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EMPOWERMENT



**The Self Improvement Show  
Archives Available  
June 26th 2014: Dreaming for Self Improvement**

Most of us have awakened in the morning remembering a particular vivid dream and wondered what it meant. Some of us have had a recurring dream over a period of years and could not grasp its significance. Sometimes we have a "feeling of a dream" but we just can't remember it clearly and the feeling remains with us throughout the day. According to Justina Lasley we can discover the meaning of these dreams and use them to improve our lives. She states in the preface of her forthcoming book, Wake Up, "Our dreams take into account our past experiences, vulnerabilities, and strengths, and can lead u

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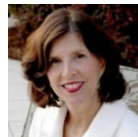
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**Featured Guest**



**Justina Lasley**

Justina Lasley, M.A. is the Founder and Director of the Institute for Dream Studies in Charleston, South Carolina. Justina earned her Master's degree in Transpersonal Psychology with an emphasis

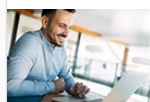
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