

The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



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TEACHERS' DREAMS

SPECIAL EDITION



National Dream Hotline®
2018

54 hours of continual dream
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School of Metaphysics
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Wendy Vann.....	3
Wendy Isley	4
Walter Hricaj.....	5
Michael Fabri	5
Silvia Galvan.....	6
Mike Bremseth.....	7
Mavis Curry.....	8
Mari Hamersley.....	8
Marsha Malone.....	10
Jessica Leathers.....	10
Nicki Koenen.....	12
Joe Pecaut.....	13
Linda Pecaut.....	13
Terrance Bellows.....	14
Mandie Renner.....	15
Jeremy Ragan.....	16
Christine Spretnjac.....	17
Devon Westpheling.....	19
Diana Kenney.....	20
Brian Hoover	21
Doug Bannister.....	23
Jamie Metzenberg.....	25
Mickey Hughs	26
Bonnie Darby.....	26
Cindy Donato.....	27
Codie Lea.....	27
Kerry Keller.....	28
Zach Busch.....	29
Mike Maffa.....	30
Lisa Stefaniak.....	31
Emily Knox.....	32
Randy Ristow.....	33
Sandy Leitner.....	34
Sherwin.....	34
Lesley West.....	35



RADIO



TV



T
a
b
l
e

o
f

C

Tulsa

Olivia talks at 5 months old

By Wendy Vann

Since I started the school, my dreams have mainly been about learning, knowledge or assessing value. This year, since the birth of my granddaughter, things have changed. Here is an example of the kind of dreams I have now with my granddaughter Olivia.

One morning around 2am, I dreamed the following: I was in bed holding Olivia and my friend Liz P. was also in my bed talking to me, and Olivia at five months said "How do I heal?" and I said to Liz, "She's talking in sentences", and then I ask her if she was ready for a diaper change and she said "Yes, I think I'm finished." Then I was in a different house with my friend Valerie B. and she was moving in and I asked if she had divorced her husband and she said "No he died" and I said "I didn't know that" and I walked back into the bedroom and Olivia was sitting on the couch with a big T-shirt on and she said "How did I learn to talk to you at two in the morning?" and I said "I don't know, you just started talking in sentences."



My interpretation of the symbols are as follows:

Bed - mental calmness or peace for assimilation

Olivia - open, watchful

Liz - Bubbly, loving

Baby talking - new ideas

Diaper change - release/cleanings/purifying

Different house - different state of mind

Valerie- professional, dependable

Husband's death - known subconscious aspect/change

Olivia on a couch in a big shirt - support for thinking/individual expression

2 am - Duality

I have to trust my intuition on this dream because it felt significant when I woke up. I believe this child Olivia and I have bonded on a soul level and she often appears in my dreams, talking to me. This dream was the first in the shift. I believe the dream was saying that I am more open to mental calmness and new ideas for assimilation while releasing those that do not help me and in this way I am embracing change and a new state of mind. I am also seeing my support while expressing my individuality which is expressed in duality. I am experiencing these changes inwardly but they are manifesting outwardly in my every day tasks and my ability to have peace through events in my life. •

Kansas City SOM

Riding the Elevator

Wendy Isley



I am on Spring break with my cousins and their children. There are many people, male and female cousins and male/female kids. There is a girl who is about 14 years old. We are staying on the top floor of a very tall hotel/apartment building. We take the elevator up; it goes fast and at the end it turns sideways (similar to the elevator in the Arch in St. Louis). We get out of the elevator and there's a big swimming pool on the top floor. We swim. The 14-year-old girl is happy and impressed. I wonder if she has siblings, but she doesn't.

Then there's a scene with more cousins and my Aunt Janet. There's a bag stuffed with items—clothes and food. Aunt Janet is looking for the French fries. She finds them and starts eating them. Then she is on the floor under the table looking for her belongings so she can go to her room. I ask who is going to help her and wonder who will help.

EOD

Interpretation

In this dream, I am willing my attention to superconscious mind (top floor of large hotel/apartment building). I am doing this in a fun and playful manner (Spring break, cousins whom I played with as a child and their children). The young girl in the dream is 14 years old ($1+4=5$, which represents reasoning). The girl is maturing, not yet an adult. There is more to learn about this conscious aspect of Self. I am on the top floor of this large hotel/apartment building so I have accessed the superconscious part of my mind using willful attention (elevator) to get there. I am moving through conscious life experiences (swimming pool) with the awareness of my own divinity since the pool is on the top floor.

Then the scene switches to my Aunt Janet who currently has dementia in waking life. She is a conscious aspect of Self who is not thinking rationally and reasonably. She is the opposite of the 14 year old girl in the first part of the dream. Aunt Janet is very family-oriented. In the dream, she is looking for her self-expression (clothes) and gaining knowledge (French fries). However, French fries are not a healthy food and thus do not provide the tools for uplifting consciousness. I ask my other parts of self who is going to help her. I am wondering how I can help the part of me that is not using reasoning. It seems to relate to aspects of Self that are involved in family life.

How I Will Use This Dream

I will use this dream to help myself and others by continuing my spiritual practices and teaching/coaching others. I desire to mature the happy 14 year old girl into adulthood and into wisdom. Daily spiritual practices, teaching and allowing the Holy Spirit to lead the way in my life will accomplish this.

I will help the "Aunt Janet" part of me through working on increasing my reasoning abilities, especially when it comes to relating to my family and my husband's family. Although some family members on both sides are religious and go to church, I am the only one with a daily spiritual practice that includes meditation. This puts me in a position of responsibility and leadership. I will lead by example and give advice when asked. I will express myself in the way that reflects my attention to the Holy Spirit. I will continue to show others the power of love, gratitude and forgiveness. I am the light and I hold the light for others. •

Kansas City

Sky Turned Black

Walter Hryca

Dream

I remember being in the lobby at the Intercontinental Hotel. I was working and many people were around. All of a sudden the sky turned black and I noticed a funnel cloud. It was a tornado and it touched down right outside. I asked people to move quickly to the ballroom, however, it was too late. The tornado blew out the glass in the lounge area, but no one was hurt. Most people (including myself) were a little stunned. The tornado eventually dissipated and everything was back to normal.



Interpretation

This dream was when I was at work. This means I'm in a place of mind where I'm taking activity to understand my value. The tornado are thoughts that are spinning out of control. I was trying to direct the people however, the glass blew out before they could take cover. Glass in a dream lets one perceive accurately from the inside out. I see the blowing out of the glass as a wake up call to stop and perceive accurately. Since it was so abrupt it got my attention immediately and I was able to just stop.

Perspective

This dream is getting my attention about how my mind spun out of control and how destructive it can be. I noticed my mind doing this one morning and I just stopped. It was frustrating because I was being bombarded by business calls, people and text messages first thing in the morning. I really want to serve in all ways, however, I'm realizing how important discernment is in many of my choices throughout the day. When I get like this, breath centers me and I just need to stop and choose accordingly.



Oklahoma City

Distracted by Photos

Michael Fabri

The Dream - I am at a random house; I am about to start jamming with my buddies in a local band, but I need to set up my drums first. As I'm setting up my drums, I keep getting distracted by these photos I'm going through. The photos seem to be from an animated character named "Goku" and his wedding. I am eager to jam with my friends, but am hindered from doing so because I keep pilfering through the pictures!

My interpretation - There is a way that, when I'm trying to create harmony with these familiar aspects of himself that I enjoy, my imagination - specifically imagined manifestations - distract me from doing so. In short, it's like my own obsession over my imagination, my obsession over things I IMAGINE I'm creating, that keeps me from creating real harmony with my Self.

How I'm different - It's interesting, just before interpreting this dream in my class, I had an experience with how it plays out. We were listening to a color tape. During the color tape, randomly, I started getting all of these great ideas and these epiphanies. I kept obsessing over them, trying to hold onto them, so I could write them down when the color tape was over. I was giving my own thoughts so much attention, I wasn't even listening to the color tape and was even wishing for it to be over. I do this all the time. I live in my imagination, I imagine these extravagant amazing things all the time, but in doing so, I'm never fully present. I'm always living in imagination land, and therefore never satisfied with what seems like boring, mundane reality in comparison. It is this habitual thought pattern that contribute to my unhappiness, to my scatteredness, and overall limits me from understanding who I really am in the present moment. But to let go of that imagination is so difficult, it feels like my inner child, so it always feels so right to give it attention, even though realistically it limits me from knowing my Self.

So, since having this dream, when those things come up, when I find myself drifting in imagination land, I stop, and even though I'm pulled to give it attention, I don't, because the dream awareness has finally showed me its detriment. Instead, I take that imagination and turn it into desire. I look at what makes the imagined thing so appealing and translate that to something I can create in my own life, or try and find the same value in the present moment. This new kind of thinking helps me see more clearly where I am and where I want to go. It helps keep me disciplined, knowing that my imaginations can come true, but only with time and patience and working with what I've got in the present. •



Oklahoma City Winning Ticket

Silvia Galvan

I was at work with different co-workers, **SOM** students & teachers and some family members. Eric - my manager's boss presented Ryan with an airline ticket to fly anywhere in the world he wanted. Ryan was so excited, and we were all cheering for him. I asked him where are you going to go - he said I could go anywhere with excitement on his face!

work - productive place in mind

co-workers, **SOM** students & teachers, family - conscious, subconscious and superconscious aspects of my self - some are more spiritual than others, some very familiar.

Eric - superconscious aspect

Ryan - subconscious aspect that is very considerate

Airline ticket - tool for movement within the mind

I am in a productive place in mind with many aspects of my self from inner authority parts to very familiar aspects of myself. I am drawing upon a considerate part of myself that receives a tool that allows me to experience a type of movement that seems to bring excitement and joy.

