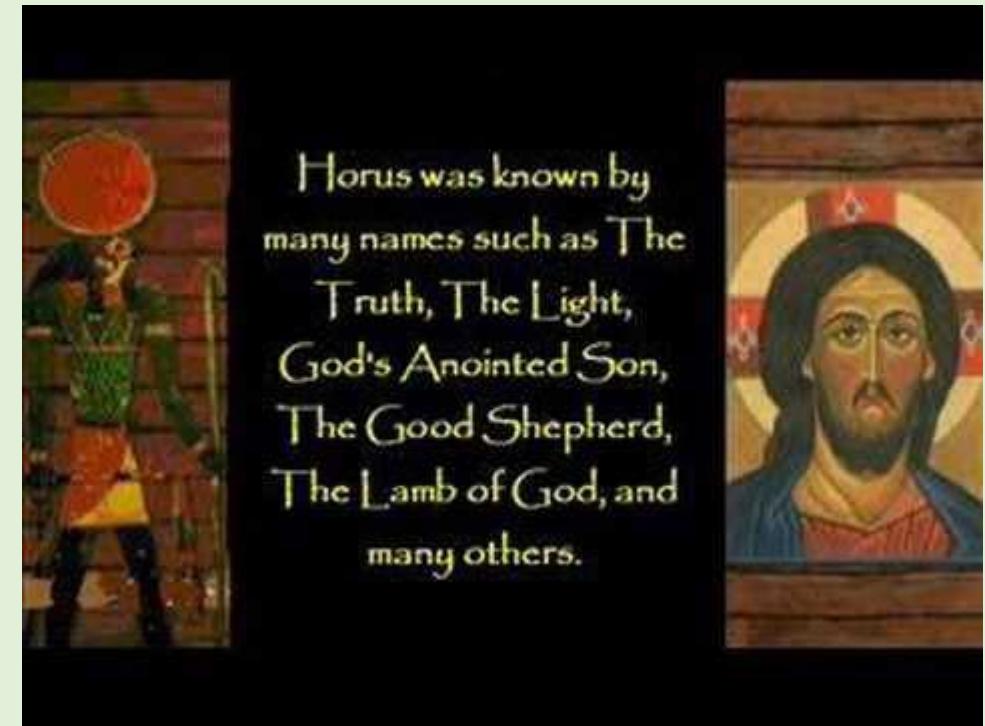


Dialoguing with symbols “I am the way, the truth and the life” 3000 years ago from Egyptian Horus. Ancient symbols come to us in dreams. That is why it is so important to research symbols that might seem strange to you and are coming from another place in time.





Dream Our Spiritual Path 2

Personal dialogues with all parts of the dream and amplification.

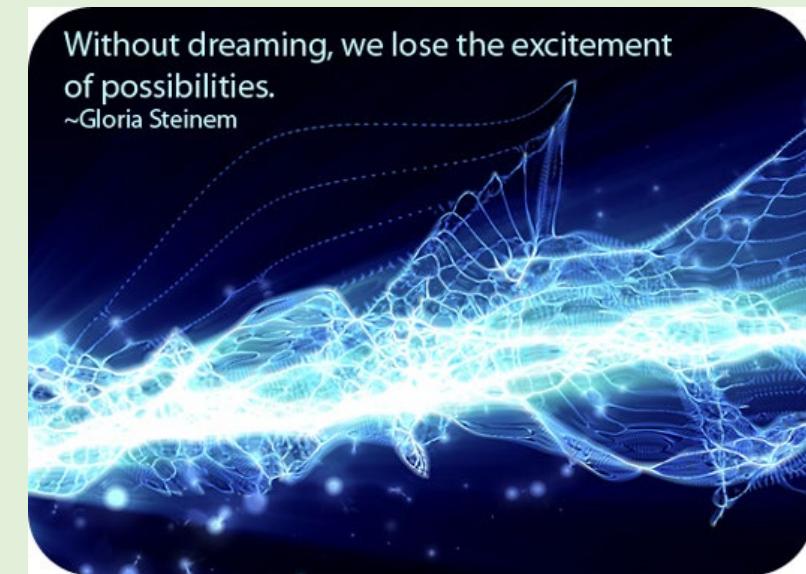


Quoting Sri Madhava Ashish:

