

Hi Folks:

I've got two pilot projects prepared for you. I hope that you'll choose one of the two and get going.

Here's the first: To keep a log of your experiences and insights as you master the "Inspired Heart" process. Beginning with listening to the IH.mp3 recording and using it as a "guided meditation," noting the effects. Then moving on to going through the process on your own, noting what you experience, the challenges you encounter. As you are able to get the final effects, to note how long does it take you to get there—one minute, two?

I will be publishing some of your comments in the article I will be writing about this process, beginning August 1. This project will lead onward later toward people doing it together, connecting intuitively, as well as using it for obtaining intuitive guidance. It's very basic. I'll be providing those who pursue this project with some additional materials and will stay in contact.

Time required: The recording is 7 minutes. Allow 5 minutes afterwards to make some notes. Experiment once or twice a day. It is a self-rewarding process. I have no idea how long it will take you (that is, how many practice sessions) to reach the goal of self-administering all the way through to the final pleasures and delights. That's one of the things we need to find out.

Here's the second: I would like it if 8-10 maximum of you volunteered to perform the Dream Helper Circle amongst yourselves using the Internet. We need to develop a way to benefit from this process without requiring folks to be in the same place at the same time, although that certainly is the most enjoyable context, it is not the most convenient. You'd be dreaming for one of you, using emails to process.

The second essay will be about the Dream Helper circle... you've already received a copy. I'll be setting up online groups for readers of that essay, using procedural insights your group has developed. I'll not be in your group, but will be providing you with materials and offering guidance. We want to see what you will evolve.

Time required: Maybe 30 minutes of thinking time while you go about your day, deciding if you want to put your name in the hat to be dreamed for by your group. Maybe ten minutes of pre-sleep preparation, 15 minutes in the morning to record your dream and email it to the group. One hour to read over all the dreams and comment. One hour to read the comments about the dreams and comment again. Fifteen minutes to write an evaluation. Hopefully, your group will want to do it again.

When the second essay comes out, many folks will step up to experience the Dream Helper. We'll use your reports and experiences of the internet method. Our goal here is to develop an internet model for the Dream Helper that can easily be passed on.

So please pick one of these initial pilot projects and let me know your preference!

By the way, I've learned from A.R.E. that they are cancelling the online mentored classes. There will be no ARE online dream course in September. Not that it has any effect on our work, but I know that some

of you were planning on taking that course. I will be able to provide you with those experiences as part of your participation in these pilot projects.

Looking forward to working with you!

Henry