

## INSPIRATIONAL & PSYCHIC DREAMS

Emilie is the spiritual director of a sabbatical program for women. Since Emilie was very interested in the creative insights that dreams might bring to her spiritual leadership, we began exploring her dreams.



### Emilie's Waking Concerns

Getting right to the heart of a recent concern, Emilie wrote, "As my own physical energy diminishes, I've been wrestling with the question of how to use my creative energy in a way that leads to harmony and balance in my projects. One morning during prayer, I began to clarify the issue, coming then to the awareness that, of the areas I was involved in, the three key ones I wanted to continue were: Writing, Drama, and Spiritual Facilitation.

As I prayed, reflecting on these areas of work, I glanced at the table beside me and saw a tiny nest, a gift from a woman in my program. It held three small eggs. I envisioned each egg as one of the three areas of creative work. I thought that what I needed was discipline to find space in my calendar for *a whole day each week to write, and another day to work on drama*. To do this, I would need to spend less time on the sabbatical program for women, which is very demanding during six months of the year. So my waking thoughts were to find a **linear** solution among the seven days of the week."

### Incubating A Question for Dream Insights

In order to focus attention on the issue that concerned her, I asked Emilie to write her Dream Incubation Question on the left-hand side of three index cards and to draw images that symbolized her question on the right-hand side. Then, Emilie posted her cards where she would see them often throughout the day.

How can I expend my energy in a way that leads to harmony and balance in my creative projects?	Drawings
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That night, as she was falling asleep, Emilie silently repeated her Dream Incubation Question. The following morning, Emilie recorded her dream within the first **ten** minutes of awakening and described her dream using the **present** tense.

## ANNE'S DREAM

**First Dream Image:** I am lying in bed, in a place I don't recognize. There are students around who are very noisy. I am hoping they will leave so I can sleep . . .

### Second Dream Image

In my dream, I am half awake when I begin to visualize my three tasks as part of a circle. The circle shape that appears in my dream, symbolizes my movement from linear thinking—lists and sequences—to *holistic* thinking. I see three areas of Creative Energy.



### Third Dream Image

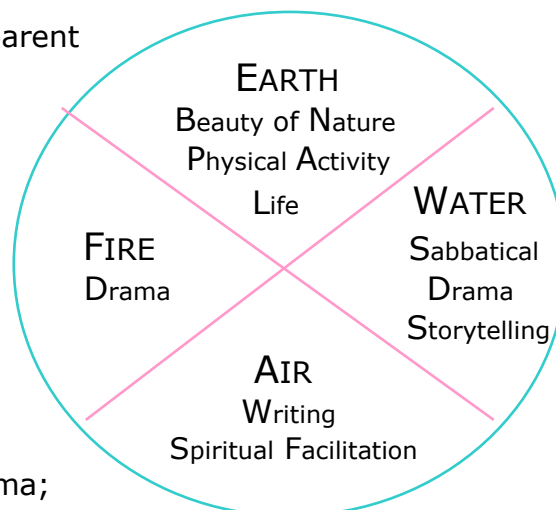
As I am looking at the circle, I think that four segments, rather than three, would feel more complete, so I add a fourth aspect of Creative Energy—Physical Activity.



**Fourth Dream Image:** In my dream state, I suddenly recall a visualization exercise I'd done two weeks earlier during my annual retreat week. We had explored the elements of air, water, fire, and earth, as they related to our life activities. We sought to balance AIR—intellect and spirit; EARTH—body and physical movement; FIRE—passion; and WATER—emotion.

I then see a beautiful, pink and blue, transparent circle floating down, like a gift. The circle is so thin, it is almost like tracing paper. The colors remind me of the sky during a beautiful sunset.

I realize that I can superimpose this circle on my circle of four parts to see how I can balance intellectual-spiritual, bodily, passionate, and emotional activity within the work that I do. I see that the FIRE/Passion is mostly expressed and experienced in drama; the WATER/Emotion is present in both drama and in the women's sabbatical—especially when I use story-telling in facilitation.



The EARTH/Body energy relates to my need and desire to walk, swim, run, and garden; and, the AIR/Intellect and Spirit is expressed and experienced in writing, and in spiritual facilitation. Then, I awaken from my dream." In the dream, Emilie saw the four elements in the order illustrated above.

## Emilie Responds To Her Dream

"As I continue to explore my dream metaphors, I am coming to a much more holistic idea of how to balance, not so much the tasks I do, *as the energies each requires*.

