

## Intentional Dreaming

My purpose is to 'Big Up Dreaming' so it's seen as useful in the modern world, because although we're all used to dreams they can often seem a bit oblique and random and chaotic. However, once we get to understand them, they turn out to be perfectly tuned to our needs and give us whatever it is we need for immediate use and keep us on track for the future. Dreams are intended to be used, and this is how to use them.

I'll put a bit of structure around them, so they seem less chaotic, and then look at what comes together to make a dream. Each section has a 'Top Tip' and they combine to make 'Dreaming With Intention'.

The job of dreams is to look after how our life runs, matching the enthusiasm and hopes we had when we were young, with the world we find ourselves in. So let's start by describing a dream as a conversation with someone who knows what they're talking about and would like to hear what's caught our attention today. They'll listen, rearrange it so we can see it clearly and then their answers will focus on what we can do, and that probably means digging around in the resources of our own character. I'll break all of that down into three stages which is how we'll approach them today. Stage 1 is 'what's on our mind and making it clear'. Stage 2 is exploring our character (that's the bit we're used to and it can be quite dramatic sometimes), and Stage 3 is 'Finding the Answer'. There's a section called 'Living The Dream' that brings it all together.

Let's begin with **Stage1, 'Gathering'**, which is about setting the subject and as with any conversation, whatever's on our mind is what we talk about, so the **Top Tip** for this stage is

to make sure that **what's on our mind** is what we want to dream about. All dreams begin as a swirl of the day-to-day people that feature in our chosen subject, we'll recognise many of them, and our conversation visits each of them in turn to get *their* point-of-view on *our* point-of-view. This round of visits repeats two or three times, as our dream gathers those with similar points-of-view into groups and our focus shifts away from the personalities and on to the different points of view. In this way get to see how our ideas fit with the outside world. The swirling process is just the same for internal issues, where our feelings and thinking conflict. Here the people in the swirl will be our relatives and close friends and they'll be collected into two groups, one group have nothing to do with the issue and wish us well, and a second group of people that make up the problem. The characters disappear and we'll use goblins and gargoyles, fairies or elves to represent the mixture of feelings and thoughts that remain. If we wish, we can enquire a bit more by asking our dream 'Why do I feel this way?' or, 'What am I thinking and why am I thinking it?' however, it's not necessary to get to the bottom of the problem; just establishing contact is sufficient.

After setting the subject, **Stage2, Discovery**, tries to do something about it, and now that we've stripped all the other characters from the scene, we'll be off on a trip to find resources that reside within our own character. Of course this trip is a unique personal experience, but it will have a direction or theme to it which can be confusing when seen through 21<sup>st</sup> century eyes, but meaningful if interpreted by Dream Logic. These themes are listed in many places on the web and are worth a bit of exploration. I've picked out two just to give a flavour of the workings of Dream Logic and its apparently oblique way of reaching a conclusion. Theme 1 is that we may have a sense of weightlessness as the ground disappears from under our feet. What's going on? Are we rising or are we falling? The answer's neither. We're revisiting our reasons for being born and our bodies weren't

present at that moment of perfection when we knew what mattered to us. In this discovery we'll find answers to questions like 'what to do, now, whilst remaining true to myself?' Then there's Theme 2: in daily life when we feel we're being driven by the situation we're in and have lost control of our lives, we may find that, in our dreams, we're being pursued by a pack who seem to want our blood and we dip into the woods to hide whilst the pack rushes past. We've just used our wit to buy ourselves some extra time and put ourselves in charge. Maybe, in our daily life, we need to find a bit more information that'll help us carry the situation intelligently rather than just trying to block the actions of the larger group. And for those of us who are dealing with our inner gargoyle, then the discovery stage is about engaging with it. What exactly happens depend on us, but, if possible, look it in the eyes to find its fear, or hold it in your hands and feel its quivering frustration. This journey of discovery can be a little unnerving, so **Top Tip No2** is to **trust our dream**, remember its only a conversation.

We've found the subject that interests us and explored our resources, now **Stage3** is **Finding the Answer**. Stage 2 doesn't last and we'll have a sense of a good night's work and all we really want now is the answer to our question and we'll be done. However, Deliveroo parcels with our name on didn't exist when dreaming began and the way we receive the answer to our dream is part of the process. It may appear in the dust in front of us as our dream finishes. Or when we turn the light on. Or when the toast pops in the toaster. Or maybe we hear it from children or a friend as we say good morning to people we pass. There's no standard way, so **Top Tip No3** is **Let go and don't look for the answer, it will find us**. For the internal issues the answer, very often, is to repeat the engaging processes of stage 2 and grow in confidence as we do it. We'll learn to greet our gargoyle with the mantra 'You are in me, but you aren't me'. And then demonstrate it by

replacing the conflict they represent with thoughts and feelings of our own choosing, like happiness and calm. It takes courage and in the early day may seem like papering over a crack, but the situation is won once we start to take charge of our own feelings.

Very nicely the last bit of the story is **Living the Dream**

We may wonder why the whole dreaming process is so convoluted, and why Dream Logic is so illogical. Its because it's because it bursts our 21<sup>st</sup> century bubble and makes us more sensitive to our position in nature and the way we interact with others. And once we realise this, we'll find that some of the people in our original **Stage 1** swirl do little things that help us; and those closer to us with whom we've shared our dream, have things happen to them that make it easier for us to fulfil our dream. Also, we'll realise that our dream isn't a one off event. It repeats as often as the events are on our mind and each repetition takes us to the next step on the way.

So that was my quick tour through the world of dreams and maybe it's changed the way we see them.

To dream with intention we need to follow the three Top Tips and maybe add a fourth

1. Make sure that what's on our mind is what we want to dream about.
2. Trust our dream and where it takes us.
3. Let go and the answer will come to us.
4. Follow up on the answer

There's no luck involved at all, just intention.