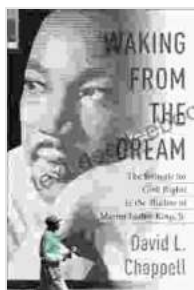


# Waking from the Dream: Exploring the Reality We Create

What is reality? Is it the world we see around us, the one we experience with our five senses? Or is it something more? Something deeper and more mysterious?



## Waking from the Dream: The Struggle for Civil Rights in the Shadow of Martin Luther King, Jr. by David L. Chappell

★★★★☆ 4.6 out of 5

Language : English  
File size : 5018 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 272 pages



In his book *Waking from the Dream*, Dr. David Hawkins explores the nature of reality and the power of our own beliefs in shaping our experiences.

Hawkins argues that we live in a world of our own making. The reality we experience is a reflection of our own beliefs and expectations.

If we believe that the world is a dangerous place, then we will see danger everywhere we go. If we believe that we are unlovable, then we will find it difficult to form close relationships.

On the other hand, if we believe that the world is a beautiful place, then we will find beauty all around us. If we believe that we are lovable, then we will attract people who love us.

Our beliefs have a powerful impact on our lives. They shape our thoughts, our feelings, and our actions.

If we want to change our reality, then we need to start by changing our beliefs.

This is not always easy. Our beliefs are often deeply ingrained in us. They may have been formed in childhood or reinforced by our culture or our society.

However, if we are willing to challenge our beliefs and open ourselves up to new possibilities, then we can begin to create a new reality for ourselves.

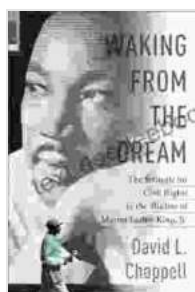
Here are a few tips for waking from the dream and creating a reality that you love:

- **Start by becoming aware of your beliefs.** What do you believe about yourself? About the world? About your future?
- **Once you are aware of your beliefs, you can start to challenge them.** Are they really true? Are they helpful? Are they based on evidence?
- **If you find that your beliefs are not helpful, then you can start to replace them with new beliefs.** New beliefs that are more positive, more empowering, and more aligned with your deepest values.

- **It takes time and effort to change your beliefs. But if you are persistent, you will eventually succeed. And when you do, you will find that your reality has changed along with them.**

Waking from the dream is a lifelong journey. It is a journey of self-discovery and self-creation.

It is a journey that is worth taking. For when we wake from the dream, we discover that we are the creators of our own reality.



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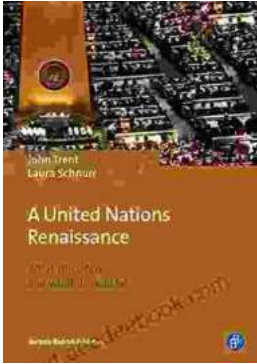
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