"To many people, therefore, the path of life seems to lie between precipitous cliffs of matter, on the one hand, and the unplumbed depths of the unconscious mind, on the other. It is paved with rock, for our lives have a material base, but what lies beneath the paving, whether matter or consciousness or nothing at all, is uncertain. We can overcome this dilemma by putting the question in strictly secular form, free from assumptions: Is there, or is there not, anything more than the world as perceived through the organs of sense? If so, have we any place in it as experiencing individuals? Can we then know its nature?

Putting the question in this form liberates our inquiry from the whole gamut of religious teachings, their associated mythologies and superstitions, their confirmations or denials by mystical visionaries, the speculations of philosophers and, of course, from the flat denials of the materialistic scientists. Why it liberates needs explanation.

Self is real and not, as materialists would have us believe, an ephemeral illusion, born of brain activity and ceasing when it ceases. This search will lead us below the surface of the waking mind and into unmapped country. "



Every dream has:

A compensatory function: (those events and persons in our external life that are shoved into the personal unconscious.) What are areas of your life that you are avoiding, suppressing or just forgetting?

A physical, emotional/psychological function: Healing, both physical and psychological: (physical manifestations and psychological events that are coming from the unconscious.) What emotions and feelings do you hide from others? What pain is in your body that needs to find relief?

A spiritual function: speaking from our ‘divine Self’: (spiritual body, transformational body communicates with higher Self/God/Essence). What are symbols and totems guiding you toward?

How do I begin a personal dialogue with my dream?

...Tell yourself everything you can remember in the dream.

...Re-enter the dream (amplify), shutting your eyes and in a quiet space.

...Choose an object you want to investigate.

...Stay in the present tense, i.e: "I am looking at this dog in front of me and I say to the dog....." or become the dog with a voice and say, "I am tired of being in this yard all day long." (examples of course)

Dreams and Self-awareness

- Everyone dreams!
- Represent emotions
 - Grieving process
 - Trauma
 - Spiritual insight
- Relationship issues and transitions
- Recurring dreams and unresolved problems

Dialoguing with your dreams brings about 'consciousness' when dreaming:

...dialoguing with symbols and inanimate objects

...dialoguing with parts of self --shadow (same sex figures), anima/animus, inner mind chatter.

...dialoguing with situations, emotions and feelings an entrance into the spirit world



I always had a dream about trying to make a movie that had no dialogue in it, that was just music and pictures. I still haven't done it yet, but I tried to get close in the beginning.

Paul Thomas Anderson

PICTUREQUOTES .COM

THE INNER DIALOGUE
REFLECTS THE FIRE OF MY
SOUL

Dream spa-NYC -now Closed :-(



Things to remember about dreaming:

....Your dreams are one of the only real gateways into the unconscious, revealing your intentions, your past, present, future, your state of being. Your soul retrieval is done through your dream world, connecting with all that you are and have ever been.

.... Your dreams will follow you in our waking moments and need to be researched and considered as guideposts for future development.

.... Your dreams are enacted at many levels and reveal personal, relational and historical information that your unconscious deems important enough for you to remember.

.... Ways of working with your dreams are through guided imagination, meditation, gestalt techniques, drawing, sculpting, psychodrama and many more creative functions.

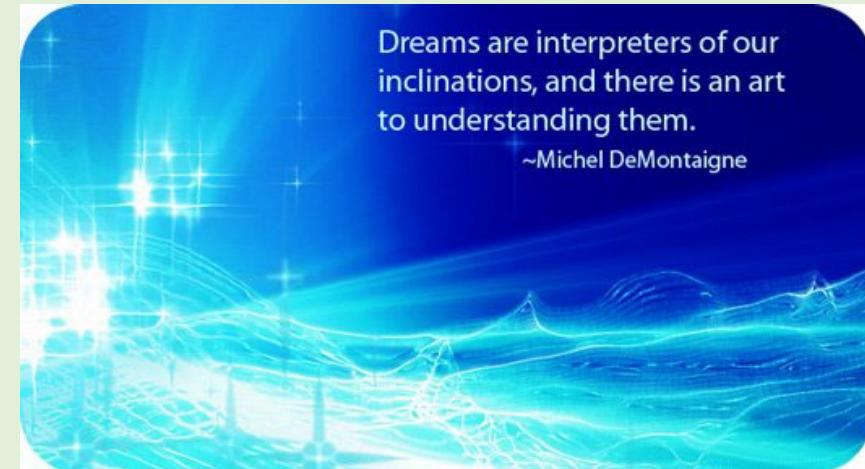
Intentional dreaming:

