lots of cows on a big green grassy field. Someone had just bought the farm and called it P.A.F.

DREAM MEANING - COW, GOOD LUCK. GRASS, SUCCESS. FARM, GOOD HEALTH.

JAN. 26 1994, Wednesday. Physically: Putter, got Ryan, went to unemployment office to get Ryan's SIN number. We went to the library, then to mom and pops for a nice visit, home. Dinner, rest, bed. Mentally: I have to keep track of my hours now, for the subsidy, it also turns out I won't see any money for a long time, so it's not good for me. Emotionally: I dreamed about 3 bags that had to be filled, one of them had something small at the bottom of it.

DREAM MEANING - WAITING FOR MONEY.

JAN. 27 1994, Thursday. Physically: Got up at 8:00, went to babysit, picked up and dropped off kids for most of the day, then I made a roast for everyone at the mom's place, she said I could cook it. The mom came home and we all had dinner, nice. I didn't have any meat. Home, rest, bed. Mentally: Very busy day, tired. Emotionally: I dreamed that someone told me that having sex was a good way to lose weight but you have to have it every day.

DREAM MEANING - SEX, HAPPY.

JAN. 28 1994, Friday. Physically: Babysitting for most of the day, cleaned house, fed everyone lunch and dinner, home. Ryan and I packed and went to Newton. June and I went to the Dell, and CD's, 7-11, home talk, bed. Mentally: June and I met two nice guys at the bar, I hope we see them there again, it was a really fun night. Emotionally: I dreamed that I had my hands cut off, I could take them off and on (maybe because I fell asleep on my hands and they were asleep too).

DREAM MEANING - PHYSICAL.

JAN. 29 1994, Saturday. Physically: Greg came and got Ryan. June, Troy and I went out for breakfast, then I went to see Corinne, it was a nice visit, home, dinner, relax, bed. Mentally: A fun busy weekend. I'm tired. Emotionally: I dreamed that G. Carlton was an old blind actor and he was building a house.

DREAM MEANING - KEEP TRYING.

JAN. 30 1994, Sunday. Physically: I washed the car inside and out, Greg dropped Ryan off. Ryan got his Sega from his dad's house and about \$30.00 of food, very nice. Ryan had a few of his friends over to play the game; after they left we had dinner, rest, bed. Mentally: Today was a sunny day, I rested and really enjoyed my beautiful home. Emotionally: I dreamed that June and I were in this town with lots of good-looking men in it, but I was blind. She saw Mandy there, we went to her house after, and she had to talk to Greg's dad on the phone.

DREAM MEANING - BLIND, DECEIT.

JAN. 31 1994, Monday. Physically: Relaxed, went to get Ryan and the other kids, we went to my house.

The mom called and the dad came by and wants to talk to her, she doesn't know what to do, they are going to talk, I watched the kids. Later the dad came to get them. Rest, bed. Mentally: I wonder what is going to happen with the babysitting job. Emotionally: I dreamed I was running at the back of my uncle's two fields, they were freshly ploughed. I wanted to see if the land was big enough for my party, they said OK to the Super Bowl party, yes.

DREAM MEANING - GOOD HEALTH. PLANNING.

FEB. 1 1994, Tuesday. Physically: I went to Connie's, exercised, later her parents and Destiny her sister came over, nice visit, got Ryan, home, rest, bed. Mentally: Always good to see Connie's family.

Emotionally: I dreamed about orange peels, then about a big family reunion, all the relatives were there.

DREAM MEANING - ORANGE, IMPROVEMENT. FAMILY, UPSWING.

FEB. 2 1994, Wednesday. Physically: To Connie's to exercise, a nice visit, later got Ryan, home, putter, relax, bed. Mentally: Today I looked into E.C.E. courses, to see what's available. Emotionally: I dreamed I was at Sam's place reading his palm. Pam came over with a blue dress; we were going to a party.

DREAM MEANING - REVIEW. SYMBOLISM.

FEB. 3 1994, Thursday. Physically: I got a call from the mom, the dad is going to watch the kids now, that makes sense. I will only be watching them part time. The E.C.E. place is going to send me the information about the school. I talked to the welfare office; they are going to help me go back to school. This was always what I had wanted to do, open my own Daycare Centre; I'm so very excited. I have been babysitting lots lately and I can use that as part of my one and a half years of practicum that you have to have. Got Ryan, home, putter, relax, bed. Mentally: Dale is the guy to talk to at the welfare office about education, he seems really nice. Finally it's happening for me; I do have a future. Plus I Love taking care of children. Plus I'm sure I will get lots of children's stories from my babysitting experiences. I have a cold but I feel good inside about making myself a better life. Emotionally: I dreamed that Shirley came by, she was wearing a beautiful blue suit. I was thinking what Lovely long legs she has.