There is a movement that has recently occurred aiding me to be more in alignment with many parts of myself. I feel a kind of excitement and joy from what I am receiving. •

Springfield
 Sorting Good Knowledge from Bad
 Mike Bremseth



Dream (April 2, 2018):

One day at school I was talking with Brian while I was helping taking things out of the refrigerator. He asked me if I would like to try out a position where I would be in charge of taking things out of the refrigerator. Somebody was already doing that at this time and he thought there was a need to add a second person. I would be in charge of stocking the refrigerator. This would be needed for each meal.

I agreed to try it and see how it works out. We agreed that that's what I would do. EOD.

I had this thought when I went back to sleep:

[The school had grown very large, maybe over a hundred students. We were providing meals there for the students just before their classes. There were several classes each day of the week.]

Previous 24-48 hours:

Spent those last two days (except for meals) working on the Eleven Questions.

Symbols:

School – Place for learning

Things – (assuming foods) – knowledge

Refrigerator – is a means for preserving knowledge

Position – responsibility

Meal – consuming knowledge, a class

My Interpretation:

The school is a place for learning where knowledge is imparted to those wishing to learn. Being a teacher, it is my responsibility (position) to remove knowledge from storage (refrigerator) and pass that on to the students at class (meal).

My Thoughts:

My first class started on January 8. I consider my teaching to be sacred service as I am passing on to others enlightened truth that will benefit their lives more than they now realize at this time. The only thing I ask for is their commitment to reading the lessons and doing the exercises that, again, are for their benefit. For that I give my all to my students and to the school itself. Providing this knowledge to my students is a sacred responsibility. Being given the position to remove knowledge from storage to disseminate it further cements my karmic obligation to teach. Having just completed the Eleven Questions, it has opened me up to revisiting all the lessons and reaffirm by understanding. To teach is to share what I have been given and I have been given much. My takeaway from teaching is that I chose my students and they chose me as their teacher without ever having met each other before and this is where Creator wants me to be.

Des Moines

Emotional Evolution

Mavis Curry



I am in a large hotel at a conference and needed to go back to my room to change. I realized I had lost my key, watch, and wallet. I ask a lady (notice she is very short and petite) who works for the hotel if they have a lost and found. She smiles and says no and tries to explain why. She is rambling and her answers is very confusing. She then tells me she has to go to the front desk and I ask if she can take me with her. She keeps trying to explain to me why there is no lost and found and why it is hard to get to the front desk. I get a little frustrated and ask her as politely as I can to please get me to the front desk. I also tell her that what she is saying is confusing and I would appreciate getting to the front desk. We get to the front desk and a guy greets me. He looks very odd, with funny

“jester like” clothes on. I ask him if he is a manager or if he can get me to a manager. He smiles awkwardly and grabs an umbrella and hides under it. I think he must have some mental problem. I ask someone else if they can help me. A woman clerk smile and looks at the crazy man and says “he’s crazy”. All the clerks then look at me and I become lucid and ask. “Are you guys really serious or are you goofing with me?” It feels like they are testing me to see if I can control my temper.

Losing my key, watch and wallet was very interesting - access to place, time and value.

Tiny woman - frustrated with communication of an unknown aspect

Crazy Man and umbrella - Feeling inner assistance is not sane, using tool to deflect experiences that aren't there / hide (avoid)

Clerks - Sense access to Broader assistance is testing me

I have been very present and observant lately with how I communicate and what I am focusing on. I have a strong desire to connect in more meaningful ways, honor time commitments and express myself more completely. At times the communication with others feels a little “crazy” and I need to step back, breath and stop repeating myself. I believe this dream is directing my attention to my emotions and specifically to become more aware of when I become frustrated and angry. This dream felt a little more “real” than others.

Des Moines

Secret Lover

Mari Hamersley



I was a young woman, but I looked different, in a downtown area of a city that was new to me with lots of large stone buildings around. I had a job to do there, taking care of household tasks in a second floor downtown apartment with a female friend. I secretly loved a man named Andy with much heartfelt emotion. I didn't see him there, but I could see him in my mind—In his 20's, attractive with brown hair. I don't think he knew how I felt but I was very certain about it, and I longed for him. My friend in the apartment knew I cared about him, but she was quiet, not needing to ask about him, and her presence was a comfort to me. Then I needed to go to a store to get some food items. I got a ride in a car with a couple in the front seat. The man was driving. They thought I secretly loved a guy, and were trying to trick me into saying who he was. They turned on the radio and we heard music. They asked me what my favorite song was. I said two songs. When I awoke I couldn't remember the name of the first song, but the second was named “Andy”. They smiled and thought they had it figured out. I knew they might tease me about it or tell others, but I still had to say the truth about my favorite songs. End of dream.

Symbols:

A new city—being in a new state of mind

Stone buildings—lots of attention on willpower in mind

Second floor apartment—in my subconscious level of mind

Friend—a conscious aspect that knows and is quietly comforting

Andy—a subconscious aspect of myself that I loved very much and wanted to connect with

Work—a state of being of productivity, giving attention to my mind

Store—a place in mind to acquire knowledge, (although in the dream we didn't arrive there)

Car—my physical body, driven by a subconscious aspect

Couple—aspects of myself that seemed tricky, frivolous in their intention, joking

Music—harmony

Songs—identifying particular aspects of harmony

The emotion of the dream was a kind of sadness, wanting an aspect I didn't know if I could be close to.

Interpretation:

This dream reflected my state of my consciousness on Easter. In this dream, I saw where I was in a new place in my mind, being productive, recognizing the quality of willpower. I had my attention inward in the subconscious mind. I had a longing to connect with an inner part of me. I felt I hadn't yet or couldn't reach out to that subconscious part of me I loved, and I felt sad about not connecting in that way. I needed to attain some additional knowledge and allowed my frivolous aspects and activity with my physical body to take me to where I could get it. On the way forward, I recognized harmony in myself and I was asked to identify the two forms of harmony I most liked. Although I didn't appreciate the way those aspects of myself frivolously derived the information they wanted, I had to speak the Truth, no matter what the outcome was, even if they who knew my secret love was.

Significance in my Life:

This related to how I thought and felt on Easter. I woke up in a peaceful state of mind, saying prayers to the Creator and Jesus, being so grateful for their loving presence in our lives, for all they are to me. I really wanted to be inward and holy that day, to make it special. However, I got caught up in all the experiences of the day and I wasn't in the state of mind I wanted to be. I felt stressed, irritated at times and caught up in the activities of the day and noisy people at our family gathering that afternoon. I had moved away from the quiet, peaceful, spiritual state of mind where I wanted to be connected and I felt sad about that. There was harmony in some ways that I recognized that day yet still some aspects of me I didn't appreciate.

Since I had been to a workshop at Unity Church last week, I have wanted to maintain the peaceful state of mind I achieved in the workshop where I released discord with a certain individual. I had done a good job that week, but on Easter I felt I had lost that elevated consciousness of peace within me and I reacted to myself as being apart from mySelf due to my irritation with others

How I changed as a result of this dream:

On Monday, I saw this and made efforts to clean up my mind and elevate my consciousness again. It was a challenge. However, I did identify ways I could do that, by stilling my mind, knowing I could be connected and bringing joy into my life, not sadness. I wanted my inner and outer world to match the ideal I have for myself. I realize I need to be patient as it does take work to make it so. I think that is particularly symbolized by the comforting friend who is consciously present but not demanding. I did see a change in how my day turned out on Monday. I was definitely more at peace with myself. To add to this going forward, I see the need to openly speak about my desires and how I want to be instead of keeping it secret. I can be open emotionally and I know that people will cooperate to help me fulfill my ideals. •

DES MOINES

Saving the Snake

Marsha Malone

Dreamt that I was in a room with my teenage daughter, on two separate beds, when a very tall, slender and demonic looking man walked into the room and dropped (in a drop the mic style) what seemed like a bomb. He then casually backed out of the room at which time I thought, “not again, I’m sick and tired of this #\$\$t!” . As a result I didn’t react but felt as though I should leave the room but didn’t.

The dream continues with an equally long and slender snake 🐍 believed to be poisonous. It was captured by an unidentified man and I decided it shouldn’t be killed so I got duct tape and it’s head was taped to its tail in a circle ○. End of dream.

My interpretation, relative to my life, supports the consistent drama over the past few years, of which I’m tired and consciously done with. My thoughts are the only ones I control and I refuse to be triggered by all the usual external influences.

The bomb represents forced changes and the snake and my decision to restrain it represents a conscious decision to, not destroy, find the good/benefit in life force energy which excites and scares me.

I decide...!

So, because I now have a different attitude about the circumstances of my life, things affect me differently. I do create my reality based on my response to situations and I am responsible for how I feel in every situation.

I DECIDE...!! •

MAPLEWOOD

Marching Band

Jessica Leathers

Dream - Wednesday March 21, 2018:

Dream 1:

I remember being with the marching band celebrating the President being in town. We were putting on a parade with only the band performing in it for him. Megan, from work, was in the band and a bunch of people (male and female) that I didn’t know were also part of the band. At one point we were not marching well together resulting in the front of the band, 10 people or so, separating from the rest of the band. The front and back of the band were close enough together to see each other but separated enough that it didn’t look right. I was with those 10 people in the front of the band and we were marching perfectly fine but somehow we got separated from the rest of the band. In the dream, this made me really upset because I’m all about perfection with the band and there was no real explanation as to why we were separated because it was only the band in the parade. Then afterwards Megan was complaining about stuff, like her instrument being heavy and she was pissing me off.



Commentary: I never actually saw the President in my dream but I knew that’s why we were giving the performance.

