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## Author urges all to tap into their dreams

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By Liz Katynski

KAY Stone is amazed at the untapped creative potential of our dreams.

The River Heights resident explores this notion in her second book, *The Golden Woman: Dreaming as Art*.

"When you dream, you create the entire thing," says Stone. "You make the colours, sounds, characters, shapes. It's amazing. You make your landscape come alive, so the clouds are moving. I don't know where dreams come from, but they are you creating a beautiful piece."

This is not a dream analysis book, says Stone.

"There are lots like that out there. I am surprised by people's creativity expressed in their dreams. There, we are all natural creators, artists, storytellers."

This book explores dreams from Stone's own personal perspective, looking at her history of dreaming in relation to her life. It also looks at dreams in relation to folklore, and encourages people to tap into the creative potential of their dreaming selves.

"I have never lost touch with my dreams," says Stone. "Our culture doesn't deal with them. We have no reason to remember. But I never stopped. I remain fascinated with them."

It's really a follow-up of sorts to her first book, *Burning Brightly: New light on old tales told today*, and continues exploring her fascination with stories and dreams.

In the book's title dream, Stone confronts an enhanced image of her younger self in the mirror. She realizes she is in a dream, and asks for the mirror to reveal her true face. It does, revealing a golden woman.

"That's all of us. We are all pure gold, and dreams are one way of seeing this."

The book includes poems written by Tanis MacDonald about Stone's dreams. There are also samples of the creativity of others, including a dream reported by Stone's brother. He dreamed that a cat was singing a blues song. When he awoke, he wrote it down. It had rhythm and rhyme. At his sister's encouragement, he created an animated video of it.

"This is not a how-to book," says Stone. "I don't analyse it. I just encourage people to put their problems on the backburner. Let them simmer. There are such wonderful things inside of all of us. We have insights and creativity in ourselves that remain untapped. I point people back to themselves."

Stone wrote a dissertation on women in folk tales while at Indiana University in 1975. She went on to teach folklore and storytelling at the University of Winnipeg for 28 years before retiring in 1998. She continues to do storytelling.

"I encourage people to get in touch with their dreams. It's a whole new way to look at dreaming," she says.

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