



# Dreamtime



JOURNALING WITH

Dr. A.



For women who are going through menopause and midlife, the urge to curl up with a book, take a hot bath, escape, dream, and drift may be much stronger than traditional New Year's resolutions.

In the long dark of winter, nature beckons us to hibernate and rest in the realm of dreams. This is the season to imagine, create, and incubate our ideas, passions, and dreams for our future.

**Dreaming is not planning.** **Dreaming is not strategizing.**

Dreaming is setting free our flights of fancy and following our imagination wherever it may lead. Dreamtime can help inspire us and lead us to the deeper parts of our psyche. The parts where our most authentic self abides.

Before you can plan, strategize, organize, and schedule yourself into a new life, you have to know where you want to go, what you want to do, and most importantly, *who you want to become*. The years from 45-70 are the life stage called Regency. This, potentially, is the most powerful stage of a women's life.

Participating in your own Dreamtime will help your soul express itself creatively. This time of hibernation and rest can help you to release stress and anxiety, and boost your creativity. Enduring the long dark of winter, Nature, fallow and still, is resting. Like the mama bear, she hibernates in Dreamtime. She imagines and incubates all that is to come.

The following questions are designed to help you create your Dreamtime. I hope that what you discover will lead you toward becoming your most authentic fulfilled self.

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WHERE IS YOUR *Cave* ?

What are your favorite ways to rest, relax, and turn off the outside world, alone, by yourself? Can you list three?

# WHEN DO YOU *Dream!*



When was the last time you did one of these three to deeply rest and relax, just for you, by yourself? How do they make you feel?  
Can you take the time to do them more often?





# HOW DO YOU *Play?*

Find some quiet time to think about the things you used to love to do as a child. Any activity you loved is perfect. One that was so engaging, you lost track of time. Try to remember as many times as you can, when you did that activity. Write down as much as you can remember about it and how it made you feel.



# CHILDHOOD *Joys!*

Are there any of your childhood activities that you can do now? If you can take up those childhood passions or something similar, I suggest you do! Have some fun. Play. Do something simply for the joy of doing it. This is a creative part of Dreamtime. Make a list of the activities you can start doing again. Can you begin to think about how your childhood passions might influence your future?

# Imagine!



What would you like to do that you have never done?

It could be activities, ideas, places, or people, there are no limits to what you can imagine or desire to do. Dream big. Write them all here, include as many details as you can. How would it make you feel to do these things?

Our generation has been given a gift.  
In the history of humanity, there has been no other time  
when an entire generation of women have  
lived through menopause together!  
This has created a new 20-30 year life span,  
called *Regency*.  
By 2030 there will be over 87 million US women over 45.  
Each of us has the potential to change our own lives.  
Together we can change the world.

I encourage you to use your Dreamtime, tied to nature's  
fallow sleep, to reimagine yourself and bring back the  
passions that lit you up from within during childhood.  
This is part of your essential, authentic self.

Gather these ideas, these memories of excitement,  
and possibility, and incubate them for  
yourself. Allow them to bubble and simmer,  
or rest in the earth and take root.

I wish you the richest of dreams, that you may conceive  
yourself forward toward Spring.

*Dr A.*

# Regency

A NEW MYTHOLOGY FOR WOMEN'S MIDLIFE

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If you missed any of the free journals email Dr. A. to request a copy.

[info@drandreaslominski.com](mailto:info@drandreaslominski.com)

   
**Coming Soon**

Life Changes: A Seven Day Discovery Journal  
focusing on the seven aspects of major change in women's lives  
during menopause and midlife.

The 2021 Women's Wisdom Village launches on January 28!  
To find out more about this live online women's monthly mini-workshop  
[click here](#)

Classes, webinars, and workshops coming soon