Interpretation 1:

President: There is a presence of superconscious. ***Band:*** Working with many unknown aspects of self for conscious and subconscious. ***Band separated:*** Focusing on myself, observing impact of self of the whole, and working with using or losing control and perfection. ***Band/Megan:*** Figuring out how to work together in different ways of thinking or doing. ***Music:*** Harmony.

Dream 2:

I remember being in the dark and driving some weird vehicle almost like a snowmobile type thing. The vehicle had a cover and doors and instead of like ski type wheels, like a snowmobile, it had the track type wheels, like an army tank would have, but it was small like a snowmobile and not big like a tank. Then the vehicle died and it was like it ran out of gas or the battery lost charge or something. I didn't know exactly what happened in the dream. I wasn't that far from the house that I was headed towards, so I grabbed my flashlight and went and walked the rest of the way. As I was walking I heard a lot of wolves howling and I was becoming a little scared. Then I came across a dog or a wolf and it ended up being a nice one but it warned me that the wolves in the area were converting to being werewolves and that I needed to get inside as soon as possible. So I went in the front door and there was a woman and a man in the house. They were my friends, but they were unknown people to me. There was a male dog in the house that was our pet or something and I called it Star. The dog was acting kind of funny and meaner than normal and wanting to fight and bite me and then it got worse and worse. Then it was like it took its claws and stabbed me in the spine of my back and had a hold of me and it was like I was paralyzed and couldn't move and I was yelling for help. The man was standing there and I looked to him for help. The dog was starting to transform into the werewolf while he had a hold of me, which was why it seemed to be getting meaner.

Commentary: *I didn't recognize the house from real life. Star was a dog of mine throughout most of my childhood and she was a female dog. The dog was kind of scary like the dog in Harry Potter, who was Harry's uncle. I never saw the dog actually transform.*

Interpretation 2:

Vehicle: Moving through life in new and unique creative ways.
Vehicle died: Running low on physical fuel for the body.
Dog/ wolves to werewolves: Transforming habits or ways of thinking.
Paralyzed: Not completely comfortable with new ways.
Man: Looking inward for guidance.

**Dream 3:**

I was having sex with Brian. In the dream, we were in our bed in our bedroom. After having sex, he went in the bathroom and while he was in the bathroom I was using a vibrator. There were three different kinds of vibrators and I was testing them out. Then I got mad at him because he revealed that he was having sex with another woman.

Interpretation 3:

Sex: Creating with subconscious. **Vibrators:** Experimenting with creating in different ways. **Other woman:** Creating with unknown aspects of conscious mind, but may be uncomfortable with it. **Bathroom:** Releasing attachments of physical and emotional.

Combined interpretation of Dreams 1-3:

Creating harmony by working with inner parts of self and connecting with Superconscious. Creating, moving, and thinking throughout the life in new and different ways. Challenging and uncomfortable at time, but doable.

I have been focusing more on myself, which entails self-love, self-respect, proper perspective, neutrality, and deeper purpose related to Ideal. In working with these parts of myself, I have made different approaches to conversations, ways of thinking or acting in all parts of my life. When I can separate myself from the equation and be neutral, it gives a different perspective and I respond better. This also helps me become more aware of how my actions not only affect me but the whole. Teaching people to become aware of how their actions affect the whole is something I recently decided to pursue. It is one of those things that I'm sure I learned but feels like it's "just who I am". Because of that it is challenging to figure out how to teach people about this awareness, but a great learning experience. Also, I have learned with neutrality and proper perspective to recognize when I am doing or want to do something for myself and why. Sometimes giving myself attention, which I don't do so often because I am a giver, is giving not only to me but also to the whole. This lets me release control and attachment. I have been working on and experiencing finding harmony in the releasing of attachments.

I've been working with releasing attachment in the physical and emotional levels and also with regards to control and perfection. The new and different ways that I am working on interacting with people in my conscious life is reflective with how I am working on interacting with my inner Self and I am aware of it. I'm sure it's been reflective in the past many times, but now I am aware!!

Maplewood

You Are a Mental Creator

Nicki Koenen

I would like to share a few dreams that I had when I was starting the class that I am currently teaching. This series of three dreams gave me feedback and insight throughout the creation process.

In my waking life, I was being very intentional about the way I was using my mind to create. I was giving a lot of mental attention to visualizing and imaging myself, the students, and the space. About 2 weeks before the start date, I had a dream that reflected this. It showed me the ways in which I was engaging mentally. What it also showed me was the need to balance these mental actions with more activity in the physical. I applied this dream message by reaching out to people, making phone calls, postering, and talking even more about it throughout my week.



Two days before the class start date, I had a dream about being pregnant. It was different than any previous dreams I have had about being pregnant. It was so vivid. I felt so present. I felt the baby's heartbeat. I could feel the baby move. I called my mom in and she was watching too. Then there was a moment where the baby's foot made perfect contact with my hand, and it was emotional. The moment felt so real. I looked at my mom and a few happy tears rolled down my face. It was a beautiful feeling.

This dream showed me the alignment of my thought form and where it was in Mind. The pregnancy indicated that my imaged desire was indeed transpiring in the inner levels and specifically that it had moved through to the Emotional level of Mind,

indicated by the crying. My mom being in the dream represented the presence of, and my connection with, my Superconscious Mind. The dream also highlighted the powerful connection between hand (my purpose) and foot (spiritual foundation- the permanent understandings of creation previously gained plus my present waking attitudes). Everything was falling into place and this dream allowed me to see that. It helped me to relax and encouraged me to continue seeing it through.

Then the evening of my class night arrived. I felt present and receptive. I felt the way I had imaged myself feeling. Class went well and I had the exact number of students I had visualized. The field I had desired to create was present. The interaction I observed and the feedback after class confirmed this. That night, I had a dream where I was playing soccer. During the game, I scored 3 goals. There was a flow and an ease with the way I was moving in the dream. There was a gracefulness. My team and I moved up and down the field almost effortlessly passing back and forth before I gently lofted the ball into the net each time. Sports in a dream indicate how the dreamer is approaching life and with it being a team sport showed the uniting of aspects of self for a common endeavor. The common endeavor in this case being the new class. The number three represents creation.

It was a really transformative experience for me to see the process of creation play out so clearly and to have the feedback from my inner Self through my dreams. It was helpful to receive and apply the dream messages. It gave me a new perspective about the power and use of the Mind, particularly when in alignment with the greatest good and in service to others.

MAPLEWOOD

A comfortable Cup of Tea

Joe Pecaut

I had a dream that a person just finished the last of the tea bags in a tea box. They then put different small fruit and spices in the tea box. I came over and wanted to make myself some tea and I opened the box only to find that there was not a bag of tea but only spices and fruit in it. The other person acknowledge that he did not want to leave the box empty.

Interpretation: I looked at the tea as something to treat my sore throat so it is tied to the throat chakra. I need to speak up about different items in my life. The night before I acknowledged in class that I am in a stagnant place in life right now.

Application: I see how it is helping me to speak the truth. I should speak up instead of having others put things (words) into my mouth. •



MAPLEWOOD

Walking on Roofs

Linda Pecaut

Dream: I'm in a resort in a small town. I'm walking up and down streets looking at businesses as I get to know the area. I'm walking on roofs of connecting buildings. Then I'm inside a big complex with lots of stairs and rooms; inside and outside. I'm with a man who gives chocolate to every dog he meets on the street - I "knew" it wouldn't hurt them. A young child is with me and is chasing a young puppy. The puppy tries to climb the stairs. I look after it and so does the man. EOD



Symbols: Resort – a relaxed place in mind. Small Town – a condition of mind where aspects are connected. Streets – moving towards goals. Roofs of connecting (business) buildings – using higher thinking from a business mindset. Stairs – moving between levels of consciousness. Rooms – particular place in mind. Man – unknown subconscious aspect. Chocolate – (shallow) knowledge. Dog – habit/habitual thinking. Young child – recently new idea/skill/activity. Young puppy – new habit/habitual thinking.

Interpretation: I see this dream representing how I am becoming more comfortable and intentional with how to use my mind to create what I want – especially with my business. I am moving between levels of consciousness and connecting to my higher Self. I am setting goals and moving towards them. I am recognizing patterns in my thinking, yet I can be unaware when I am feeding old habits/ways of thinking along the way. I have a new idea or possibly a new skill I am developing and nurturing/protecting that involves discovering a new way of thinking.

Application: This dream shows me how I've been able to think differently to cause new learning experiences. I created a new 10 Most Wanted list. I hired a new employee/intern for my business and am setting goals to expand my services. I am also improving my listening and communication skills which helps me more fully receive others and to express my thoughts more clearly. I am becoming more comfortable and playful in the process – finding more freedom and security as I evolve and integrate all areas of my life. •

MAPLEWOOD

Healing Presence

Terrence LaMont Bellows

Preceding my dream, I had what now feels like the unfortunate experience of finding my roommate after he committed suicide. This was a class night and I had to miss because after calling 911, I needed to be responsible for allowing the police and coroner to maintain access to the house. Since I was the one who found him, they wanted to question me and the coroner also had multiple scenes to attend to before he was able to arrive at this one.

When I found Robert, he was laying comfortably in his bed with his laptop computer directly in his face and facing in such a way that I couldn't see his face. Needless to say, this affected me in an extraordinary way. With everything that I have learned about the body, soul and spirit, this still felt like a great blow and I just needed to know that I wasn't alone. There is a big lesson for me to learn and one that will keep evolving. I planned to go to the school once the situation had resolved. As it turned out the situation took most of the night and I missed class. I contacted Linda Pecaut the Director of the school to let her know and everyone else know at the school what was going on. She texted me back, some things that were highly appropriate including "sending light and love." Something that we always say as students and teachers of SOM. Circle of Love, hugs, "I love you." These are a part of what we do here. I needed it and I was not awake enough to really know what had occurred and the profundity of it all. She meant it, though and beyond the mere words.

