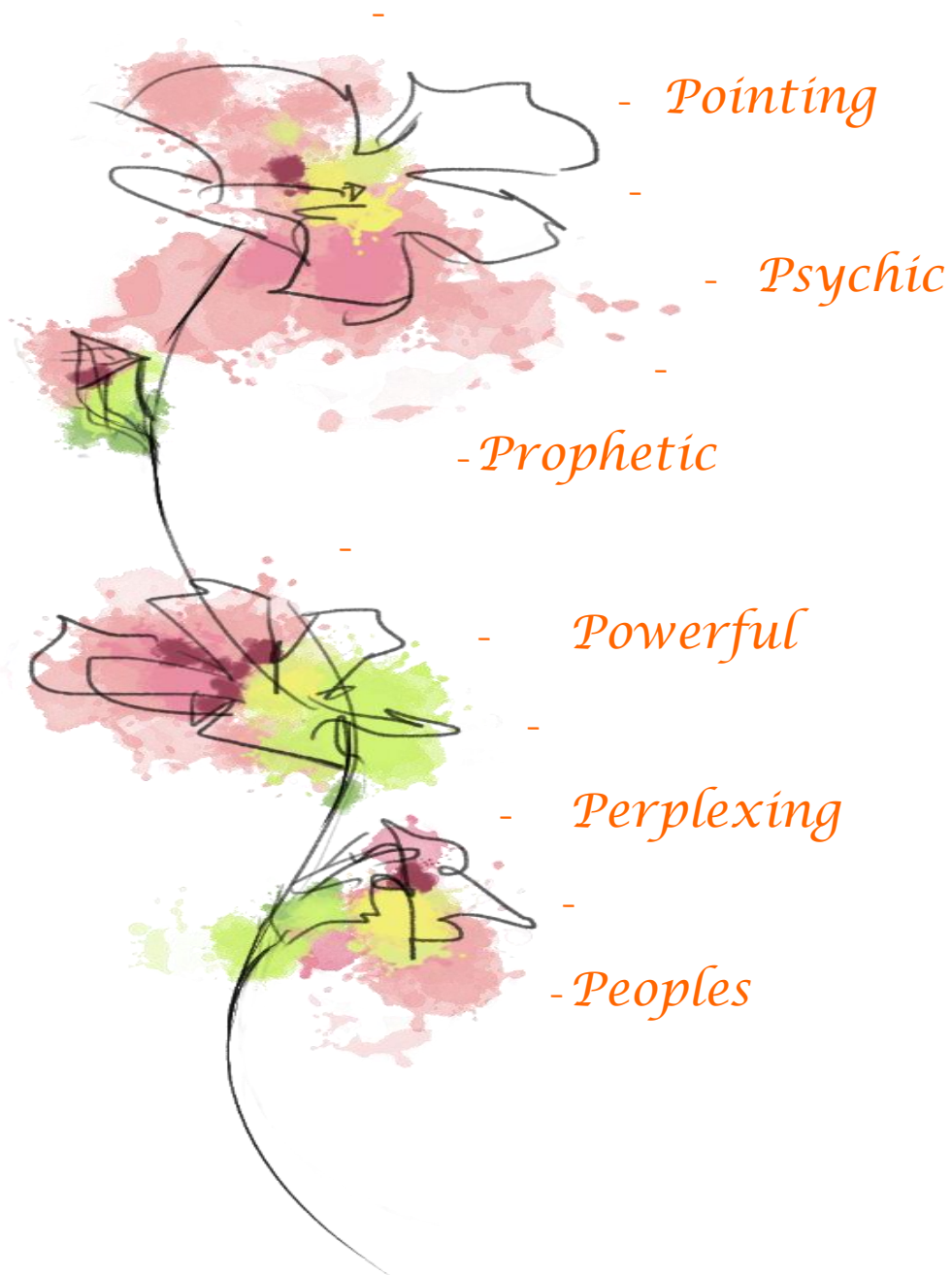


Dreamscapes...

