

THE INNER WORLD OF



DREAMS

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DEDICATED

to Florence,
my best friend,
and the most prolific
and joyful dreamer
I ever knew.



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INTRODUCTION

*Sleep bath its own world,
And a wide realm of wild reality,
And dreams in their development have breath,
And tears, and tortures, and the touch of Joy.*

—Lord Byron, *The Dream*

WITH THE RISING of the sun, sunshine floods the earth. The sun sets, and darkness falls. Light to dark; dark to light. From being awake and aware, to falling asleep and blotting out the consciousness, a pattern emerges. It is a basic part of the physiology of life as a cycle which occurs over and over again from birth to death, without fail. We experience the recurring theme of being awake or asleep.

As an accompaniment of sleep, it is an established fact that humans dream. From time immemorial, part of human existence lies in this world of dreams. There is no escaping this fact. The dream may not be remembered, but it has occurred. As surely as we sleep, so do we dream.

*In the drowsy dark cave of the mind
dreams build their nest with fragments
dropped from days caravan.*

—Rabindranath Tagore, *Fireflies*

How true! The dream often throws off the day's debris—those seemingly irrelevant bits and pieces of thoughts and action that are associated with the waking hours. These remnants seem to be of little consequence and we wonder, “Where did *that* come from ... What could it possibly mean? ... Why is it in *my* dream?” If we but take time

to work with them, even fragments can fit into the overall picture, adding sense and even importance to the focal point of the dream. Some may be only the reflection of a portion of the day's activities, or we may have merely interrupted the process of the brain-as-a-computer sorting and filing activity. However, since this fragment has come into consciousness as part of the dream recall, it should be taken into consideration until decoded as unimportant.

There is often hard work in the unraveling of the mystery, but don't let this dishearten you. It takes practice. Even the most experienced interpreter can mistake a dream's meaning and often spends much time pondering over its puzzle. But treasure lies at the core of the dream. Few dreams, if any, are completely meaningless, and there is endless fascination in the discoveries of this inner world.

*Dreams are faithful interpreters of our inclinations;
but there is art required to sort and understand them.*

—Montaigne, "Of Experience," *Essays*

Dreams are not to be regarded as mere flights into fantasy, even when they seem to be wandering at random. Some may be mirroring our present thinking by including images and emotions encountered in very recent experiences. And an interesting concept, which sounds reasonable, is the consideration of the brain as a tremendous computer, with its own unique filing system and programming capability. The brain may decide which information should be stored in a short-term file, which should be reserved for long-term usage and possible retrieval, and which should be discarded as insignificant residue-of-the-day.

We may well wonder if there is any rhyme or reason to such a process, and some irrationality in what is being retained and stored, what is discarded and what is produced, in dream form. This could be a subject of serious contemplation, and not at all out of the question to wonder if there is a Source, a Power, an essence of something beyond what we can grasp with our mortal mind. There can be a greater understanding than ours at work behind the scenes, in charge of this ongoing process of filing, storing, reproducing, and activating

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our dream-making machine. Consider a Cosmic Committee of a sort, delegated to an individual for purposes of his or her term of life on this planet, having only that individual's good as a goal. It may function with or through our minds during sleep, and activate in the dream state.

Even sleepers and workers are collaborators in what goes on in the universe.

—Heraclitus, Fragments

Be that as it may, we-you and I-are dreamers. The dream comes through us and to us, yet we are it! These dramas of the night can range from the completely outrageous to the lofty and sublime. But uninteresting? Hardly ever! Always, since they are the result of the workings of our mind impressing itself upon us, it is our reality and ours alone.

The *Inner World of Dreams* has been written in an easy-to-read form for you, the beginner and intermediate explorer in the dream world. It is meant to give you a good start towards interest and insight into your dream world. Now, good luck to you, as you gaze into your night's mirror and know its reflection!

Day—

Bright sun that dissipates the fog—
shine on my troubles.

Sweet air that soothes and calms and nourishes—
invigorate my being.

Warm earth that clasps all life in a loving embrace—
enliven in me the seed of thought.

Blessed rain that dispels the dust of the day—
rinse the film from my sight of Mind.

Envelop me in Love
While I learn the lessons of life.

Night—

... and while I sleep,
 let all those who would appear, appear.
Let all that I would visit, visit;
Let my spirit roam where it will.
For in the darkness of what was day
 is the brightness of the Beyond where I truly live.
Let me dream what is real,
 for in the so-called dark is the Light.
Allow me to participate in this ritual of the mind and
 enjoy the fruits of its labors.
Give again life to my day's doings
 so I can reap what I have sown,
 correct where I have wronged,
 and learn where I have not given heed.
Brightness of the Night,
 bring solace to my uncomfortable self
 that I may know progress rather than regress.
Allow me to know Life while I am alive
 so as to enjoy it more when I am so-called dead.
Dream on, my inner self.
Too long have I held you prisoner within the bars of
this outer being.
Dream on what wishes to be free,
 and enjoy the roamings that are allowed you in the
 night.
Bring back to the conscious self that which is helpful to
my growth,
and above all, let me drink at the well of the Spirit
Who holds the Cup of Dreams as a Holy Grail to be
captured beyond the stars.

—Phyllis L. Pipitone

Chapter 1

AWAKE AND ASLEEP

DURING OUR WAKING hours we are aware of how we dress, where we are presently located, and the distance necessary to travel in order to reach other places. Physical faculties are required to make ourselves heard and understood and to hear and understand others. Our body must function in certain ways for survival in the world we find ourselves in when awake. In these hours we experience consciousness, as opposed to the hours of sleeping when we experience a unique unconsciousness.

We don't realize how much escapes our immediate attention in the awake-world, but which becomes imprinted on the subconscious mind. There are people and objects and various actions occurring that don't seem important at the time; nevertheless, the mind has registered them and they are recorded in the brain. We have feelings of anger, resentment, hostility, fear, and anxiety that we hide from the outer world and even deny to ourselves. But these, too, are in the subconscious, catalogued with emotions of a more positive nature. Nothing escapes the subconscious; it is a realm unto itself.

Night has now fallen and the person, tired after the day's activities, prepares for bed. The rhythms of his body have reached a stage where it is necessary to slip from conscious awareness of the world around him. The physical body needs to recuperate from the stress and strain of being awake. He drifts off into slumberland, wishing for a restful night, wanting to awaken refreshed to begin another day.

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Physiologically, the body undergoes several changes. The concentration of carbon dioxide increases significantly since the breathing rate and depth change considerably. The acidity of the blood increases slightly. Oxygen consumption will not decrease noticeably until several hours have passed.

But what about the hours of sleep when the world of sight and hearing have faded away for the time being? And what of those experiences that can occur only to the sleeping mind? Some of the dreams are rich and varied, while others are commonplace. The sleeper is now embarked upon that—into the dream world.

It doesn't seem at all strange that during a dream we hold conversations without speaking a word, and "hear" speech without physical ears. We can be transported instantly to different places, great distances apart, without the use of a vehicle. There is no noticeable time lapse, either. We are suddenly here or there, without having boarded a bus or plane, driven a car, ridden a horse, or even walked. It is instantaneous transporting to a completely different environment, and even though the surroundings are strange, it is all acceptable. There is no feeling of doubt that it can occur.

Objects, people and animals, both familiar and strange, appear from nowhere, instantly. They disappear just as quickly, too. Yet none of this seems unusual; everything occurs naturally ... in the dream state, and asleep.

One of the characteristics of the dream is that nothing surprises us in it. With no regret, we agree to live in it with strangers, completely cut off from our habits and friends.

—Jean Cocteau, "Du reve,"
La Difficulté d'être

What Is Life?

Man is the only animal for whom his own existence is a problem which he has to solve.

—Erich Fromm, *Man for Himself*

We spend our lives talking about this mystery: our life.

—Jules Renard, Journal, April 1894

What is life? What is it all about? Sooner or later, everyone questions, in all sincerity, if only for the attempt to discover a purpose for the living organism we are. Our lives often are completely unlike another's, because of the different parts of the world we live in, yet the question is raised.

Life's but a walking shadow, a poor player,
That struts and frets his hour upon the stage
And then is heard no more. It is a tale
told by an idiot, full of sound and fury,
Signifying nothing.

—Shakespeare, *Macbeth*

In the act of its being lived, life is actually a state of conscious awareness of the environment, the people in it, and experiences with both. The reaction to these experiences is just as unique as is the individual who passes through them. We are constantly undergoing a series of events within the framework of time as we know it. We are observing and interacting with people and events in general as they occur *at* the time they occur, and respond both intellectually and emotionally to these experiences. We expect to have some control over our thoughts, feelings, words, and actions at this time. But in the world of sleep all this changes. Control is not in the form common to the awake world. Experiences encountered in the conscious world are different, very different, from those in the sleep world.

What Is Sleep?

Sleeping is no mean art: for its sake one must stay awake all day.

—Nietzsche, “On the Teachers of Virtue,”
Thus Spake Zarathustra

Quite simply, sleep is an interruption of the waking consciousness. It is a natural, recurring condition, the length of which varies according to the needs of the individual. By its very nature, it is a state of departure from our objective consciousness, a time when the conscious mind is subdued and there is no longer an interaction with the physical environment. During sleep the intelligence of the body can make needed repairs.

But long, long ago, sleep was looked upon as a temporary death. Primitive man thought his soul departed the body and escaped to an unknown destination. We find that even today some religious prayers contain a simple thank-you for the return to life after a night's sleep.

Pause here for a moment, and consider that almost one-third of a lifetime is spent in sleep. Think of it! Especially, while considering the following statistics:

From age 6 to age 56 years = 50 years.

50 years \times 365 days = 18,250 days.

18,250 days \times 8 hrs. sleep = 146,000 sleeping hours.

146,000 sleeping hours 24 hours (day) = 6,083 days.

6,083 days + 365 days (year) = ALMOST 17 YEARS SPENT IN SLEEP BY AGE 56!

Ancient civilizations were interested in the sleep state and what accompanied it. The Greeks and Romans placed much emphasis on healing through dreams, dedicating thousands of temples to Aesculapius, the god of healing. Priests and priestesses slept and sought answers to pleas from petitioners while in the dream state. Assyrians, Egyptians, Far Eastern civilizations, and the Chinese and

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Japanese were interested in dreams. This is part of the heritage, too, of our Indian civilizations, as well as faraway tribes in other hemispheres. The Cuni and Senoi Indians are those we might be more familiar with in our present-day literature.

We spend so much time in sleep. Researchers tell us at least three to five dreams occur every night. The study of the wonderful world of dreams is a good reason for paying attention to the hours we spend in sleep. In putting aside the activities of the conscious mind we enter the dream state, home of the inner world, the Inner World of Dreams.

Chapter 2

WHAT IS A DREAM?

A DREAM SEEMS to be quite an ordinary event. After all, what happens when we fall asleep? We have dreams, which are a “sequence of sensations, images, and thoughts passing through the sleeping person’s mind,” according to dictionaries. Even those who have slept soundly for only a few hours have had a dream period recorded on scientific instruments.

The need to dream is strong. It is a biological fact that everyone does and must dream in order to maintain psychological equilibrium. In dream-deprivation experiments one is not permitted to dream, being awakened over and over again at the onset of a dream. At the end of such experiments, when the subject is finally allowed to sleep and dream, when at the onset of a dream he is not awakened, it is almost as if he must “catch up” on his dreaming. He then dreams and dreams and dreams! Prolonged experiments in dream deprivation indicate that the normal patterns of sleeping and waking become very much changed in order that the individual will have the necessary time for dreaming.

The discovery of the rapid eye movement (REM) as a signal that a dream has begun was of great significance in dream research. It was at this point, REM, that the sleeper in experimental situations was awakened and asked to report his dream. In REM dreams the eye movements suggest that vision is present behind the closed eyelids of the sleeper. There are bursts of rapid, coordinated movements of the two eyes, almost as if the dreamer were focusing on visual imagery or action of some sort.

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We now know of experiments where dreams were reported when no eye movements had been recorded. However, these dreams are likened to a “thinking” dream. They seem to be related more to everyday life. They seem to have more reason to them, are less emotional and visual, and are concerned with current events as compared to many of the REM dreams reported.

The dream is something that occurs when one is in the sleep state, and it occurs in the mind. The mind is involved but certainly does not function as when in the awake, conscious state. So, let us assume the use of another part or level of the mind other than that which operates consciously. It is not that part of the mind, which, when we think of wanting to walk over a table to pick up a book, causes us to do so. It does not activate the physical body the way the conscious mind does.

A dream is an experience that takes place during sleep. To produce it, some part of the mind seems to draw upon the past, present, and future—and even unknown levels—for the dream content. Some mechanism of the brain cooperates with its components. People we know, have known, and even do not know, appear on the dream screen. Scenes are visualized; sometimes they are clear, and sometimes they are hazy. Action occurs, and unspoken dialogue can be understood easily and clearly.

We have noted that people spend about one-third of their life sleeping and dreaming. Yet this nightly program may go quite unnoticed. These dramas of the night can range from the completely outrageous to the lofty and sublime. But uninteresting? Hardly! They are the result of the workings of our own mind impressing itself upon us. And we are interesting!

Points To Remember:

1. A dream is a sequence of sensations, images, thoughts, etc., passing through the sleeping person's mind.
2. A dream is actually an experience involving a part of the mind we do not use during the day.
3. Dreams range from the outrageous to the lofty and sublime, and can even reflect what has happened during the day.
4. Few dreams are meaningless, and most or all are worth considering.

Chapter 3

WHERE DO DREAMS COME FROM?

WHERE DO DREAMS come from? Do they have a point of origin? First of all, we must realize that the brain is not responsible for our thoughts, being merely a mechanism, a “go-between.” It is the mind which is responsible for our thinking. It is also important to realize that our thoughts, past and present, are very responsible for the production of much that goes on in the dream.

Our dream life is strongly connected with memory. What happens to us in daily experiences—what we say and do, hear and see—all finds a home somewhere within us and resides as memory. It is reviewed within a short time in a dream, or digested and filed away for future reference. Since most of our dreams reflect present situations in life, our current thought processes and proclivity for both positive and negative have a great deal to do with what appears in them.

Our life is what our thoughts make it.

—Marcus Aurelius, *Meditations*

The power of thought is now stressed. We are often reminded to watch them, for “thoughts are things.” We can “become” what we think, and therefore strive to control our thoughts so as to maintain harmony in mind, body, and spirit. Thoughts are creations, and we are their creator. If thoughts are frequently dreary, it is inevitable that we feel and react in this manner. The outer self reflects the inner self. A pity, too, because this can become a cycle.

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As we droop in body, because of a dispirited frame of mind, we become gloomier. Depressed and unhappy, we reinforce these negative states within ourself and our body, which in turn affect our thoughts even more. Thus is effected that proverbial vicious circle: round and round we go, swirling in the whirlpool of a darkening existence. Life can become grim and cheerless.

Why this emphasis on thoughts? It is because at some time negative thoughts enter the subconscious where, if not cleansed and discarded, they simmer. Not only are they reflected in the awake state, but also they can boil over into the dream state. The psyche brings them forth symbolically in dreams; it is more distressed than the conscious mind realizes and calls attention to itself through the dream. Since most dreams reflect everyday life, it is advisable to maintain as positive a thought and attitude as possible.

In negativity lies fertile ground for restless sleep and uneasy dreams. Whether the dreams are remembered or not, the mind may experience discomfort upon awakening and even throughout the day. Such is the power of a dream.

But there are other kinds of dreams whose origin cannot be pinpointed, and they are discussed later. The dream world can be a mysterious realm and its keys not relinquished easily.

*Few have greater riches than the joy that comes to us in visions,
in dreams which nobody can take away.*

—Euripides, *Iphigenia in Tauris*

But we do not have only thoughts to contend with in our dream material, for even fairy tales, ideas from novels, movies, television, and certain ways of our culture enter into the dream world. The computer of the mind may have chosen from certain of its files purposely or at random—who knows which—for placement in our dream scenario.

Points To Remember:

1. The brain is only a mechanism that acts as a vehicle for our thoughts.
2. Thoughts are things. We “become” what we think. Try to remain in a positive frame of mind.
3. Our thoughts, as well as memories, can be responsible for many of our dreams. Old myths, fairy tales, television, and communication of others can also play some part in our dream scenario.
4. Negative thoughts are reflected in both the awake and the dream state. They can cause uneasiness upon awakening, and throughout the day, even when the dream is not remembered.

Chapter 4

PURSUING YOUR DREAMS

ARE YOU INTERESTED in your dreams? Most of us are. You have every right to be interested; the dream is about *you*. The seeking of self-knowledge is an important part of life.

Your inner self is a very close and dear friend, often making its presence known through the dream state. What better time for you to listen to this friend when, during the night, the outer world is shut out from conscious awareness. The dream, then, even when it might seem to be elusive or frightening, can be a good one. The dream is *meant* for your good and wants its meaning understood.

Talk with other people about your dreams. Sometimes the meaning of a puzzling dream becomes clearer just by talking about it. Join or gather together a group of people who share an interest in dreams. Their insight is contributed and good ideas are offered towards interpretation of a difficult symbol.

The importance of keeping a journal is emphasized. Record your dreams on one side of a large notebook, along with the interpretations. The use of a journal is highly recommended and not only for the sake of dreams. Glancing through it after a period of months will point out certain trends in your life that are reflected and even forecast in your dream themes. You can see more clearly by rereading in the journal the correlation between day and night life, and realize how complementary they are.

There are different ways of keeping a journal of daily life, but suggested here is a very simple method. Record the highlights of the

day on the left side of a loose-leaf book. Include your main concerns, frustrations, anxieties, etc., and the experiences of a more pleasant nature in which you were involved. This becomes a consecutive record of your life, including emotions, attitudes, reactions, and communication with others in your world.

Naturally, this log will include both negative and positive experiences, and probably more of the former until you are more aware of their occurrence and the need to eliminate them from your life. Do you recall an early school lesson you learned more quickly because the teacher called attention to it? She expected you to know something, and when you did not, she impressed it upon you in such a way that you never forgot! So it is with your journal. Upon rereading it you will begin to see that your life is more balanced as you make the effort to promote harmony in it. It is often surprising to those who keep a journal to discover how much is learned about themselves merely by transmitting their lives to paper. The record is there, black on white, available for easy recall.

On the right side of the journal, opposite the experiences of the day, record the night's dreams and interpretations. The dream can be recorded in its entirety or in a few sentences. You will be surprised to see how often there is a correlation between your day and night life.

You have been in pursuit of your dreams up to this point, wondering about their whys and wherefores. When you catch them, be sure to act on the information and insight they offer. Be alert to their message, for sometimes what appears to be the silliest of dreams becomes more meaningful when fully understood. A well-kept journal will testify to this.

Points To Remember:

1. You have every right in the world to be interested in your dreams. After all, they are about *you*.
2. Talk with other people about your dreams; join a group who share this common interest.
3. Keep a journal, recording the day's experiences and feelings on one side and your dreams and interpretations on the other.
4. Reread the journal after several months. Note trends of life, and what your dreams have been telling you.