I went to sleep after this ordeal and Robert's essence was still very much present. I wanted to understand the experience and it would, of course, take more time.

My dream:



I walk into the school in Maplewood and there are students and teachers in the main room. Linda is just in through the door which is shotgun style toward the kitchen, I meet her in the kitchen and we exchange no words. There is a surreal feel to the atmosphere of the building. One light is on directly to the left side of Linda. We hug and I have the experience of surrender and letting go and really hugging deeply and I can feel the love coursing through me and her and I cry my eyes out. Total release.

With this I have learned that dreams course fully and in real time through waking and sleeping consciousness. One of my greatest learnings has been to understand the power of surrender. This dream was a real, full and holy experience that will as I said, continue to evolve. I received a Past Life Profile (2014) where I was a Turkish double spy in connection with the Roman Empire. I was filled with compunction having come to the realization that the information that I passing back and forth would actually eventually bring harm to my wife and kids. I had to stop it. So I called upon Spirit through prayer and contemplation after having seen the purpose of life in a different. Arriving at the conclusion that faking an accidental death by suicide would be the most advantageous course of action to take. The Report says that I initiated the understanding of Surrender and that the reason had to do with love and that it was time to let this grow.

The presence and clarity of the dream experience caused me to know that Linda and I share this love beyond the words, beyond the thought that this is a nice thing to do. As I continue to expand my awareness to reveal more of the purpose for this experience in my life, I can move forward with the awareness of the power of surrender and the role that it will continue to play in my growing understanding of receiving and giving love more fully. •

Tulsa Spirit Animals

Mandie Renner

I was talking to Christine (my SOM teacher) on the phone trying to convince her that 2 SOM schools in Tulsa should merge into one. I handed Dr Pam and Dr Laurel a teaching schedule. My teacher in the dream was a famous male actor, Jeff Goldblum. He told me my spirit animal is both a butterfly and turtle. He hugged me told me over and over again that he loved me while holding me tightly. He said that turtles need to hear that they are loved because they don't believe it.



Interpretation:

I am receiving from my receptive superconscious mind, the part of myself that holds the plan for my existence, and through that connection I am able to make merge knowledge received. I am receiving also from my aggressive superconscious mind, which is the part of myself that acts upon the plan. This higher Level of mind is revealing to me a type of chrysalis that I am undergoing as a butterfly as a spirit animal represents transformation. A turtle represents remaining true to your self. So, changes are occurring which which are building within myself a degree of stability and security and honesty. I am being received with Love and Love is being affirmed to me.

Application:

They day prior to this dream, I had spent time in thought about Love. I was curious about self love, Love experienced in relationships, and the love of the Creator. I meditated on deeply understanding and experiencing the idea of love being all around me and available at any time, particularly the love that is of the Creator. I asked for a sign during my meditation period, a sign that would prove to me that I am loved and supported in deep, interconnected ways. Waking to interpret this dream the following morning, affirmed to me several things. 1) how the laws of the universe are gracious with their gifts 2) all I need to do is ask and 3) then to let it go and trust. Through this dream, I am seeing that there is no Love but God's Love. If God is Love and i am Love then Love must be one without separate parts. I am appreciating experimenting with trust and love and this dream has strengthen my ability to do so. •

SPRINGFIELD

At the River

Jeremy Ragan

I'm at the river with Billy and a girl who is being very flirtatious towards me. We have a basket with firewood. For some reason one of us needs to leave because neither of us have something there that we need. So we opted for him to go because she is flirting with me. As he's leaving she is talking and I'm trying to get Billy's attention to discreetly tell him to take his time. He does end up seeing me.

The girl and I are on hill/mound of rocks and there is a picnic table there, I drag it out of the way a little so I can jump off into the river. Before I do, I say we should start a fire because I was a bit cold and now I'm about to jump in the river. I take a run to jump off and was planning on doing a backflip and end up just jumping because I noticed I didn't have enough speed to do so safely, it was shallow for the first 5 or 10 ft. I ended up jumping really high and had a lot of control of my body in the air I then directed myself to land in a really deep area and continue to sink really fast really deep. So much so that I began helping myself from sinking further because I'm getting slightly afraid I'll go too deep and not make it back up comfortably. As I'm coming up I notice the opening is really small. Somehow her lower body appears below the opening and I give her whoa a lick. After she gets out I make the opening bigger and swim out. There was a second scene with my friend Jonathan that made this dream whole but I could not seem to will myself to write it down.



How I Evolved

Saturday evening I took my 17 year old sister out since her birthday is April 5th and I'm not able to be there. My initial plans fell through so I fell back and punted. I couldn't have gotten it more wrong and completely failed at doing anything worthwhile. Or so it seems. After not seeing or hanging out with her in a month or two we end up spending the next hour and a half touring the pythian castle in Springfield. For this hour and a half we listen to a lady giving us a tour talking about Paranormal Activity and watching people taking videos and pictures of nothing in hopes of capturing a ghost or an orb or weird sounds. Because my initial plans fell through I scrambled and took us to a place I thought was something else and was completely blindsided by the exact nature of the tour. As the evening unfolded I felt more and more like a failure because in times past I've suggested something for us to do and it wouldn't be up to her standards and now this one is just adding to the list that runs through her mind. During this tour as much as possible I observed my reactions and questioned what is this feeling what is this emotion. I never received much more than the feeling of being a failure, some anger towards her and myself as I know she will hang this over my head. There was some embarrassment and blame.

For about 3 weeks I've had it planned to start a new class after National dream hotline and due to my work schedule up to this point I have not had the chance to really settle into this realization, this decision to start a new class. Now that this phase of the job is coming to a close I have had moments where I can breathe and seek greater understanding as to my needs and those that have called out for a teacher. Since I had this dream the following 2 days I've had dreams with foreigners in them as I have been going deeper within myself in ways I hadn't prior to in order to understand my ideal and purpose for this class. I have also been connecting with Universal Mind in order to see what it is the students are desiring. Doing so has brought a confidence where there was doubt before because there has been a great need to respond to the physical action of work in order to complete a job within its deadline. Therefore it was very difficult for me to find Space to really connect with the need for new class both within myself and for the student. Work is beginning to balance out and I will go deeper into my recent experiences and why it is so easy to respond in the physical. My intent for doing so will be to see how and why it is so easy to respond to two physical needs outside myself and how I might transfer that into the inner needs for myself and others. Had this dream been prior to 2 days before writing this paper I could give you more real life situations where I have evolved. As of now this is what I have.

President

The Gift

Dr. Christine Spretnjak

Dream: March 25, 2018 Sunday

I'm with who is to be my fiancé, and we're at his family's house – which appears to be my former husband's family. Chris (my former husband) is not there with his wife and children. His family is large and extended. I'm mingling with his family, and my



I'm sitting with my fiancé, and his father. He is the patriarch of the family – very much honored, listened to, loved and respected. My future father-in-law and I start talking and then suddenly he stand up abruptly and says, "I know what we're going to do." He later came back with an envelope in his hand and began to make an announcement (I knew he was about to present to my fiancé and I a monetary gift) when a lawyer-type in the family interrupted and said, "wait, your wife needs to sign that I believe." They went into the back room with the other "board" members to discuss. I was confident that they were coming up with something that would be good, true and favorable for us.

In the meantime, I was talking with the relatives, and realizing that I was marrying into the same family I was married to before and some of the sisters were a little reserved but mostly curious. I spoke with this one man who told me that I looked beautiful. When I saw myself in the mirror, I noticed that I looked radiant – I was glowing. This man said that he would give us an Anderson Edie piece of furniture or an Ansel Adams piece as a gift.

When I awoke from this dream, my most recent health analysis dropped into in my mind

"When this one honors the self as a whole being, and enables the different aspects of self to have freedom of expression under one ruler ship, there will be the focus that this one is desiring within the self.

Then what is created from that – the thoughts – will have more of what this one is looking for. Will have more stability; will have more substance; will have more brilliance; will be more enlightened; will be

The patriarch of the family represents the aggressive part of superconscious mind. The part that energizes the whole mind.

My fiancé represents a subconscious part of mind that I am intending to commit to.

The others in the family represent different parts of myself and all different expressions.

My past is integrating with the present symbolized by my fiancé being a part of my former husband's family (of which no one looks familiar)

In this dream, I am intending to make a deeper commitment to myself, and many very different parts of myself are gathering in honor of that unification. As a result, there is an expectation that value is coming in the form of money and gifts. What is present is more magnetism and radiance.

What stands out to me is that my future mother-in-law wasn't present, and because she wasn't present, the value to come was halted. The lawyer-types need to meet to discuss and evaluate. If the mother was there, I would expect that there would be more flow and ease.

The mother-in-law represents the receptive part of superconscious mind, and is not with the whole in the dream. The yin aspect was not with the yang. This indicates that as I bring more balance to the yin in me by incorporating more yang, there will be more ease. There is a tendency I have to retreat, and perhaps even mistake retreating for being receptive.

As a result of having this dream, I'm practicing being actively receptive. In my engagements with others, I'm noticing when I am retreating and when I'm being receptive and deciding to stay connected to allow flow.