What do dreams mean?

Nature of Dreams

- *Process*



Process: insight into past and present facilitating growth. Reflection can be therapeutic.

Pointing: showing direction, creativity, or solutions.

Psychic: tuning into current event.

Prophetic: predictive, pre-cognitive, seeing the future. Not confirmed until the actual event occurs.

Powerful: Symbolic, ancestral, spiritual, messages from deceased.

Perplexing: Dark, dread-filled, nightmares.

Peoples: Cultural or universal



A dream can be a combination of these...

A discrete situation - once only

Recurring - themes, complete story, location, people, colour, object....

Continuing story - each time sleep resumes the story continues where it left off.

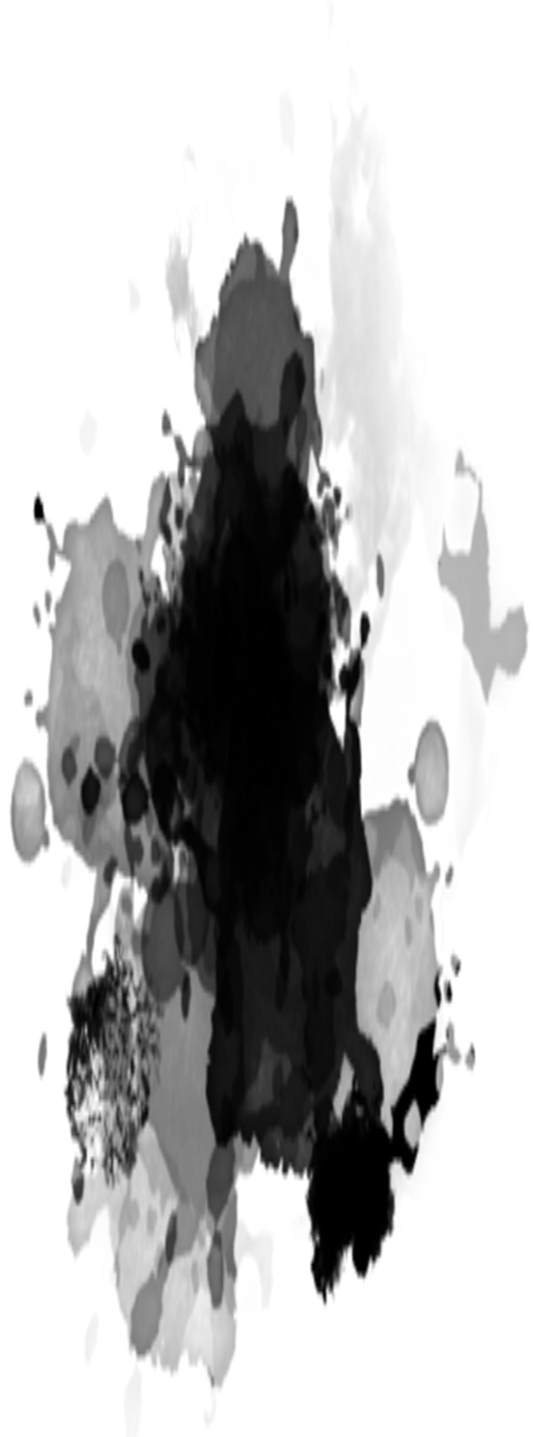
Lucid - aware of dreaming

Realistic - akin to daily life

Consolidating news and events

Magical fantasy





Otherworldly - other realms of existence



*Universal
or Cultural
through
the ages...*












Dreams as process...

Some examples of Archetypes throughout ancient cultures:

-  Ancient Greek – goddesses/gods
-  Ancient Rome – goddesses/gods
-  Vedic – Bhagavad Gita goddess/gods
-  Religious and cultural: story of Jesus, Mohamad, Siddhartha Gautama (Buddha)

All sharing archetypal energies of different forms that are reflections of human capacity for good and evil.

