



# Heads-Up Dreaming: How Your Dreams Can Predict Your Future and Change Your Life

*Carlyle T. Smith*

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**A scientist shows us that we all have the biological capability to reduce uncertainty in our lives...**

*Heads-Up Dreaming* is a book about Dr. Smith's personal discovery of the ability to have dreams that seem to portray future waking events. While other writers have noted this before, what makes Smith's book unique is his thorough overview of the nature and characteristics of these kinds of dreams and how they differ from more ordinary ones.

Through his research, he has discovered that people he knows (family, friends, and students) can also access "heads-up" dreams, suggesting this is a normal biological activity. Although it is an activity that appears to defy the rules of classical physics, it does not violate the rules of quantum physics. While some folks may be more accomplished at it than others – for example, he describes the dreams of one very talented individual who uses her dreams to guide her medical practice - it is an exercise available to all of us.

Some of our most important decisions including choosing a life partner, buying homes or cars, changing jobs, are often made with partial information under considerable stress, using emotional rather than logical thinking. With Smith's process as a guide, you have the ability to eliminate some of life's uncertainty by interpreting your heads-up dreams – some or all of them will most likely have a thing or two to do with major decisions. In his experience, he's found these unique dreams often arrive in a timely manner and are typically neutral or positive. With this in mind, anyone concerned with only receiving negative predictions, should rest assured.

*Heads-Up Dreaming* can teach anyone the basic ability to recognize heads-up dreams and to use them as a guide for making some of life's important decisions.

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