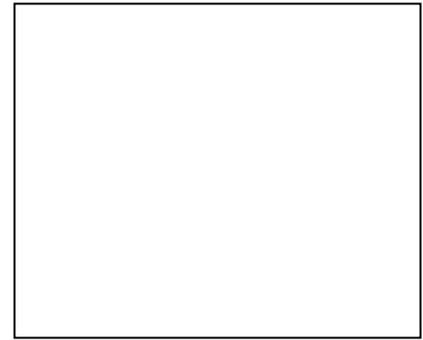


## Recurring Dreams

Recurring dreams are like visitors who come to your door to give you an important message. Upon repeatedly finding you not “at home,” they adopt the habit of returning in the hopes of finding you at home next time or sometime in the future.

Recurring dreams are like lovers who are at odds with one another. They have to meet with you in person and see that you “get” what they have been trying to tell you.

Recurring dreams are like itinerant Aesop storytellers. They need to know you that you really do understand the moral of the story.



Once you are “at home” to receive the important message, once you “get” the feelings as well as the content of what they have been trying to tell you, and, once you really do understand the moral of the (dream) story, you are within your rights to hope they’ll magically disappear.

But no. Recurring dreams are also like parents who tell you to clean the house—until you take ACTION and actually do the work, they’ll remind you over and over. . . until you change an action, situation, or attitude. Then, the recurring dream will leave you a gift and disappear!

### Cherie’s Dream

A woman in her seventies approached me about a disturbing recurring dream. “Ever since my daughter, Melody, was killed in a car accident many years ago, I’ve been haunted by this dream.”

“In the dream, Melody visits me and tells me ‘I’m OK, Mom.’ She smiles at me and says ‘I’m happy here.’ As she walks away, she tells me ‘I love you, Mom.’ Suddenly, I hear the loud screeching of brakes and I scream “No! No! No!”

I wake up sweating and then I’m awake for hours. It’s so horrible to know I couldn’t stop her death. You see, I blame myself for letting her borrow the car that day. I’ll never forgive myself. But, my biggest fear is that I might never see Melody again. Do you think I will or am I just fooling myself? I couldn’t stand it if I knew I’d never see her again.”

If you have a recurring dream, clear the deck of commitments, do meditative practices for a few days, and then ask yourself:

1. What is the important dream message you have not been “at home” to receive?
2. Is there a feeling message that you need to “get?”
3. What is the moral of the story?
4. What action do you need to take, or, what attitude or situation do you need to change?
5. What is the gift that the recurring dream leaves you?

The gift for Cherie was trusting that Melody was still able to experience love and happiness. Cherie no longer defines Melody’s life and spirit through the lens of the car accident. And she believes she will see Melody again.