I know that I overextend the AIR energies, and, to some degree, neglect the EARTH and WATER energies. The dream has given me a new way of seeing the question, and of seeking harmony—not in a linear way, by allotting a day for each task—but in a *whole* way, so that **a day is balanced** among physical, emotional, and intellectual energy. I continue to do work that engages passion—drama, which I love, and storytelling. I have a feeling of release, of 'Ah-ha' . . . of new clarity. I have found a new way of working with a perennial challenge."

Emilie has discovered the beautiful treasures that were hidden in the unique metaphors of her dreams . . .

## PSYCHIC DREAMS

IASD psi Dreaming Conference 2010  
International Association for the Study of Dreams  
[www.ASDreams.org](http://www.ASDreams.org)

The following two parts of a four-part dream (from the same night) was part of my entry for the psychic (psi) dream contest. My challenge was to experience the dream imagery of a previously selected Designated Dreamer (DD) in my own dreams. The DD and I both recorded our dreams the next morning and sent them to the program moderator.

To report our dreams, Ed Kellog, the moderator, created the format below. We added bold if we sensed the elements might be similar to the Designated Dreamer's. The format is similar to the "TTAQ" dream exploration technique. The letters stand for the **T**itle, **T**heme, **A**ffect, and **Q**uestion. Dreamers create a *question* that arises from the dream experience. A day later, after all the dreams of approximately 100+ participants were received, the Designated Dreamer's actual dreams were revealed. I didn't have a match. Do try this at home with a moderator and a dream partner.

### Dream 1

**Title:** Joyful Free Flight

**Themes:** Beautiful music; Flying

**Emotions (Affect):** Inspired

**Major Structural Elements:** Flying Inside; Wonder-Woman top; 4' elevation

**Unexpected Elements:** **Flying 4' elevation & hearing an inspirational song**

#### Dream

I am inside a room, dressed in a **"Wonder Woman"** style top and am able to fly about four feet off the ground. I hear strains of the **song "Somewhere Over the Rainbow."**

### Dream 2

**Title:** Children Wanting Loving Care

**Themes:** Missing Loving Parent and Guardian

**Emotions (Affect):** Longing, Joy, Love, Sorrow, Reassurance

**Major Structural Elements:** Outside on the driveway; Seven children; Older, hip babysitter

**Unexpected Elements:** **About seven children lined up outside on the driveway, waiting**

#### Dream

**I arrive home** after getting a lift **in a car with three others**. On the **driveway** there are about **seven children lined up to greet me** as I was late. They seem very happy that I've arrived. The two children on the right-hand side—**a boy and a girl**—are my own and I hug them first, tenderly saying their names. The babysitter is a hip forty-year-old and I wonder how long she will continue babysitting. The next child I hug is **a boy of about nine**, who, as I call him by name, seems very **sad**, and so **I hug him for a long while** until his sadness passes. Then, I continue hugging the other children and saying their names.

## PSYCHIC DREAMS — Example

If someone is experiencing strong emotions and needs your **empathy, support**, or needs you **to take action**, you may dream about this person. For example, many years ago, I called my parents to warn them about an intensely vivid dream that I'd had.

### Dream

**My parents watch in horror as their cabin burns to the ground. I suggest that they should check the fire conditions before going back to the cabin and should be especially careful.**

Just before my dinnertime call, my parents were, in fact, reliving the horror of being trapped across the lake while a *neighbor's* cabin actually burned to the ground just four cabins away.

During the raging fire, they knew that their own cabin or the nearby trees could easily catch on fire and quickly surround them with flames before they could safely get across the lake.

The fire, however, had occurred two days **prior** to my warning dream.

So now, my mother chuckled and told me, "You're two days late with your warning, and it wasn't our cabin that burned, it was the neighbor's, four cabins away. But I'm amazed that you seem to somehow have shared our emotions of helpless terror through your dream."

My mother continued, "I have been feeling so vulnerable and afraid to go back to our cabin in case something like that ever happens again. But somehow your call makes me feel safe and I feel better just knowing I can talk with you about the whole frightening incident."

It seems that my Dreaming Consciousness considered my parents' emotional well-being every bit as important as their physical safety. Thus, my "Johnny-come-too-late-dream" was **right in time to reassure** them that someone truly cared.

### Dreamwork

- [Top Ten Dreamwork Techniques](#) — "Your Guide to Happiness, Wisdom, and Purpose"
- [What Did You Dream Last Night?](#) — "Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind's Answers Tomorrow"
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys