



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Dream Creative Starter Pack



Go through at your own pace. If there is anything not understood, use the email address and ask.



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Welcome to Dream Creative

Exploring Creativity, Dreams & Reflective Thinking

Most people, at some point in their lives, experience unusual moments of creativity or insight.

- ❖ A solution suddenly appears while relaxing in the bath.
- ❖ An idea arrives just before sleep.
- ❖ A creative breakthrough appears after stepping away from a problem.
- ❖ A dream leaves behind a strange image or feeling that somehow connects with real life the next morning.

For some people, these moments happen rarely.

For others, they happen often enough that they begin wondering:

“Can this be developed intentionally?”

That question sits at the heart of Dream Creative.

Dreams & Creativity Are Already Natural Human Processes

One of the most important things to understand before beginning this journey is this:

Dreams, imagination, creativity and reflective thinking are already part of normal human psychology.



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

People naturally:

- dream
- solve problems subconsciously
- process emotions during sleep
- imagine possibilities
- connect ideas together
- experience flashes of insight.

Many creative people throughout history have described moments where answers, stories, inventions, music or solutions appeared during relaxed states, reflection or dreams.

This does **not** mean every dream contains a hidden message.

It does **not** mean every random thought is important.

And it certainly does not mean dream creativity is some form of magic or guaranteed supernatural process.

At Dream Creative, we take a far more grounded and practical approach.

What Dream Creative Training Actually Does

The purpose of this training is not to “force” dreams or guarantee instant creative breakthroughs.

Instead, the aim is to help people:

- become more mentally aware
- improve creative observation
- strengthen reflective thinking
- increase dream recall
- learn to capture ideas before they disappear
- create better mental environments for creativity
- train the mind to notice patterns and possibilities more often.

Over time, many people discover that:

- ideas become easier to notice
- creative confidence improves
- dream awareness increases
- solutions appear more naturally
- reflective thinking becomes stronger.

The more the mind becomes receptive, curious and creatively engaged, the greater the chance of useful insight appearing.

Not every dream becomes meaningful.

Not every creative exercise produces a breakthrough.

But practice often increases awareness, receptiveness and the likelihood of noticing useful connections.

This guide is designed to help you begin exploring those ideas in a simple, practical and enjoyable way.

A Famous Creative Night That Changed Literature Forever

One of the most famous examples of dream-inspired creativity began during a storm.

In the summer of 1816, a group of writers and thinkers gathered near Lake Geneva in Switzerland. Among them were:

- Lord Byron
- Percy Bysshe Shelley
- Mary Shelley
- and several other highly imaginative and intellectual guests.

The weather was dark, cold and relentless. Storms forced the group indoors night after night. Candles flickered against the walls while conversations moved between science, philosophy, imagination and the unknown.

At the time, debates about electricity, life and human possibility fascinated many creative thinkers. Discussions became intense, imaginative and emotionally charged.

Eventually, a challenge was suggested:

Each person should create a ghost story.

For Mary Shelley, however, nothing came immediately.

The conversations continued.

The atmosphere deepened.

The imagination was stimulated.

The emotional tension built over several evenings.

Then, during the night, something happened.

Mary Shelley later described experiencing a vivid waking dream or vision. She saw the image of a scientist kneeling beside the creation he had brought to life.

That disturbing dream-like image became the foundation of:

Frankenstein

One of the most influential stories ever written.



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Why This Story Matters

The important lesson is not simply:

“Mary Shelley had a dream.”

The deeper lesson is what led up to it.

- Creative people gathered together.
- Interesting discussions took place.
- Emotion, curiosity and imagination were stimulated.
- The mind became focused on possibility, mystery and invention.

Then sleep, imagination and subconscious processing continued the work.

Intention was set, curiosity opened and possibilities aroused.

This is one of the central principles behind Dream Creative:

The environments, questions, emotions and creative focus we expose ourselves to often influence the type of thinking and dreaming that follows.

That is why creative rituals, reflective exercises and intentional thinking can become so powerful over time.

We use a range of Lucid Dreaming preparation and practice skills, creativity exercises, memory recall techniques to create this. *So our skills, knowledge and support are transferred, to you.*



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Creating Your Own Dream Creative Environment

You do not need to sit in a storm beside famous poets to begin exploring creative thinking.

But you *can* intentionally create environments that encourage imagination, reflection and insight.

For example:

- reducing distractions before sleep
- discussing ideas with creative people
- journaling thoughts
- setting questions before bed
- listening to calming audio
- spending time reflecting quietly
- limiting overstimulation late at night.

Even simple changes can help the mind become calmer, more reflective and more creatively receptive.

Some people never give their minds space to think deeply anymore. Constant noise, scrolling, pressure and distraction leave very little room for reflective imagination.

Dream Creative encourages the opposite.

Not pressure.

Not perfection.

Not forcing results.

But curiosity.

Observation.

Awareness.

Reflection.

Creative openness.



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Simple Ways To Start Tonight

You do not need expensive equipment or years of study to begin.

Start small.

1. Keep A Notebook Nearby

Many ideas disappear within minutes of waking.

Write down:

- dream fragments
- unusual thoughts
- emotional impressions
- strange images
- random connections.

Even small details matter.

2. Set A Gentle Question Before Sleep

Before bed, quietly ask yourself something simple:

- “What creative ideas should I explore?”
- “Is there another way to solve this problem?”
- “What am I not noticing yet?”

Do not force an answer.

Simply allow the question to sit in the background of the mind.

3. Create A Reflective Evening

Reduce overstimulation before sleep.

Instead:

- listen to calming music

- read something imaginative
- avoid excessive scrolling
- dim lights earlier
- allow space for thought.

The goal is not “magic dreaming.”

The goal is creating a better environment for reflection, imagination and subconscious processing.

Your First Creative Challenge

Over the next few days, try creating your own Dream Creative evening.

Choose:

- an interesting question
- a creative problem
- a project
- a goal
- or something you feel curious about.

Then:

- spend a little time thinking about it
- relax before sleep
- keep a notebook nearby
- notice what appears over the following days.

Sometimes the response may come through dreams.

Sometimes through random thoughts.

Sometimes through conversations or sudden connections later in the day.

The important thing is becoming more aware of the process itself.



Dream Creative Solutions

Training, teaching and practical guides
for creatives, problem solvers and life improvers

Over a short period of time, you can plan periods or days when you practice this, develop the skills and start to see results. Just keep up the basic principles and you will start to see results, note them down and develop this basic skill.

Where To Go Next

This Starter Guide is only the beginning.

You can now:

- take the Dream Creative Quiz – show how much your knowledge has developed!
- start the free 7-day training – learn with a structure and new mindset support.
- explore the wider articles and resources – read the emails and explore the site
- continue developing your awareness and creativity gradually over time – practice and join the support group (in our emails or your hub page) to get other ideas.

Most importantly:

Stay curious.

Many of the world's most creative people did not force ideas into existence. They learned how to notice them, develop them and give them space to grow.

On a final note:

1. Ask! Our email address and website is below. Our emails and hub page have the support group. We are here to support.
2. If you are part of a group and want to explore a group training or creativity, problem solving or dream solutions to issues, we have support for that, use our email address.
3. We welcome feedback, if you want to get involved in training, feedback or support – send a message saying how.