Jung's archetypes:

-  The sage
-  The explorer
-  The ruler
-  The creator
-  The caregiver
-  The magician
-  The hero
-  The rebel
-  The lover
-  The jester
-  The orphan

Think of well-known stories throughout time like Homer's Iliad and Odyssey, Lord of the Rings, Star Wars, The Wizard of Oz, Harry Potter, The Karate Kid...

*Universal
or Cultural
through
the ages...*

Joseph Campbell's "Hero of a thousand faces" describes "The hero's journey" characters inherent within us all, and the progression of a journey through a real life process...

- + The hero – self.
- + Shadows – projected as others and also aspects of self.
- + Mentors – a guide, or guiding principles.
- + Herald – the call to adventure, a person or event.
- + Threshold guardians – gatekeeper whose riddles must be answered before we can pass through.
- + Shapeshifters – represent the ability to/for change.
- + Tricksters – mischief makers.
- + Allies – supporting your journey.
- + Woman as temptress – a danger in some form.

What stories are playing out right now in your life: long term themes, relationships, events, or current experiences?

What archetypes can you relate to in your real life stories?

How do those energies appear in your dreams?

Check out the movie/documentary Finding Joe as lovely portrayal of The Hero's Journey.

This link may work for you to watch it free:

[https://www.gaia.com/share/ckmoi44fd000t0ip56madrc8?language\[\]=en&utm_source=share](https://www.gaia.com/share/ckmoi44fd000t0ip56madrc8?language[]=en&utm_source=share)

*Universal
or
Cultural
through
the ages...
Is your
dream
telling
you about
your
current
call to
action?*

The journey itself... by stages.

1. The Ordinary World – your mundane reality
2. The Call of Adventure – what takes you out of your comfort zone, distracts you away from the mundane grind of normality? A challenge or opportunity
3. Refusal of the Call – You hesitate or initially say “No” to adventure, change, and opportunity.
4. Meeting the Mentor – you’re thinking of going for it and the perfect teacher crosses your path.
5. Crossing the First Threshold – There’s no turning back, committed to the journey
6. Tests, Allies, Enemies – A new cast of characters all part of this special journey challenge and accompany you.
7. Approach to the Inmost Cave – deepest fears arise as you approach your biggest obstacle/foe.
8. The Ordeal – facing the enemy
9. Reward (Seizing the Sword) – is it over?
10. The Road Back – Consequences of goal attainment.
11. Resurrection – the ultimate test
12. Return with the Elixir – A new mature you.

What is relevant?

- + Feelings, feelings, feelings: during the dream, after waking and when recalling at a later date.
- + What objects, colours, and features of the dream stand out? What doesn't stand out or is blurred?
- + Who else was in the dream: how would you describe their behaviour, appearance, actions, and relationship to you in the dream?
- + Imagine yourself as each person and object in the dream: what perspective in thought and feeling can the person or object bring to the meaning?
- + Note the date of the dream!
- + Animals (other living creatures) can be explored through their natural instinctive behaviour, and their behaviour in the dream.
- + Dreams can be interpreted in different ways that are relevant e.g. both process, and prophetic.
NOTE: Process can continue to unfold over time as insight increases.
- + Symbols are to be interpreted mainly through the lens of the dreamer.
- + Interpretation can include shared, cultural and universal ideas, as well as personal
- + Remain curious.... Something made you remember this dream.....

- + Lucid dreaming: Was I aware that I was dreaming during the dream?
- + What does this mean to me personally, culturally, spiritually?
- + What is the universal meaning?
- + How does this relate to what I'm going through now?
- + Is there anything in my dreams that is a repetitive theme?
- + Do I have a recurring dream?
- + You can write dreams in any way that fits your style: detailed narrative, dot points, draw images are just some suggestions.
- + Read back over your journal after a while and notice how you feel and think about past dreams.
- + It's best to keep your dream journal by your bed and write anything that comes to mind upon waking.
- + Set an intention before sleep that you will remember your dreams on waking and will write down the content.
- + It might take 3 or four nights for your mind to believe your intention so persevere.
- + It's OK to not remember a dream every night.
- + Dream interpretation is about synchronicity so watch out for things during the day that connect you to dreams.