This dream is encouraging because it shows that I am making progress particularly with being prejudicial – I am accepting all parts of myself, and the others are accepting of me. There is an anticipation I have of something good to come; I simply need to bring the

Springfield

Creating My Own Happiness

Devon Westpheling

I am a lover of dreams. When we received this assignment to record a recent dream that changed our perspectives, our thoughts, our lives, or ourselves, I was thrilled! What wonderful dream would I have that would propel me toward greater heights in consciousness?! I couldn't wait! A few nights passed... only anxiety dreams. No good for sharing. A few more nights... more anxiety dreams. It's fine... I'm trying to finish my thesis, raise three children, work 4 jobs... of course I'm having anxiety. So the next night, before falling asleep, I took all the right steps for preparing my consciousness to receive a glorious, purpose of life revealing dream! It would be amazing!



As I barely began to awake the next morning, I thought, "Finally, that terrible dream is over." Immediately, I heard a voice say, "You are responsible for every single bit of that. Devon, you created that." What? Was Dr. Christine in my room? I pulled the blanket over my head and growled.

As the day passed, I heard those words over and over again. Devon, you created that. What did I create? I'm in a phase of life that breeds anxiety. I'm the only person in my Master's program not taking medication for it! I'm surviving it, not creating it! Over and over, I heard those words... Devon, you created that. So, I sat with those words. And as I did, they became an uncomfortable comfort. I had created it. I had created every single bit of the consciousness that was reflected in my dreams.

I examined a few things. Sure enough, I had created the expectation that to be a "good" parent, I needed to work as many hours as possible during the first part of every day, never taking lunch breaks, so that I could pick my children up from school as many days as possible, that I needed to attend every volleyball, basketball, and soccer practice and game, every dance competition, and every school event, that I needed to prepare fresh, organic meals at every table, that I needed to always model superconscious perspective on relational conflicts inside the home, that I needed to... oh my, I was finding this list to be quite exhaustive and entirely impossible. I had created the expectation that I must maintain a 4.0 in my graduate studies. Well that's been fun. I had created the expectation that I would always practice the techniques I teach my clients in psychotherapy so that I could always be speaking with the highest integrity I could muster. Hmmm. In fact, my mind discovered a very, very, very long list of expectations created by a perfectionistic ego that was indeed responsible for all of my anxiety.

Well this was embarrassing. What to do? What to do? Maybe my in-harmony list needed to be pulled off the dusty shelf.

That afternoon, I experimented with creating thoughts of happiness when my kids argued in the back seat of the car. I created thoughts of peace while working on my thesis. I created thoughts of joy when opening the refrigerator and finding nothing to fix for dinner. I created thoughts of perfection while sitting in the wind and rain at a soccer game. It was true. I was responsible for every single bit of that. I created it. And that night, I dreamed I was naked and proud of it.

Columbia

Reports to give

Diana Kenney



I am in a large building. It is like a school branch. There are many people around engaged in various activities relating to the school. I turn away from all the activity and now I am creating a structure with my mind. It looks like a square with black lines on a grey background. It is up and in front of me. Like its really in my mind, “floating” just in front of me where my gaze would be if my eyes were closed in meditation. I am causing the right side and top of the structure to move into place by using my will and intention.

I have written something. I am going to give a report on it. Someone else has read it and is asking me questions about it. I respond saying something about my childhood and the effect of my mother on me. As I’m speaking, I feel something in my heart area. The feeling tells me something is not quite right with how I am interpreting what happened. My response is not neutral enough.

As part of my reporting, I say that I have been sun gazing and it helps me see.

As I go back into another area of the building, I see Golbahar and more students. She is standing at a podium. At first I think she is teaching how to give speeches to the students around her and then I think she is practicing her speech and they are engaged in activities in the room, preparing for an event.

As I move past this room into the next room, I see an ethnic woman to whom we have given a chance. She is taking from us however. She has her back to me and is making long distance calls on the telephone that is affixed to the wall. She glances back, sees me, hangs up the phone and goes to lie down. I do not tell her she is fired, another woman does.

We are in a “hot zone”. The people need help. I feel I need to do more to help the people. As I think this, I realize that my boyfriend thinks I am already spending too much time helping. I tell another person that I may have to go back to Dallas. My boyfriend hears me and is upset. A man goes out and sleeps outside where the people are sleeping. The people love him for being out there with them. EOD.

Interpretation of the dream with the symbols set out in parenthesis.

My attention is on learning and creating. (dream occurs in a school branch, I am creating a form in mind) I am involving many parts of me. (many people around the school engaged in activities, Golbahar creating with students). My attention has been on superconscious mind. (Sun gazing) I am recording what I am learning/doing, evaluating it for accuracy (written report). I am cheating myself in some way (woman taking from us) I catch this and hold myself accountable. (firing of woman) I feel a strong urge to be more proactive in my learning and there is a part of me acting on this need. (man out sleeping with the people) I need to use my conscious mind intentionally and purposefully. (The people and the man helping the people are all sleeping). What this dream relates to in my waking life.

The day before the dream.

The day before this dream I went to the first evening (Friday night) of a weekend yoga teacher training. The training was to start with a yoga class at 4:30. This was to be the first of three classes scheduled for the weekend, with one full class each day of training.

I found myself concerned about the physical demands of the weekend. I had just told my chiropractor I would only do this type of class every other day because of the effect on the body. Therefore, I was toying with the idea of skipping this 4:30 yoga class, thinking that three consecutive days of this type of yoga was too much.

I also had been working on the plans for ASW in May. I had written up an outline and spent time that week talking with people about work crews. I had written an email about the weekend and had sent it to the President of the school to discuss before I sent it out to HQ for dissemination to the directors of the school.

When I asked Dr. Christine when she could talk about the email, she texted that she would have some time at 5 on Friday when she would be driving. So that determined it for me. I wouldn't go to the 4:30 class was because I would talk with Dr. Christine at 5. However, I didn't feel that great about the decision and wondered if the class time was included in the hours I needed to be certified as a yoga teacher.

Of course, Dr. Christine didn't answer the phone when I called her and she didn't call me back that night, underscoring that the decision to skip that class was not the right one. I went to the workshop at 6 and received confirmation that what I suspected was true: these classes were, in fact, part of the hours for teacher training and I would need to make it up.

Application.

The dream told me that not going to the 4:30 class was stealing from myself. As it turned out, in addition to the yoga classes we were asked to do 108 sun salutations on Saturday afternoon! This is super-strenuous, taking almost 2 hours and I did it! I also took the other classes before and after the sun salutation marathon. This affirmed that I am mentally strong enough to be mindful throughout the arduous activity such that I did not strain the body. This meant that I repeatedly chose thoughts throughout the experience that nurtured me.

I think the need to do more for the people relates to my need to write. I have set up the opportunity and space for me to do this, but haven't created consistent activity in this area. So the man is alone and asleep. I need to engage my conscious mind so this is another whole-minded endeavor in my life.

Additionally, agreeing to organize ASW, and my choice to write about it and engage with other people is fortifying and expanding my abilities as a mental creator! The dream also reflects how the work I am doing with SOM is feeding me, and creating opportunities for me to grow in amazing and desirable ways. •

Springfield

Stranding in Silence

Brian Hoover

As I dive deeper in exploring the nature of thought itself, why it arises, how it comes to be, I become ever more tantalized by discovering the fallacy of the structure of thought itself. The last thing this "structure of thought" (that we experience as us and believe our self to be) wants is to be pried loose of these distinctions that create its seeming-absolutes in ones life. But as one is committed to making different choices to purposely dis-empower these structures one puts themselves in the position to now observers that which was ruling, and then can begin to examine the very nature of it – why it arises, how it comes to be - which is to see this structure for what it is, that is suspended in front of us, and how we interact with that of which isn't.

The day before I had this dream I was focused on the realization that was developing within, "Every thought is interacting with what isn't." I wrote this affirmation on my arm as I sat down intentionally to discover its depth. I was repeating this affirmation as each thought arose, the knowing behind the words of the affirmation was dissolving each thought as it faded away. I was seeing into the nature of thought itself, seeing each thought only exists due to thought's core belief that it had an opposite. These polarities creates a web of thought that constitutes our conditioning and our personal "subjective realities." This core belief of distinctions, as Lao Tzu put it, allows "The 10,000 Things" (play of opposites) to be. And here, as depicted in the dream, we can see the results of this experience.

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3/29/2018 Dream:

I was in a hospital, walking to a meeting room to discuss the health of someone. On the radio playing was affirmations in a way that was teaching me Truth, how the mind works. (I remember this being very helpful in each moment the affirmation arose, after awhile I had the affirmation applied before it even played on the radio.)

Next, I was at the base of a mountain, I was climbing it, as I reached the top and finally lifted my leg to the very top and stood up I realized - there never really was a mountain - I was standing in a well lit empty room with hardwood floors. I stood in silence. EOD

How do I even speak to the results of this dream, when I have found each word as being nothing but a lonely deterrent to What-Is? How do I describe - as to describe is to immediately miss the Thing entirely. I Am Here, standing in a dream room, alone, yet deeply rooted to the Whole as the wound that is The 10,000 Things becomes the One, behind the appearances, of the many.

This, is now what plays on my radio. •

The practical application of the dream: Now, as each thought arises in my attention, right away I search for its opposite. In this way "I can become grateful for the bad that allows the good to be. And naturally, I am less attracted to the good as to that degree bad will be a thing for me."

Columbia

Unresolved and Disappointed

By Doug Bannister

I dreamed I am building a concrete countertop in a space that seems more like a large warehouse portion of an industrial building than a kitchen in a house. While I am thinking that this is my project, one I am leading, it does not feel that way. Much is beyond my immediate control. So much seems unfamiliar and uncomfortable. The place is different from most countertop projects. It is a very large space and not kitchen-like. The forming has the surface of the counter more at chest height than the standard 34" beltline height. The concrete I use is not my proprietary bagged mix. It is regular ready-mix out of a truck. Paul Madar and Larry Hudson are two familiar males in the dream. The steel reinforcement is not what I like to use, it is larger, like a #4 bar rather than #3 bar. We place the concrete, I don't remember even touching the concrete, other unfamiliar men do the placing. I exchange a few words with Paul that are vanilla-like, I am not really voicing my feelings about the project. I come back the next morning to the jobsite and am very disappointed. We did not pour the entire top, almost like we didn't have enough concrete or the guys said, "OK, time to go home its 5:00" or something like that. People do not leave a concrete job until the work is done, which also points to the unusualness of the project.



