



DREAM WORK

LIFE IS BUT DREAM
DREAM IS BUT SYMBOL
SYMBOL IS BUT ESSENCE WRAP
ESSENCE IS BUT ETHER BREATH
BREATH IS BUT DREAMER'S VIA
INTO THE AUM OF GOD

Karuna

SOME THOUGHTS ABOUT DREAMS

Dreams are transitory imaginary elements and patterns on a radial and spherical 'path'. The dream path evolves by synchronistic associations and connections from the cosmic creation, from the ancient archetypal past, by one's genetic history, from present activity, as projected future potential, and from the collective as well as the individual resources of the entire afore mentioned elements. The dream path is eventually cleared and purified to extinction. What remains is bliss, the truth of the absolute.

There are different levels of dreams with varying intensities of light and tonal qualities. They are composed of elemental experiential bytes of the collective mind inhaled into the primordial experiment of space and spit into the rhythms of time.

They are:

1. **Archetypal** in the psychic realm from our collective psyche
2. **Mythical** in the ancient realm of remembering and storytelling of a our collective past that no longer resonates in ordinary reality
3. **Epic** dreams in the historical realm from our knowledge gathered in societies and great civilizations
4. **True** dreams from the great the spiritual traditions that seek to bring into living reality the highest creative aspirations of the species

Resolves and intentions of the dreamer:

- a. to open and expand one's consciousness into greater light
- b. to widen the field of experiential play through creative dream imagination
- c. to winnow the dream for efficient living by using the sieves of investigation and intelligence
- d. to purify and extinguish desire on the spiritual path
- e. to discover the core of one's ability and Self

- f. to actualized one's Self
- g. to increase one's innate ability by entering and participating knowingly in lucid dreams to recognize the masked aspects of the Self and de-identify from them
- h. to become grounded in and live from one's inner truth as presented by dream inspection
- i. to insert creatively one's own experiential truths into the dream
- j. to perform service by harmonizing the elements of the dream that is presented
- k. to amplify resonance within the divine structure to transform consciousness
- l. to transform the collective consciousness of humankind throughout the gamut of its experiential realm
- m. to evolve the collective consciousness by courage, fortitude, challenge and adventure
- n. to live a life guided by dream investigation and knowledge
- o. to live life as a master, one who has conquered the dream world in pursuit of Truth

from the cuff of Karuna

DREAM WORK summarized from the [Jungian Senoi Dream Work Manual](#)

I. Remembering Dreams:

1. Keep a pen, light, and dream work journal or tape recorder by your bed.
2. As you fall asleep give yourself the intention of remembering and writing down, etc. your dreams the next morning,
3. Be in tune with your bed partner, but keep your journal private. Negativity can cause premature disclosures and inhibit dream recall and dream work.
4. Upon waking, write down your dreams before getting out of bed and before you begin thinking about the day's activities.
5. Write quickly without trying to organize or recall the entire dream
6. Write down everything you dream about without censorship.

II. Objectifying the Dream:

1. Be as objective as possible in writing down the dream and the dream elements.
2. Delineate the dream ego, the dreamer's self-image. What is it doing or not doing in the dream?
3. Seek out and list major contrasts and similarities in the dream. How do they interrelate?
4. What sequences are in the dream if any?

5. What are the major symbols and what are the relationships between the symbols?
6. What are the issues, conflicts, and unresolved situations in the dream?
7. What relation does anything in this dream have to do with other dreams?
8. What are the possibilities for relations and resolutions which have not yet materialized in the dream?
9. What are the healing factors present in the dream?
10. What is the dream ego's relationship to the major symbols?

III. Applying Key Questions:

1. What issues does this dream raise, both personal and spiritual?
2. How are actions or inactions of the dream ego related to personality dynamics or behavior in outer life?
3. How do attitudes, qualities, or feelings of dream characters show themselves in personality and outer life?
4. How do conflicts or harmonies between characters, symbols or other dream elements relate to conflicts or harmonies in personality or outer life?
5. What does this dream want from me?
6. What would I like to avoid about this dream?
7. Why has this dream come to me now?
8. What is this dream's relation to other dreams?

IV. Dialoguing with Dream Images:

1. Visualize any character or object from the dream and ask it questions.
2. Wait openly for the reply.
3. Continue dialoguing until you feel a resolution.
4. Some questions concerning dream:
 - a) Who/what are you?
 - b) What have you to tell me?
 - c) Why are you in my dream?
 - d) Why are you doing what you are doing?
 - e) What would you like to have happen?
 - f) What do you want from me?
5. Some questions concerning outer life:
 - a) How do you relate to my outer life?
 - b) How would you like me to handle this situation?

V. Expressing the Dream in Art Forms

1. Poetry
2. Drawing, Painting, Sculpture

3. Dance or Movement
4. Music and Song
5. Dramatic Enactments

VI. Exploring Symbol as Archetypal Manifestations

1. Locate the primary and secondary archetypes
 - a) The seven basic archetypes;
 1. Self
 2. Masculine
 3. Feminine
 4. Heroic
 5. Adversity
 6. Journey
 7. Death-rebirth
 - b) Secondary types
2. What are the object's inherent qualities? Reduce to essence.
3. List its characteristics and functions in the dream and in outer life
4. Compare, contrast, and blend inner and outer characteristics
5. Find links to mythology, religion, culture, psychological dynamics and to personal life past, present and future.
6. Meditate on the symbol while deeply relaxed
 - a) Go into its essential nature
 - b) Allow it to develop further
 - c) Allow it to regress

VII. Bring Resolution to the Dream State

1. Dream re-entry. Re-visualize the dream in a meditative state, staying with the original structure, carry intention for resolution, healing or positive change.
2. Carry the dream forward by re-entry and allowing it to flow spontaneously to a point of resolution.
3. Draw the dream in three acts or quadrants. In the fourth quadrant imagine and draw a resolution.
4. Dialogue with dream characters until resolution occurs.
5. Bring the dream to a resolution using an art form.
6. Rewrite the dream making creative changes, resolve conflicts, etc.; rewrite as a story with fuller action; rewrite as folk tale or parable revealing mythic structure and meaning
7. Meditate on the dream until it spontaneously resolves.
8. Carry an intention to change your future dreams as you go into sleep.

9. Before sleep, ask for a dream on a given subject, or a dream gift, or an answer to a question.

VIII. Bringing Dream work to Outer Life

1. Accept new possibilities for attitudes which dream work brings up.
2. Use intentions, affirmations or actions to change negative attitudes.
3. Use insights gained from dream work to help clarify issues.
4. Try out new styles of behavior suggested by the dream or dream work.
5. Enact specific tasks or projects suggested by the dream or dream work.
6. Relating to the waking dream:
 - a) See major outer life experiences as symbolic.
 - b) Use dream work techniques to process outer life events.
 - c) See archetypal patterns underlying outer life.
 - d) Change or bring to resolution outer life situations as you would a dream.

IX. Use Dream Work to Develop the Spiritual Life

1. Key Questions: Where do my dreams come from? Where do they lead? What healing do they evoke?
2. Use the dream work to transform your personality and life into a meaningful whole.
3. Develop rituals and meditations from dreams and dream work
4. Become aware of meaningful coincidences between dream work and outer life.
5. Delve into dreams with spiritual symbols, guides and journeys.
6. Experience lucid dreams with heightened vividness and consciousness.