DREAM MEANING - REVIEW. SYMBOLISM.

FEB. 4 1994, Friday. Physically: I had to go to the food bank early this morning, then to watch the kids while the dad went to look for a job. I spent most of the day doing the kid thing. Home, dinner, relax, bed. Mentally: I can't wait to start school. Emotionally: I dreamed I was eating a sandwich with lots of lettuce. I also dreamed that there was a study that said that 6 1/2 inch's was the average size for a man's part. Someone said then that I'm above average.

DREAM MEANING - LETTUCE, MONEY. SYMBOLISM.

FEB. 5 1994, Saturday. Physically: Today I decided to try and paint the kitchen cabinets glossy white, Ryan helped me. I shouldn't have done that. I'm such a stubborn girl. Later Ryan had some of his friends over, putter, rest, bed. Mentally: I'm so sore, I really have trouble believing that I just can't do as much as I used to do, I hate that so, so much. Emotionally: I dreamed that I was talking to a guy about the war, he had to kill someone but he didn't want to. Then I was talking to Sherman, he said he didn't have to kill someone but he did anyway. Then I dreamed that Jerry and I were back together again, he had a purple envelope and it had some of the money he owes me in it.

DREAM MEANING - SYMBOLISM.

FEB. 6 1994, Sunday. Physically: Ryan and I went to see mom and pop, very nice visit, to the Village, home, painted a little bit, putter, relax, bed. Mentally: Ryan and I had a nice day together. Emotionally: I dreamed that something different was going to happen with my babysitting things.

DREAM MEANING - PREMONITION.

FEB. 7 1994, Monday. Physically: The floor guy came today to put the floor in. Later I went to meet June for brunch, nice. Went to get something for my cold, got Ryan, home, rest, bed. Mentally: Jan, Connie's neighbor, called and asked me to watch her kids when she started work. Wow, I would Love that, it's right across from Connie's, and I can use that time for my course, cool. Emotionally: I dreamed something about babysitting.

DREAM MEANING - REVIEW.

FEB. 8 1994, Tuesday. Physically: The floor guy came again today, later I got Ryan. Got the information on the E.C.E. course today. I can use the babysitting I already did and the babysitting that I will do for Jan, so in about six months I can start the correspondence course. Putter, rest, bed. Mentally: Jan called today and said that I start full time on the 21st. That's great but now I have to tell the mom and the kids I can't watch them anymore, sad. Emotionally: I dreamed that I was walking over beautiful big green golf fields with someone, at the bottom of the hill there was an upside down golf cart, no one was hurt because no one was around.

DREAM MEANING - SYMBOLISM.

FEB. 9 1994, Wednesday. Physically: It snowed last night, wow, beautiful. Ryan walked to and from school. I stayed home and painted more of the kitchen cabinets, putter, rest, and bed. Mentally: I called the mom and told her I can't watch the children anymore, I'll miss them. She said that was OK, they didn't need me as much anymore anyway. Emotionally: I dreamed that I ran up to a horse, jumped on and rode it bareback.

DREAM MEANING - RISE IN WORLD.

FEB. 10 1994, Thursday. Physically: I went to Connie's for a nice visit. Ryan has the day off. Corinne called and asked us for dinner and to stay the night, sounds good, we went. We had a great time, a few people came over for a while, later we watched a movie, talked, bed. Mentally: We didn't really watch the movie because we were talking too much, nice. Emotionally: I dreamed something about butter.

DREAM MEANING - FORTUNATE DREAM.

FEB. 11 1994, Friday. Physically: Relaxing morning, I helped Corinne set up her pictures and ornaments, fun. After lunch, Ryan and I left. We went to June's for a visit, then home. Ryan went with John to work out. Wes, June's ex, came over for a surprise visit. Later rest, bed. Mentally: Wes sure does want June back but June said that would never happen. Emotionally: I dreamed I was flying on a plane, I was going to sky jump but I wasn't sure. Ryan came with a ladder from the earth to the plane; he said I could go that way too, if I wanted.

DREAM MEANING - SYMBOLISM.

FEB. 12 1994, Saturday. Physically: Today Ryan and I worked painting the cupboards, that is what we did. Mentally: Those cupboards are looking good. Emotionally: I dreamed that it was three weeks from now and all the painting was done, it looked great.

DREAM MEANING - REVIEW.

FEB. 13 1994, Sunday. Physically: Ryan and I went to see mom and pop, home, paint, rest, bed. Mentally: mom and pop gave us \$20.00 for food, we needed it, thanks. Mentally: Those cupboards are taking longer than I thought. Emotionally: I dreamed that I was at Connie's and I told her that I have to babysit for Jan now because she has to go to work and her husband has to go to war (He's a fireman).

DREAM MEANING - REVIEW.

FEB. 14 1994, Monday. Physically: Valentine's Day. Went to Jan's, she showed me around and we went to Shane's daycare. I met some of the teachers. Mary-Ellen, a girl from school, works there. We went back to her house. Then I went to Connie's, nice visit. Got Ryan, home, putter, rest, bed. Mentally: Should be good to babysit for Jan, she's very nice. I filled out the forms and talked to Dale at the welfare office and everything is set for my course. I just have to go to the doctors and get him to sign some papers. I'm so excited about starting this E.C.E. course. It will take a while but it seems to be what I do. I can babysit and take care of a house - dishes and lunches, etc. I can do that. Emotionally: I dreamed my teeth had to have braces again. Then I was squeezing the oil out of the tuna can, so I could make tuna buns.

DREAM MEANING - REVIEW. SYMBOLISM.

FEB. 15 1994, Tuesday. Physically: Connie came over and helped me paint, boy was that ever helpful. Then Connie took me out for lunch, wow, she's so nice. Got Ryan, home, coffee, Connie left. I went to the doctors because of my ears and to get him to sign the forms for the course. He gave me medicine for my ears. Then he told me he couldn't sign the forms because I'm not strong enough to lift children in case of an emergency. It's true, I have to admit it. I was very, very, VERY upset. The doctor asked me "what do you do as a hobby?" I said I read palms. He said that I could do that. I thought he was crazy. I went home and I had a good long cry, I guess it isn't happening for me after all. Now I have to let go of a dream. That will be very hard to do, my life was set up for watching children. I can't stand this. I hope Jan still wants me to watch her kids. What a blow! I went to bed, I was so, so sad and my head is spinning. Mentally: I guess God has something else planned for me. Emotionally: I dreamed that I was at my parents place on 106th. I was very dressed up. I had a pet pig; it was black and white. I was riding the pig upstairs, I didn't want my dad to see me riding the pig in my good clothes.

DREAM MEANING - PIG, SAD FAMILY THINGS BUT GOOD BUSINESS THINGS.

FEB. 16 1994, Wednesday. Physically: I talked to Jan about what happened, she said that she still wants me to watch her children, good. I went to get Shane from his daycare, then to his house until his dad came home, then home. Ryan had walked home and all was fine, good, putter, still very sad. I cried a little more, rest, bed. Mentally: I needed to talk to someone about what happened but no one was available. I'm so sad, what will I do now. Emotionally: I dreamed I was painting my cupboards, I finished them.

DREAM MEANING - REVIEW.

FEB. 17 1994, Thursday. Physically: I went over to Connie's for a visit, one of Connie's friends was visiting too. Her and her husband are splitting up also. Wow, lots of people are not together anymore. Got Ryan, home, paint, rest, bed. Mentally: My hernia is sure hurting. I have to learn not to do so much. My body just isn't the same as it used to be before the accident, I always need help and I have trouble believing it. Emotionally: I dreamed that I was spreading something on a pancake and the song playing was "Put your hand in the hand of the man from Galilee".

DREAM MEANING - COMFORT. GRATIFYING INCREASE.

FEB. 18 1994, Friday. Physically: Went to get Shane from his daycare, back to his house, I gave him lunch and we hung out until his dad came home. Had a nice visit with Connie, got Ryan, home, paint, dinner, June called she needs to talk about Wes, he's sure having a hard time letting her go. June and Troy came over, talk, bed. Mentally: I hope things work out for June. Emotionally: I dreamed that June and I lived in the 'heatbag' apartments in Surrey. Then about the soft spot on a baby's head. Then about a beautiful park with water slides. Then about being at a party with June, a guy tried to rape me, I escaped.

DREAM MEANING - COMFORT. EXCITING LOVE. RISE IN THE WORLD.

FEB. 19 1994, Saturday. Physically: June and I went to ABC Restaurant for breakfast, good. We talked about the week, lots happened. Later after they left, Ryan and I painted, and then he went to stay over at his friends, the one that got beaten up. I had a relaxing evening to myself, bed. Mentally: I'm starting to feel a little better, my ear is too. Emotionally: I dreamed that Pam and I were at Kwantlen Park pool, we were diving in the water and playing.

DREAM MEANING - SYMBOLISM.

FEB. 20 1994, Sunday. Physically: Went to Connie's, to mom and pops, both were great visits. Then to the swap meet, to the 'Food For Thought' store for Shirley's house-warming gift, bought chimes, the party is on the 26th, she has a new townhouse, can't wait to see it. Home, rest, bed. Mentally: I've had a cold for about two weeks. It's great to be feeling better. I have to think about what I'm going to do now.