*Questions
to ask and
answers to
questions...*

Why do we dream?

- + Dreaming could be our innate ability to process, prophesize, and understand complex and/or disowned parts of our self.
- + Dreaming could be the bridge between our conscious and unconscious states.
- + Dreaming could be a way to connect to creativity and invention.
- + Dreaming could be a way for departed loved ones to bridge a dimensional gap to communicate messages.
- + Dreaming could be a way to tap into universal consciousness (Jung) by stepping out of time and space (Quantum theory see Arnold Mindell)
- + Dreaming could be a way to connect people with their cultural heritage.
- + Dreaming could be a way to receive warnings and therefore be preparatory or preventative.
- + Research suggests that dreaming helps us to eliminate waste from our nervous system as we consolidate memories and go through the normal sleep cycles.
- + Why do you think we dream?

An antidote to nightmares for yourself or your children. Allow yourself to recognise you were only dreaming and ground yourself in the present moment. Write down the dream for later reference.

Then use creative visualisation to change the ending where you are the hero and you return with the elixir a renewed person, grown from the experience. It's OK to use humour which can be really helpful for children to imagine the villain morph into something funny and they defeat it by tickling it to pieces.

Examples of Meaning?

- ✚ Mountains can be obstacles or symbols of achievements.
- ✚ Killing or violence by the dreamer could be a release of hostility or aggression stifled in real life. It can be about trying to eliminate disowned parts of self.
- ✚ Houses can represent the psyche or the body. Individual rooms could represent body parts or emotional/physical processes according to personal perspective and context of the dreams.
- ✚ People are characters who often represent aspects of the dreamers own psyche.
- ✚ People may also be passed loved ones: various beliefs can influence what that means. Many report feeling like they have had a visitation of a loved one in dreams, and an important message can often be relayed.
- ✚ Specific animals can have personal meanings. Are you a dog lover dreaming of dogs? Often mean loyalty. What's the dog's behavior?
- ✚ Cats can indicate being aloof, independent and about feminine energy.
- ✚ Snakes can be about transformation, treachery, coldness, but if you are a lover of snakes, what would it mean to you.
- ✚ Look at the traits of any animal/sea creature/insect to understand it's meaning, and then what its behavior was in the dream.
- ✚ Roads or transportation of any kind can be about the journey or direction in life.

Meaning?

- ✚ Animals can be a connection to nature. What is the animal's behaviour and relationship to you?
- ✚ Babies can mean something new, something to care for, an aspect of self, or an actual baby.
- ✚ Teeth, can be about appearance, survival, losing teeth can be fear of the above.
- ✚ Weddings/marriage, could mean commitments, contracts, merging masculine and feminine aspects of self. Some say weddings forewarn of death.
- ✚ Water can indicate emotional state, the unconscious mind: is the water calm, shallow, flowing, stagnant, deep, or turbulent?
- ✚ Being chased is often about feeling threatened. Who is chasing and what's the relationship to real life?
- ✚ Clothing might make a statement about how we want people to perceive us, perhaps a role or conforming if it's a uniform.
- ✚ Death can often be about change and transformation.
- ✚ Falling is about letting go, fear of falling after success, symbolic of anxious feelings.
- ✚ Nudity, revealing true self to others or feeling vulnerable and exposed.

*Some
famous
dreams*

Inventions or creations inspired by dreams:

Google was dreamed up by Larry page from a fear of being kicked out of college causing him to dream about saving data.

The sewing machine needle dream: attacked by tribal people who threw spears. Noticed a hole in the end of each spear and realised on waking he had the hole in the middle of the needle and needed it to be at the end.