Chapter 5

CATCHING YOUR DREAMS

BEFORE THE MAIN bout of the evening—catching the dream—there are certain procedures to follow. Of course, there is the usual pattern of preparation for bed, and prayer or meditation. We do what we can to clear the mind of troubled thoughts before turning ourselves over to the One Power in the universe and to the wonderful adventure of sleep. These are the preliminaries for preparing the body and mind, but there are also certain practical, material items necessary to have on hand.

Place paper and a pencil or pen nearby on the bedside table, and even a tape recorder if that is your choice. As soon as you awaken from a dream, write it down, all if possible, or any part of it recalled. Even in the dark you can learn to guide your writing hand. Don't allow yourself to work at its interpretation as you lie there in the wee hours of the night, and then go back to sleep without writing down anything. That's a big mistake, for too often you will awaken in the morning with no memory of the dream, much less its interpretation. This has happened to too many people too many times, and this is why we stress that you write down immediately what you remember of the dream. Transfer it to paper before it eludes you. Purposely place utensils close by with which to catch it. This practice is a distinct aid to the subconscious, telling it of your serious intention to work with your dream world. You mean business!

Sometimes a dream may be so forceful that it awakens you suddenly, almost with a start. Be assured of the importance of such a dream. It is demanding your attention. Disregard the hour on the clock and record

as much of this dream as possible at that very moment. Important details may be lost by morning.

Many people find it easy to remember their dreams, while others find it difficult. It seems as though that part of our mind needs to be reminded of our seriousness about this subject. If you are finding that most dreams fade into oblivion before you can rise into consciousness to record them, and if you wish to make a serious attempt to remember, state most emphatically before falling asleep: "I want to remember my dreams." This is a simple statement, but it may be necessary to repeat it several times for several nights, with full concentration. Soon you will find you are remembering, especially if you have had no recall previously. Since you have disregarded this part of your world for so long, it needs to learn that you now consider it an important part of your life. Like a rusty tool, it needs sharpening up and a workout.

Again, remember to write something down as soon as even a portion of a dream is recalled. A word, phrase, or a few sentences may suffice for full recall by morning, or even spark memory of it during the day.

We often forget our dreams so speedily; if we cannot catch them as they are passing out at the door, we never set eyes on them again.

-William Hazlitt, "On Dreams."
The Plain Speaker

For those who profess continuance of their inability to remember dreams no matter how hard they try, there is an alternative suggestion. Set the alarm clock for hourly intervals and note what is in your mind when awakened by the clock. Using this method, it would be possible to catch at least a remnant of a dream.

It is also suggested that dreams seem to be clearer, more detailed, and more easily recalled at the time of new and full moon periods. Note the few days before and after these periods on your calendar or in your journal and then look forward to the experience. In fact, the full moon period seems to be a little more powerful than the new moon for purposes of dreaming. Try it and see! Catch your dream in any way possible!

Points To Remember:

1. Prepare to catch your dream by having paper, pen or pencil close at hand.
2. Before falling asleep, tell yourself “I want to remember my dreams.” This will impress the subconscious that you are serious about your dreams.
3. Don’t interpret the dream in your mind during the night, then fall asleep without recording it. Both the interpretation and memory may vanish by morning.
4. Record all you can of the dream as soon as possible; dream memory is often short-lived.
5. A last resort for “catching a dream” is setting the alarm clock for sixty-minute intervals, then recording what is on the mind when awakened.
6. New and full moon periods seem to enhance recall of dreams.

Chapter 6

INTERPRETING YOUR DREAMS

The dream which is not interpreted is like a letter which is not read.

—The Talmud

NOW ON TO the business of making some sense out of the dream puzzle and putting the interpretation of it to work in your life, for dreaming can be merely a pleasant (and sometimes not so pleasant) pastime, or it can be an active and important part of your life. Putting the information contained in your dreams to work can make your days and weeks more effective and life more purposeful.

Learn from your own interpretative experience which of your dreams are most meaningful, and why.

—Sigmund Freud

There are many different ways of approaching the meaning of a dream. The following is only one method that can be attempted. The approach that is suggested in this book is workable, simple to follow, and not as confusing as others might be, especially for the beginner. Even for those who already use another technique, this one may supplement or complement what they use and even be used as a cross-check in an interpretation.

What is important now is that you *begin* the process of interpretation. In working with the dream, as will be explained in detail shortly, you will take note of the setting, the characters involved, the action in which they are engaged, the objects that are brought to your attention, and especially the feeling or emotion the dream engenders within you. How do you feel about this particular dream, and about its action and the characters in it? What is the closing of the dream like? Has its action been resolved, or are you left with an “I don’t know how it ended” dream?

Keep in mind that the best interpreter of your dream is you, as its originator and creator. The dream is indeed your creation. In fact, the dreamer is you and you are the dream. This is truly so, most definitely. Learn this as the first and most important lesson.

In learning to interpret your dream you will inevitably learn more about yourself. In that constant striving to “know thyself,” you will find an extremely helpful and appropriate aid in the study of your dreams.

Points To Remember:

1. Learn to put the information contained in your dream to work in your life.
2. You are encouraged to study other theories and techniques, in addition to what is presented in this book.
3. Remember, as the originator and creator, you are the best interpreter of your dream.
4. Make your dreams an important part of your life. They will help in the maxim: Know thyself.

Chapter 7

DREAM SYMBOLS

Dream pictures do not state the situation directly, but express the point indirectly ... it is not deliberate disguise; it simply reflects the deficiencies in our understanding of emotionally charged pictorial language.

—Carl Jung, *Man and His Symbols*

WHERE DO THEY come from, these fleeting images that float before our eyes and imprint themselves on the canvas of the night mind? They drift in and out of our dream world like phantoms, sometimes only like shadows, and at other times they are so vivid we almost exclaim over their brightness.

These are symbols, which are considered the most important part of the dream puzzle as they are a key factor in interpretation. There is a wealth of information in their singularity, meaning so much more than what they appear to be. Symbols, as such, refer to people, objects, landscapes, and clothing. Even action can be considered symbolic in a dream. Mainly, however, we consider what can be seen in dreams with the mind's eye as symbols.

It has been said over and over again that a picture is worth a thousand words. Think, then, of dreams as being a type of mental shorthand which appears in the form of pictures. These pictures are considered as symbols, and these symbols are the language of dreams. The significance of the symbol becomes an interesting exercise because it remains for the dreamer to think of his or her own associations with it—what different things the symbol appearing in the dream can mean to him or her.

You, for instance, need to probe your own life, your mind, and your experiences for the existence and therefore the meaning of these symbols. Why has such a symbol come into *your* dream? You become a Sherlock Holmes, alert for clues.

The symbols in a dream may merely be reflections of bits and pieces of what has been seen or heard during recent waking hours, but they are still meaningful within the context of the entire dream. Consider them as being relevant, for the time being, at least.

On the other hand, they may mean nothing more than emotions spilled over from an encounter experienced during the day but still relating to the theme of the dream. It is up to the individual to determine the symbols' relevance, reason for appearing, and importance or non-importance in the night's experience.

You can easily understand how your brain, through your eyes, is almost constantly bombarded with the activities of the external world. Your ears are another avenue of information. Your experience with what you see and hear and how you feel about these experiences will strongly relate to what symbols occur in the dream state; therefore, it is of help in the interpretation. Even though several people may have a dream in which the symbols are similar, the dream will have different meanings because of the individual's personal experience with what the symbol represents.

A common example is that of the dog. If you had ever been chased or bitten by a dog you certainly would have a different memory and feeling about this particular animal than would a person who had a dog as a lifetime pet, friendly, loving, and loyal. The symbol of a dog appearing in your dream would merit a different explanation in either case. There are other aspects of the dream to consider, naturally, but this example explains why the appearance of symbols is treated with care according to the individual who incorporates them in the dream.

Today we are exposed to the communication media in so many ways. There are pictures in newspapers, books, and magazines of all kinds. We watch television and are impressed with color, costuming, people of all races, different languages, worldwide and even outer-

space scenes, and action of varying kinds. If we listen to the radio, we can visualize pictures in response to the spoken words, and even this might be expressed symbolically in a dream. In the dream state, the mind borrows from our full storehouse of retrievable and meaningful experiences.

It's a fascinating project, both day and night. We become more intensely and sensitively aware of surroundings, emotions, reactions to people and incidents. Even the simplest of objects can produce a response within. The world is literally filled with people, places, and things, and there is much we come into contact with during the day that unknowingly, to us, sinks into the subconscious and our memory bank.

Colloquialisms, metaphors, and even slang expressions find their way into the dream, figuring symbolically. For example, recall the expression "he's gunning for me." In a dream this could be expressed as a fear of being attacked verbally. Someone is "out to get you" and thus you are being undermined in some way.

Don't fall into the trap of purchasing a dream dictionary at your local bookstore, hoping it will prove of value in this work of interpreting symbols. You are quite capable of compiling your own list of meanings simply by recording your own meaning of various symbols for future reference. In this way you have your own private dream dictionary, one much more trustworthy than what is found in any bookstore. In fact, those found on the shelves are sometimes quite ludicrous.

A person gets from a symbol the meaning he puts into it, and what is one mans comfort and inspiration is another's jest and scorn.

—Justice Robert Jackson

Symbols also vary from culture to culture. Throughout life, no matter in which country we live or under what circumstances we find ourselves, each of us is subject to representation of our particular culture and civilization. In all cultures there are numerous fairy tales, myths, legends, and fables with which we as children become familiar.

There are stories of men, women, and even children famous for heroic deeds. Do you recall the remarkable age-old story of the little boy in Holland who, by sticking his finger in a hole in the dike, plugged it, thereby saving the town from the disaster of flood? Applying this particular memory to a dream in which he saw a finger caught in a hole in an office desk which had many papers strewn about on top of it, a businessman interpreted these symbols to his advantage. In real life he carefully looked around at the work plans on which he was laboring and actually found a “hole” in his paperwork. It was not an overly large mistake and had been easily overlooked, but it could have deluged him with financial disaster if he had not discovered it in time. One little symbol with its proper interpretation and application, and, oh, how meaningful then was this dream!

Points To Remember:

1. Symbols are a key factor in dream interpretation.
2. Personal knowledge and life's experiences produce many of the symbols in the dream; therefore, the dreamer must make his own associations with the symbols to appreciate their meaning.
3. Symbols may mean one thing to the dreamer but another to someone else, because of their individual experiences.
4. Symbols come from our particular culture, fairy tales, legends, myths, fables, and even present-day media of communication.
5. The dreamer is advised to compile his own dream dictionary. It is much more personal and meaningful to him, and therefore of greater value as an aid in interpretation of his dreams.

Chapter 8

THE DREAM SETTING

THE SETTING OF the dream is considered a very important component. Every bit of action in life takes place somewhere and the dream is no exception. Just as every play has a background, so does the dream. It adds expression and sets a mood, thus eliciting some emotion on your part that gives further meaning to the dream.

So, you must ask yourself, “Why have I chosen these surroundings for my dream? Why has it occurred at such-and-such a place? This action normally would have taken place somewhere else, so why have I chosen this area instead?” Such a question could be applied to a setting which seems entirely inappropriate for the rest of the dream.

A young woman was puzzled by a dream that contained a love interest theme, but was centered in a vast snowy region which she described as being like the North Pole. Actually, in her personal life her feelings towards her fiancée were more of a frigid than a warm, loving nature. Having been married previously and widowed at an early age, she knew she was not “pure as the driven snow” and so, of course, this could not be considered a possibility for the choice of the North Pole. So she had to attribute the scene to the feelings of frigidity which actually emerged when she was in the company of the young man. The dream made her realize that as a married couple they would not be compatible enough in the sexual area, and it certainly would not contribute to a good marriage.

THE INNER WORLD OF DREAMS

Is it possible that the dream greatly arousing your interest or bringing you to sudden wakefulness one night has been set in a house? This would not be unusual, because the house seems to be one of the most commonly reported settings for a dream.

Just as in real life people are identified with the kind of home they live in, so in dreams does the house often represent the dreamer. It can personify the human body and therefore might deal with the physical state and health of the body. It can also represent thoughts and emotions. There are many kinds of information that can be contained in the setting of the house found in your dream.

A return to their childhood home has been reported in dreams by people disturbed over happenings in their current life. After all, as a child one's home was usually a sanctuary, the place where one was protected and cared for. Mother bandaged hurts and protected her children from the outside world within the confines of home. With home as such a shelter when we were young, such dreams can bring comfort. If such a dream were to occur over and over again, however, there then is the possibility that the dreamer is retreating from the world either because of immaturity or an inability to cope with life's problems. In any case, the dream carries an important message and should not be ignored. The continuing recurrence of a childhood home in a dream is a call for help of some kind, either from within the self or from an outside source.

The exterior of the house can refer to our own outward appearance, our manner of dress, as well as our personality. One dreamer's house was dreary looking, boarded up at the doors and windows. It looked like such a sad house with the windows nailed shut—altogether unappealing. The thought occurred to him that he certainly would not want to purchase such a house.

This man was in counseling therapy at the time, and the interpretation he and his therapist arrived at was quite revealing. The house was, of course, exactly how the dreamer's personality appeared to those around him, but for a long time he was quite incapable of accepting such a description. He did not like what he saw in the "mirror" of his dream. He was not at all what one would consider a sparkling

personality; other people did not seek out his company. He was rather dull in conversation, sitting quietly and not contributing. Of course, as he began to feel that people shunned him, he withdrew even more into himself and made even less effort to become likable. He had, in effect, “boarded up” his windows and did not “look out at the rest of the world.” He did not allow anyone “entry”; he had “closed up” to anyone’s social overtures. His outward appearance—his “house”—did not attract anyone to him.

Our dreamer found himself withdrawing more and more, and even his clothes looked uncared for. His personality was like his dream house: dreary in appearance, sad, and unappealing. “I must change,” he finally thought.

What a joy it is to anyone knowing such a person to hear a dream like the one above replaced by one reported in later sessions of therapy. Now the house is bright and shining with a new coat of paint, with curtained and lighted windows, and a door that seems to welcome the visitor. This often happens as therapy progresses when the client gains insight into himself. And it is within the reach of any dreamer who is seeking information through his dreams.

Many children have reported dreams which include houses of a run-down nature (these can refer to health), closed up (antisocial attitudes), and which reflect little cheer (unhappiness).

Recurring dreams, as will be explained in a later chapter, are always important and attention should be paid to them. Now, in real life, the temper of a young boy’s father was quick to erupt, his mother was an alcoholic, and there were other unstable conditions that did not make for a very happy home life for this youngster. Literally, his home life was explosive, and the experiences within were reflected in his dream life. He was, at this time, continually dreaming of a “house on fire.”

The house is also a home, and therefore a refuge. One woman’s comforting dream was that of a small house with a lighted candle in the window. It represented to her a welcoming sight and she felt uplifted in spirit during a very trying time in her life.

When you are considering the dream house as a symbol, note its appearance and size, and even the construction. You would not want to dream of a house built of straw like the one in the children's tale of the "Three Little Pigs," with the realization that the big bad wolf can easily blow it down as he did in this fable. Where is the security in such a house? With such a dream house, the dreamer needs to get right down to business and figure out why the inner self has produced this particular one for him to view. Some changes in his life seem to be called for. Is there a "big bad wolf" lurking somewhere in this dreamer's life?

The interior of the house carries different meanings, symbolically, according to the rooms portrayed. For instance, the often-bustling kitchen can often represent conviviality, for family and friends like to gather here. It is also the area of food preparation, so the dream might pertain to health. Could you possibly be eating what is not good for you at this time? Is yours a healthful diet in general? Are you eating too much, or too little? Do you need a change in diet or in the preparation of food? Are you drinking enough water?

A father was about to sit down to a table so laden with food that it seemed almost like a Thanksgiving feast. Suddenly there seemed to be in his dream a large "whoooooosh" sound. Everything—food, tablecloth, and all—flew out the window! Strangely enough, he found himself on his hands and knees, picking up apple cores and grape seeds from the floor. His son interpreted this dream precisely. Father had been eating far too much lately and his belt was running out of notches. Dad had better get down on his hands and knees and thank God for this health dream which indicated his diet should include some healthful fruit, such as apples and grapes, and forego the rich foods and overeating we often associate with Thanksgiving feasting.

The kitchen is quite an informal place for eating, whereas a dining room is considered more formal. Perhaps the dreamer is eating out in restaurants, or at business lunches and dinners too often, and his dream is now reverting him to the kitchen. In restaurants it is easy to overlook calories and proper nourishment. How easy it is to overeat—and, oh, how tempting desserts can be!

In his dream, a young man was faced with an array of pastries on a many-tiered tray. They were all so attractive that he had difficulty in choosing. Any one would have been delicious. Actually, he was seeing quite a few women, escorting them to different functions. He liked all of them, not preferring one much over the other. His parents were badgering him to settle down and marry, start a family, etc. He was not sure he was ready to do that yet, and even if he were inclined towards marriage he did not know which woman he would prefer. What a dilemma faced him! His dream was throwing off this information quite clearly and in an interesting manner.

We go through acts of cleansing in a bathroom. A common setting in dreams, in real life we brush our teeth here, bathe, and eliminate. In a dream, elimination may involve either things that are physical or spiritual in nature, since the cleansing act is an attempt at purification. With such a dream we would ask ourselves what might need to be cleansed from our system at this time. For instance, since words are shaped by the tongue and mouth, we might need to “clean up” our speech. Or, in another direction, we need to eliminate something from the diet.

A woman scheduled for surgery dreamed of a bathroom that had exceedingly high windows. They were very small and only a small amount of light entered the room. She could not find her way to the sink, where she wanted to wash her hands. After associating with these symbols and other details in the dream and comparing them with her present physical problem, she decided that she needed a second opinion regarding the operation for which she was scheduled. The very small windows, cutting out light, became exceptionally meaningful to her. She did not think enough light had been thrown on the subject of her illness. She wanted more information than had already been given.

Even the levels of the house have meaning in a dream, being representative of different levels of our consciousness. The basement, as the lowest possible level, can refer to the subconscious, deeper level of the mind. Here we store deep, dark secrets of long ago which are thought to be forgotten. But, no, they are still there, waiting to surface.

The ground floor, or even both stories of a two-level house, can be considered the container of the conscious mind, the conscious level of the self. Here are rooms in which we do our daily living and perform acts appropriate to their use such as we have been describing.

The attic is a very special place. It is the highest part of the house; therefore, it can depict the highest state of consciousness, the higher aspects of the self. Our aspirations, spiritual and worldly, our ideals, and all our lofty thoughts are centered here. The atmosphere of the attic is important.

Dim and dusty was this dreamer's attic. She dusted piles of books with a single feather, which seemed to take such a long, long time. There were many books, but only this one feather. However, this symbol was a good one for her in that it signified faith and contemplation. Others in her dream class suggested that the color of the feather—white—denoted cowardice. Was she timid or cowardly for any reason? She pondered the possibility, but found it unsuitable. She did not feel it pertained to her dream. Here we stress again that the dreamer must be acceptive of any interpretation. It must have meaning to the dreamer so that it can be of value.

Her final analysis was that the books were indicative of both the material and spiritual knowledge she was seeking. At this time she was a college student. The feather implied the need for faith; persistence was also necessary because one does not easily dust off a book with only a single feather for a duster—or acquire knowledge without effort.

Not too long ago, before specific studies were made of content in dreams, it was felt that men dreamed more often of their place of work, while women dreamed of their home surroundings. Today, with so many women employed in the work force, the picture is changing. Women have increasingly incorporated their place of business into their dream setting.

