

Q0. This is a 15-question survey for assessing the efficacy of guided dreaming in stress reduction and problem-solving. It is part of the thesis research by MA candidate Bei Linda Tang, who developed guided dreaming. By clicking the button below, you acknowledge that you have read the [Informed Consent](#), that your participation in the study is voluntary, and that you can choose to terminate your participation at any time for any reason.

- I have read the informed consent and agree to begin the questionnaire
- I do not consent and do not want to participate

Q1. 1. Did you feel safe during guided dreaming?

- Definitely yes
- Somewhat yes
- Neutral
- Somewhat not
- Definitely not

Q2. 2. Did you feel less stressed after guided dreaming than before?

- Definitely yes
- Somewhat yes
- Neutral
- Somewhat not
- Definitely not

Q3. 3. Please describe the challenge you sought to resolve through guided dreaming.

The issue I brought to the workshop was about "My own knowing and embodying my own power and authority"

Q4. 4. Please describe your dream from the guided dreaming workshop in as much details as you can recall and the emotions you felt during the dream.

I thought it was a good idea to bring with me into the experience a dream power animal which had, had some difficulties (a soul part if you will) I am in the sea and a dolphin comes up to me and is our guide for the experience. We go to underwater ruins where we are guided through a chakra activation. The dolphin then takes me and the soul part to the sea floor where I see what looks like a big moonstone and we stand on it, which then becomes full of what looks like LED lights and I see the landscape and that of a city. I feel that I am very small and I feel overwhelmed. Suddenly I look up and see a Giant Octopus was looking down at me it had the colours of a Super Nova, she collected all three of us and moved us away from the city. I felt so safe with her she bobbed and danced her way through the sea changing colours, she then became luminous like the moonstone and she blew up like a balloon and the three of us were absorbed into her. Everything was completely white light and it felt like she was absorbing all the energy of my past and it was being dissolved. Once it was time to leave her I looked into her eyes and they were jet black but sparkly, I felt that I was being drawn into her eyes and I was out in space and I saw the World Tree which had lots of different landscapes and realms that were all full active and busy. It was time to say too goodbye and I thanked her and she gently floated away into the darkness of the deep

Q5. 5. What do you think your dream means, and how may it be related to your life?

I think it was to do with letting go of the past and all structures and beliefs surrounding that, ie the Moonstone everytime I step on the Moonstone I am activating an old city old beliefs which serve no purpose other than to make me feel small and overwhelmed. I have had issues with finding out what is right for me regardless of what other people and society expect of me.

Q6. 6. Would you make changes in your waking life because of your dream? If so, please elaborate.

For me it is about really doing the inner work and working each day to build a authentic relationship with myself and what beliefs I feel are true for me and positive beliefs that serve me

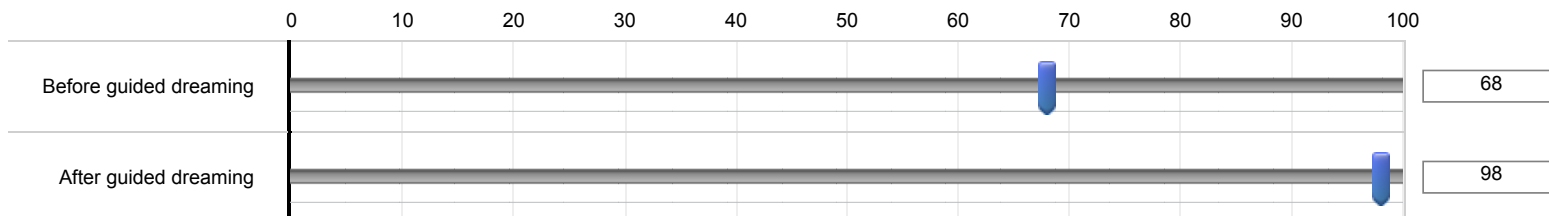
Q7. 7. Did guided dreaming provide insights to solving your problem? If so, what might that be?

- Definitely yes
- Somewhat yes
- Might or might not
- Somewhat no
- Definitely no

Possible insights from guided dreaming, if any.

Work on mindset and not agree necessarily with so called experts, ie one size does not fit all and just because something works for someone it doesn't necessarily mean it's gonna work for me and not feel bad about that, it's ok to find out and explore what's right for me. The experience is no less authentic or wrong and I am not wrong because my experiences and beliefs are different to another person

Q8. 8. Move the scale between 0-100 to self-assess your mental outlook before and after your last guided dreaming session (0 being extremely bad and 100 being extremely good)



Q9. 9. What is your age group?

- Under 18
- 18-40
- 41-60
- 61-80
- Over 80

Q10. 10. What gender do you identify with?

- Male
- Female
- Non-binary
- Other (please specify)

Q11. 11. What religion do you identify with?

- Christianity
- Islam
- Judaism
- Buddhism
- Hinduism
- Spiritual
- Non-religious
- Other (please specify)

Q12. 12. What ethnicities do you identify with?

- White
- Black
- Indigeneous
- Asian
- Mideastern
- Other (please specify)

Q13. 13. What is your relationship status?

- Single
- Casual
- Committed
- Married
- Separated or divorced
- Other (please specify)

Q14. 14. What is your education level?

- High school and less
- College
- Masters
- Professional degree
- Doctorate

Q15. 15. How often do you engage in mindfulness activities, such as yoga or meditation?

- Frequently
- Sometimes
- Sparsely
- Rarely
- Never

Location Data

Location: [\(50.8544, -1.002\)](#)

Source: GeolIP Estimation