Movies:

- James Cameron's, **Avatar, The Terminator**
- **Inception** came from a series of lucid dreams

Einstein – teenage dream of **theory of relativity**

James Watson dreamed of a double sided staircase and two snakes coiled around each other when **researching the shape of DNA**

The Benzene ring – a component of fuel for cars: atoms turning in snake like fashion, one atom grabbed its tail and spun around.

More science dreams

- **Periodic table of elements** - Dmitri Mendeleev dreamed all the elements fell into place on a table and wrote them down when he awoke.
- **The scientific method** was dreamed by Descartes

More famous dreams

Song writing, music competition –

- Paul McCartney's **Yesterday**
- Billy Joel **River of Dreams**,
- **Stravinsky's Rite of Spring** caused a riot and known as the birth of modern music.

Healing:

- **Edgar Cayce** sleeping prophet. Over 2000 recorded cases of prescriptive solutions provided while sleeping.
- **Insulin** – medicine dreamed that has changed the life of millions.

Nightmares aren't all bad.

- Robert Louis Stevenson's' **Dr Jekyll and Mr Hyde** about human duality – noted archetypal characters? **Treasure Island**
- Stephen Kings **Misery** – **first 40 pages** are from a dream he penned as soon as waking.
- Mary Shelly's classic **Frankenstein**
- **Twilight** saga by Stephanie Meyers

My first book **Success is Simply Spiritual** came from waking suddenly early one morning with a vision of a wheel. I jumped out of bed and wrote down the ideas as quickly as I could thinking I had written a seminar. As I fleshed it out further over the coming days, I realised it was a book.

Reflection: When have you woken up with an inspired idea, solution, and perhaps not even remembered a dream but just “knew” about something?

*An
Excerpt
from
Success
is
Simply
Spiritual*

“Creating a Journal

Many chapters suggest using a journal, and offer specific exercises that involve writing in a journal. In case you have never used one, here are some tips on how to use a journal as a tool for personal growth.

The purpose of a journal is to write down experiences for later reflection. An experience could be an event from the past that impacted you somehow, a thought process you would like to record, dreams, or flashes of insight and inspiration for the present and future. Your journal needs to be used only for this, and not cluttered up with shopping lists, phone messages or similar. Your journal is a file allowing you to access your thoughts about your experiences.

...

If you are going to use a hard-copy book for your journal, choose one that feels special to you.

... you may still like to keep a notebook and pen by your bed to make a note of thoughts and dreams you experience on retiring at night and also first thoughts you remember on waking in the morning.

Whichever method suits you, it's a great idea to date your entries. It can be very interesting to refer back to “when” at times.

Going through the chapters in this book you will find it very helpful to write about your experiences. You will be able to write about your memories, your perspective or your experiences from being in a meditative state in some instances.

Working through each chapter and getting your thoughts outside of your head where you can look at them is a powerful way to gain insight into yourself and your experience. It also saves you from having to remember them at a later time as you can refer to them again easily.

As you enter your thoughts and experiences in your journal, your style of writing is totally up to you. You may like to wax lyrical and provide in-depth commentary or you may like to list points. However you write, it is important to identify key points in your entries. A journal entry every day is a great habit, and in the chapter on Gratitude I talk about writing things to be grateful for on a daily basis. It's a great place to start!

Keeping your journal (or a separate dream diary) and a pen by your bed makes it available for you to write your dreams as soon as you wake in the morning. You can train yourself to remember your dreams on waking by telling yourself just before you drift off to sleep in the evening that you are going to. Say something like:

“I remember my dreams on waking, clearly enough to write them down”. This is an affirmation.”

I hope you have enjoyed this little excerpt from my book. Keeping a journal is a great way to record your dreams, and will set you on the path of understanding your unique dream language, symbols, and connecting you to your innate inner wisdom.