Almost any high place can signify a higher state of consciousness. Attics are not the priority! If you are a pilot or a passenger in a plane or spaceship, it would tell you much more about yourself than if your inner self put you on a tricycle, would it not? Perhaps, then, the setting

is a high, beautiful place in nature—hills surrounding a lovely valley, or snowcapped mountains reaching to the sky. There may be a tower room of a castle or Victorian- type house, a belfry, or an elevator that soars to the highest floor.

Traveling on water is another common experience related by dreamers. What then is the method of transportation in your dream? Do you find yourself in a small rowboat? Is it in a leaky condition, in danger of sinking? Perhaps you yourself are not in condition for the particular set of circumstances you find yourself in at this time. Is there danger of “going under”? Often a dream can use pictures such as these to point out either advantages or possible dangers.

Are you on an ocean liner, luxurious in its appointments, one equipped with stabilizers which grant you safer passage than if it were a foundering, broken-down vessel?

A sailboat with sails full to the wind, beautiful in the sun on a sparkling sea, is a far better indication of present good circumstances than one which has limp, torn sails and is being tossed about at the will of a whistling gale-like wind.

“Four Sheets to the Wind” opened one dreamer’s eyes wide so that he could clearly look at the way his life was going. This was the title he gave this dream. Giving a title to your dream, we find, is one way of compressing the central idea. The very small and ugly boat in which he was sailing had four sails which seemed overpowering for this size of vessel. Also, the boat was not moving. It seemed to be stationary, just sitting there in the water with its four sails taut. An unlikely situation, but then that is the way the dream world often does things. He chose this particular title for his dream when he recalled that it was an expression referring to too much consumption of alcohol and a resultant state of intoxication. He had been in this state too often lately, he realized. His career threatened to go “nowhere,” like the boat in his dream, and the drinking problem was overpowering his drive for success in his work. The dream was very informative.

Water beautifully expresses so many things. It can refer to the emotions, since we cry when we experience both happy or sad feelings.

And it is strongly indicative of our path in life. If the sea is rough and angry, our minds and/or our path are in a more turbulent state than if the waters in the dream are calm and peaceful.

Here again, as we need to do if we find ourselves in a car in the dream, we note who else is present on the scene. Are there other characters around? Are we the captain of our ship, and is it large or small? Are we capable of operating alone on the sea of life, or is someone else handling this ship, leaving us at the mercy of another helmsman and to the elements? If the character appears strong and trustworthy, or we have good feelings about this person at the head of our “ship,” we have no need for worry. But, if not, we should further study this dream.

Nature constantly surrounds us, rich in symbols, there for our pleasure and also for information in the dreamer whenever and however she appears.

The man lost in a forest and unable to find his way out is evidently beset with troubles. He stumbles against rocks, which signify obstacles in life’s path. He has no time to pause and reflect on the beauty of flowers that grow along the path. The sky darkens; the man awakens, very much afraid. Certainly this is an anxiety dream which calls for an immediate reduction of problems and stress in his everyday world.

We would wish that he could have looked up in his dream and found the North Star for guidance on his way. This would have been a better closing for a dream. Instead, he is being informed that his daytime world is too much for the inner self; the psyche is in need of relief and expresses this in the dream’s surroundings.

There are innumerable locations, strange and some not so strange, in which the dreamer finds himself. Remember, you are producing this dream, so decide your reasons for choosing the particular place in which you find yourself. If your dream places you in the polar region, with feet freezing in the cold snow, but shoulders burning even though you are protected from the moon’s *hot* rays at noontime, we suggest you look at these incompatible symbols carefully. You might even check to see, if it is wintertime, if your electric blanket is working correctly, or

if the covers have slipped and uncovered your feet. External stimuli can be easily incorporated into a dream and produce what seems incongruous yet really has meaning.

Analyzing the appropriateness or incoherence of the dream setting is still another step in determining its significance to the dreamer. That is what we are seeking-knowledge of the dream's message so that we can apply it towards making our life better. We seek self-knowledge.

Points To Remember:

1. The setting is another important component which adds to the understanding of the dream. Why have you chosen this particular site?
2. The house is one of the most commonly reported settings and can mean different things. It may deal with the physical body, mental and emotional states, and spiritual development.
3. Consider the exterior as well as the interior of the building. Each room carries significance relative to its function.
4. The lower levels of the house can refer to the subconscious, the rooms in the house to the conscious state of awareness, and the attic to the higher state of consciousness.
5. Water is another common setting. Note its condition. If you are traveling on the water, note the method of transportation and relate it to present life circumstances or even as an aspect of the self.
6. External stimuli can be incorporated into dreams.

Chapter 9

YOU IN YOUR DREAMS

We are not hypocrites in our sleep.

—William Hazlitt, “On Dreams”
The Plain Speaker

WHO IS THE most important person in the world? You know the answer to that. *You* are. *You* are the most important person in the world.

Who is the most important character in your dream? The answer is the same: *you*! You are the most important person in the world and it stands to reason that most of your dreams are going to be about *you*.

Are you surprised to learn that you can play several parts in the same dream? But it's true. Even the most seasoned interpreter might overlook the fact that he is that shadowy figure in the background, or that an aspect of his own personality is being reflected in one of the characters appearing in his dream. Dual or multiple role playing in one's dreams is perhaps the most difficult idea to grasp when beginning the work of interpretation.

In addition to being the main attraction in the dream, you are responsible for many other things. You are accountable for writing the script of the dream. You produce this play and stage its setting. You also collect and introduce the props and select the members of the cast, since, as mentioned above, you may be playing several parts in the same dream.

But we intend to focus on the “you” in this chapter. It was mentioned

above that in the personality of a dream character you might find your own reflection, mirroring an aspect of your own personality. It is not really “Joe Jones” who unexpectedly shows up in your dream, that old bully you recall from your childhood. Joe, in this dream, could represent a bullying attitude you are now currently displaying in some situation. Can you think what part he really may be playing in your dream—in what way your inner self is bringing something important to your attention?

Remember, then, to consider people in your dream as parts of yourself, as reflections of your personality, emotions, attitudes, and behavior before going on to consider whether they really are who they appear to be. For that is another chapter.

If you suddenly dream of Maybelle Henderson and have not seen or heard from her since ninth grade, stop for a moment to recall your memories of her. What comes to mind almost immediately? “Ah, yes,” you might say to yourself, “I remember her as being the class clown, cutting up, vying for attention, and generally making a fool of herself.”

Aha! There might be your clue, the key in your interpretation of the dream in which Maybelle Henderson inserted (or shall we say asserted?) herself. So, what kind of behavior have you been exhibiting lately? Put yourself under the clear microscope of your mind and examine your recent conduct carefully. Have you been behaving foolishly, or looking for attention in an uncalled-for manner? In what situation may you have been behaving inappropriately? Examine yourself in this way, for we usually find we can relate the incidents of the dream to recent occurrences in our life. Recall what happened that very day, or even the past week, before you had this particular character appear in a dream. Then consider the relationship between Maybelle and yourself, as well as the situation. Put them all together and see what the dream is telling you.

Your inner self is clever. Figuratively, it holds up a mirror so you can view yourself as you really are. In so doing you can catch yourself up short and resolve to make a change in attitude, behavior, speech, action, or in whatever direction necessary now that you are guided by and determined to act upon the message in your dream.

It is impossible to fool yourself at night in the quiet hours. While busy during the day with activities that occupy the mind, there is little time for certain things to surface and trouble you. But when external stimuli are absent and mind and body become quiet, the inner self does its best work, if you are prepared to listen. It then tells it “like it is,” as best it can in the form of the dream’s symbolic language. It relies on you to pay attention to the wisdom of its message.

*All the world’s a stage
And all the men and women merely players.
They have their exits and their entrances
And one man in his time plays many parts.*

—William Shakespeare, *As You Like It*

Shakespeare said it beautifully. We all fill many roles in a lifetime, displaying them during the night as well as in the day.

Check for *control* in your dream. For example, do *you* take the initiative in an action? Are you able to rise from one chair, for instance, and move to another, or are you unable or not allowed to do so? Have you gone somewhere willingly, or does someone or something else appear to be in charge and you find yourself having to submit? Are you passive in this dream, allowing someone else control over you? It is important as to whether you or someone else is in charge of what goes on in this dream, this play of yours.

If you find yourself submissive in your dreams, it may well be that you are feeling victimized, or actually are, in a situation in which you presently find yourself. You are not free to take charge of your own life, for some reason. Take heed if this is so. While there may be times when we enjoy and even need to be guided, that is different from being victimized.

In one young man’s dream, he found himself running for his life. His pursuers caught up with him, slapped handcuffs on his wrists and led him off. He tried to escape, but was gripped by the arms and held tightly; he had no choice but to go with the pursuers. He was taken to a courtroom, slammed into a chair, confronted by an empty jury

box and a glowering judge high on his bench. A sentence was placed upon the young man for refusal to cooperate. Our dreamer leaped up to protest, and suddenly awakened to find himself upright in bed, perspiring!

Certainly we can see that in this dream, and therefore in some part of his real life, our young man is in some kind of trouble. He had no control in this situation in his dream. Now, considering that he fought before being taken prisoner and also protested the unfair sentence, we cannot consider him to be passive in this dream. No, he was decidedly active insofar as he was able. If he had simply allowed himself to be taken prisoner willingly, slumping resignedly into his chair after being sentenced, we could interpret this to mean that he was willing to submit to others.

In real life, this dream related to a business situation. Our dreamer came to realize he felt “handcuffed” to a difficult situation in his office. He felt he was being dealt with unfairly by his immediate superior, evidenced in the dream by the appearance of the judge who is what we would call an “authority” figure. The judge also represents a “judging” part of the young man’s own personality. He actually was a very conscientious worker who, like many of us, was just being too hard on himself. Actually, the dream was spurring him on, telling him to “stand up” for himself against what he felt was an unfair decision on the part of his superiors. The empty jury box conveys the impression that, in reality, he was not being judged by his peers. His coworkers were not part of the problem at all.

So far we have been talking about the you in your dream and the idea that you may be the other character, too. Now we want to consider the possibility of vehicles as being representative of you, also. There are many we could consider, but one common symbol that reflects the self, its physical body, and even its emotions and actions, is the automobile. Because the automobile is such a common mode of conveyance, it may represent how you are getting along in life.

In your dream, what kind of car are you driving? Is it an up-to-date model, in smooth running order, with an unmarred exterior, and with a tank adequately filled with gas? Is it beautifully upholstered,

and altogether a fine, tuned-up “instrument” prepared to go far and travel well? In this case, we assume that you are in fine shape, in perfect running order to get through life at this time, and destined to go far with the earthly body you inhabit. You seem ready to perform well in whatever situation with which you are concerned at the present time.

But what if your car is limping along on four cylinders instead of the six or eight with which it should be equipped? What if your tires are worn in their tread and a blowout is imminent? What if your headlights are dimmed and the battery is low? Do you think this car, if it is representing you, will go very far? Is it capable of safe travel and long distances? No, it sounds as though this car needs an overhaul. Check the state of your health; look carefully into what might need remedying. Get some rest, and let some work be done on this car while you are in more of a state of relaxation.

There are so many little things to check regarding the appearance of a car in your dream. Do not disregard the warning signals, such as ignoring a stop sign, going through a red light, discovering the brakes do not work well, making a wrong turn, or even finding your car going backwards when you don’t intend that at all. Why would you be going backwards in your dream, unless it meant regression of some sort, or backtracking, or trying to find a “better” or “different” road?

The road on which you find yourself traveling is significant. It is a strong indication of the Road of Life, the path on which you are traveling presently.

We arrive at a point where we again emphasize that you as the dreamer and producer of the dream are your own best interpreter. While others may help you to arrive at the meaning of some of your dream, yours is the final voice in this matter insofar as accepting or not accepting an interpretation. Knowing you as well as it does, the inner self (the real *you*) has carefully selected the cast of characters for the dream.

This world—the dream world—is a fascinating way to discover ourselves!

Points To Remember:

1. You are the most important character in your world and in your dreams.
2. You are significant in these dreams: you are the producer, you stage its setting, select the props, and cast the characters.
3. You can play several parts at one time in your dream. Consider the other characters as possible reflections of your own personality, emotions, thoughts, attitudes, and behavior.
4. Sometimes even inanimate objects can be representative of your self.
5. Note whether you are in charge of what is happening in your dream, or if someone or something else is in control.

Chapter 10

PEOPLE IN YOUR DREAMS

ALTHOUGH THE DREAMER sometimes finds himself alone in the dream, more often than not there are other characters who make their appearance on the stage as the Curtain of the Night goes up. There may be only one or several figures. They can be shadowy figures, vague in the background, as well as a very definitely known, defined person or someone completely unfamiliar. The presence of a shadowy figure is quite a common experience and often there is little or no emotion connected with its appearance.

Another kind of shadowy figure may appear, however, as more threatening, menacing, or simply troublesome in some way. This figure is one to be dealt with. It may represent the deep-down, repressed images and reflections of ourselves that we do not wish to acknowledge in the conscious state. But here it is, appearing in our dream world like a skeleton in the closet wishing to be brought out into the open for close viewing and understanding and then laid to rest. Night is the perfect time for skeletons and the perfect time for telling the truth in the dream world.

As part of your dream analysis, plan to give proper attention to the “other people” in your dream, to the part they play and what they may represent to you, so as to realize the important information being conveyed to you through their personages as symbols. Their picturization helps you to unravel the mystery of the marvelous dream world. Why have you given them space on your dream stage? You must have had a reason.

Note how these other characters dress, behave, and what they say. Consider what actual expression of yourself they may be exhibiting. If they are people you know or have known, think deeply about your feelings for them. Then, as mentioned before, relate this information to your own self.

A man dreamed of an incident of the past when he and his best friend were caught cheating on a test in eighth grade. “Now, why,” he wondered, “would I be dreaming of that? Why would I dream of something that happened so long ago?”

At the time of this incident, his eighth grade class was preparing for graduation to high school. Punishment for the act of cheating was very severe in those days, and because of being reprimanded for cheating, he and his friend were threatened with expulsion and possible non-entrance to this particular high school.

He was presently at work on a resume which was to be handed in to his immediate superiors in the hopes of advancement to a higher position. He had intended to include information which wasn’t true, so as to enhance his background. In fact, the resume was already on his desk, ready to be typed by his secretary. Needless to say, the message in the dream was a warning. It was clear enough for him to reconsider and turn in a completely honest paper with no fabrication whatsoever. He was not going to take the chance of not “graduating” and failing to enter a higher “position”!

The manifestation of what are called “authority figures” should be looked on with favor since they bring with them an important message, stressed by their very appearance. They come in forms such as clergy members, doctors, nurses, foremen, judges, lawyers, police officers, military personnel, supervisors, and teachers, to name only a few. They can be priests, monks, or angels. One may be a superintendent of a store. There is no end to the positions of influence and affluence assumed.

In this dream a man was walking down a very dark street, lit up only by signs over storefronts. He could not read the signs but that did not seem a matter of concern during this dream. He saw figures, usually

female, coming through the doors. He was curious and was about to approach one of them to make inquiries when, just ahead, a figure could be seen approaching through the dimness. As it came closer he recognized what might be a minister, in that a white collar was obvious in the dim light. In a dream any image that stands out conspicuously, drawing your attention to it, is quite important. There is a reason for it.

The dreamer had been quite promiscuous in his social relationships the past few years, but was coming to realize more dissatisfaction than satisfaction with his activities (what was going on behind the storefronts—being “sold”). He was reaching a point in maturity, not merely by reason of age, where physical needs were insufficient for pleasure or contentment. The spiritual symbol of the white collar was acting as his conscience and common sense, and as a spur towards spiritual growth. There was more to life than the physical, the dream was saying.

The appearance of lawyers, judges, courtrooms, jury boxes, and police officers can be helpful. If such a person appears in your dream, one question to be answered is how you are conducting yourself. Can you judge yourself as being innocent? Are you operating within the law? Is there a chance you will be caught doing or saying something that is at odds with your honest nature? Are you living up to your ideals? These are only some of the questions you might put to yourself.

A dreamer found himself confronted by a policemen in an office building. He escaped into an elevator that seemed to go up and down, up and down, not heeding his attempt to stop it by pushing the STOP button. Then suddenly he was in a courtroom where he seemed to be on trial. Pandemonium reigned. He thought it strange that the judge, whom he felt should be dignified and sedate, was jumping up and down. Up and down, just like the elevator, he noticed! The dreamer tried to proclaim his innocence, but no one would listen.

This dream reflected his present state of affairs, an up-and-down situation over which he seemed to have little control. It was reflected in the difficulties with control of the elevator and in the judge's behavior. This dreamer's affairs were actually “up and down,” one day to the next, and he could not gain control of what was going on. Indeed, he

was feeling misjudged by everyone at this time. He was in a complete state of anxiety, with his stress manifesting in the dream. In real life, his firm was on the brink of bankruptcy; he was trying desperately to make his voice heard by creditors and friends who had invested in the company. Sincerely wishing to make amends and feeling there must be a way to satisfy all concerned, he was finding it difficult to make people listen to his plans.

The dream was now mirroring his inner state of mind and probably that of others. Peace was certainly absent and judgment was certainly present. But the man was determined to make good his word and was finally able to do so. No further dreams occurred pertaining to this problem once he was able to resolve it.

As you work with your dreams you will notice that they usually appear in a series relative to a current life situation. When a problem or situation is resolved, the dream world is no longer concerned with this particular one and goes on in other directions.

Physicians can appear in a dream that relates to your present or future state of health. Our body can talk to us during sleep, with its intelligence presented in the form of a doctor. Clearly, it is to our advantage to pay attention to this type of dream and the information it might contain. Be alert, too, to the fact that before illness or disease is manifested in the outer physical body, the illness can be apparent to the alert dreamer or meditator.

Let us not forget the Great Physician, the spiritual healer, who often appears to people when they are in poor health. Some merely *feel* this presence in a dream; some see only a brilliantly white robe. Others have seen beautiful hands extended towards them. A feeling of well-being follows these dreams.

Teachers in dreams act as they do in real life—they have something to teach. You are the student. Work at the content of this dream, for it is truly instructive in nature and contains valuable information for you. These authority figures appear in their special role as a means of calling your attention to possible situations. Don't many of us wish we had listened more closely to what was taught while we were in school?

We were provided with information, yes, but we were also being taught discipline, both in behavior and how to use our minds.

A mother dreamed of the strictest teacher she could ever remember having during her school days, and awoke with a feeling of consternation. She connected the teacher figure and content of the dream to the difficulties she was having with her own unruly child. She realized the young girl was pitting the father against her, the mother, knowing the mother would capitulate when confronted by her husband with the child's demands. Mother then decided she had better hold to the courage of her convictions and be much stricter in the future, or soon the girl would be beyond anyone's control.

Many analysts agree that dreams about family members close within the family circle, seen or contacted fairly frequently, usually pertain to that member. They portray themselves. For instance, if you dream of a younger brother and are left with a feeling of anxiety, worry, fear, or sorrow, consider your present relationship with him. There may be something that needs taking care of, smoothing over, or talking out.