.... Meditate before you go to sleep on ‘affirming’ what you want in your life, examples:

“I want to find my soul mate.”

“I want to manifest my destination.”

“I want an answer to resolving a specific situation.”



Dreams are interpreters of our inclinations, and there is an art to understanding them.

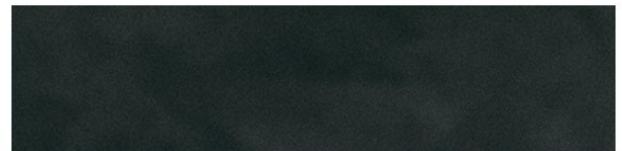
~Michel DeMontaigne



When you dream, you dialogue with aspects of yourself that normally are not with you in the daytime and you discover that you know a great deal more than you thought you did.

Toni Cade Bambara

PICTUREQUOTES .com



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**Clean up and protect your energetic body:
Learn to ground yourself**

Invoke blessing and protection

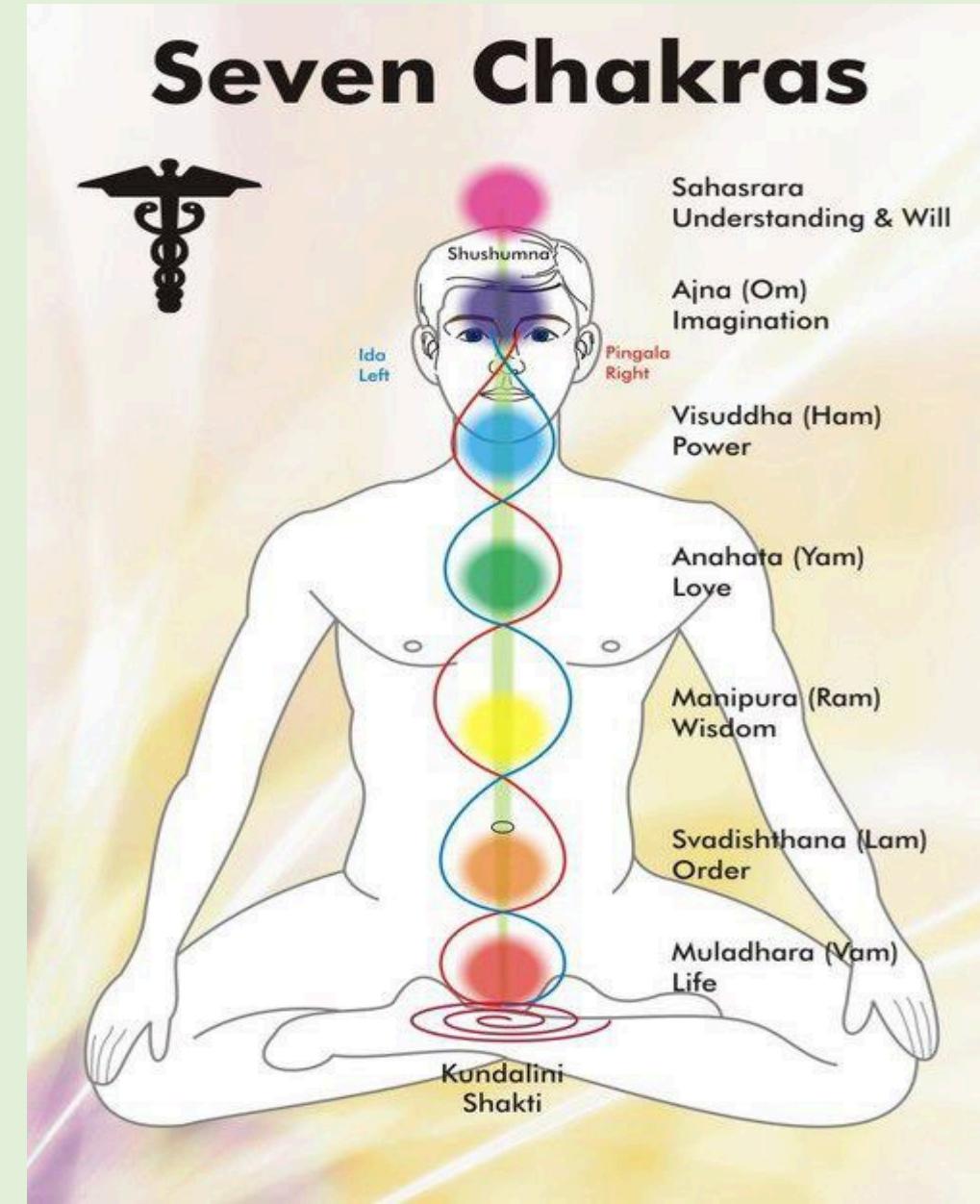
Check boundaries

Choose focus — notice where you put your energy and with whom.

Lighten up and develop a sense of humor...Even nightmares have resolution.

The Chakra System Movement and Function				
Movement	Chakra Description	Chakra Function	Color	
Clockwise Fastest Spin	Pineal or Crown Spiritual Source	Divinity Source of Divine Consciousness Ultimate state of awareness	Bright White	
Clockwise	Pituitary Gifts Of The Spirit	Perfected Humanity Oneness of Spirit to Oneness of Life Governs Wisdom, Knowledge & Channeling abilities	Violet	
Clockwise	Thyroid Higher Purpose	Spiritual & Physical Nature The Balance Center Blends spiritual will with physical choices	Royal Blue	
Clockwise	Thymus or Heart Unconditional Love	Physical Purpose As above, so below Governs the implementation of the Spiritual blue print	Emerald	
Clockwise	Adrenal Master Of Physical Life	Spiritual Purpose Links the physical embodiment to the Spiritual blue print	Yellow with Green Border	
