

Dreaming Down the Bones: Rest in Power Necromancy

The Benefits of Dreaming Down the Bones

There are many potential benefits to dreaming down the bones. These include:

- **Learning about your ancestry.** Dreaming down the bones can help you to connect with your ancestors and learn more about your family history. This can be a valuable experience for anyone who is interested in genealogy or who wants to know more about their roots.
- **Gaining insight into your own life.** The spirits of the dead can often offer valuable insights into our own lives. They can help us to understand our challenges, make difficult decisions, and find our purpose.
- **Healing from past traumas.** Dreaming down the bones can help to heal emotional wounds from the past. The spirits of the dead can offer comfort and support, and they can help us to let go of the pain of the past.
- **Finding peace and closure.** Dreaming down the bones can help us to find peace and closure after the death of a loved one. It can allow us to say goodbye, ask questions, and receive messages from our deceased loved ones.

How to Dream Down the Bones

Dreaming down the bones is a relatively simple process. However, it is important to approach it with respect and caution. The following steps will help you to get started:

1. **Find a quiet and comfortable place where you will not be disturbed.**
2. **Light a candle or incense to create a sacred space.**
3. **Close your eyes and relax your body.**
4. **Take a few deep breaths and focus on your breath.**
5. **Begin to visualize the bone or other object that you will be using as a focus for your meditation.**
6. **Allow yourself to enter a state of trance.**
7. **Travel to the realm of dreams and seek out the spirit of your ancestor.**
8. **Communicate with the spirit of your ancestor.**
9. **Ask questions, listen to their responses, and receive their guidance.**
10. **When you are ready, thank the spirit of your ancestor and return to the waking world.**

Ethical Considerations

It is important to approach dreaming down the bones with ethics in mind. The spirits of the dead are not always willing or able to communicate. It is important to be patient and respectful, and to avoid trying to force the spirits to do anything they do not want to do.



Dreaming Down the Bones (Rest in Power Necromancy Book 2) by Amber Fisher

★★★★☆ 4.5 out of 5

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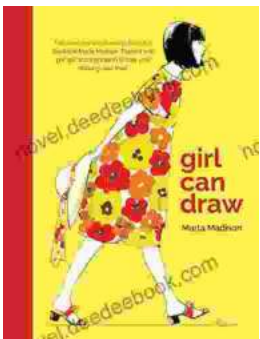
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