Because the top is mostly set overnight, there will be a seam in the top, meaning that is not a continuous single slab of concrete. The whole idea of a cast-in-place top is that it is seamless, meaning one piece. This is for greater strength and cleanliness. I realize that all the discomfort, unfamiliarity and irregularities that I didn't reconcile the day before now results in a product that I find unsatisfactory. I look for Larry and ask where he is. I see him on a tractor racing across a field. I get his attention, we go back to the warehouse and I decide to take the fresh concrete out so we can pour it back with the materials I prefer and make it all one piece. There is a woman there, I ask her something, like where the restroom is or maybe if there is coffee somewhere. It seems she worked in the office part of the building. When I come back to check the progress on the removal of the half-poured concrete, I find that the cabinets were also removed. Again, I am disappointed. When I ask where the cabinets are, I am told. "They are in the woods." EOD

Identification of dream symbols

The place where the dream takes place tells me that my attitude is workmanlike; I am in production mode. The forming is the underpinning, the foundation of the project. The concrete is the malleable substance that takes permanent shape. The steel is the internal strength. Paul represents a familiar conscious mind aspect that I view as versatile and gifted. Larry is also versatile and I see him as capable. The woman is an unfamiliar representation of my subconscious mind. The workmen are additional conscious parts of me and they are unknown. With no significant inner aspects and the under-use of the conscious mind resource I realize that this creation was handicapped from the git-go.

Interpretation

The event precipitating the dream is one involving a serious approach with a goal that does not seem well defined. This represents both a strong industrial-strength desire and a degree of passivity setting up a conflict within the seed idea. Because I don't have decisive oversight and a clear picture of the finished project, the implementation of the goal of the project is disjointed and awkward; all due to an incomplete, well thought out seed idea. I have not organized the creation as thoroughly as I could have and as I have done in the past, signified by using standard concrete, for instance, rather than using the tried and true material. The dream is showing me the importance of being generous to myself with any creation, any activity: ideal, purpose, activity to visualize in a way includes the whole mind. This dream is mostly conscious mind activity and it seemed to be hurried, without sufficient attention given to the Ideal, Purpose and Activity and without the united attention of Conscious and Subconscious mind substance setting the stage for receiving from Superconscious Mind.

Affirmation

"I hold activity sacred and all my actions support the ideal and purpose of my whole functioning Self in the service of Self and all of Creation".

Implementation

I recorded this dream Easter morning. Hindsight tells me I want to work the dream circuit as soon as possible following any dream, for each has significance. I did not give sufficient attention to this dream as will explain. On Monday morning, I had the opportunity to put the dream lesson into action. I entered into a two-and-a-half-hour body work session. The practitioner happened to be wrestling with an inner conflict involving the desires to have both harmony in the life and to also feel respected. The practitioner felt repeatedly wronged by a colleague. My inner dialogue was about whether I could or should continue the session without stating my reservations about the energy transfer, namely that I be spared the fallout of the troubled thinking. The practitioner's view was that if only the other person would acquiesce to the practitioner's way of thinking then there would be harmony. I decided that I could balance this troubled energy by transforming the negative energy and to also serve the practitioner from a listening perspective. It occurred to me to halt the session and simply have a more conventional Psi counseling session, but I elected to receive the body work and as it turns out, I also received the negativity and its deleterious effects on my own body resulting in a serious headache that night and all of the following day. I then chastised my decision, so I gave myself a double whammy.

Conclusion

I am undergoing serious shifts in consciousness from my old, familiar patterns and attitudes to those of sharing of my wisdom with compassion. My highest desire is share Truth and Love purely, without agenda or condition, without polarity and self-righteous judgment. I desire to serve both myself and the other, for there is only One. I have used the simply mantra for years, which is, "I come to serve". This is now a more complete thought for me because I am learning to be myself, to honor myself more and more and to be a better teacher to myself and the other. This means that I share with myself and others, uncompromised and also with compassion. I am more cooperative, more communicative and have a greater desire to serve the Whole. My hard- ass military days and my concrete days are past. They no longer dominate my thinking, although there still remains an occasional pocket of resistance. It is quite clear to me that my learning parallels what is needed in the world today – firm resolve to pursue one's Ideal and purpose while maintaining an unrelenting unconditional love for all of Creation. •

DALLAS

Flying

Jamie Metzenberg

In a recent dream, I was flying down my childhood street at night. It's like I was driving but with no car. I was sitting in mid air and maneuvering like I was driving a motorcycle or something. I was traveling at rocket speed and in full control. It felt very normal in the dream. The stars were out & the sky was light from the glare of the moon although I didn't actually see the moon.

I was going so fast that I hit a rodent/animal. It splattered on my clothes & skin but I was going so fast I wasn't quite sure if it actually happened. The sensation was so fast.

When I stopped, Amber Collins was there wearing her pink jacket. I said " I think I hit something but I'm not sure." She looked at me very lovingly & nurturing & said " Oh hun, you definitely did." She then started to clean me up.

Interpretation: I would describe Amber as caring yet unmotivated. I interpreted the dream as having caused rapid transformation of a habit in my life. Driving/flying down the street shows me the power of



my mind, the power of myself as a conscious, willful creator. This habit had been with me for some time (childhood street) & sometime the day before the habit popped up in my life. However, because I was being guided by conscious (stars) & subconscious awareness (moon), I was able to do something different-cultivate a new way of being. The night symbolizes that I wasn't quite aware of how I did this or that I even did it. This is reflected in the rapid speed of it all.

Conscious parts of me (Amber) recognized that something significant had happened and reflect that I had been nurturing & loving to myself the day before. I think of hesitation when I think of being unmotivated. I would say the hesitation came from the not knowing how I made the change/transformation and perhaps being a little taken aback by my own power.

I had that dream over a month ago and I reflect upon it often. It clearly shows that I have nothing to be fearful of and that I am powerful beyond measure- at anytime I choose! Anytime! That is truly amazing.

I use that dream to guide me when I'm feeling stuck- in patterns, in difficult situations, difficult feelings/emotions, etc.

I especially use the dream when doubt creeps in.

The dream leaves no room, at all, for doubt because the subconscious mind only knows truth.

The dream affirmed that I have everything I need inside of me to be whatever I want, to change whatever I want, and to have whatever I want.

INDIANAPOLIS

In the Tropics

Mickey Hughes

The dream I had the other night. I was in a tropical rainforests I was having sex with a teacher. There were birds flying around us. We continued to have sex as he carried me through the water. This went on for hours. EOD

Interpretation:

A forest usually represents the state of being, while birds represent compulsive ways of thinking. A teacher is the inner authority I am paying attention to.



This dream indicates the state of mind I practice within which are compulsive and efforts to create with my inner authority. The mind pattern can be examples of generosity, authority, or perception.

Learning:

My inner authority is very aggressive in directing me compulsively to cause my own forward progress. My learning is to quiet the mind to be more conscious of how to do this consciously with purpose. I need to be more intentional about my learning from each experience. •

INDIANAPOLIS

Looking through the Window

Bonnie Darby

I was in a house (not my house) with friends. I looked out a big picture window and I saw a man coming up the walk. It was morning, I was still wearing a nightgown. For some reason I picked up what a large section of the Sunday paper just before I opened the door. The paper felt like some kind of protection or barrier between the man and me. I was opening the door and allowing this man to come into the house when I realized it was Sam a friend I dated many years ago. The next thing I knew Sam and I were in a restaurant sitting in a booth across from each other. Sam started communicating (lips did not move) all about his life from the last time we had seen each other until this moment. He asked about me; at that point I woke up confused because I woke up thinking Sam was in my room and how did he get there. EOD



Interpretation:

I perceive a subconscious aspect of myself that gave me some concerned about protecting my self. I was either unconscious in receiving him or I was relying on an intuitive knowing or value he offered without being conscious of it. Then I realized I had a close relationship with this aspect of myself and it was an old friend that led to remember fond memories. Need to determine what memories and qualities I was reminded of in the previous days.

Learning:

To be more present minded and conscious enough to observe my experiences more clearly. To consciously reflect on important understandings I am being offered and stop unconsciously relying on my intuitive understandings. •



MAPLEWOOD

Moving

Cyndy Donato

A couple of nights ago, I had a dream that I was going to move to a new apartment. The apartment is bigger than my current one - going from 2 bedrooms to 3 - and is actually one that I have been considering in my waking life. In the dream, I remembered that I have a large storage space in the basement of my current apartment. The new apartment wouldn't have enough space, hindering the move.

My interpretation of the dream is that I am ready to move to a new and expanded state of mind however, I have a bunch of "stuff" that I am unconscious to that needs to be understood or released in order to make the move. I perhaps don't need to deal with all the unconscious stuff, however, some of it needs to transform in order for me to make the move to a new, expanded state of mind. I also interpret that the unconscious "stuff" may possibly be beliefs that I am unaware of that are holding me back.