Clockwise	Solar Plexus Creativity & Transfiguration	Manifestation & Transformation Promotes creation between the physical and the soul	Yellow	
Counter-Clockwise	Pancreas / Spleen Spiritual Abundance	Physical Maintenance / Rejuvenation Maintains the spiritual DNA within the physical	Pumpkin	
Clockwise Slowest Spin	Root Spiritual Grounder	Security Governs physical health, wellbeing and survival	Deep Red	

1. First Chakra — Root Center — base of spine to bottom of your feet. (How well are you grounded and rooted to the earth)
2. Second Chakra — Sacral Center — above the pelvis and mid tummy (involves your sexuality and how you birth new ideas and new situations)
3. Third Chakra — Solar Plexus — diaphragm v-shape under the breasts (involves power center, exerting your personal authority and ideas)
4. Fourth Chakra — Heart Center — the heart and all feeling of love and acceptance (involves unconditional love and acceptance, the Christing principle)
5. Fifth Chakra — Throat Center — the throat and voice box (saying what you mean, coming from telling the truth as you see it.)
6. Sixth Chakra — Third Eye — the middle of the forehead between the eyes
7. Seventh Chakra — Crown Center — (located at the crown for purposes of taking in spiritual and connective energy from higher source)



Letters and Numbers—Pay attention to any letters or numbers that are included in a dream, even if you are telling the dream and use numbers in your retelling.

Place and Time of dream are crucial and very important to document each time.

The present mood before you had the dream, anything of greater importance that happened the day before or is of great concern to you.

