



Juliette Lee

AWAKEN THE
UNCONSCIOUS



RESOURCES

FAMOUS UNCONSCIOUS BREAKTHROUGHS

- **Einstein's Theory of Relativity:** Albert Einstein's groundbreaking theory of relativity came to him in a dream. He dreamt of cows being electrocuted and realized that the changing fields in his dream related to the concept of spacetime.
- **Mary Shelley's "Frankenstein":** Mary Shelley's iconic novel "Frankenstein" was inspired by a vivid dream she had while staying at Lord Byron's villa, where she envisioned the story of a scientist who creates a living being.
- **Paul McCartney's "Yesterday":** The famous Beatles song "Yesterday" came to Paul McCartney in a dream. He woke up with the melody in his head and initially thought it was someone else's composition.
- **Salvador Dalí's Surreal Art:** Surrealist artist Salvador Dalí often used techniques like "paranoiac-critical method" to access his unconscious mind. His surreal paintings, such as "The Persistence of Memory," are famous examples of the influence of the unconscious on art.
- **Kekulé's Benzene Structure:** The German chemist August Kekulé came up with the structural formula for benzene while daydreaming about a snake biting its own tail, which led to the ring structure model.
- **James Cameron's "Terminator":** Director James Cameron had a vivid dream about a metallic torso holding kitchen knives, which inspired the creation of the Terminator character and franchise.
- **Frida Kahlo's Surreal Art:** Mexican artist Frida Kahlo's surreal and symbolic paintings, like "The Two Fridas," often drew from her personal dreams and emotions as a source of inspiration.
- **R.L. Stevenson's "Dr. Jekyll and Mr. Hyde":** Robert Louis Stevenson's novella "Strange Case of Dr. Jekyll and Mr. Hyde" was inspired by a dream he had about a man undergoing a transformation, reflecting the duality of human nature.
- **Nikola Tesla's Inventions:** Inventor Nikola Tesla claimed that many of his inventions and ideas came to him through flashes of inspiration from his unconscious mind, including the alternating current (AC) system.
- **Srinivasa Ramanujan's Mathematical Insights:** The Indian mathematician Srinivasa Ramanujan, known for his remarkable contributions to number theory, often attributed his discoveries to insights that came to him in dreams and visions.

EXERCISES TO BUILD CONNECTION

Remember that consistency and patience are key when working on enhancing your connection with the unconscious mind. These exercises are not about immediate results but rather about developing a deeper and more intuitive relationship with your inner Self over time. You may find that combining several of these exercises or practices works best for you.

- **Dream Journaling:** Keep a journal by your bedside and record your dreams immediately upon waking. Regularly reviewing and analysing your dreams can reveal patterns, symbols, and emotions from your unconscious.
- **Free Association:** Choose a word, image, or idea and let your mind flow freely without censorship. Write down whatever comes to mind, allowing your thoughts to wander and connect organically.
- **Creative Writing Prompts:** Use creative writing prompts to stimulate your imagination. Write short stories, poems, or essays based on these prompts without overthinking the process.
- **Stream of Consciousness Writing:** Set a timer and write continuously without stopping or editing for a specific duration, such as 10 or 15 minutes. This exercise encourages your unconscious thoughts to surface.
- **Artistic Expression:** Engage in art forms like painting, drawing, sculpting, or collage. Allow your intuition to guide your creative process without worrying about the outcome.
- **Meditation and Breathwork.** Relaxation is key to accessing intuitive insight. Meditation involves focused attention and inner reflection, reducing stress and enhancing clarity. Breathwork emphasizes conscious control of breathing patterns, aiding relaxation and reducing anxiety.
- **Guided Imagery:** Listen to or guide yourself through visualizations or guided imagery exercises. These can help you access your unconscious mind by exploring vivid mental scenarios.
- **Body Scanning Meditation:** Practice body scanning meditation to connect with physical sensations and emotions stored in your body. It helps you become more aware of your unconscious responses.
- **Symbol Exploration:** Choose a symbol or image that resonates with you and contemplate its meaning. What emotions and associations does it evoke? How does it relate to your life?
- **Music and Movement:** Listen to music or engage in rhythmic activities like dancing or drumming. These activities can help you bypass the conscious mind and connect with your emotions and intuition.
- **Nature and Silent Reflection:** Spend time in silence, away from distractions. Sit or walk in nature, meditate, or simply be present. Allow your thoughts and feelings to arise naturally.

PODCAST

THE AWAKENED LEADER

DREAMS

NO. 6 THE WISDOM OF DREAMS

NO. 7 A JUNGIAN APPROACH TO DREAMS

NO. 8 LUCID DREAMING

MEDITATION

NO. 9 MEDITATION IN A MODERN
WORLD

PSYCHOLOGY

NO. 1 LEADING BEYOND EGO

NO. 14 FIND YOUR INNER GOLD

BOOKS

Dreams

The Secret Language of Dreams
by David Fontana

Conscious Dreaming
by Robert Moss

Shadow

A Little Book on the Human
Shadow by Robert Bly

Owning Your Own Shadow
by Robert Johnson

Inner Gold
by Robert Johnson

Meditation

The Miracle of Mindfulness
by Thich Nhat Hanh

Writing

The Artists Way
by Julia Cameron

Psychology

What We May Be
by Piero Ferrucci

The Road Less Travelled
by M. Scott Peck

Leadership

The Tao of Leadership
by John Heider



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