In a dream, a man could not reach his brother by phone, although he kept dialing and dialing the correct number. There was no answer. He knew his brother was at home in his dream, so he wondered, "Why no answer?"

This is a communication-type dream. In real life he could not "get through" to his brother. They were, in fact, at odds with each other in their relationship in real life. His brother was considering marriage with a girl who several of the family members thought was not worthy of bearing their surname. Some of the family had not made the girl welcome, and our dreamer was uncomfortable about their behavior. The dreamer wondered, too, if his brother were making a mistake in the contemplation of this marriage. None of this, as yet, had been openly discussed, but emotions were rampant.

He pondered over this dream and it troubled him greatly. Should he keep trying to reach his brother to explain just why the family was reacting in this way and how they felt about the coming union? Or,

could the dream mean that he was to get in touch with his brother and discuss only his own feelings?

He meditated on this dream and finally decided that the ultimate decision lay with his brother. The family was being overbearing in their attitude and their pride was too great. They were not giving the young woman the chance she deserved. As it turned out, the brother married the young woman and the marriage was successful by everyone's standards in all the years that followed.

Since we often find our dreams to be puzzling, it may be an excellent idea to take parts of the dream into a meditative state and allow the quiet to help us arrive at the meaning. It is the inner self that bears responsibility for this dream, wishing to instruct and inform us and, in a sense, is delighted that we are interested in understanding its language. It will cooperate with our awake state and be eager to give us an even richer dream life.

Consider requesting another dream for clarification if you do not understand one just received and are really puzzled about it. Then watch carefully, for it is as though the inner self grants your wish, your sincere desire, and provides you with a different scenario for comparison and clarification. This answer to your request usually occurs a very short time after the first dream, so wait and watch carefully. You may be surprised at just how facile your dream mind can be.

In the authoritarian-type family, the voice of the mother or father is law, and heaven help the youngster who disobeys! Even in the very permissive family, one parent tends to stand as final decision-maker in important matters. In time of trouble, the need for a tender, supportive mother is strong, and her loving arms are a refuge from the world we sometimes fear to face as children. Our cares and woes fade as a parent explains the puzzles of everyday life and gives us advice that stands us in good stead throughout a lifetime. Fortunate are those who have such parents, but even so, does not the appearance of mother or father in the dream then command us to listen to the message? The wise person listens.

While we are on the subject of parents, it is a good time to mention that many dreamers feel that the appearance of a deceased parent is actually that person. They derive much comfort from this appearance, and strongly feel that their parent is still guiding them and has chosen to do so in this manner. In any event, the love expressed and strongly felt by such an image is of value to the dreamer.

We shall now proceed with information about other members of the family. For instance, the appearance of Uncle Albert in his dream startled an older man and he realized that he himself had been acting out the role associated with this long-departed uncle. Uncle Albert had always impressed our dreamer, who was then the young nephew, with the fact that he, the uncle, was superior to other members of the family. Throughout childhood, the dreamer had felt rather inferior in social situations, and he now realized he was doing exactly the same thing to one of the young attorneys in his law firm that Uncle Albert had done to him. A good lesson in tolerance, respect for others, and the need to realize that one's feeling of superiority can be incorrect as well as the display of superiority being in bad taste—all this he was able to glean from the dream.

If we dream of a son or daughter, for instance, in a perilous situation, it would not be out of order to ascertain first of all that they are safe. We must keep in mind, too, that this kind of dream can be produced as a result of our thinking or talking about the "worst" that could happen to these youngsters who have left home even though they are now old enough to look out for themselves. Children grow up in front of everyone's eyes but those of their parents! Therefore, we must watch our thoughts so that these possibility-fears are not imprinted on the subconscious.

A frightening dream about our children may be a reflection of our secret worries, yes, but it may also be a warning of some kind. It is not to be discounted, and the reality of it might be one's first consideration.

A mother and mother-in-Law, living miles apart, had almost exactly the same dream of a young girl (their daughter and daughter-in-law respectively) who was actually ready to depart on a short journey in her automobile, driving alone. Of course, the two dreamers were

quite disturbed, especially since the dreams were so much alike. It was frightening and seemed a portent of danger. Rather than frighten her by recounting it, her mother admonished her emphatically by phone to drive carefully and sensibly, to be sure the car was in perfect running order, and to stop for a rest should she become tired. They prayed at home for good road conditions and safety throughout, so that she, as well as others encountered on the journey, would be safe.

The young woman took this in good humor, not displeased that there was concern about her taking this road trip alone, but she was sure of her ability to handle all well. She blithely reported upon her return that she was nearly run off the road by a huge truck, but that she was able to grip the wheel firmly and keep the car under control.

So, dreams such as this may be looked at both literally and figuratively. If you feel yours is a literal dream and the content should be taken seriously, then do as much as possible to ward off trouble or danger. If steps can be taken to sidestep or dispel any danger, all to the good. The dream world can be a protective one.

The baby dream is another often recorded. Sometimes it is a wish-fulfillment dream that many expectant mothers have toward the end of their pregnancy. There is a fifty-fifty chance that a prediction as to sex is correct in these cases!

In contrast to this, a nonpregnant woman dreamed of giving birth, after a difficult labor, in a dark, dreary jungle. Even though it had been a long, tedious labor, in the dream state there was no feeling of pain. There was just the awareness that giving birth had occurred. In the dream the baby was malformed and died. She was very happy about this, and there was no sorrow connected with its death.

After working on the dream the following day, she realized the content referred to the progress she was making in overcoming emotional tendencies which were “deforming” her character. It was a long, tedious struggle she was undergoing, as depicted by the prolonged dream birthing, but there was the realization that in time she could “expel” from herself that which was not attractive.

Dreams of babies are common. They come in all sizes, shapes, and colors. They may be in the womb, in the act of being born, or simply present suddenly. They may crawl or toddle, and be sick or healthy. Babies often can refer to a sort of pregnancy of thought, to new ideas or possibilities and potentials within the self. Certainly it is easy to understand why, in the dream state, we would want our baby to be healthy rather than sick. Babies can also mean the dreamer is giving birth to a higher state of consciousness.

A woman dreamed of giving birth to a very tiny baby—so tiny, it was almost like a toy. It fit into a small box she placed atop her dresser. She then left the house. The dream ended at this point. Very little emotion was connected with the dream. Upon reflection, she realized she had been “toying” with the idea of purchasing a small business, but was not serious enough about it to devote much time (the baby was small) or energy to nurture it (she left it behind). With no emotion connected with her desertion of the baby, she realized she could easily discard the idea of purchasing the business.

Babies can also refer to new beginnings in spiritual matters. Perhaps one has decided to change his religious affiliation or has suddenly become aware of the need for more things of a spiritual nature in life. Don't we all smile at the mere sight of a little innocent baby? There is so much happiness in the coming of an infant into the family who awaits it. A beautiful baby can represent a change in consciousness. There is a Christ-like consciousness within us all, waiting for birth, in a manner of speaking. The awakening of this consciousness must be nourished, like a newborn, if it is to bloom into awareness.

When we talk of things spiritual, as will be developed in a future chapter, we are not only referring to churches, religious figures, and rituals. Spiritual qualities can also pertain to moral values and a refinement of our thoughts and feelings.

When there are children in the dream, be curious about their behavior. Could the dreamer be behaving childlike in some way with respect to his life? Is there being displayed an immature attitude, or the belligerence of an indecisive teenager? Are we cooperating with the authority figure in our office or factory, or the social group with

which we are working on a community project? Or, are we determined to go our own way with little consideration of others, as a young child would? The young child is ego-centered, and it may not be surprising that within all of us there are still remnants of that child we were.

It is said that the “child is father to the man,” but the father still contains some of that little child as he grows older in ways the sweetheart or wife may find appealing. But when the undesirable characteristics of the child’s ego are displayed after he is grown, there is a disturbing imbalance in the personality. The mother, too, still retains childlike qualities as she grows older. These, too, can be appealing. But the wife or mother who still has the need to cling to Daddy, or needs a husband mainly as a father figure, opens the door to marital difficulties as well as stifling her own growth. So we look carefully at the children in our dream for clues.

The presence of very important people in our dreams is interesting. The personage may be a king, president, emperor, princess, a famous pianist or an opera star—someone the world admires, respects, or envies. We may find ourselves invited to a palace, waited on hand and foot by servants. Every need is satisfied, and our advice may be listened to attentively by a famous figure in history in this kind of dream. We are “in,” and paid attention to, and awaken with a good feeling. We are important! And often this is the reason for such a dream—the need for importance.

As an example, our workaday world may have resulted in a humdrum existence. Maybe we have been passed over for promotion, or ignored by fellow workers or members in a social group, or are simply lonely. Our stature has been diminished, somehow, and we need something or someone to perk us up. What better way, if we are feeling this way, than for someone the world acclaims to seek us out and pay attention to us.

Some years ago a woman dreamed of being personally escorted to dinner at the White House by the wife of the President of the United States at the time, where she was the only guest of John and Jacqueline Kennedy. She was wined and dined regally and made to feel acceptable and important. In truth, the dreamer was desolate,

lonely, and unhappy, having moved to a location where she had not been made welcome. The dream not only made her feel important, it made her realize she was a person of some worth. She reassessed her position in the community and decided that, while one is always in the “right place” to learn something of value through being there, she was not in the most perfect place to learn and blossom in character and personal enjoyment. A move to a different location and atmosphere was made after due deliberation and meditation.

A dream sometimes includes figures of primitive people. Their appearance could relate to an undeveloped or uncivilized portion of the dreamer. Clad only in a loincloth and brandishing a spear would not seem to be particularly effective in present-day life if you are waging some kind of “war” within or outside of yourself.

A dream may refer to figures and incidents of the distant past that the dreamer strongly feels are a part of his own long-ago existence. It is like the reliving of an experience. Dreams of this kind are referred to in a chapter on reincarnation dreams.

Points To Remember:

1. We can be hypocrites in the daytime but cannot fool ourselves at night.
2. Pay attention to the other characters in your dream. If they are people you know or have known, in what way may they be reflecting something in yourself?
3. In the dream, family members usually represent themselves.
4. Figures of authority, such as parents, teachers, police officers, physicians, ministers, etc., appear in the dream to add importance to the message they bring.
5. In the dream, babies can mean new ideas, new thoughts, possibilities and potentials within the self, or a change in consciousness. Children and adolescents can be reflecting some immature behavior on the dreamer's part.
6. Meditation often helps when you are unclear as to the reason for a character's appearance in the dream.
7. If you have difficulty understanding a dream, request another dream for clarification.

Chapter 11

CREATURES IN YOUR DREAMS

THERE ARE INHABITANTS of this world other than human beings who find their way into our dreams. We relate easily to the presence of people in our dreams. After all, we are in contact with them almost daily. But why would birds, beasts, fish, and even prehistoric animals appear?

Birds, for instance, symbolically refer to beauty and love as well as being message carriers. We might immediately think of the carrier pigeon. Yet since all birds fly, any bird can be considered as a bearer of information when appearing in a dream, but the content may be modified by which bird appears.

Birds have a natural ability to fly, soar into the heights of the sky, glide without effort and even make pinpoint landings. Of course, we realize that humanity has had great success in its effort to conquer air and space and is able to duplicate these feats and even go beyond with the aid of balloons, gliders, planes, and spaceships. The human mind has been instrumental in creating vehicles which rival a bird's flight. To understand why a certain bird appears in the dream, we must then think what this kind of bird suggests, what it signifies to us, and thereby what message it bears.

A sparrow is the bird which braves the cold winters of the North and survives. According to one dreamer's life experience, is he already "out in the cold" in some situation, or is this a dream warning of such

an occurrence? Since he brought this sparrow image into his dream he should not forget that the sparrow is also a survivor. If he can only endure whatever current problem he is facing to its end, the outcome may well be that of survival—a comforting thought.

A robin actually heralds spring; therefore, its appearance could be the harbinger of good news for the dreamer. Hope is raised in springtime with the beginning of new growth, flowering of buds, the start of a new season for earth. The first sound and sight of a robin is uplifting after a long, dreary winter. The robin has appeared in dreams of those who have lost a loved one, the dream not being coincidental with a spring month. According to those who relate this dream, it has signaled a turning point of life for them, the return of hope, vitality, and energy. What a wonderful dream to have for those who have been lonely and depressed! It has also been a symbol appearing in dreams of those in therapy when deeply depressed.

There are many birds we might consider in our examples, but they are not all cheerful. The dream of a vulture, with its connotation of greed and ruthless preying on others, caused one man to look carefully into a business transaction in which he was involved. This huge bird swooped down and carried off an entire field of flowers, leaving the area devastated. Strange, since vultures are thought of as living on carrion, and certainly not flowers!

After pondering over events in his life, this dreamer interpreted the symbols to pertain to a housing development partnership into which he had been invited. It later turned out to be an involved and illegal transaction. The flowers, he decided, were symbolic of the homes (hopes and dreams of young families for whom they were intended) which would have been overpriced and underbuilt by the man in charge of the development (vulture preying on the innocence of others). He heeded the warning in the dream, withdrawing his support. This was not enough to stop the project, but his conscience was clear that he had not contributed in any way, especially in the lending of his good name.

Ordinarily, the dove carries with it the meaning of peace and hope. However, a symbol does not always stand alone, and must be taken

into consideration with other parts of the dream as well as with its own actions. A woman, contemplating marriage, dreamed of a dove. It was a vague figure in flight, barely discernible at first. As it came closer, there was suddenly an eagle flying over it. The eagle clutched it, quickly dived, and dashed the dove against the rocks below in a wild surf. She awoke with a start and terrible feeling of dread and anxiety.

After due deliberation she called off the marriage, not without a great deal of thought and not merely because of the dream. She felt strongly that the dream had pulled together all the threads of her inner questioning about this marriage. It made a great deal of sense to her. She had grown up with a tyrannical father, thus leading to very unpleasant home conditions. She longed for peace (the dove) in her forthcoming marriage. She thought she had found the right mate but there were certain disturbing qualities about him. The eagle (perceptive, able to see clearly from afar) appeared as a symbol of her inner self, already aware of the difficulties this marriage could produce. Her hopes for peace could be dashed against the rocks, obstacles in the stormy sea of marriage.

A middle-aged woman, striving for spiritual growth and wondering if her work was in vain or would not produce much of value, had a beautiful dream of a towering white church spire, reaching high towards the clear, blue sky. There were many different kinds of birds wheeling in orderly fashion around the steeple. Surrounding the church below were large groups of flowers, some just budding and others in full bloom. Flowers are considered to be an archetypal image of the soul. This dream was filled with color, spiritual symbols of growth, and aspiration fulfilling itself. She awoke filled with awe and gratitude, and a certain contentment stayed with her for weeks afterwards. Truly this was a most rewarding dream for a seeker.

Each living creature with whom we have come in contact or even read about has come to mean something to each of us. These meanings and associations are very individual. Out of context, the symbols may mean little, but taken with the whole of the dream, such as setting, action, and emotion, their importance stands out like beacons that send the message more clearly.

The best thing about animals is that they don't talk much.

—Thornton Wilder, *The Skin of our Teeth*

Although the above quote is true, their appearance in a dream is certainly expressive. Wilder's quote does not refer only to animals. For dream purposes, insects, fish, and fowl are included!

The horse is a popular figure in fables and legends, where it is even claimed to be clairvoyant. Ancient prophets reported dreams and visions of horses; mythology deals with them, as does the Bible in Revelations.

In one of Grimm's fairy tales, a horse brought a warning to his master. The Swiss psychologist, Carl Jung, wondered if the appearance of the horse in a dream might not be the "mother" side of us. Another psychologist, Sigmund Freud, recorded dreams of horses, both his own and that of his patients, with interpretations differing according to the whole of the dream. Horses figure largely in dreams, and often many of these dreams contain puns, the humorous use of words as a play on words. When someone is "in the saddle" we are referring to his being in control. When someone is on his "high horse," it is meant he is feeling superior. You can probably recall many others.

Long ago in Germany and England dreaming of a white horse signified death, while in other countries a black horse signified death. You are entitled to your own choice, of course.

We are seemingly not entirely without superstition when certain symbols appear in our dreams. We think of a horseshoe as being a good luck charm and a black cat as foreboding trouble, for instance.

A young boy, torn between wanting to be accepted by a certain peer group in school, yet knowing it would be difficult to maintain the standards he had set for himself if he were accepted by them, had the following dream about horses. It was quite explicit, yet simple. Keep in mind that the group from whom he wanted acceptance was a fast-moving crowd that did not exactly delight the school authorities, or their parents either, with their antics. But they were the "in" crowd, and our young student was tired of being known only as a bookworm.

A white horse was running with many black and gray horses on the open plains in his dream. They were racing wildly across the plains and up and down hills and valleys. Suddenly the white horse wheeled aside and scrambled mightily up a steep hill. There it stood, its beautiful white mane flaring in the wind, looking down at the swift-running horses until they were far out of sight. Then there was quiet all around.

To him this dream indicated what he would do if he had to make a choice. It was a clear-cut decision to separate morally and spiritually (white = good) from the black and the gray horses (black and gray = absence of white, and therefore not so good). The steep hill indicated it was going to be a difficult uphill battle, but reaching the top (peak of character building) would be worth it.

One school of thought feels that animals in dreams are usually related to negative, undeveloped, or improper attitudes or activities in humans. Do not discard this idea entirely, as you might find it helpful as a guideline in interpretation of nonhuman symbols.

Let's consider the spider as a symbol. The spider is an oft-maligned creature, from which we shrink in fear and disgust. Yet it is highly significant as a symbol. In fact, it is considered quite a spiritual symbol. In Egyptian teachings one had to climb a thread of spider silk to get to heaven. There are tomb drawings of a spider pictured hanging by a thread of silk above a mummy case. It was likened to a connecting cord between the lower and upper worlds. In ancient Tibet, the universe was considered to be like a web. The souls of men were compared to tiny spiders dotted all over this vast web. In our own culture the spider ranges from being a feared and even loathsome creature to an interesting, creative being.

The spider spinning its web in the man's bedroom while his wife slept peacefully beside him meant his extramarital involvement might well lead to much more trouble than he could afford or enjoy. This dream revealed to him just how strongly he felt entrapped in an affair, and he decided it was time to face up to a return of faithfulness to his marriage vows.

However, in another spider dream, a woman interpreted it to mean the web of deceit which was being spun around the office in which she worked by a few troublemakers who were unhappy in their job.

Many of us as children heard the tale of how a spider saved the life of the Master Jesus. There are many variations. One relates how the spider spun its web across the house where Jesus was hiding from soldiers searching for him. The web caused the soldiers to comment that the door had been unopened for a long time, citing the web as evidence. They passed by and Jesus was saved by the loving act of the spider, according to the story.

There is also the creative ability inherent in the spider, for does it not spin a most beautiful web that no human being can imitate? Think too of the strength and resilience of the web!

An artist was feeling low in spirit, at a loss as how to complete a painting. She then dreamed of a silvery web, sparkling with diamond-like drops, with a beautiful gold spider at work completing the web. The beauty expressed in this dream left her feeling more at peace. Soon afterwards, the creative urge returned and she was able to complete her work to her satisfaction. You see, the spider also implies regeneration. Its web may collapse during a heavy rain, or be broken in some other way, but the spider returns to work immediately and reweaves it. What a marvelous dream to have when things in one's world seem all topsyturvy! It imparts the impetus to "get up and go" again, and "put together" what has been broken.