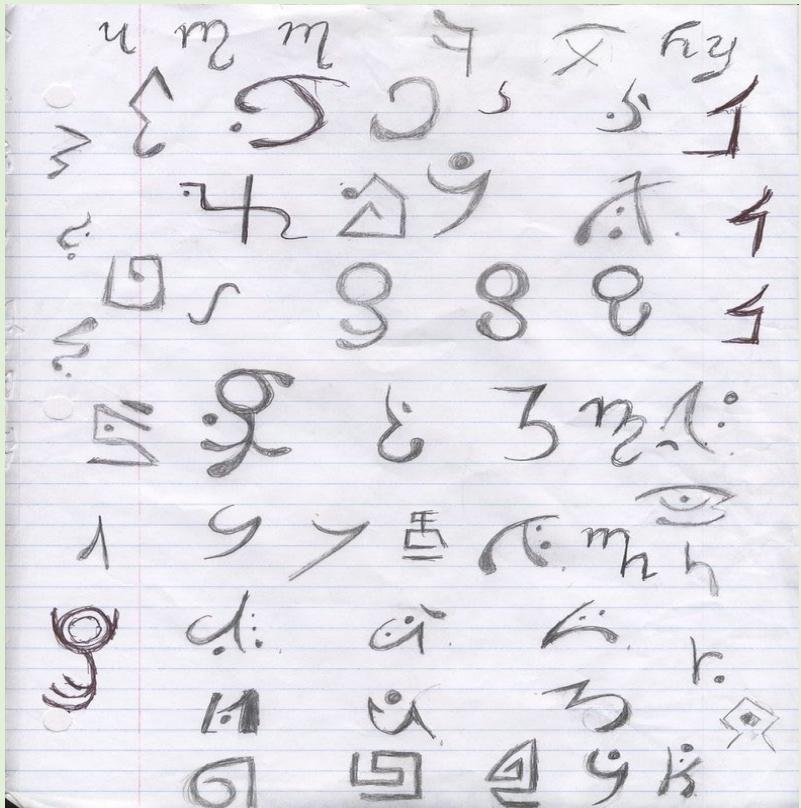
Houses/Structures --- Psyche

Animals in dreams

Since symbols are so significant in dreams, I encourage you to get an extensive Dream Dictionary or go on the internet to a multitude of sites. This is one I use frequently:

<http://www.dreammoods.com/dreamdictionary/>





"A symbol remains a perpetual challenge to our thoughts and feelings. That probably explains why a symbolic work is so stimulating, why it grips us so intensely"
- C.G. Jung

CW 15



What is Lucid Dreaming? Being Aware, Being Conscious – Spills over into your waking consciousness.

Even though the term "lucid" means *clear*, lucid dreaming is more than just having a clear dream. To have a lucid dream you must know that it's a dream while you're dreaming. That's it. It doesn't require that you can control anything in your dream, though control is what beginning lucid dreamers often aim at. People get attracted to lucid dreaming because they want to be able to do things they could never do in waking reality, for example, taste fire or fly to the sun. More and more experienced lucid dreamers are realizing the benefits of lucid dreaming. You can use it to explore the boundaries of your own agency and the limits of the universe.

What's the best technique for becoming lucid in dreams?

The best technique for becoming lucid is to actually become more aware and look and listen and pay attention to details, because when you see things that don't fit, that's a clue that you're dreaming. To facilitate the process you can form the habit of examining the environment or your state of awareness during the day. Mental habits you practice during the day tend to continue in dreams. So you examine your environment during the day, you examine your awareness, and then you may notice that something is different once you start dreaming. Someone who has become lucid has much higher levels of awareness—and obviously, I think that's one of the biggest benefits of lucid dreaming.