My application of the dream is to be still and practice patience. In my waking life, I'm having difficulty surrendering to my current situation in order to receive awareness of what beliefs are inhibiting me. •



Kansas City

The Call of Reason

Codie Lea

The dream I had last week that really helped to transform my perspective was received on March 30th 2018. The dream is as follows:

I was with Aneta & Wendy at Wendy's house. I was going to spend the night on Wendy's couch. We began discussing class stuff and schedules. I asked if Wendy wanted to do this class / discussion around 10. She seemed to get really upset with me, didn't answer and said she needed to walk away. I became super annoyed and said, "Well I think I need to go spend the night else where." Basically being exaggerate with both of them over how absurdly dramatic Wendy's Reaction was. Then I managed to upset them both and they both agreed I should leave. I was a bit upset, a little hurt and annoyed. I grabbed my things and left. When I got in the car I called Mike to tell him everything that had happened. He calmed me down as I drove home.

In this dream my classmate Wendy, who represents a conscious aspect of gentleness and calmness became upset by the way I communicated. With out clear direction I became reactive and then further pushed her and my superconscious aspect away. Once I left this state of mind I called upon my committed subconscious aspect that helped me see I wasn't being neutral or objective in the situation and I needed to become more neutral.

When I awoke the next day I could immediately see the value of this dream. For the previous week I had been processing different feelings and emotions, struggling with some old patterns of beating myself up over perceived failures. There was little to no objectivity I was giving to myself, or compassion. I was just charging full steam ahead While struggling with these old patterns. I also realized the things in my life I was failing at, missed accomplishments, unorganized schedule, a broken routine, where all just situations. I was subscribing meaning to them as though they where much more dire and then using that to berate myself. When I started to slow down and truly observing my feelings I could see how I was not being neutral with the situations or myself. I could also see how I had been turning with in during meditation for some answers and in my dream the answer came.

After this I was much more conscious and put effort into remaining conscious of how I was feeling, what I was saying to my Self, and what meaning I was trying to put on things. I then would question if that meaning was real or habit, or what I wanted to continue to believe. In this way I was able to become truly aware of one of the cornerstones to my habit of self-worthlessness and self-doubt. I then began to focus on what meaning I did want to align with which was grace, compassion, forgiveness, honest, gratitude and connectedness with God. I am still keeping my attention on this as well as keeping an eye on this habit and had notice a lot of situations that is comes in to place.

I truly feel I am uncovering deep parts of myself and finally facing them, or at least becoming aware of them for the first time. Still working this out in my life and in the day to day. • •

INDIANAPOLIS

Thunderstorm

Kerry Keller

Dream:

In my dream I was lying in bed as the sun was rising, partially conscious of the hard rain and thunderstorm outside my window. It was so peaceful.

As I rolled over my eyes were met with the best smile anyone could imagine as she pulled the covers over our heads.

We giggled and laughed tossing and moving together.



Commentary:

Then I awoke from my dream to the same heavy rain outside my window.... only to realize I was in bed alone.

Theme:

The smiling woman represents the angelic nature I possess within myself.

I interpreted the rain as some aggressive experiences I have been observing around me of late yet I remain comfortable in my observation, then with the desire to play within them.

Interpretation

I am remaining calm and peacefully, intentional in my focus on the learning and potential growth from my experiences. Learning at the same time I am not reacting to circumstances as I used to do, but holding on to the meditative state. Even though I awaken into this reality physically alone, the angelic seed has been planted in me and so I am not really alone. I am watching others get caught up in their experiences and I am becoming way more neutral and seeking understanding and forward progress. •

PALATINE

Finding Love

Zack Busch

Dream: I was at Palatine SOM, working out in the main room, when I looked outside and saw this attractive older female walking by. I motioned her to come over by me because I wanted to have sexual relations. She denied me in that regard, I was a little frustrated and I went to the bathroom. I was using the bathroom and can remember getting over the feeling of being denied when a younger girl came into the bathroom and started to flirt with me. I was feeling optimistic about possibly hooking up with her and then she left., I didn't follow her. That is when a woman about my age came in and I can remember feeling this level of love towards her, my thoughts weren't so-much towards the sexual nature but more so towards thinking that this woman may be the love of my life.



Interpretation: This is all about connecting and creating with my Subconscious Mind (Inner Self). The dream starts with me working out and seeing this older attractive woman. So in the days prior I was doing some work on the Self when an older attractive part of my Inner Self came up, my initial thoughts were to connect and create with this older part of my Self, however my Inner Self knew better and denied me, probably because I have already created enough with this part of the Self and at this point it would be inappropriate to create again. I got hung up on it having to be that way so I made it to the bathroom which is a place in Mind for releasing and as I began to release, a newer/younger part of Inner Self began to connect with me and this got me excited. However, she left and I chose not to follow, which to me looks like not getting too ahead of myself in life. A lot of times we can get overly-excited when a new flame or idea comes into our mind. This is when the woman my age comes in and I begin falling in love. This is all about going deeper with my current learning, as signified by this woman being "my own age."

Application: This is a validation dream in my eyes. It happened this past Tuesday morning. The past couple weeks I was doing Slam Poetry which is a vision that I've had for myself for awhile. I won and then did it again and invited friends to come watch. It was a good experience but after I did it I began to question why I was doing it and really went deeper with it. My vision is that if I can go up in a room full of strangers and express a wide array of emotions than I really can express myself anywhere, anytime. So really it is all about going deeper with Self-expression. On Monday, however I was questioning what I really wanted now that I achieved my goal of winning the Slam Poetry contest. I was looking around the SOM and decided that I wanted to use this newly required Self-Expression to speak with people and build a nice big class because that is something I want. I am learning that I can have anything that I want and instead of trying to create with these older parts of Self or these new exciting parts of self, use what I am already working with. In other words, direct all energies of the mind towards what I want. So winning Slam Poetry is really helping me get to a place where I can have confidence in myself to build a big class. A friend asked me if I got nervous doing the slam poetry and I said I am only nervous waiting but once I make that step towards the stage I am in the moment. That is the same I'm learning with the class or anything, I am only nervous before I make the phone call or approach the stranger about the new class. •

PALATINE

Peanuts

Mike Maffa



I walked into a show or performance, there was a group of young kids and I jokingly threw a handful of peanuts in the air, the kids thought it was funny when the peanuts landed on them. There was a huge lawn that people were sitting on, I found a great spot

on the lawn that seemed perfect for me and sat down. Shortly after the show starts my friend Joe shows up, it turns out I'm sitting in his spot. I haven't seen Joe in a long time so I was really happy to see him. We decided I would move as soon as there was a pause in the show. There's a very attractive girl sitting next to me and her boyfriend wants me to move now. Joe and I don't know him. He's leaning over getting close to my face telling me I need to move now. I notice tons of peanuts everywhere, as I'm eating peanuts I tell him I'm going to move in a few minutes when there's a pause in the show. He keeps insisting I move now. As he's talking, I gently toss a few peanuts in his face to annoy him. He was being a jerk and I wanted to beat his ass. I didn't like him but I liked the bantering because I accidentally kept getting closer to his girlfriend (she was in between us). My leg and her leg touched many times, I noticed she had very nice smooth legs. I kept thinking wow she's got smooth legs.

Young kids - unknown developing aspects (fun)

Lawn - receptive subconscious substance

Joe - known conscious aspect, (smart, like able, great guy. Joe and I used to see a lot of live music, I miss him a lot

Girl - unknown subconscious aspect, (attractive, quiet)

Guy - unknown conscious aspect (jerk, insisting)

Peanuts - knowledge, not very substantial, overwhelming

Application of this dream:

As I seek Harmony in my life I will discover developing fun aspects of the self. When I find this harmony I'll see a natural place where I belong. In this place I'll see receptive subconscious substance, I'll rediscover known conscious aspects of being smart and like able (Joe)

where Harmony already occurs and I miss it because I have not visited there in a while. Very close to me will be unknown subconscious aspects (girl) which are attractive and quiet. A bit further away or next to that will be an unknown conscious aspects which are undesirable and insisting which I don't listen to nor am I intimidated by and use knowledge to dismiss it. (guy)

Most importantly it's vital that I have gratitude for the annoying and insisting guy (that which I experienced in the physical) because it's allowed me to get closer to the attractive girl (subconscious permanent understandings which are attractive). I see this as a representation of unpleasant experiences in the physical which allow me to create new learning allow me to get closer to what I'm seeking. •

CHICAGO

Biking through a Hotel

Lisa Stefaniak

Dream

I was riding my bike through a large building similar to a hotel. There were steep inclines that resembled staircases and the hallways were narrow pathways. As I was riding, people would shout out at me that I was in the wrong lane because I was



going too fast and I was in the pathway where I needed to get off my bike and walk with it or slow down. I reached a room, with no one in it, and I decided to rest there on a bed. Then someone ran in and it was a woman who was on the run from her boyfriend. I told her I would protect her but that we had to keep moving and vacate the building, but she didn't want to leave. Influxes of unknown people came in and out of the room. I decided to leave the room and I began to have thoughts that I needed to do something different with my life so that I wouldn't be in a place like this again. EOD

Interpretation

I'm striving for balance while on the path of life, but I'm moving too fast and I need to slow down and be attentive to where I am and where I am going. I have the ability to come to a place of rest and relaxation, but am confronted with an unknown conscious aspect that I feel I need to protect due to another unknown subconscious aspect that is hidden. When many of these unknown aspects present themselves, I realize that the support that is needed is already there. I am then able to reflect in order to make the changes I need to make to continue moving forward.

Analysis

I know exactly why I had this dream. Lately, I have been struggling with maintaining a balance between work, school, leisure time, and doing what I enjoy the most. Since I started a new class at the school, I noticed that my life has expanded in so many ways, and I was beginning to feel very overwhelmed by all the rapid changes. I am continuously thinking about what else needs to be completed. With my job, my partner and I are expanding the business by moving to a new location and engaging in more professional relationships with artists to generate revenue. With the school, I am learning to put forth service so that we can build the school to receive more students and a steady income. With my artistic practice, I am desiring to create consistently by including more people in these creations so that we can produce something that is greater than any one of us.

