



## Dream Your Self into Being

*Bonnie Bahira Buckner*

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## **Dream Your Self into Being** Bonnie Bahira Buckner

In Dream Your Self into Being Dr. Bonnie Buckner shows readers how to use their dreams as tools for personal empowerment.

We follow Dr. Buckner on her personal dreaming journey from a ranch in remote West Texas to Oprah, to founding a company, to working on a Presidential campaign. Through dreaming, Dr. Buckner was led to her dreaming teacher who taught her the 13th century Kabbalistic practices of dreaming and imagery that Dr. Buckner now teaches to business and creative professionals around the world today.

Readers of Dream Your Self into Being will learn how to work with their dreams and find a step-by-step guide for starting a dream group. Included in the book are imagery exercises to jump start and hone the dreaming process.

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