

# Acting Your Dreams:

Using Acting Techniques to Interpret your Dreams

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## The Late Night Show

Every night after we go to sleep we become the star of a major motion picture. Scene by scene we are literally participating. And we're the star. Our mind is involved in such a way that our brain is convinced the story is live. No matter how bizarre the situation or the images, when we wake up we may find ourselves still sweating from the fright, or trying to escape some unknown entity. We may find ourselves haunted by the images or feelings for years, or the rest of our lives. So why not use the same techniques that actors use to understand the characters they play by Acting Your Dreams.