

AWAKENING TO YOUR DREAMS 2.1

What is it about Dreams that fascinate us and grab our attention for fleeting moments when we awake? For what purpose would we want to remember and understand the meaning behind any dream? What benefit does exploring the deeper meaning of our Dreams offer us in our daily pursuit of making our life work better? Why bother to take any dream seriously? My intention is that this article will answer these questions and more, as well as explain why Dream Work is so worth our time and investment.

Dreams are the universal language of the unconscious. They reflect where we are with ourselves at any given time or day in our life. Dreams are our personal unconscious computer print-out, waiting each morning at our psychic door to be picked up, experienced, decoded, understood and integrated into our conscious life. To decode and understand the hidden message and meaning of any dream is to tap into the guiding source behind dreams that is constantly urging or pushing us toward greater emotional, psychological and spiritual growth and evolvment.

The moment we begin to take ourselves as well as our dreams seriously; to ponder their mysterious and baffling symbols in relation to our daily life and relationships, we find ourselves embarking on a "journey of Self Discovery." Jung refers to this journey, this inner/outer quest for expanded and higher Consciousness, as "The Individuation Process." In a sense it is what Jung describes as a lifetime search for "wholeness." It is like no other journey you have ever had or will ever take. This journey demands from us the best we have to give ourselves and life in the way of courage, honesty, intent, and integrity. It guides us into the realm of "greater Consciousness" of who we really are as 'souls in evolution' as opposed to who we think we are as our false sense of lacking self worth or our false idealized (narcissistic) sense of self.

This realization that there are indeed meaningful messages waiting for us each day beneath the obscure dream symbols, leads us eventually to the realization that we are not alone, but are in a sort of silent partnership with a "higher source" within us that communicates to us daily through our dreams, our visions, our insights, our intuitions, and body sensations.

Jung refers to this force or intelligence that is obviously beyond our ego-personality as the SELF, as distinguished from our ego-conscious personality self. To experience the Self is to experience an unknowable force or energy that is in some mystical way pushing us toward greater awakening to who we really are. Having a growing awareness of the function and reality of the SELF, or wisdom center within us, helps us to face with greater perseverance and faith, the difficult, stressful and at times painful life circumstances and lessons we are often confronted with.

By now it must be clear that Consciousness is a key factor in understanding any dream. As we unravel or decode our dreams, we begin to see the interconnection of various symbols and images and how they reflect symbolically what is actually going on in our life, either in relationship to our self, or any given person, conflict, situation, or stuck pattern we may encounter.

Another necessary and crucial part of dreamwork is the understanding of Jung's concept of the *shadow* and how it plays out in our dreams. The shadow parts tend to be unexamined, disowned, rejected, or denied parts of ourselves. They are subpersonality parts of ourselves that we don't necessarily like but are willing to put up with, rather than confront and change. Whatever in our outer life causes us to feel a charge of negative emotion or reaction can be indicative of a shadow aspect. Shadow parts are a result of sweeping our angry feelings under the carpet, a fear of speaking one's truth, or denying one's own authenticity, sexuality, or inner sense of authority, etc. Within this context, Jung has said that the shadow can also represent up to 80% gold if we deny the best of who we are and instead live out our darker nature, which could be expressed in coldness, hostility, negativity, or our denied sense of self-worth.

What we find as we work with our dreams is that the unconscious is calling us into a new and different relationship with ourselves. Once we begin to take our self seriously, the inner reality of our dreams begin to emerge with new meaning and significance. Meeting our pain and life challenges is exactly what our unconscious requires of us to be there as an inner teacher offering a new path for psychological as well as spiritual wellbeing.

The Unconscious honors our vulnerabilities as long as we don't become identified with being a victim. The unconscious wants us to make it in life; it has little tolerance for being identified at the victim level. It is at these times that what feels like a cruel dream will come forth as though experiencing salt on an open wound. The unconscious in some way is rooting for our personal sense of empowerment and won't tolerate our self-pity. Once we can extricate ourselves from that state and begin to stand up for our self, the unconscious will bring forth supportive dreams.

Jack Sandford, a Jungian analyst from San Diego sums it up well in the title of his excellent book, *Dreams, God's Forgotten Language*. The language of our dreams may be expressed mildly or harshly, powerfully or bizarrely or in loving and transcendent terms. The symbols and the feeling tone in which the dream is expressed depends on how we conduct our self in our daily life. The attitudes, beliefs, and emotional responses and actions we take to our selves as well as to others each day, will have a direct bearing on how the unconscious will respond to us symbolically in our nightly dreams.

Here are some Dreams that are most common and prevalent:

Dreams of falling.

Dreams of being lost or losing something of value

Dreams of animals (our instinct)

Repetitive dreams are particularly important and need to be taken seriously and not ignored. It is the unconscious' way of saying to a person "*Stop Ignoring me, Pay attention to what I'm trying to convey to you again and again. You need to change in some important way*".

Environment and Weather Dreams

Dreams of Being Chased

Dreams of Being rescued

Nightmares

A tidal wave is one of the most frightening and terrifying of dreams; it portends the threat to the dreamer of being overtaken by the powerful contents of the unconscious.

Dreams of traveling

Big Dreams and/or Transcendent Dreams

Telepathic Dreams that come from Other Realms or Dimensions such as the Angelic Planes of the world beyond

Dreams of Flying either in a plane or self-propelled

We can have a relationship with this inner world of the unconscious and allow the symbols and images to awaken us to higher states of consciousness and effectiveness in life, or, we can continue to ignore our dreams and put all our golden eggs in the outer basket of life where we then miss the opportunity to *AWAKEN TO OUR DREAMS* and what they have to offer.

In my professional work with clients, I have developed a simple outline for decoding and understanding dream symbols and how to work toward the overall meaning of any particular dream. What follows is an abbreviated outline of how to do so:

1. I have clients describe the scene in detail in the present tense.
2. Who are the players in your dream? (People, Places, or Things)
3. What is taking place in the dream? What is the action that is occurring?
4. Are you an observer or a participant?
5. What is the feeling tone of any particular segment of the dream?
6. What is your age in the dream?
7. How are you or others dressed?
8. What are the prominent colors and features of objects in the scene, such as
the type of car you are driving, the weather conditions, the season, the direction you are heading?
9. What is the message of this dream?
10. Give the dream a title.

*There is so much more that I'd like to express in this article, but space is limited. To read the full version of this article, including a more in depth explanation of the Dream article as well as the outline, please feel free to go to my **website** at TheaSpiritweaver.com under the Dream heading.*

I am available for individual private appointments to work on any specific Dreams or issue. I am currently offering three 1-hour discounted sessions at \$50 each, as an introductory offer to my work. My regular fee per session is \$85. I can be reached at **303.284.6093**

I also hold a ***Dream Circle*** the second Saturday morning of each month at my home in the Boulder/Longmont area between 11 am and 1 pm. The Dream Circle is by donation, for those of you who are interested, please call to reserve a place. Refreshments included. HYPERLINK "mailto:theaspiritweaver11@gmail.com" theaspiritweaver11@gmail.com. My professional **ad** can also be seen in the Jan/February edition of Bellasparks magazine.

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