Dr. Berit Brogaard

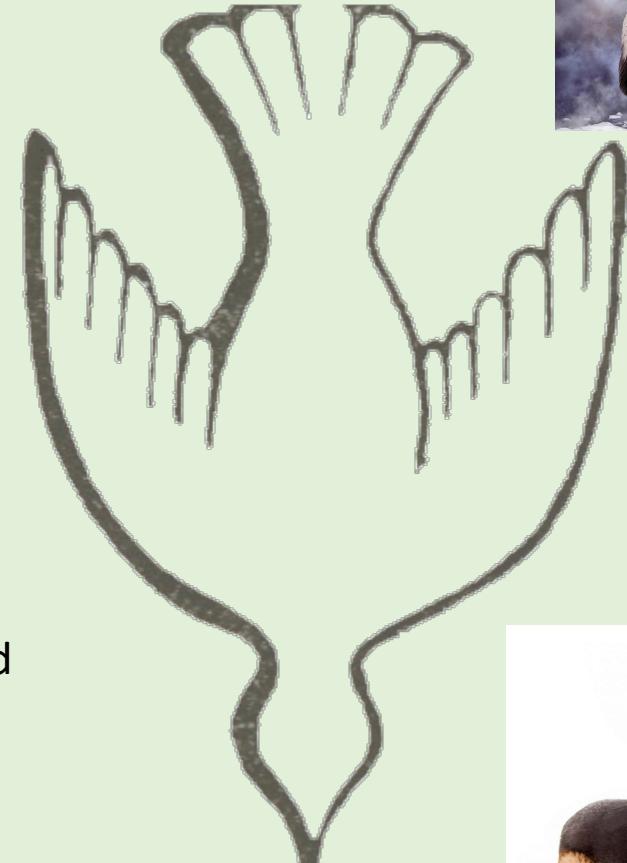
(We will use several dreams from the same dreamer to look at the different series and how they appear in dream stages.)

Dream 1 This dream took place in the past two months and was at about 4:00
4:30 AM

I am laying down looking up and a bird's head come over me and is upside down. It has a yellow beak and white head and I realize it is an eagle. I remember thinking how odd it is that he is upside down.

Dream 2 This dream took place in the past month time was approximately 4:30 AM

I am with a German Shepard Dog that looks similar to Heide, she is on her back and I am holding her head and raising it up just a little to look in her eyes and she is smiling. (I do this with Heide and Heide looks at me and literally will smile and other times just look intent) However, here the dogs eyes were closed but still had a smile)



<http://in5d.com/animal-symbolism-totems-dream-analysis-from-a-to-z/>

Questions one might ask the dreamer for ‘context clues’ before going into the ‘dream’.

1. What is the relationship in ‘real time’ with eagles?
2. Are you familiar with the descending ‘dove’ in spiritual matters?
3. What is the relationship with dogs?
4. What is your relationship with Heidi in real time?

Dream 3 This dream took place September 12, approx. 4:30 AM

We (not sure who we is) hear a noise outside. Then go outside and a women's voice says " she ran over it and then back up over it again." In the woodchip area (this area is vaguely familiar to me but cannot place it) there is a German Shepard Dog again with facial marking similar to my Heide and had over all body color similar to my Heide,, hunched an quivering eyes are open and grey (but I did not get the they were actual grey color) I remember thinking that is fear or pain. The sheriff is called I see emergency lights (like that of an ambulance). Then I am inside and I look down and there is a women at a desk with a haircut and color similar to my mother inlaw. At the back left side of the desk from where we are facing is a box with a frame over it and a small cat./kitten there is a German Shepard dog playing and it is looking down so I cannot see all the markings. I remember asking which one are you (I remember thinking meaning Heide or the one that was outside that was hurt) I pick the dog up with its back to me and remember it was a smaller one. This one the color on the back was more fawn.



1. What is the female part of you saying?
2. Are there feelings about this female that need protection?
3. Are there feelings in you that need protection?
4. Tell us a bit about your mother-in-law in relationship to her need for care/protection/nourishment?

An example of how I would dialogue with this dream will be given in the presentation.

An Example of a Healing Dream sent by female class member:

On Sept 5 my shoulder (the back) and left arm were injured. The whole situation is still going on much to my displeasure! Interestingly, several days after the injury I recalled a dream in which I removed a wire from what seemed part of a fence from a boy's back. I was worried that it might be rusty with implications for infection; so keeping the wound open and letting blood flow through was in order. Looking back through dream notes I don't find record of the dream, although am certain it was a while ago, and can recall wondering what it meant at the time, how strange it was.

How have applied it has been to keep moving so the life force continues to circulate, even if the moving is minimal. The dream has both guided and encouraged me to keep going.

