

Why is Daydreaming important?

Though considered by many as a mere waste of precious time, daydreaming, when utilized to its full capacity, actually has the ability to greatly enhance our personal, psychological, emotional and even physical well-being. Uniting both hemispheres of the brain and bringing the conscious and subconscious minds closer together, this state of focus can be used to organise our thoughts, decrease stress, lower blood pressure, release emotional excess and ultimately bring the body and mind closer to their balanced and natural state.

Though daydreaming, for many, happens naturally and unintentionally, when focused and with intention, it can be a very powerful catalyst for change. Like meditation, visualisation, prayer and hypnosis, daydreaming can be our way of connecting with a higher self through the subconscious mind, and can become a superhighway to a new reality. As our focus dictates what we are capable of perceiving and, in turn, what decisions we are capable of making, it makes sense that we are capable of changing our reality through a shift in focus. Our reality, our perception, our beliefs and attitudes and abilities are all controlled by and stored within the subconscious mind. Focused daydreaming, which utilizes the natural language of the subconscious mind – images, metaphors and emotions – gives us the ability to make contact – to both receive and communicate useful information in a way that the subconscious mind can understand. By uniting the two halves of the mind and communicating directly with the subconscious in this way, the day-dreaming state becomes a powerful state for deep emotional, psychological and even physical change. This is why the practice of hypnotherapy utilises the daydreaming state so effectively: under the guidance of an experienced practitioner, daydreaming (or visualisation, meditation) becomes an intensely focused agent for deep personal change. Yet daydreams can be greatly beneficial even without the focused expertise of a hypnotherapist. By allowing your daydreams to unfold and directing your imagination towards your goals, you can begin the process of allowing your body and mind to work together to create the reality you want for yourself. Imagine a world where people gained greater control over their own lives through focused daydreaming!

The enormous list of benefits of focused daydreaming includes, but is certainly not limited to: heightened creativity; greater control over subconscious processes and automatic reactions to our environment; increased positivity and self-confidence; greater self-awareness; greater self-control in general; more congruency between the logical/rational and the emotional/creative sides of the mind; manifestation; deep relaxation and stress-relief; and many more.

It just takes a moment out of our day to stop, take a breath and dream up a new reality. As they say, ‘you get more of what you focus on!’ So keep those daydreams flowing and focus yourself into your ideal life today!

Ash Morse

<http://www.ashmorse.com/>

Australian Practice: Suite 3, 1A Knox Lane, Double Bay, Sydney, NSW 2028 Australia Tel: +61 (2) 9363 4470 Mob: +61 (0) 408 867 529

New Zealand Practice (available one week each month): 12 Amiria Street, St Marys Bay, Auckland New Zealand Mob: +64 (0) 21 075 1817

Email: reception@teresemudgway.com