Emotionally: I dreamed I was babysitting with Ryan.

DREAM MEANING - SYMBOLISM.

FEB. 21 1994, Monday. Physically: Ryan has the day off, so he went with me to get Shane back to his house, lunch, walked to the school to get Susan, back to their house until Jan came home. It snowed, home, rest, bed. Mentally: So far, so good with this babysitting job. Emotionally: I dreamed that I was at my parents' house on 106th, in the basement doing loads of laundry, getting paid lots of money for doing it too. I was working in a cafeteria clearing tables, getting paid lots. Then I was having tea with some ladies, nice.

DREAM MEANING - SYMBOLISM. INCREASE.

FEB 22 1994, Tuesday. Physically: Painted, got Ryan, putter, rest, bed. Mentally: I can't wait until I'm finished painting. Emotionally: I dreamed that the guys were on the one side of the pool, and the girls were on the other, it was time to pick, a guy picked me, we had sex in the pool. Then I dreamed that Ryan came home with a suit on that was too big for him.

DREAM MEANING - SYMBOLISM.

FEB. 23 1994, Wednesday. Physically: I went to Connie's to exercise, then to the grocery store, got Ryan, home. Ryan and I went to ABC for dinner, home, rest, bed. Mentally: I watched Nancy Kerrigan skate, she was really good, and she won. Emotionally: I dreamed about Nancy skating. Then I dreamed that Jane called and told me to get Greg from the States. He was drunk over there. I said no way, so Dennis got him.

DREAM MEANING - REVIEW. SYMBOLISM.

FEB.24 1994, Thursday. Physically: Went to Connie's to help her paint the playroom. Connie made me lunch, nice, home. I painted the last coat of primer. Dallas came to finish the kitchen floor, nice. Rest, bed. Mentally: Carla called, the wedding is off, he hit her, not good. Emotionally: I dreamed about Carla and about Corinne, I was helping them do their laundry.

DREAM MEANING - FUN AHEAD.

FEB. 25 1994, Friday. Physically: It snowed lots. I had to wear my body brace in the car today; I hate that! I went to get Shane, then to his house, lunch. A visit at Connie's, walk to get Susan, and back to their house until Jan got home. Home, putter, rest, bed. Mentally: The snow around here never stays long. Emotionally: I dreamed I saw a mafia guy try to kidnap a little girl. I saved her and we escaped.

DREAM MEANING - RISE IN WORLD.

FEB. 26 1994, Saturday. Physically: Putter, John painted the dishwasher white. It looks much better. Later Ryan and I went to June and Troy's place, Ryan watched Troy and June and I went to Surrey to see Shirley's new townhouse, wow, it's really nice, lots of room, three levels, two bedrooms. We all had a nice visit with all Shirley's girlfriends, and then all of us went to the Loose Moose pub, fun. Shirley, June and

myself went to the Green Timbers pub, then to the Dell, lots of fun, saw lots of people from school. Next June and I went to June's, talk, bed. Mentally: We sure had a good time tonight. Emotionally: I dreamed a man was teaching me a job, we were at the sea wall in some kind of a restaurant, we had to go over the water to town, work and then back again, lots of people, nice.

DREAM MEANING - LEARN, RISE.

FEB. 27 1994, Sunday. Physically: Greg came and got Ryan, they went to a movie, relaxing morning, June and Wes went for a walk, I had some running around to do, later I met June for lunch, we had a nice talk. Then I got Ryan, home, rest, bed. Mentally: June said that her and Wes had a romantic walk, you never know. Emotionally: I dreamed that Oprah came over to help me decorate the house. Then June said she had seen Jerry, he said he was coming over. Then Al came over and asked to borrow a soup spoon. I helped four budgie's escape.

DREAM MEANING - FAME, KEEP TRYING. DECORATE, CELEBRATION TO COME. SOON THERE WILL BE DOMESTIC HAPPINESS. ESCAPE, RISE IN WORLD.

FEB. 28 1994, Monday. Physically: Went to get Shane from daycare, to his house, walked to get Susan. Later Jan came home, then home, putter, rest, and bed. Mentally: The kitchen is really starting to look good. Emotionally: I dreamed that Connie came over to help me with the house, I got the stove fixed and I needed something to cook in, I couldn't get it because I kept stapling my faith finger, so Connie went to the store for me.

DREAM MEANING - SYMBOLISM.

END OF YEAR ONE.

THE SIGN OF THE CROSS

FATHER SON HOLY GHOST



AMEN