The bee is another age-old symbol of great meaning. In Egypt the bee was considered sacred since it secreted honey, which was considered the food of the gods. The bee, like the ant, is industrious, but the bee's work produces food, a form of nourishment. By producing something of value, the bee can also be thought of in terms of wealth. While the ant stores things, it is the bee that produces.

Yet bees and other insects can be seen as a nuisance, and that is just what they were in one young man's dream. He was busily swatting them with what seemed to be a small notebook. There was one large bee he particularly tried to dodge. It persistently kept returning. He

swatted at it and finally gave up, fatigued and discouraged. This actually referred to self-discipline problems, a particular school subject he had little interest in, and classmate with whom he felt little in common. Overall, there was unhappiness here he could not control, since the family had only recently moved into the school district from one where he had been very content.

We have mentioned that the bee is an industrious insect, creator of something useful. Our dreamer was resisting his new school environment. His resistance was physically and emotionally exhausting. Better if he could learn to “honey” his words and actions a little to sweeten his days at school.

The association of a mouse is that of a mousey-type character, and this would coincide with an undeveloped or immature character in a person. Or, we might think of a mouse as a completely harmless creature, even though its presence can make a person shrink from it in terror. In the former case, a dreamer realized that the subject of her dream was too unimportant for her to continue to worry and fret about in real life. She faced up to the fact that she was much bigger than the problem which she finally decided was mouse-sized. The problem could be solved in different ways and she now refused to allow it to trouble her further.

The rabbit evokes much information and a variety of reactions as a symbol. There is the reference to the Easter season, of course. There is also the rabbit’s naturally prolific reproductive tendencies. A rabbit could also refer to a personality that “runs scared,” since the rabbit is often depicted as a timid animal. Since the rabbit is one of the animals often chosen for children’s stories, there are many associations that can be made that are even more individual.

Recall that the horseshoe was mentioned as a good-luck charm, but the rabbit’s foot is carried for the same reason. Sometimes even the rubbing of it is thought to bring about that elusive quality called luck.

The rabbit’s pink eyes, vivid in one dream, turned out to be a health dream that foretold a girl’s problems of conjunctivitis, the infection that changes the white of the eye to pink or red. This may be an

appropriate time to repeat that the body often seems to refer to its state of health in dreams in an effort to alert the dreamer to possible illness. If we are not paying enough attention to body language in waking hours, the inner self does its best to inform us what is going on through the dream's symbolic language at night.

The pig may seem an unlikely subject, yet it was quite appropriate in the following dream. A huge sow struggled uphill, panting heavily, with piglets clinging to her teats. A very descriptive dream, the woman felt, since it represented exactly her life and feelings. She had several young children at home, and a husband who was both a "clinger" and a "ne'er-do-well." Life was a struggle, with the family seeming to hang on to her for their every need. She felt breathless in the effort to keep ahead of all the work. Moreover, she was overweight. "I eat like a pig," she said, and determined after this dream to try to change her life for the better.

So often the dream will point out things of which we aren't aware, or don't realize we already know. But it will also tell us the truth about life the best way it can. What is more meaningful than the pictures that tell us so much more than a few words, and in the shortest time possible—in the time capsule of a dream! One man decided he could no longer blindly follow the tenets of the strict, dogmatic church he attended; a woman divorced herself, in a manner of speaking, from her social group which was mainly interested in frittering time away, following the dictates of a good-time leader. Their dreams were meaningful to them.

We must not forget the appearance of sheep and the Good Shepherd, the spiritual leader of the flock. He tends them carefully and wisely lest the world in the shape of wolves harm them. This is a truly beautiful dream symbol.

Fish, because they live in the water and water is considered to have spiritual properties, are usually thought of as divine in nature. Recall that the sign of the fish referred to Christianity ages ago. Fish have also been considered a fruitful, productive, fertile symbol because of the many eggs, extraordinary in number, that one fish can lay.

An unusual characteristic, such as the elongated, sword-like extension of the swordfish, might also be associated with the unicorn, thus becoming another symbol of importance, spiritual in nature.

There are also more puns brought to mind regarding fish, such as “slippery as a fish” with its connotation of possible dishonesty, or that of a person adept at eluding questions. “Something fishy” about a matter alerts one to the possibility that everything is not as it seems. “Fish eyes” refers to the glassy stare which makes the viewer uneasy, wondering what is really behind that “window of the soul.”

So much for the inhabitants of our world that are nonhuman in nature. They provide us with much food for thought when they appear in our dreams. We would be wise to heed the knowledge that their appearance brings us and not discount their presence.

Points To Remember:

1. Birds, animals, fish, etc., co-inhabitants of our planet, find their way into our dreams for a reason.
2. To understand why they have made an appearance in your dream, associate as much as possible with the particular figure appearing and think of what it means to you. What are your thoughts and feelings about it?
3. We all attribute certain characteristics to nonhuman figures. How do these agree with your own thoughts and feelings?
4. Animals in a dream can relate to the negative, undeveloped, or improper attitudes of the mind, although we must, at the same time, recognize their positive attributes.

Chapter 12

OBJECTS IN YOUR DREAMS

IN THE DREAM, an object is anything that can be perceived by the mind's eye. There may be one or more that adds to the dream picture and enhances the setting. We heed the presence of objects, for they are the “props” of our stage setting, adding certain feelings, emotions, and actions to the interpretation. They are important in the production of this play, for what is a bare stage?

Objects can have more meaning than first occurs to us. Actually, while appearing to be of a tangible nature, they can refer to the abstract rather than the concrete. They could be standing for a thought or quality other than what they appear to be. For example, we can readily understand that a painted picture represents a tangible object, but the real meaning of the canvas, what it portrays, would be abstract.

Objects can be articles of clothing, religious symbols, or material things either strictly ornamental or useful. There are countless objects one could enumerate.

What marvelous functions this physical body of ours performs. If our attention is called to parts of the body, then these parts are considered “objects” to be analyzed within the content of the dream. Remember, where the attention goes, there we find clues helpful in solving the dream's meaning. Emphasis placed on the appearance of any of the body's features in a dream should be considered as worthy of notice.

With our two feet, we solidly stand on the ground. They are our foundation. Our feet can take us somewhere and everywhere. We walk quickly or sluggishly drag our feet. So the appearance of feet and their action would be meaningful in a dream.

Our hands give as well as take. They are instruments in their own beautifully effective way. Hands build or break down, help or hurt. Our nose in more primitive days sniffed out trouble. Our eyes see and our ears hear. The spine holds us erect or we bend with age and, figuratively, trouble.

Even the hair on our head can hold meaning in the dream. Did you lose your hair, for instance? Perhaps you have been thoughtless lately. Is the hair pictured as unruly, difficult to manage? Are your thoughts undisciplined? Maybe that head of hair is portrayed as clean, shiny, beautiful to behold. That would be a very good feature, indeed.

Don't forget that the dream may be literal and mean exactly what it says. It could be portraying a health problem in a dream. If you are sure that it is not, then take the dream to be figurative.

It has been mentioned before that rare or almost nonexistent is the dream dictionary that is completely worthy of your time and effort for purposes of dream interpretation. If you were to dream of a garter as an object noticeably standing out in your dream, do you want to believe you are about to have a passionate affair with a chorus girl? Yet this is one of the suggestions mentioned in a dream dictionary recently found on a popular bookstore shelf, and not of an old vintage, either. In the first place, how many chorus girls do you know?

One of our dreamers did dream of a garter. He thought this was a most unusual object to be found in his dream, unornamental as it was, but it turned out to be a fortunate dream, since applying the information gained from interpretation of the symbol saved him money! At first it seemed so silly he was about to disregard the dream. The only association he could make with the garter was that they are necessary to keep up one's socks. He was a man who wore them; without garters his own socks would fall down.

It so happened he had deeply invested in the stock market. Currently, his time was more dedicated to office demands than keeping up with stock market information. The dream was telling him to pay attention to what his stocks were doing or he could lose heavily on the market which, in reality, was indicating a downtrend. During the daytime hours there was the nagging fear at the back of his mind that he ought to pay more attention to his financial affairs, but at night his self, as well as his reasoning mind, put together this little scenario, and thus he was informed. We could also say that the nagging fear was being reinforced. It did not matter that the Jetter “t” was missing from the word “stocks,” and he dreamed of “socks”; he was about to “lose his s(t)ocks”!

The cross is usually a religious object. One dreamer saw a cross atop a church vividly in her dream. Her search for deeper religious meaning to her life led her to attendance at services in huge cathedrals as well as one-room storefronts. She had worshiped in the open fields, dancing under the sun and moon, and had sat cross-legged in a small room for hours intoning chants. After so many different and unusual experiences there was now confusion. The dream was really advising her to return to the fundamentals of a religious nature, to “look up” to the basics she had once been taught. While she still felt a return to the church of her childhood was impossible, a rest from the intense search was implied, she felt.

To another person, the cross again had a spiritual significance. This time the interpretation pointed out that the dreamer was laboring under a heavy cross in the burdens necessarily assumed within the family structure.

Jewels connote treasure, wealth in the form of something material or even spiritual. There is even the old story of the Roman matron who pointed to her children as “jewels in her crown.”

In her dream, an older woman was being accused of hiding under her wig the beautiful jewelry that was now on a table before her. There were many lovely gems in beautiful settings, as well as a lustrous string of pearls. She wondered how all this could possibly have fit under a wig. She was, in fact, hiding from others the fact that she was very well

educated. She was hoping to be accepted by the community to which her husband recently was transferred. There were “pearls of wisdom” in her head which she wished to share with others, but no one seemed very interested. She realized some changes had to be made. Her inner self wished her to make use of this acquired wisdom, not to hide it, hence the dream accusation of hiding jewels under a wig.

In the following dream, many cars in heavy traffic were of different designs. But of particular notice to the dreamer were the varying sizes of tires on these cars. He was able to safely cross this busy street, even with cars zooming here and there, so he felt the interpretation of the dream assured that a contemplated job transition from one company to another could be made successfully and without too much anxiety. Now, note the cars did not come to a screeching halt in order to allow him to cross with ease. He had to dodge some cars and jump quickly to avoid others so as reach the other side safely. This part of the dream was telling him quite a bit. The coming job change would be a good one; however, he knew he was going to be in “fast company” as there were some “high-powered” salesmen in the new company. Their abilities and experiences were varied, like the size of the tires. He would have to “step lively,” as he put it, and “watch his step.” This dream was loaded with puns, as you can see.

In a different vein, a man found himself taking a long trip, although the final destination was unknown. Surprisingly, he had no luggage. Carrying luggage can actually be a burden, loading one down. Since there was none in his dream, he felt it to be a good sign. He would be free of any burden while traveling. Actually, he felt that a karmic situation with a friend had only recently been resolved and he no longer felt hampered or fettered to the past. In fact, he no longer carried the burden of an unsatisfactory relationship. Therefore, this dream was a comforting one.

Another dreamer discovered that her purse was either stolen or lost. This greatly disturbed her because it held several credit cards. She awakened with an anxious feeling. In reality, the woman had recently suffered financial reverses and there was a question as to whether she would be able to keep up her present standard of living or have to take

up residence in a less expensive neighborhood. Would she be able to spend what she usually budgeted for her needs, or would she have to curtail some things, such as activities with her friends? What would they think or say? Her fears erupted in this dream, very representative of her worries over financial security.

Some people, through health experiences, discover that chocolate is not good for them. Others love it, eating it with no ill effects. But because of severe digestive problems, one dreamer knew most definitely that chocolate, which she craved, should be avoided. She dreamed of illegally entering Mexico to purchase chocolates, and she was getting into all sorts of trouble. This dream was reminding her that she was doing something “illegal” that would bring about harmful consequences to her body. She was well aware that eating chocolate gave her difficulties with both her skin and digestion. Nevertheless, she gave in to the craving one afternoon and indulged heavily. The dream had done its part and now it was up to the dreamer to either heed such dreams or suffer the consequences.

We wear articles of clothing for both modesty’s sake and for protection against the elements. Dressing in old-fashioned garb, for example, could indicate one’s thinking is out-of-date. We require different wearing apparel for various parts of our body, and its appearance can be very important. After all, the world can tell quite a bit about us as a person simply from the way we dress. If our shoes are rundown at the heels, we would not be shouting out information about how prosperous we are, unless we happen to be so eccentric that such a thing would not matter.

A university professor, not at all eccentric, was invited to an important gathering of his peers. Even the president of the university was present in this dream. After entering the room, our professor glanced down at his feet. Lo and behold, his socks did not match! One was blue; the other was brown. As if that weren’t enough, he discovered that his jacket was shabby looking as it had frayed cuffs and was lacking a button. In addition, his tie was spotted. His dress was in decided contrast to the clothing of others at this impressive and important gathering.

The dream was displaying his innermost feeling of inadequacy among his peers. His qualifications were not the best, his performance in teaching duties was below average, and his social skills were unpolished. Altogether, he was as inadequate in real life as his dream was portraying him in his dress for the occasion. Needless to say, he either had to improve quickly or find a position for which he was better suited. He was not happy in this dream, and it was a mirror image of what was transpiring in his daytime life.

A cardboard-stiff, puffed-out shirt swinging on a hanger implicitly pointed out to another man that he had been behaving like a “stuffed shirt” lately with his pompous, overbearing, stiff-mannered attitudes. No wonder he felt uncomfortable lately in the presence of his friends. A vivid dream, analyzed by others, helped him with this realization.

Arrayed in a World War II army uniform, standing alone in his dream and anxiously peering about for the enemy, reminded another man that he presently felt life was just like a battlefield. He was going to have to fight his way to freedom if he were to survive. He carried no weapons and felt quite defenseless.

The dream made him realize how strongly he felt in his present position in his workplace about the struggle he and several coworkers were making for a position about to become open. He did not feel he had the backing of his superiors, and without it there was little hope of achieving the coveted position. His daily life was stressful, and so was his night life.

While some of our examples in this chapter necessarily include setting and emotions, you can readily see how dream objects help clarify interpretation of the dream. Objects are more pieces of the puzzle of the dream, that, when put together, make for a clearer interpretation.

Don't become discouraged when the search for the meaning of a dream eludes you. Further practice with your dreams lead to more ease in understanding. Dreams are not meant to conceal. We have come a long way in learning how to decipher dreams. A great reward lies in persistence and especially in learning the language of one's own dreams.

Points To Remember:

1. In a dream, an object is something perceived by the mind's eye. It becomes more meaningful when your attention is drawn to its presence.
2. Even if the object is of a tangible nature, it can stand for an abstraction, such as a thought or quality.
3. Individual parts of the body are significant when they figure prominently in the dream.
4. There are countless objects capable of appearing in your dream. Remember that you have put them there, so you are best qualified to know the reason for their presence.
5. Persistence in deciphering the meaning of the objects in your dream is rewarded by self-knowledge.

Chapter 13

KINDS OF DREAMS

You could not discover the depths of the psyche, even if you traveled every road to do so; such is the depth of its meaning.

—Heraclitus

YOUR DREAM WORLD is filled with surprises. Night after night different scenarios are presented before your mind's eye, characters change, action varies, and the prop director keeps busy producing a multitude of objects. No Hollywood producer's record can measure up to yours in terms of volume.

Heraclitus spoke the truth. The human psyche is deeper than the deepest well imaginable. But in today's more advanced search for understanding, people wish to explore every possible avenue in their desire to discover the true value and many dimensions of the self. The world of dreams is one such avenue open for exploration, more today than ever before.

Why do we have so many different kinds of dreams? We must acknowledge that our thoughts, for one thing, can be mirrored in our dreams. Our emotions bounce us around during the day with the ups and downs of daily life, and then rebound into a dream and upset us still more. So we end up with a reflection of quite recent promotions and experiences. We want to remember that dreams often refer to current life situations, and the theme is recognizable in them. As soon as one situation is resolved, the dream takes on another theme, corresponding to the new, now-present life position.

There are many kinds of dream experiences and these will be discussed as we go on with spotlighting the dream state. They can be classified, if we wish to use that term. But not all dreams are cut-and-dried and capable of being placed in one category, so you will want to be alert for some overlapping in your own dreams.

There are questions, often voiced, that require an answer insofar as it can be given. Why, for instance, do you have the same kind of dream, the same theme, over and over again? You say, "I've dreamed this before, and often!" Here we have what is called the recurring dream. It repeats itself from time to time. It often has its origin in childhood years, although it may be one that has only recently made its appearance in an adult's life, as well. The theme of the recurring dream does not change, according to the message it is trying to impinge on the dreamer's consciousness. There is little variation in the theme.

A dream can be predictive of the future, which is surprising to the dreamer to whom it occurs for the first time. Or, it might relive the past, amazing us by its reality, accuracy, even taking us back several periods in history. This kind may be a reincarnation-type dream.

There are dreams in which we are incapable of defending ourselves; in others, we are fearless and unbeatable. In this latter kind of dream we may be reflecting the way we are responding in our everyday life. We either feel very confident or feel very incapable of dealing with matters at the moment.

In a completely different vein, another night we realize, while still asleep, that we are in the dream and can actually and actively take control of what is happening in the dream. "I could have sworn that I knew I was dreaming, yet I knew at the same time that I was asleep." This is called the lucid dream.

The predictive, prophetic dream can occur once in a lifetime; then again a dreamer may have several of this kind. "I dreamed the exact thing that happened a few days later!" is the common statement. The dream has come true and occurred just the way the dream portrayed it.

One dream may be of physical significance in that it is relating to the state of health of the body and warning of oncoming illness.

How worrisome and anxious life can be sometimes. We are at our wit's end trying to figure out what needs to be done to alleviate our difficulties. But through problem-solving dreams we are given solutions that assist in resolving what is troubling us.

And there is the spiritual dream, bringing with it an emotional lift that is almost beyond description. "How beautiful it was; I didn't want to wake up to the world." Or, "It was a turning point in my life; I felt I could go forward again." This experience is highly individualistic, even more so than the usual dream, if that is possible.

Do any of the above statements sound familiar to you concerning one or more of your dreams? We will elaborate in more detail on the different kinds of dreams as we proceed. With such a variety of dreams to be experienced, certain questions might need to be asked at this point, although the answers must lie mainly with the self. Where have we been during sleep? Did our bodies remain in bed while our minds transported some part of us to the place in our dreams? Did just our minds visit? Is it possible that we have truly experienced this visit from the figure in our dream, though without the aid of our physical faculties? Could some other part of our consciousness, unlike that left behind with the sleeping body, be operative? Were we out of the body in this experience?

The many kinds of dreams our minds produce raise these questions in ourselves, and sometimes only we, as producers, can give the answers. There are dreams which relate to the very personal side of ourselves. The dreams can point out personality difficulties within ourselves or pertain to social relationships with other people. There is often an overlapping here, not necessarily in one category by itself, since the emotional and personal sides of our nature are so closely related.

Another type of dream is the wish-fulfillment dream. We may always have had a strong desire to visit Venice and the famous St. Mark's Cathedral, and to float in a gondola along canals past centuries-old edifices. But such a holiday is out of the question and not within our

budget for quite a few years, if ever. One night we dream of being in Venice, seeing and doing all the things we have long desired to do. The inner self has lessened the tension, given us a bonus, and produced the longed-for experience and environment. How enjoyable such a dream can be!