What I'm learning and practicing is that I do not always need to do more or work harder in order to receive my abundance. That there will always be time for projects to be completed. What I can apply from this dream is to decipher when there is a need to be aggressive and when to be receptive. This can occur when I become more present in my experiences so that I can further develop my listening skills in order to act from my intuition. I can draw upon these other aspects of myself as a means of support as I propel on the path of Self evolution. •

Chicago

Skipping rocks

Emily Knox

Dream 3/28/2018

I was walking along on this path down to a river bed kind of place. It was a path that was walked on but still had little sticks and branches sticking up that I had to move through. I remember feeling the sensation of the branches on my ankles. When I get to the river there are hundreds of white birds flocking together on the water. I stood on the sand and I remember having the thought to want to feed the birds. Sean in a way seemed to show up behind me and started skipping stones on the river and he could make the stone skip many times. I was trying to skip the rocks but they kept sinking and plopping in the water. I asked for Sean to teach me and for some reason I kept interrupting him and he told me that "maybe you don't want to learn", I remember feeling sad.

EOD



Interpretation

There is a way that I am giving my attention to the subconscious mind or my inner thoughts. And it is probably a thought process that I had been down before since there was a path present. I am in the emotional level of mind and I see many habitual ways of thinking in subconscious mind that have the potential to produce freedom in my thinking. I have a desire to nourish these habits but I didn't feel capable or that I may not have had the resources at the time. Sean symbolizes an aspect of intimacy that displays discipline and love. And it is this disciplined part of me that has an ability to have control of the use of will in the waking conscious experiences. There is also a lack of control that I experience with the will and I am wanting to improve yet when I look for the learning I am interrupting or not fully listening to the inner mind or subconscious mind. I sense there is conflict with fully listening to my desires.

Application

When I woke up from this dream and interpreted it, it made so much sense! I understand that this is more of a physical and mental experience but I had been experiencing high sensitivity to my emotions since I was approaching my moon cycle and I tend to feel out of control with where my thoughts go for some reason. I see that during this time of the month, my thoughts are highlighted and heightened to see more clearly. In this state of mind I see the potential to have freedom in my thinking in the subconscious yet there is still I desire to know in order to experience that freedom in a conscious way instead or habitually. I am wanting greater control with my emotions and that requires control of my will. It's almost like I am aware of how to operate and use the will to produce what I want but at times I choose to disregard the teaching being given to me. This reminds me of how I have been learning to better see and know my thoughts so I can make better decisions and think for myself.

One of the ways I applied this message was through speaking my thoughts out loud to be aware of them and it was so helpful to have Sean here to listen because I needed a listening ear since it seems as thing I wasn't hearing myself fully. He gave me back what I was saying and I was able to gain clarity with all the emotionally influenced thoughts I've been having these past couple days. •

CHICAGO

Sitting Outside

Randy Ristow

Dream 3/25/18

I am walking down a street in the city. I meet my mom, dad, and grandma. They are in the sun sitting at a table and chairs outside on the street. The chairs and table look like the chairs and table from my grandma's kitchen. It seems odd because it is there in the middle of the street in the city but there is no one else around. I sit down and talk with them for a while. Then I get up and go somewhere. When I came back they are still sitting at the kitchen table and chairs expect that it was on the other side of the street in the shade (or shadow of a building) by the loading dock entrance of building.



Then 6 of us (my mom & dad, grandma, and my brothers Ryan & Ron, and I) went to a base ball game. The seating area had been made of concrete. For some reason I was concerned about being watched. I picked seats that concealed us in the crowd but also made for a quick escape. I walked down the aisle and came to a part where it went a little below ground level. I talked on the phone with someone. I noticed that I can take a photo of the bus and people at street level without being noticed at the landing I was at. I returned to our seats. Ryan had ordered a ride to somewhere. Ryan, Ron, and I where heading somewhere.

Interpretation

There is a certain thought or attitude that is allowing me to connect and commune with the divine parts of myself without interruption. There is some sort of knowledge that I am receiving. Some of it I am conscious/aware of some of it I am unconscious/unaware of.

There is a way that I am wanting to avoid attention so I put up a front or conceal myself by siting to the side (out of the game). When I am able to connect with an unidentified part of myself I feel visualize something without feeling that pressure of being watched. Then I am able to take steps to move forward.

Application

Identify what thought or attitude is letting me connect to my super conscious part of myself. Become more aware of how I am receiving and look for other ways that I can be receiving from my super conscious self.

Identify the part of me that lets me stay focused on my visualized thoughts and desires. Then identify situations where I want to avoid attention and use my will to practice this visualization to move myself forward in those situation. •

PALATINE**Cleaning the Clutter**

Sandy Leitner

My dream had several of my cats jumping around on boxes filled with papers that are stacked in the corner of my home office. The room began to fill with water coming in from the windows. I tried to stop it from coming in, then I woke up.



I had this dream 4 nights ago, and I was feeling overwhelmed earlier that day by some papers and things that I've been meaning to look through and sort to create more order in my space. I believe that the cats are my bad habits in this case, that cause papers to mount up on a corner of my dining room table, and decrease my productivity and clutter my space. So for the last few days, I've created a new habit of clearing my papers as soon as they begin to accumulate, and my overwhelm has greatly diminished.

My dream told me that I needed to create some more productive habits that support my commitment to keep my space clutter free. •

Bolingbrook
Speeding

Sherwin

I am working on speeding up dr Karen's computer, I found my self in a city where the a wedding is going on, but I had to set up some memory cards for the camera. I down loaded something to get the memory card work. So I can read the memory care. Eod



This seems to be about connecting to my superconscious to connect with a part of mind with many aspects where I have store memories of commitments and needed to recall them and connect with them.

I have begun to understand the need for me to connect with myself and other on a regular basis. This dream i reinforce this understanding. •

Dallas Texas

Heeding the Message

Lesley West



I was in this place. It was like an underwater house. Brenton Harris was there and there was this lady she was old fashioned and there was these doctors they were coming and going in this underwater house. My weight came up in the conversation with this lady that had long hair she said do you weigh 505 pounds because it said it on this computer device. I said how did you find that out? It was suppose to be private information and she said anything that was put on the computer was public knowledge. I said could you not let others see that information she

said Dr. Livingston could do your surgery. I said that's great but I am afraid to have that surgery. They showed this guy that just had the surgery. He was a complainer and didn't go with the flow. I saw Ryan Powell walk through he had bubbles coming from his mouth as if he was walking under water he walked into the vessel and he walked through where we were for just a second and walked on by. I was aware that there was a beach on topside. I saw the girl that was old fashioned she had let her hair down and started to dance and I mean really dance she was really getting into it. She was dancing with a doctor in the room with me there. The other girl and Brenton was going topside to do his thing. Then Sydney came and she had to gather her things because her and Brerton were going skiing and he was at the _____ ski resort so she gathered their stuff and went up the stairs to go ski.

Symbols

Underwater house-a place in mind

Brenton- a well-known subconscious aspect that is non-judgmental and kind

Lady that was old fashioned – unknown subconscious aspect of self

Doctor –superconscious aspect the inner most knowing of self

Weight 505- It represents universal structure of developing thought --#5 is reasoning and

$5+0+5 = 10$ which is the power of unity and $1+0+1= 1$ which is individuality

Computer- brain – a place to store information

Guy- unknown subconscious aspect

Dr. Livingston – unknown aspect that wants to reorganize attitudes that will produce full functioning and wholeness

Surgery- the elimination of destructive mental attitudes or a reorganization of mental attitudes

Ryan Powell-subconscious aspect known that is precise and a go-getter

Beach – the area of action between the conscious and subconscious parts of mind

Old fashion girl- unknown conscious aspect

Long hair-conscious thoughts

Dance- a coordination of aspects producing harmony in the thinking

Doctor- superconscious aspect

Room- a place in mind – where you socialize with others

Sydney- known conscious aspect that is a attractive and free

Brenton- well-known subconscious aspect that is a little secretive and exciting

Skiing- a tool for quickening forward motion

Ski resort- a place to support forward motion and there could be a temporary suspension of thought

Stairs –a way to move in levels of consciousness

Meaning

The night before the dream I asked give me guidance on how I can support myself in being healthier? This dream really spoke to me on a deep level. After having this dream I thought I would start walking I have started to carry my walking shoes with me everywhere I go. This has been something I have wanted to do but lacked the fortitude to get started. I believe this dream helped me see a different way of thinking about it. I was literally reorganizing my thinking in the dream I am causing forward motion with harmony.

I just had a health analysis in December of 2017 and it described passivity in the mental system that this one becomes complacent or irritated before this one is stimulated to change. The report goes on to say it would benefit this one to become more disciplined, more consistent, more insistent on creating this ones dreams, goals and ideals. In the emotional system I am passive and in the physical system there is a sluggishness in the digestive system it would be good for this one to walk briskly among other things.

I have taken action with this report however I had not done everything it asked of me hence the passivity. I had read, transcribed, wrote daily about what I wanted but had not done the physical activity it suggested. In this dream I had caused my consciousness to make the shift that was needed to take action. To cause forward motion like aspects are going to ski. We were asked to write about a dream that we have had that has caused change within our life. This dream for sure did just that. I have walked at least 4 times a week even if I am walking at midnight I do it. I have done plenty of steps and as I allowed things to surface like healing dreams then all the steps take flight. I have become disciplined which means I have found freedom. I am connecting with others to walk with, I feel happier, I don't get out of breath as easy, and my ankles aren't swelling. There is a new world opening up for me and I am excited for my new journey forward. I am so grateful for my dreams and intuitive reports.

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