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Create A Dream Diary

By Annette Beveridge-Young

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by: **Annette Beveridge-Young**

How many times have you forced yourself to sit in front of a computer and waited for inspiration to strike? Most of us at some point, whether just starting out or even an experienced published writer, have suffered from the proverbial writers block or have struggled to kick-start their creativity.

Sometimes ideas just flow and writing our article or story is easy. Inspiration flows over us like waves and the subsequent finished piece is almost word perfect and requires very little editing. But for those times when inspiration is on holiday or worse, on strike, help yourself to master those off days by creating a dream diary.

If you are one of those unfortunate people who believe that they rarely dream or at least have trouble remembering them, a dream diary is obviously going to be a problem. But you can train yourself to remember your dreams in the mornings, but this may take time and practise.

Try leaving a notepad by your bed or invest in a Dictaphone, at least if you do wake up during or after your dream, you can leave instant notes for yourself. Just in case on falling asleep, you eliminate all memory of this wonderful plot.

Even nightmares can be a useful aid to creating a masterpiece, so next time you experience one, look to the positive, and tell yourself that this is going to help you get work published. For those interested in the meaning of dreams, invest in a good book, and not only can you create a great story but you can also work out what made you dream this particular scenario in the first place. It may well provide answers to questions in your everyday life.

As a child, I had the same recurring dream where I was in my back garden and a dinosaur type large red bird, chased me from one length of the garden right up to my back door, which I managed to slam shut and lock with only seconds to spare. Scary? Of course...but the experience helped me to be able to pace my stories and to link tension into the right places of my plot.

Create A Dream Diary

I have often wondered what psychologists would make of my numerous and often odd, dream sequences and it is probably just as well that they have never been analysed by anyone other than myself. Although your dream may be vivid and almost overwhelming in its clarity, in the cold reality of daylight, many flaws can be present with that creative enlightenment. But remember, your dream is there to prompt you with a possible story line, it is not set in stone and you do not have to copy it, stage by stage.

Use it to express yourself in a new and different way. It may also be useful to close your eyes and try to re-live your dream in your mind's eye. Remember what you felt, sights, sounds, familiar scents, allow yourself to forget the present and immerse yourself back in your dream.

You will be amazed at how much you find you can remember and new scenarios may well fall into place as you practise this gentle meditation. I once dreamed a whole episode of Star Trek, complete

with regular cast, a few new characters thrown in and of course, I took the lead role in the drama. I have never attempted to write an episode for television and one for a program, which relies on much technical input, would probably not be for my first attempt, however, the plot (if I say so myself) was exceptional and it is recorded in my dream diary for future use.

Whilst there would be very few changes to the initial plot, I was very surprised by the amount of technical knowledge sustained which proved to me just how much information our subconscious thought process retains and then subsequently uses in the course of our nightly shenanigans. If you are lucky and your creative tact needs no prompting, you will not need to refer to your dream diary all that often, however, it can be interesting to read back over your entries over a period of time and ascertain just how far your imagination has taken you.

Just remember, in your dreams you are not restricted by earthly ties and you can let your imagination loose in the knowledge that inspiration is guiding you. Using a dream diary allows you to access your creative zone deep in the dark recesses of your mind and to harness that creative power. Do not waste this opportunity to provide original thought provoking ideas, just remember to record them carefully.

Ideas are gold dust and could, one day earn you a great deal of money as well as providing an insight into a side of your personality very rarely seen.

Annette Beveridge-Young is the Editor of the International Writers Competition Website

. Annette has had a variety of articles and stories published, both in magazines and on the Internet and won various poetry and fiction competitions.

Use Online Diaries Instead Of Testimonials!

By Larry Dotson

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Have your customers publish an online diary instead of giving you a testimonial. The diary would include regularly updated entries of how customers are using your product to improve their life. You could give customers a free product or a rebate in exchange for them publishing it online.

Your customers could write diary entries about goals they have reached using your product, the positive emotions it's given them, the fears and worries your product has taken out of their lives, how bad their lives were before they bought it, how it has helped other people in their lives, etc.

Your customers could update it daily, weekly or monthly. It will depend on how often they use your product. You could publish the diary right in your ad or link directly to the diary. You could provide the people with web space for writing the online diary or have them e-mail you the diary entries for you to publish.

You can make the online diary extra persuasive by also including customer's personal profile, pictures, online video of them using your product, net audio of them talking about your product, even scanned handwritten letters, etc.

An online diary would likely outsell the common testimonial because it's updated on a regular basis and reveals more personal information. A diary is considered private which would make people more curious to read it and believe it's legitimacy.

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