There is another kind of dream, like and yet rather unlike the wish-fulfillment dream. It can deal with a mere passing glance and very brief thought of something that had not really caught our full attention, or so we thought.

It goes like this. During the day, we pass a shop window and note a lovely dress or handsome man's jacket on display. Just a glance, that is all we had. But that night we happen to be wearing just such a gown or jacket in a dream.

We hear an advertisement over the radio for a holiday on a South Sea island. Outdoors the temperature is actually below zero, and the thought crosses our mind ever so briefly that it would be nice to be there on warm sand, basking in the sunlight. There we are that very night in a dream, lolling in the tropics—the least expensive trip we ever made!

Perhaps we meet an acquaintance for just a few moments that morning, long enough to shake hands and exchange a few pleasantries. Nothing is noteworthy about this daytime encounter, no emotion is connected with it, yet that night he or she appears in our dreams.

This type of dream, no matter how hard we may try to find deep meaning in it, sometimes offers interpretation of little value. Delving into associations with the background, character, and symbols does not offer much information. It is extraneous information, likened to the “debris” or “residue” of the day mentioned previously.

While it may be disconcerting to the dreamer who is looking for value in this dream and finds none, it is true that it is a fairly common occurrence. The dreamer shall come to recognize it for what it is and not become discouraged from working at the interpretation of other dreams. First of all, he must be sure that it is indeed “nonsense” and

then discard it. It's as though the computer of the brain has gone through a sorting and filing process and tossed out extraneous information which the dreamer happens to catch.

The wish-fulfillment dream, as said above, is fairly common. It aims to please and tries to satisfy our inner urges while asleep with what might be impossible or impractical in the awake state. It is as though the psyche has programmed this dream to rid the mind and body of the tension of what might be strong emotion connected with the desire.

There is no end to the beauty of the dream; it entrances us by its versatility. We can proudly say that we did it all by ourselves. What a wonderful instrument is the mind, and what a variety of dreams it can produce!

Points To Remember:

1. The many different kinds of dreams our minds can produce would rival any Hollywood producer's record.
2. Dreams can be classified. However, a dream may fit into more than one category.
3. There are commonly recurring dreams; in these the theme is usually the same but can be different in detail.
4. Reincarnation may take the dreamer back several periods in history.
5. In the lucid dream we realize that we are dreaming.
6. The prophetic dream predicts something that comes true, usually within a short period of time after the dream occurs.
7. The dream can give warning regarding the body's state of health.
8. Problem-solving dreams give valuable insights and solutions.
9. The spiritual dream is uplifting.
10. Social relationships and personal difficulties can be portrayed in the dream state.
11. Wish-fulfillment dreams can satisfy our hopes and desires.
12. Do not forget that some "debris" of the day may enter into the dream, meaning relatively little when it occurs. However, it should not be overlooked until it is ascertained as such and is more or less meaningless to the full content of the dream.

Chapter 14

THE RECURRING DREAM

SOMETIMES WE DREAM over and over again what seems to be the same kind of dream, and we wonder why. It can recur within a short period of time, such as a matter of a few days or weeks, or there may even be years between. But it does return, we recognize it and its similarity. This is the recurring dream, as it is called. The theme itself does not change, and it is the theme which is important. It strives to call your attention to the very particular and important message it wishes to convey. You must decipher it according to the situation in which you presently find yourself at the time it occurs. This kind of dream refers to the same type of situation in which it first occurred, long ago, and can shed light on the problems you are facing today. While there can be some differences throughout the dream, the theme will not vary.

Do heed this dream and act on the information it contains. You will not regret it.

One young woman had the same kind of dream recur over a period of several years. When she finally analyzed it carefully and applied its lesson to her life, the dream never again made its appearance. She acted upon its information and eliminated the need for having such a dream again.

In her dreams she was walking through the woods. There was a beautiful lake ahead, but she could not reach it. She could see the clear water, but kept “getting sidetracked,” her very words. In life she had set her eyes on a certain goal, which was portrayed in the dream as the clear lake just ahead. She wanted to be a teacher, which would

require a college degree. She worked at several jobs during these years, which paid quite well. She seriously intended to save most of this salary towards an education, but we all know what sometimes happens to the best of our intentions. Other matters always seemed to take precedence over her plan and she delved into her savings account for other purposes.

She took another job which promised better hours, thinking that in this way she would be able to attend a night class or two. But she did not, and the goal was still farther away. She never started her school career even on a part-time basis. Here was the “sidetracking” of her dream.

Finally she realized that now or never was the time to return to school. She obtained a loan, as well as a part-time job at the university, and began her studies. Her night dream was urging her to fulfill her day dream.

There are common themes in recurring dreams; the communication-type dream is one. Sometimes the dreamer has great difficulty in using the telephone. He or she can't find the correct change for a pay phone; the box rejects the coins, or the operator doesn't answer when dialed. The dreamer can't seem to dial the correct number, the phone won't ring when the number is finally dialed, or there is no answer at the other end. A very frustrating, though common, dream.

If you have such a dream, think over relationships carefully. Is there someone in your workplace with whom there is some friction or disharmony, or is a social or family relationship disrupted? How can harmony be reestablished? It is within your power to reply to the message in the dream. It is informing you that somewhere, somehow, communication has broken down, but only you have the answer to this dream.

This type of dream also can be seen as a cry for help, as in the following account. A young mother, confined to the home with a handicapped child, her health strained by the demands of the household, dreamed repeatedly of frantically trying to reach her mother by phone, but her mother had died years before so the actuality would be impossible.

Rather, this was an appeal to an authority figure, though not the one present in real life. The dream was telling her that she sorely needed both physical and moral support even more than she realized this need during daylight hours. Since she could not reach “mother” in the dream, she must reach someone else for this help, such as friends, relatives, or agencies who could give her some support throughout this crisis.

Another common dream is finding one’s self on stage, performing in a play. If we were there only as an onlooker and not taking part, we might question why we are playing the part of a “bystander” in real life. Usually, though, the dreamer is performing in a role, properly costumed for the part. If not, he may be inappropriately cast in the “role” he is playing in real life.

The recurring dream of forgetting her lines in a play made this young woman very nervous. When she did utter a line here and there, it was the wrong one for the play she was in. Now, in real life she had little confidence in herself. She was very timid in the office in which she worked, even afraid to speak to others. When she did contribute to a conversation, it was of little value, of which she was well aware. She was very uncomfortable on the “stage” of the office in real life and was not playing her “part” very well. The psyche needed a change of some kind, and soon. The recurring of such a dream made her uncomfortable, worried, and stressful upon awakening. Life is a stage and we should be comfortable in our parts or do something about it.

A woman dreamed only once of performing on a stage where the audience consisted of only one person. He laughed and clapped at the wrong times, flustering the actress. Then she had a dream that recurred several times within an eight-month period. The theme was always the same. She would be on stage speaking her lines, but no one seemed to understand where she was in the script. No matter what she said, it was the wrong cue. One actor left the stage in a huff.

After having this recurring dream and other life experiences, she broke her engagement. The dream pointed out how she had begun to feel about the people who would become part of her social circle after marriage. There would be communication difficulties with them and

little understanding between herself and her future husband.

A father knew the meaning of the following dream. It came easily to him after he had it at least five times within a two-year period while his daughter was growing up. In the dream, his costume was completely wrong, being outdated for the part. He looked out of place.

His daughter was a rebellious young girl when this dream occurred. She considered Father very “old-fashioned,” “out-of-date,” and even out-of-step with the times. She questioned the strict rules set for her regarding schoolwork, dating hours, and style of dress. Everything and everyone was wrong, she felt. Father didn’t feel he was being too harsh, but his daughter’s feelings had strongly influenced this dream. He knew this was how he must appear to her. He resolved to compromise a little and relax his strict parental hold for family peace and harmony, but he would not relax entirely the standards that he had set for his family.

The flying dream is another that is common. Almost every dreamer experiences this at one time or another, especially children. The sense of freedom one gains in this dream makes it enjoyable. Flying through the air so freely, or taking off from the earth with a short jump and becoming airborne immediately—how easy this is in a dream.

A young girl took a flying leap through the attic window of her home in her dream and had great time weaving in and out between telephone and electric wires with no effort at all. Upon awakening she realized the wires resembled the musical staff to her. As a pianist preparing for an important recital, she felt that her hours of preparation would result in a creditable performance. She felt free and at ease both in the dream and now in the conscious state.

Sometimes the flying dream can refer to a state of anxiety regarding a current happening in life. This dream then represents a desire for escape, to leave behind one’s troubles. Rising above them, problems can be better seen or understood from this greater distance. The dream implies a wish to overcome difficulties, a longing for freedom from them. A flying dream can be refreshing since it can relieve tension and anxiety.

A woman who took care of her ill and aging parents often soared through the air in her dreams when the pressures of being isolated from people became too difficult to bear. Realizing that this was a temporary situation and not begrudging the time and effort returned to parents who had always cared for her, she still felt burdened and lonely. The flying dream provided her with the freedom she was presently denied.

There is also the theme of running for a bus, train, or plane. Sometimes it is barely within reach. Then again, it can be too far down the road and one despairs of ever catching up to it. The dreamer awakens, bathed in perspiration, never knowing whether the vehicle can be caught or not. A factory worker on a production line had such a dream. He caught the bus just in time, hanging on in order not to fall off the step. He attributed this to work pressures. He first had the dream as a young boy. Schoolwork was difficult; he was always behind with lessons, barely “hanging on” long enough to graduate. The dream recurred through the years, and he learned to connect it with pressure-filled periods of his life. Having to produce a certain amount of machine parts as his quota built up physical tension in his body, and he began to worry. This was the time that the dream would recur. He then would make the effort to relax more in real life or try to take a day off from his work.

One does not often run to catch a *boat*, but the expression can apply if we modify it to “*missing* the boat.” If you miss the boat, you are generally missing out on an opportunity, being too late for whatever it is that was just ahead on the path of life. Can you better prepare yourself either in time or knowledge and thus “catch” that boat?

One last common theme we will deal with is that of school. Remember how worried you were about being late for school during those childhood years, for example? In a dream this theme might mean for you to question—are you too late (or almost so) for something in life?

Another school theme is that of having to take an examination. This is another kind of anxiety dream. We feel unprepared for this test, don’t know the subject matter, or haven’t had time or taken time to study. A middle-aged attorney had a dream of this kind over a period

of years, but he now knew why he had it. It occurred at a time when it was advisable to check facts further and plan a better presentation of a particular case before it came to court, or something along these lines that had to deal with a case on which he was working. He always discovered that some aspect of the case was incomplete after such a dream. He was a perfectionist in his work and felt that this recurring dream was the best thing that could happen to him!

We are certainly fortunate when we are given such dreams and are astute enough to follow up on the advice found in them. The recurring dream may be one of the easiest dreams to understand, since we have only to look sharply into our present life to understand how the theme applies. By looking back at our lives to the time when this type of dream first came to us, we can more easily put the message to use. Would that all dreams were so simple to understand as the recurring dream!

Points To Remember:

1. A recurring dream is one that repeats itself, whether the interval be a week, month, or years between its reappearance.
2. Consider the theme of the dream. It is the same always, but it first happened long ago and applies to a situation at that particular time, which is very much occurring today.
3. These are common themes in the recurring dream:
 - a. The communication-type theme: Difficulty with a telephone, etc.
 - b. The on-stage theme: Dressed in incorrect or inappropriate costume for the play being staged; speaking inappropriate lines; forgetting the lines to be spoken.
 - c. The flying theme: Relief from tension, escapism, wish for freedom.
 - d. The running theme: Chasing after a bus, train, or plane.
 - e. The school theme: Difficulty taking an exam.
4. The recurring dream may be the easiest one to interpret of the many kinds of dreams we might have.

Chapter 15

THE INCUBATION DREAM

THE INCUBATION DREAM involves a problem-solving activity of some kind. It can refer to the need for solutions to physical or social relationships, as well as those of a creative nature. One asks that an answer to a question be given to him through a dream.

According to Webster's dictionary, incubation is providing a favorable environment for hatching or developing. In this case you are offering your dream state as the environment. Pose the question to yourself in a brief, clear statement. Repeat the statement several times, wanting to make a definite impression upon the subconscious. Incubating takes some practice, but it is an interesting and rewarding experience. Even with practice, the dream may not seem pertinent to the question and may be confusing to you. If it is unclear, ask for another dream or consider rephrasing the question.

To restate, in the incubation process you are telling your dream self what your problem is about and requesting guidance towards a solution in the dream.

The idea of expecting answers to problems from the dream world is not new. Primitive societies appealed to various gods for help and valued their dream images. The more sophisticated societies of Egypt, Greece, and Rome built temples devoted to the healing gods where interpretations were requested from those trained in the art of receiving answers from dreams. Young virgins were selected and trained for this very purpose. It may even have been quite a lucrative business at one time.

Pilgrimages were made by people who needed help with their problems, incurring travel to faraway places. Today you can duplicate this effect with less effort. Your temple is your own body, housing a wonderful and powerful mind. You do not have to travel any farther than your own bed. Your need may be for health purposes, understanding in a personal relationship, or wondering whether a move to another city or job position is advisable, or about anything you are having difficulty taking care of.

At one time St. Agnes's Night, on January 21, was very popular for this purpose. On this date, girls desirous of a mate incubated a dream that would show them their future husband. And don't you recall the practice of putting a piece of wedding cake under one's pillow, sleeping on it, in the hopes of having one's future mate appear in a dream? This certainly was an incubation- type dream, without words but with intent, although it does reduce a delicious piece of cake to crumbs.

You may have incubated a dream and not even known you had done so. Often, just in those moments while surfacing from sleep in the early morning hours, there comes the clear-cut understanding of what must be said or done in order to conclude a problem properly, or you feel you have been given a clue as to the direction to take to better effect a solution. This kind of problem- solving activity may have been going on for a long time, but the conscious mind up to this point has not been quite aware of it. It's like the old expression, "Sleep on it." The conscious mind hasn't been able to do it alone.

However, in the direct, active process of incubation, you knowingly choose the problem statement, impress it upon the subconscious, and expect an answer in the dream state. Be sure that you then act on the information given you. This is the fourth point on the square of the art of incubation.

An admonishment is made here, as in the case of prolonged programming for lucid dreaming. Too much is not a good thing. As we mature, we are expected to take care of difficulties in our lives while in the conscious state, employing all the resources of which we are capable while awake. Expecting answers too often from the dream world may de-emphasize one's own capability in dealing with life.

A young teacher incubated a dream. She was having difficulties in the schoolroom and felt that she lacked both the courage and energy to return to school for the following term. She programmed for an answer, asking, "Should I return to teaching at ... school this following term?" Her dream came in the setting of a battle scene. All sorts of instruments were being used: knives, swords, guns, and clubs. It reminded her that she indeed felt that the classroom was a battleground, she later said, both for personalities and the battle to educate young minds that fought against the process. In the dream she drew apart, seeming to view it from a distance; then, the battle still raging, she reentered the fray.

The dream did not come to a conclusion as to who won the battle. After long deliberation she concluded that she needed a breathing spell and the two weeks allowed between terms was not enough to revitalize her. She asked authorities in the school to allow her to return the following year rather than the next term. To give up would be denying her dedication to the ideals of teaching. She would return to the "battle of minds" later with renewed energy, dedication, and enthusiasm.

Another woman, ill for a long time, had found nothing and no one able to modify her health status. She decided to petition for a cure in her dreams, although she was a little skeptical about it. After all, she had been "doctoring" for years and nothing good had come of it. But, desperate, she tried incubation. She was rewarded several nights later with a dream of many snakes. A few moved slowly above ground, and glancing down into a pit, she saw many smaller ones writhing in a dark area.

The dream of a snake is common. Like other symbols, it carries a variety of meanings, among them being one of transcendence. Coiled around a staff we recognize it as a symbol of the medical profession. It was the therapeutic symbol of the god of medicine known as Aesculapius in Latin, or Asklepios in Greek. It was originally meant to be a nonpoisonous tree snake, coiled around the staff of the healing god, embodying a kind of mediation between earth and heaven. The god was begged to intercede on the part of the mortal on earth.

There also is a piece of Greek art, a relief, which pictures the snake biting a man's diseased shoulder. Opposite it is the figure of the god healing the shoulder.

In the woman's dream, some of the snakes proceeded to wriggle out of their skins, appearing moist, bright, and shiny. The markings on their backs were unusual, though uniform and quite beautiful in pattern. They seemed to rest and then move with more vigor than others who had not shed their skins and were still slithering slowly.

The woman's interpretation was that the symbol of her small and large health problems appeared as the snakes. Some of the illnesses were being taken care of and that part of the body was rejuvenated, akin to the snakes sloughing off their old skins and appearing in new ones. Other physical complaints were still present, as in the slow-moving snakes who appeared to have little vigor.

The snakes in the pits puzzled her at first until she associated a snake pit with mental problems. So, working through difficulties she was having with relationships as well as with some of her own attitudes, she realized what changes were necessary. Physicians and medications were still necessary, but her changed attitude towards life was instrumental in bringing about improved health.

Here is a problem-solving dream of Jong ago. In AD. 312, Constantine was about to enter into a decisive battle. His father, emperor of the West Roman Empire, had died in AD. 306, and the son had been proclaimed emperor by his own and his father's troops. But he had an arch-rival who wished to dispute this claim.

Most assuredly, Constantine had a problem. He must have labored over battle plans for days, weeks, and even longer, wondering and worrying about the outcome. He was, in fact, incubating during this period. Just thinking of a problem over and over again, with the planning being an added feature, can be considered a process of incubation. Then, perhaps when it is most needed, the dream is "hatched," and legend has it that in this dream Constantine saw the Chi-Rho, a symbol of Christ. He heard a voice say, "By this sign thou shalt conquer." He then took this sign as his battle symbol, conquered, became the

indisputable emperor, from that day on favoring the Christian religion in his empire. This could also fit into the category of spiritual dreams.

In the 19th century, the German scientist Kekule dreamed of a snake with its tail in its mouth. He solved the structural riddle of the benzene molecule (C_6H_6), determining that the structure was a closed carbon ring. His dream solved a problem and revolutionized modern-day chemistry.

We are familiar with the inspiration Singer received from his dream of tribesmen and their spears. The points of their spears resembled the eye of a needle and helped Singer to fully develop the idea of the sewing machine.

In addition to problem solving on the earthly, material level, we must also take into account the creative level of human thinking. A thought, by becoming an idea and then transferred to paper or canvas, becomes a novel or painting. Samuel Coleridge received the creation of his famous poem "Kubla Khan" in the dream state. He hurriedly wrote down all the beautiful lines he could remember upon awakening, fifty-four of them. But he was called away on business and delayed for at least an hour. When he returned to the writing of his dream, this poem, he had only a vague recollection of the beautiful vision experienced, and so the remainder of the poem was lost to Coleridge and the world.

We have the music written for violin, made famous by Tartini's dream. In the dream the artist made a deal with Lucifer, and then handed him the violin to play. The devil played a melody; it was so very beautiful that Tartini awoke, stumbled to his own violin and tried to play what he could remember. But all he recalled was a repeated trill which he later used as a theme for his best-known work, "The Devil's Trill."

An artist, teaching in one of our large universities, came to an impasse that writers, composers, and painters sometimes reach during a creative period. It is as though the creative well has dried up. She was proficient in oil painting and had exhibited her work throughout the country, but at this moment she simply could not break through and

finish the canvas that had been going along so beautifully up to this point. It seemed that all inspiration had fled.

When the artist reached an extreme low in morale, she had a dream. All she could recall was that of the image of a spider spinning a web, dazzling in its beauty of dewdrops glittering along the web like diamonds in the sunlight. While this image was not the subject of her painting, she awoke with a wonderful feeling of rejuvenation. Applying herself to the painting with renewed vigor, the ~rush seemed to flow quickly and easily. The canvas was completed in a few days, to her satisfaction.

In this case, the finished painting was not at all like the picture which flashed on her dream screen, but it was as though the emotion she experienced in the dream imbued her with a renewed creative spirit. The artist was filled with the desire to reapply herself to her work, feeling intuitively inspired with what should appear on the canvas. You will recall that the spider is also known as a regenerative symbol, as it was in this case, and she felt renewed and impelled to return to work.

Incubating a dream is an interesting and profitable exercise. We can consciously incubate a dream and expect results in the dream state. But there are dreams other than the incubation dream that offer a solution to a problem. It is as though strong desire for a solution to our present problem or predicament acts as an unconscious request for aid. It is like an unvoiced plea, heard by our inner self.

When our conscious mind is put aside in sleep it then acts upon bits and pieces of information we have already fed into our subconscious, which then works at sorting out all its information. The solution to a problem surfaces in a dream through the efforts of the subconscious, which wants to return us to a sense of balance and harmony.

In addition to the dream, or even instead of it at times, we may be led to books and articles or even chance encounters with people so as to be helped still further towards solutions. The inner self is always desirous of maintaining a harmonious relationship between our inner and outer being by every means possible.

Points To Remember:

1. An incubation dream involves a problem-solving activity. In this type of dream you are requesting an answer to some kind of problem.
2. Incubation, as a direct process, involves stating the problem briefly and clearly to yourself prior to falling asleep. The answer may come that night or even several nights later.
3. If you do not understand the dream, request another for clarification.
4. If you feel the dream has not given you an answer to your question, consider rewording the statement. Before you do this, however, carefully review the dream(s) you have received.
5. Do not overlook the fact that as a result of your request you may come across someone or something during the days that follow which are of aid in the solving of your problem.

Chapter 16

THE LUCID DREAM

A LUCID DREAM is not merely one in which clarity is so memorable or impressive that it is easy to recall and realize upon awakening. Here, lucidity is used as a term for being awake and functioning in your dream while still in the sleep state. You are awake in the dream state and very much aware you are dreaming.

Some have found that the lucid state is achieved without effort. It has occurred naturally and spontaneously. Suddenly there is the realization, "This is a dream, and I know it even though I am supposedly asleep!"

An elderly man claims that for years, just before falling asleep, he has visualized a picture frame before his closed eyes. At one time it is elegantly ornate in design; at another it is a plain wood or shiny aluminum frame. As he begins to fall asleep he steps into this frame in his mind's eye and his dream life begins. He finds himself in a setting and can either accept the scene as it is or he can change it. Upon awakening, and conscious of the external world and its stimuli, he knows most assuredly he was also awake in the unconscious world of sleep just moments ago. He was surprised to hear that there was a name for it, a lucid dream.

This is a highly unusual case. Other lucid dreamers find their experience partially questionable and affirm they are positive of lucidity in only a portion of the dream. Some plan and program for this state, but meet with little success. It has been maintained, however, that lucid dreaming is not an inborn quality; it can be learned. One way may be through autosuggestion: "I will be aware while dreaming."

Any statement such as this will do, and should be repeated, with sincerity, impressing the subconscious with your genuine interest. Then, when you are fortunate enough to find yourself awake in your dreams, reassure yourself that this is truly happening and reinforce the experience by asking “Is this a dream? Am I dreaming now?” And realize in just what state of awareness you find yourself.

One such lucid experience may seem to last through the length of the dream while another will awaken the dreamer as soon as he realizes that he is aware of it. This can disappear with practice, however, and a presence in the dream world can continue without interruption. We are now at the point where we are able to collect more information from lucid dreamers.

Lucid dreaming grants options not available in the ordinary dream state. You may now direct some of the action or redirect the players’ performances in a manner more to your liking. For example, if you don’t like the way a picture is hanging on the wall, move it to a more suitable position. Presto, it is there! If a certain action is taking place and is uncomfortable, change it to accommodate your feelings.

But this is not to say there is no controversy surrounding the subject. There are adherents to the cause of lucid dreaming; it is a most interesting breakthrough in the study of dreams. But there are warnings, too, especially against its overuse. Heraclitus wrote, “In dreams each of us retires to the world of his own.” Therefore, we are held responsible for our actions in the lucid dreams, just as we are when we are in the conscious state of the everyday world.

Let’s consider the following two views: one for manipulation of a dream in the lucid state, and another for allowing the dream to follow its own course. Like many arguments, there are even more than two sides, but now we shall consider only these two. As an example, consider the dreamer who is confronted by a madman, clearly bent on killing him with a knife. The atmosphere is pregnant with disaster and the dreamer is a very worried person at this point. In the lucid dream, where the dreamer has control over the action, this madman can be made to drop his knife. He can be told to go home and never bother

the dreamer again. The madman meekly departs. End of dream. The dreamer has taken charge and changed the course of events.

While anyone would wish an adversary such as this to disappear quickly into the night without doing harm, there could be a form of danger here in such a manipulation of the dream figures and actions if practiced too often. It has been inferred throughout these pages that the dream usually is a reflection of the conscious state of mind and surroundings. From this point of view, let us assume that the madman is actually an element of your personality. Recall that you have been repeatedly advised to look at dream figures as being a possible aspect of yourself, so he could be a part of you, somehow. Thus, you may be inflicting, in symbolic fashion, either psychological or physical harm upon yourself if you stop the action. Whatever the reason for the appearance of this figure and its action, it may seem more appropriate to analyze the dream's purpose rather than to try changing it. This is better than allowing the madman to slink into the dark without delivering his message. He could even return in another form later in another dream, because recognition of him has not been allowed. In such a case, how many such frightening figures will you allow before you come to realize the importance of such an appearance in your dream life?

If possible, while still in the lucid state, try to confront such a threatening dream image and ask why he is trying to do harm. You might be surprised at the knowledge gained. The image may give you the helpful reasons why he has chosen to take on this appearance and pursue you in such a threatening fashion. Ask for sound advice that he can give you so as to be rid of this presence and menace to your well-being.

Keep in mind that while lucid dreaming is interesting, valuable, and instructive, continued manipulation of dream content is not a good psychological tool. There is a cause for dreams that occur, and what is being produced is the natural result of the causes. Therefore, too much manipulation of events while in the lucid state of dreaming does not allow for a completely balanced psyche.

Here is another example, to make this point more clear. A common dream is one in which a death occurs to a loved one. Wives and sweethearts sometimes report this kind of dream. Let's say that a woman's husband dies in her dream. Of course, she is distraught by the loss and awakens from this terrible dream with tears streaming down her face, body tense, and feeling altogether miserably unhappy and fearful. How wonderful, then, to reach over and realize that her husband is sleeping peacefully beside her in bed.

Rather than being precognitive, consider this dream to be figurative, symbolic. Such a dream can be traced to one's feelings within the last few days. They may have argued; she disagreed heartily with something he said or did. Instead of saying anything, perhaps, she bit her tongue and said nothing more about it, allowing him his own way. But her emotions were bottled deep inside, and for the briefest of moments wished him to be anywhere but with her. Perhaps the thought was so fleeting it did not register consciously, but the ever-alert subconscious stored away the information, then threw it off in a dream, solving the problem by taking husband "out" of her life. She did not really wish him dead, of course, but this is how the emotion was handled by the inner self.

This may seem like an exaggerated example, but it is truly not an unusual dream to have under such circumstances.

To continue, pretend you have had such a dream. No doubt you hurriedly awaken, relieved that it was a dream, but then begin to worry about the possibility of such a dream coming true. If you were in the lucid state during this dream, realizing you didn't like this event at all, you would decide that he or she should rise from the dead in some way. And you change the dream.

Yes, you could take care of it in this manner. Nevertheless, the lucid dream action you have taken would not give you the satisfaction of knowing why such a dream occurred. You really need to ask yourself the very important question: Why such a dream?

There are also those lucid dreams that can be a great joy. You can use the technique to escape the freezing temperatures that have you

entrapped in the North Pole in your dream, to the warmth of Hawaii. However, if the dream is caused because the blanket has fallen from the bed and now you are at the freezing point, you correct this in a different way—quite naturally.

Often the lucid dream state occurs involuntarily, as we have already said, and it can initiate some fairly common experiences. One is the learning situation. Figures appear and you know they are about to impart information to you, but somehow you drift into a deeper part of sleep and do not know what you have been taught, at least consciously, that is.

The following lucid dream proved to be helpful. After her marriage, a woman moved to a new home thousands of miles from her childhood home. Her elderly mother suffered from many physical problems, and her daughter now worried about having left her, and that she wouldn't be able to reach home before Mother died. It preyed on her mind and she became depressed. In fact, nightmares occurred. The dream world was far from quiet. The theme of her dreams was that of arriving home and finding it was too late, that Mother had died.

She worked hard at developing the lucid dream state and was able to change the ending so that in the dream she was present at her mother's death. This dream brought her great relief, and her psyche no longer produced nightmares. In this instance, it was an effective therapeutic measure. And in fact, a few years later, she was actually with her mother in plenty of time.

Do not allow the overuse of lucid dreaming with its conscious manipulation to cause an imbalance in psychic equilibrium. While there is certainly value in the use of lucid dreaming, like anything it should not be overdone. The inner world should be allowed to run its own course most of the time. However, this "new world" is open to exploration, and expectations run high as to its usage. It is indeed a fascinating realm.

Further amplification is not available here. Much has been written about it elsewhere, and the reader will be drawn to it if needed. As

humans evolve even more towards exploring the all of the self, the way to the lucid dream may be more and more common.

Lucid dreaming is not as bizarre a claim as it first appears to be. There are many lucid dreamers, and if you are not one at present, who knows what tomorrow night will bring?

Points To Remember:

1. In a lucid dream you are asleep, but aware you are dreaming.
2. Some dreamers achieve the lucid state spontaneously or with little effort; others have found it difficult to achieve.
3. We are held accountable for our actions in the lucid dream state, and, therefore, should act responsibly.
4. In a frightening dream, try to face the opponent and inquire why it is trying to frighten or harm you.
5. While lucid dreaming has its values, overuse may upset the dreamer's psychic equilibrium.
6. Most of dream content should be allowed to follow its own course.
7. The lucid dream state is an interesting “new world” to explore.

Chapter 17

THE PREDICTIVE DREAM

SOME EVENING, WHILE relaxing and conversing with friends, the subject of dreams is brought up. This is an accepting and receptive audience interested in the subject. Someone mentions that once he had a dream that actually came true. He recounts his dream, impressed with the fact that it really and truly came to pass just as he dreamed it! It is a predictive dream—one which really came true. Someone else may then tell about her dream. “Yes, I had one, too. Amazing! Let me tell you about it” And members of the group will nod their heads in agreement and ponder over the wonder of such dreams.

This kind of a dream—the one that comes true—is not so very unusual, for at least once in a lifetime you may find yourself having such a dream, so be on the alert for it.

Whether it is called predictive, prophetic, or precognitive, for they are all much alike, it is a dream about something that happens in the future just as the dream foretells. It is as though the experience has been accidentally jolted (and maybe not so accidentally) out of the files of “Tomorrow” or “Next week” and appears in the “Today” basket. It has come to warn or prepare or just inform the dreamer, but often it is unrecognized as having been a predictive dream until the dream comes true in real life.

Let’s look at one explanation at this point. The raw data of a situation are capable of being assembled in the brain, thrown together in a logical manner so that the outcome is predictable. The outcome

can be thrown off in the form of a dream. Though seeming to be prophetic in nature, and to some to have entered the mind through divine guidance or intervention, the subconscious mind is qualified, competent, and intelligent enough to arrive often at conclusions that are not readily discernible to the conscious mind. But we should not discount the prophetic dream that has not been given any facts to dwell on or assemble, and is fully predictive in nature.

In ages past, dreams of a prophetic nature were believed to have occurred under the influence of divine guidance. The dream world was observed by many famous people in the centuries before Christ, such as Socrates, Aristotle, Alexander the Great, Cicero, Pompey, Pliny the Elder, and Heraclitus.

About 3500 years ago, Thutmose IV rested near the pyramids after a morning's hunting trip. At high noon he lay in the shadow of the Sphinx, who appeared to him in a dream while Thutmose lay there. The Sphinx promised him the kingdom of Egypt if he would clear away the sands that were covering the limbs of the Sphinx. This narrative is recorded on the upper third of the Sphinx stele in Cairo, at the site of the pyramids.

Cicero, although he later belittled dreams to some extent, did not forget this one. He dreamed of a gathering of the sons of Rome's senators around the god, Jupiter. The god pointed to one of the youths and said this one would be lord of Rome some day and put an end to the civil wars. Cicero could not forget the face of this boy in the dream; every feature was etched on his mind. The day after the dream he met some young boys returning from their gymnastic exercises. One was young Caesar, and Cicero immediately recognized the youth that Jupiter approved of in the dream. Plutarch later wrote that this was the reason that Cicero was such a great supporter of Caesar when the latter came to power.

The first two dreams of Joseph, as recorded in the Old Testament of the Bible, got him into a great deal of trouble with his brothers. In fact, the dreams were probably much of the reason his brothers sold him into slavery. Joseph related to them his dreams of sheaves in the field. His sheaf stood up straight, while his brothers' sheaves seemed

to bow before him. The brothers disliked the obvious meaning of this dream. Did Joseph feel so superior to them that they must bow?

In his second dream Joseph said that the sun, moon, and eleven stars worshiped him. This arrogance proved too much for his brothers; they managed to get rid of him by selling him into slavery. His destiny took him to Egypt.

While in prison there, he interpreted two dreams of a predictive nature for two fellow prisoners. The Pharaoh's chief butler's dream of grapes on three branches which he pressed into wine in a cup for the Pharaoh meant he would be released and restored to service. However, the chief baker's dream was less fortunate. He carried three baskets on his head, the top one containing meat which birds consumed. He ended up being hanged, which was what Joseph predicted.

Two years later the Pharaoh had one of the most famous predictive dreams in history. Puzzled, he sent for Joseph. Pharaoh's renowned dream was of seven fat and seven lean cattle, and seven full ears of corn on one stalk as well as seven thin and blighted ears. Joseph's interpretation that this meant seven years of plenty and seven of famine saved Egypt from hunger. The warning of the dream, through its symbolism, was taken seriously and the precautions taken prevented famine. It is biblical history that Joseph, by interpreting the Pharaoh's dream correctly, fulfilled a part of a destiny that was indicated by his earlier dreams.

Dreams abound throughout the Bible. In the New Testament, Joseph's first dream told him that Mary would bring forth a son who would be called Jesus. And his dreams also warned of impending danger, as when he was warned of Herod's plan to kill the babe and Joseph was told to flee with Mary and Jesus to Israel. And we are familiar with the famous dream of Pilate's wife. She approached her husband, extremely agitated, begging him to have nothing to do with the persecution of Jesus, this "just" man as she called him.

Predictive dreams did not end with biblical times, of course. They were ongoing through the centuries that followed. After a tremendous leap of time, we will mention a dream that occurred in the nineteenth

century. Abraham Lincoln's dream is a famous one. It haunted him for days. The morning after having it, he opened his Bible to the Old Testament. Strangely enough, it fell open to Jacob's dream of the ladder, in which it reached to the top of Heaven and angels were both ascending and descending. When he turned to other passages, he encountered a dream or a vision each time. He was deeply troubled. In his dream Lincoln wandered through the White House, seeking the source of pitiful weeping. He found a grieving throng of people in the East Room where soldiers, stationed like guards, stood around a catafalque. He asked who had died. A soldier replied: "The President. He was killed by an assassin." And so it came to pass, one of the most powerfully known dreams in modern times predicting death.

Many predictive dreams are of a serious nature, and we can consider them to be warnings of the possibility of what might take place. Even after using all preventive means to forestall fate, such dreams may still come true. Then we must bow to a Power which has a greater understanding of events than humans possess. We have, for another example, the assassination of U.S. President John F. Kennedy in 1963. Many people claimed they had dreamed of it prior to the actual event. So, if your dream seems to be of a predictive nature, be sure to include it in your journal. Keep a record of this kind of dream, so that its authenticity can be easily checked.

A boy about nine years old dreamed about a young girl, about four years of age, who lived nearby. In the dream she ran into a busy street to pick up her ball, but was hit by an oncoming automobile. She was taken to the hospital, where she died. The boy awoke, sobbing, and ran to his parents' bed to be comforted. In the morning the family gathered together for their usual prayer and prayed that her life be spared, if indeed this was a dream of prophecy. The young boy had previously dreamed of incidents which had come about, in matters of lesser importance, so, of course, attention was paid to this dream.

Within a few days the accident actually occurred just as his dream foretold. The little girl was taken to the hospital, but she *did not* die. She recovered quickly and returned home to play, certainly more mindful of admonitions to be careful than she had been before. Her parents, too, were more vigilant.

This was certainly a warning dream. As such, it is usually vivid and clear, leaving the dreamer with strong emotions of fear, dread, and sometimes terror. This particular example suggests to us the position that “with prayer all things are possible.”

A youth, almost thirteen, dreamed of his father playing golf with a neighbor. They were on the golf course, enjoying the game, when suddenly the other man put down his clubs. He said, “I’m through ... I’m going home.” And he left. End of dream.

Sometime that week the neighbor did die, but not on the golf course. An interpretation could be that golf as a game can be compared to the “Game of Life.” This was the symbolism. The actual death was sudden and completely unexpected—a heart attack while the man was taking a walk.

These neighbors were good friends, but other than that we cannot say why this particular boy would have a dream that predicted the death. What we can say is that young peoples’ dreams should be listened to, for they often have precognitive dreams and others that are meaningful to their own development as well. It is as though the young are more receptive to the psyche at this early age.

As mortals we are often more fearful than we would like to be. Yet, because we are mere mortals it is difficult to shrug off our fears. Perhaps this is one reason that our inner self throws off warnings in dreams. It is seeking to protect us and ease the mind. If your dream pictures the tires on your car going flat, or you have a blowout while driving, do check the actual condition of those tires. In this instance, your mind may have assembled and assessed the raw data, found your car in unsafe condition, and is trying to impress you with this information. But if your car is in safe condition and all else appears in safe working order, then consider the symbolic meaning. Be respectful of the dream images you produce.

Not all dreams are of the sober type, although they are more abundant than the pleasant kind. There was a woman who dreamed of finding a letter from her cousin in the mailbox three days before it actually arrived. Why this should be so, who knows? But it happened to her.

Voltaire wrote: “Dreams that have come to pass are always predictions which no one can doubt, and no account being taken of dreams which are never fulfilled. One dream accomplished has more effect than a hundred that fail.”

Remember to keep a journal record of dreams. How much easier it would be to check on its truth if you had even the slightest notion it could be predicting. If you earn a high score on predictive reliability, this lends more credence to the possibility of your dreams being prophetic in nature. Act on the information, as much as you can, contained in what seems to be a predictive dream. Give your inner self the benefit of the doubt—it just might know more than you give it credit for knowing!

Points To Remember:

1. A predictive dream is also termed as a prophetic or precognitive one. It is one in which an event seen in the dream comes to pass at some future date.
2. While the theme can also be of a pleasant nature, it is often a dream of warning. Take note of this theme; pay attention to its message.
3. There are famous predictive dreams in history dating back to biblical times, recorded in both the Old and New Testaments.
4. The famous dream of Abraham Lincoln foretold his assassination.
5. By keeping a journal of your dreams, you can check the accuracy of your predictions.

Chapter 18

THE REINCARNATION DREAM

We all have had some experience of a feeling that comes over us occasionally, of what we are saying and doing having been said or done before, in a remote time. Of having been surrounded, dim ages ago, by the same faces, objects and circumstances, of our knowing perfectly what will be said next, as if we suddenly remembered it!

—Charles Dickens, *David Copperfield*

DICKENS' QUOTE REFERS to what happens to many of us in the awake, conscious state, but there is this same feeling that occurs in dreams.

Reincarnation, the doctrine that the soul returns to earth after death in another and different bodily form, is an ancient belief held by many peoples. Some familiar names of great people interested in immortality and reincarnation are Bohme, Voltaire, Schopenhauer, Napoleon, Franklin, Emerson, and Thoreau. The great Sage of China, Lao-tzu (c. 604-531 B.C.), taught reincarnation, as did Zoroastrianism and Hinduism. It is mentioned in the books of Matthew and Mark in the Bible's New Testament. It was denounced at the Second Council of Constantinople in A.D. 553. Previously reincarnation had been part of the early Christian Church's teachings.

There are countless reports, oral and written, of past-life experiences other than dreams. Some of these were examined for their validity and

found to be true. For instance, a very young child in India recalled the name of a village in which he said he had lived in a previous life, and even remembered relatives in this family. A visit to the place by examiners bore out the facts; the child at the tender age would have had no opportunity to know what he had described—surroundings or the interaction and names of family members.

Since the dreamer's experience is his very own, he is responsible for his belief as to whether or not his dream has disclosed a previous existence. If the experience expands knowledge about himself, it is of great value, especially if its interpretation provides insight into a relationship with someone now present in his life.

Why does such an experience occur? No one can answer this with complete assurance. A person can experience such a dream merely by seeking for one out of mere curiosity and pure chance, while another may have a sincere desire for such an experience, seeking knowledge, and it never occurs. There is no answer for such a seeming contradiction. The frustrating part of this is that it might well occur spontaneously, unsought and unexpected, to someone who doesn't understand it or care to.

It stands to reason that not all of us can be a Caesar or Cleopatra, or some highly important figure in history. There are more peasants than poets, both in dreams and real life. Few of us rise to prominent places in history and society, nor do we wish to do so. Most of us lead a rather banal existence, so we are not going to expect reincarnation experiences of Nile boats, palaces, and kings. But, who knows? Yet we do not discount that any dream of the Jong-distant past may occur. It is solely the dreamer's decision as to whether or not this is one belonging in the category of reincarnation.

One evening several men and women were exchanging dream experiences. To their great surprise, a woman and a man mentioned dreams that were very much alike. In their separate dreams, men and women were in carts, knowing their fate as they were being trundled slowly through crowds of people. They were on their way to the guillotine. They both had felt fear and the sense of helplessness. One mentioned the sharpness of the blade as it descended, although there

was no emotion connected with this memory. There was no recognition between the two, as if they had shared the same cart. It was the likeness of the experience that was shared, and not a pleasant one, to be sure.

Another woman then recounted the vivid fragment of a dream that she felt belonged to that particular period in history. Hers was not an unpleasant experience, however. There was only the brief picture of walking down carpeted marble steps, with dark blue velvet skirts held just high enough so that the tips of blue velvet slippers, embroidered with red roses, could be seen as she descended. There was merriment among those who had dreamed of the cart, claiming that if indeed it was the time of the French Revolution perhaps her hour had not yet come!

Another dreamer had a predilection for all things Indian, and a strong affinity for the spiritual customs of a particular tribe in the Southwest of the United States. He had read all he could about them, surprised at the ease with which so much of this particular material had come into his hands. He experienced two dreams during one holiday in this area. They were very strange and mysterious, but not frightening, occurring soon after he had listened to an explanation given to a vacationing audience by an elder concerning some of the symbols used in his tribe's rituals. These symbols were quite commonplace, but the dreamer's experience was not. It related to a religious ceremony in which he strongly felt he took part, and that it was a happening of long, long ago.

He sought out the old Indian following the second strange dream. He asked questions and finally related his dream. The elder was astounded. After due consultation, the man was invited to speak to other, even older Indians who were aware of the particular traditional ritual in its entirety of which he had dreamed. His was only a portion, but even this was remarkable. Armed with the knowledge of a ritual that had never found its way into books and one which he could not possibly have imagined, he and they felt positive that at one time he had been part of this particular tribe, participating in its religious ceremonies.

In her dream, a middle-aged woman found herself wandering down a deserted street lit only by dim lanterns atop street posts. The buildings

were old and run down, decidedly of the Victorian period. There was no one about; she was quite alone. Feeling lost, she finally came upon a wooden post with the name of a street on it. But she could not decipher it clearly. Since several of the houses looked familiar to her, she felt a turn towards the right would be correct. So she turned and walked forward confidently.

She awoke, feeling certain that she had been present in the surroundings of this dream. In her mind's eye there was still the appearance of familiar buildings. She knew without a doubt that she had been there before, on that street. Then came the remembrance that actually in real life she needed to make a decision in a matter and realized that what she had been considering would prove to be the right one, the only one. She would "find her way," just as in the dream.

Now, this can be considered a combination reincarnation-problem-solving dream. Often there is an overlapping of categories, as mentioned previously. Her dream was of assistance in its recall of the past and its application to present life. It was helpful, and that is the wonderful part of the dream world—its desire and ability to help the dreamer.

Two men, while working together on a new project, got into a discussion about dreams. They had not known each other previously; this was the first time their work had thrown them together. One of the men spoke of a strange dream that had seemed very real to him. It was brief. He was in a uniform suitable to the tropics, in a hot, damp jungle. There was the feeling of danger, of being surrounded by an unseen, dangerous enemy. One other man was with him, but he could not see the face.

He had just come to the part of the dream where he had picked up his rifle when his coworker cried out, "Stop right there! I know just what you are going to say. You will say, 'There they come again! Is that right?'"

Our dreamer was astonished, for that was exactly what he was going to say.

They went on to discuss the ending of the dream, which was alike for both. Seemingly, they had experienced this event together long ago in life and recalled in the dream state. This was their joint verdict.

These are true dreams recorded, felt to be valid experiences of the past. There was no doubt felt as to their authenticity. The feeling was strong that the dreams were a part of the dreamer's past experience and in no way did they relate to the present time. This strong conviction is of value when you question the truth of your own experience.

Points To Remember:

1. The theory of reincarnation holds that after death the soul reappears and exists in another bodily form.
2. Some of the famous people believing in reincarnation are Bohme, Voltaire, Schopenhauer, Napoleon, Franklin, Emerson, and Thoreau.
3. Reincarnation is in the teachings of Lao-tzu, Zoroastrianism, and Hinduism, as well as being mentioned in the New Testament of the Bible.
4. While some dreamers strive for this type of dream and do not experience it, there are others to whom it comes as an unsought and unexpected experience.
5. Those who have claimed their dream to be that of a past life have felt no doubt as to its authenticity.
6. You, as the dreamer, must decide for yourself the validity of a reincarnation experience in a dream.

Chapter 19

THE SPIRITUAL DREAM

Our normal waking consciousness is but one special type of consciousness, while all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different. We may go through life without suspecting their existence.

—William James

ALTHOUGH THE SPIRITUAL dream is but another of the many kinds of dreams we can have, it is not one experienced as frequently. Still, it probably the one that makes the deepest impression on the dreamer because of the intense emotion it elicits. The content is not ordinary, and there is no mistaking it for what it is. Effects of such a dream can range from comforting and reassuring, to effecting a turning point in one's life.

When we talk of things spiritual, it is not only with reference to dogma, churches, religious ceremonies, rituals, or figures of a religious nature. We are mainly referring to those qualities which pertain to moral values and add refinement to our attitudes towards others, as well as our thoughts and feelings. We are referring to things of the spirit, of the nature of the soul, the part of us which realizes that we are more than we seem to be.

A spiritual dream can come about because of external causes or needs, or flow from a profound Source. If coming from within, it originates in the higher part of the mind or what is called the higher state of consciousness. It is as though a contact has been made with a higher realm than that of which we are ordinarily aware. It does not

necessarily include figures of a religious nature, whatever the dreamer's church affiliation may be, although many dreams reported involved the figures of Jesus or Mary. Even the simplest of faiths, with little regard for dogma, produce a powerful spiritual encounter in a dream. The soul, we know, is always perfect; it is the human who is imperfect, though striving towards perfection.

Dreams occurring from without, so to speak, can produce satisfying emotions without any radiance occurring, or in the absence of a pious atmosphere. There may be the appearance of a figure of spiritual significance to the dreamer. The emotion is what is important, involving the uplifting of the spirit as the dreamer feels transported beyond mere levels of physical awareness, and the dreamer is always "better" for the experience.

A man had the wonderful experience of being led into a spaceship. It rose soundlessly into the sky, swiftly soaring to great heights. He felt this dream to be of a serious nature and that he was being instructed with something of value while the ship was moving upwards. The good feeling stayed with him for days, although he had no recall of what had been taught. Although he remained poised and balanced in everyday life, there was also the feeling of euphoria after this strange experience.

Another dreamer walked through the upper rooms of a large house which was bathed in moonlight, shining through the many windows. The rooms were empty, but there was not a lonely feeling in the house. With her was a male companion, known to her in real life. A silvery blue permeated the house as they strolled through the empty rooms, one by one, hand in hand. The dream reflected, as well as foretold, companionship in their similar journey toward spiritual truths. The peaceful feeling remained with her for days.

In her dreams, a woman received intense instruction for the building of a religious structure in the rural district in which she lived. The dreams were both clear-cut and symbolic in nature. During group meditation periods she asked for clarification of what she did not understand, proceeded with the information received, and established a mission house which was very successful.

These dreams continued for months. When the mission house was completed, they stopped, but would return when difficulty arose and guidance was needed. This woman had learned to rely strongly on her dream world, and it did not fail her in times of need.

Events like the following occur as a near-death experience and are not at all uncommon. Since it did not happen while the woman was in a conscious state, we will consider it as a dreamlike experience. She was on the operating table, deep under an anesthetic. Suddenly, while still under the anesthetic, she found herself present at a funeral, distinctly hearing the organ's mournful tones. But what were her daughter, young son, and husband doing at the front of the altar, standing around a casket? She hurried towards them, and was amazed to see herself in the casket. She was at her own funeral! The family was tearful and heartbroken and she longed to give them comfort, but they paid no attention to her. Her presence was not even acknowledged.

Suddenly she saw a bright light beyond through which could be seen a beautiful green valley. She sensed joyful singing, even over the doleful tones of the organ. She began to move towards the light and the valley beyond, eager to reach the scene that was so filled with peace. Again she heard her daughter's sobs, now behind her, and felt torn between the two scenes. Thinking, "My children need their mother," she reluctantly turned in the direction of her family, feeling she had not fulfilled all her responsibilities. As she did this, the bright light and green valley receded. She awakened in the recovery room of the hospital, still aware of this dreamlike experience. During her recovery period, the beauty and tranquillity of the valley and light remained with her. Life had called her back to family life, but the memory of the dream was still hauntingly beautiful.

Knee-deep in financial difficulties after being left alone to care for two small children, a woman dreamed of a shepherd tending a flock. The hill country was a soft shade of green, and the large flock ranged from pure white to gray and black, wandering here and there over the hills. When the shepherd raised his staff, the sheep crowded around him. She awoke with an extremely good feeling of protection and well-being, recalling references to Jesus as the Good Shepherd who tended and protected his flock.

This dream proved a turning point in her life in that she was now able to look at her life differently. Out of the doldrums as a result of the peaceful feeling she carried with her from the dream, she reviewed her situation carefully and was able to better manage finances, more lovingly care for her children, and come to love herself as a more worthwhile person than she had previously thought herself to be.

During his lifetime, a man had suffered many reverses but did not lose his faith in a higher power. As a child of only six years, he had a dream of Jesus garbed in the robes of his day, in pure white, standing at the top of a golden stairway. There were nine steps. He wanted so badly to be with the Master—he was a child with strong religious leanings—but the figure faded and only the nine steps remained. He awoke. The dream was never repeated, but he never forgot it, either. He has used this dream as a guiding light in life. In times of trouble the dream is remembered and it comforts him.

His faith was challenged many times as he grew older, but never lessened. Another dream he recalled in later years was of a smooth green lawn, gently sloping. There was a silvery flagpole with a flag outstretched, although there was no wind. All around it was a bright light. He walked into its midst and felt enraptured, not wanting to leave.

This man's wife had been severely ill most of their married life. He interpreted the flag to mean loyalty, as in being faithful to his wife throughout their trials. The flag (loyalty) was stretched to its limits, as he sometimes had felt. His faith (the bright light) kept him from betraying his marriage vows and the promise "in sickness and in health." He was a caring and faithful husband until her death more than twenty years later. After her death he wrote the following:

I dreamed my wife, though not in her physical body, and I were sitting and talking just like we used to. I heard a train whistle, far off but coming closer. It was like an old-fashioned steam train whistle, and coming from the East. It blasted three times. Then she disappeared.

He termed it as being like an enjoyable visit, but he was left with mixed feelings. He was happy to see her in a healthier state, but was

sad at her leaving. The train (symbol of death in this case) had taken her East (the direction of Mystery).

Another dreamer, in poor physical health, saw the hands of Jesus stretched out to her. Although the face was hidden, there was no doubt in her mind but that it was the Healer, she stated. The arms were encased in sleeves of pure white cashmere, and Love seemed to pour out from his hands.

There is a sense of consolation in dreams like these. Often healing occurs, or seems speeded up after such a dream. There is a period encountered at least once in a lifetime that is called the Dark Night of the Soul. It is seldom of short duration and is an intense period of inner darkness both of mind and spirit. We feel bereft of human companionship and heavenly guidance. Everything goes wrong and nothing is right in both our inner and outer worlds. We are distressed by constant pressures; misunderstandings; loss of contact, guidance, and access to that highest source of comfort and understanding—the Source of All Being, the Cosmic, our God, our Faith.

That which this anguished soul feels most deeply is the conviction that God has abandoned it.

—St. John of the Cross

We feel we have lost our anchor. Life tosses our fragile little bark of humanness upon stormy seas, and the North Star is hidden from our vision. We sink into the trough of despair, deeper and deeper, until we fear for our ability to endure. But there must be a turning point, and, as surely as the moon waxes and wanes, dawn must follow this night.

Fortunate is the dreamer who can find comfort in a dream during these nights. Sometimes the end of this long period is heralded by the most beautiful dream imaginable, far from explainable by its very beauty, but of great significance to the dreamer. Then comes the Dawn. The Dark Night has ended, and we are renewed. The spiritual dream is unique in its own way and is one that is rarely forgotten.

Points To Remember:

1. The true spiritual dream is rarer than other kinds we have.
2. The spiritual dream refers not only to matters of a religious nature, but also to moral values and a refinement of thought and feeling.
3. A brilliant radiance may figure strongly as a background for this dream. A sense of beauty and peace is usually associated with it.
4. Deceased friends and relatives, as well as religious figures, may appear, and the dreamer feels greatly comforted and strengthened.
5. An uplifting of consciousness and a feeling of well-being, both emotionally and physically, often result from this kind of dream.
6. The Dark Night of the Soul has often ended with a dream of spiritual significance.

CONCLUSION

YOU HAVE BEEN presented with a format for dream interpretation in these pages, a structure on which to build an understanding of your inner world. You are now aware of the many different kinds of dreams that can be a part of your repertoire. You now know how to prepare for a dream's advent and how to approach the dream once it has made itself known.

Your inner self has presented you with the night's drama, a background against which you have peopled the action that occurs in the dream. The experience has been surrounded with an aura of mystery, amazement, surprise, terror, anxiety, frustration, sadness, or joy, the gamut of emotions which can be incorporated into a dream. These emotions are not there by their own choice entirely; your inner self has collaborated for reasons known only to it and your unconscious self. *You* have produced the dream, and its message is for *you*.

Now dream on. Allow your conscious self full rein so that it can ride the range of its many levels and emerge in sleep. As you progress in your understanding of these experiences, you undoubtedly will wish to delve even deeper into other interpretation theories. Being one of humanity, you have this duty to perform to advance yourself. The highest act of creation on this planet. Raise your consciousness to the Inner World of your Dreams!

THE ROSICRUCIAN ORDER, AMORC

Purpose and Work of the Order

The Rosicrucian Order, AMORC, is a philosophical and initiatic tradition. As students progress in their studies, they are initiated into the next level or degree.

Rosicrucians are men and women around the world who study the laws of nature in order to live in harmony with them. Individuals study the Rosicrucian lessons in the privacy of their own homes on subjects such as the nature of the soul, developing intuition, classical Greek philosophy, energy centers in the body, and self-healing techniques.

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THE INNER WORLD OF DREAMS

As surely as we sleep, so do we dream. Dr. Pipitone takes the reader on a fascinating voyage into the mysterious world of dreams. These dramas of the night can range from the completely outrageous to the lofty and sublime. But uninteresting? Hardly ever! Learn all about your dreams and what they can teach you about yourself and your world. The reader will discover that:

**Few dreams are meaningless; most all are worth considering.
Dreams are more than mere fantasy; they can mirror actual
thoughts and happenings.**

**Our dreams tell us things about ourselves we are too distracted
to notice during waking hours. Tap into this source of personal
insight and fresh perspectives.**

**The dream world is fleeting and mysterious; find out how to
interpret a dream's symbols.**

**You can play several parts in the same dream; learn how to
recognize *you* in your dreams.**

**There are various kinds of dreams: recurring dreams, lucid dreams,
predictive dreams, reincarnation dreams. Discover how to put
their insights to work in your life.**

The Inner World of Dreams is written in an easy-to-read style for the beginning and intermediate explorer in the world of dreams. It will give you a good start towards increased insight into your dreams.

ABOUT THE AUTHOR

Dr. Phyllis L. Pipitone, a licensed psychologist and educator, has taught at both secondary and university levels and conducted workshops and seminars throughout the United States. She has participated in conferences and seminars in this country and abroad in areas of psychology, parapsychology, meditation techniques, stress and disharmony in mind and body, dream history and interpretation. Dr. Pipitone received her Ph.D. at Kent State University in Ohio, and has also studied at McGill University and both the Chicago and Peabody (Baltimore) Conservatories of Music. She is a member of the American Psychological Association, National Association of School Psychologists, and the Rosicrucian Order's International Research Council.