

# EXPAND YOUR DREAM LIFE:

## PART III

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By Penney Peirce

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*“Only the dreamer can  
change the dream.”*

—John Logan

I’ve been talking about the power—and fun—of working with your dreams in my May and June *See Beyond* articles. This month, let’s look at how love versus fear or the experience of being connected and belonging versus the experience of feeling isolated and unsafe influences your dreams.

### YOUR JOURNEY INTO CLARITY

As you grow wiser and more aware of your spiritual nature, you begin to work actively on improving your character and life. You look inside, ask *Why?* about many issues, and trust your intuition to answer. Your journey might easily be triggered by a yearning to know what the mysterious “Night You” is doing. Dreams are like breadcrumbs along the trail, directing you to insights that are ready to enter your conscious mind to help you achieve expanded clarity.

The odd thing is that once you ask for clarity, anything that’s in the way of knowing your higher nature—namely, the fears you’ve unconsciously suppressed—will be dredged up from your subconscious mind to be made conscious so it can be cleared. You clear them first by seeing fears, then by understanding that they don’t show the whole picture.

### GOOD DREAMS, BAD DREAMS

Are you a dream pessimist or optimist? Do you hesitate to dream because you’re afraid to have

nightmares or discover something negative about your life? Or do you love dreaming because you feel so free and all-seeing? You may not always be able to control the kinds of dreams that come but you *can* always choose your attitude. And eventually that will shift your dreams.

We sort experiences into two categories: LOVE or FEAR. Memories relating to love come from experiences where you felt connected to others, to life, and to the divine and therefore you felt safe, complete, expressive, and expansive. Love is life-promoting; it is always about growth and creativity. Memories relating to fear are the result of experiences where you felt disconnected from others, from life, and from the divine—and thus you felt unsafe, incomplete, untrusting, isolated, or paralyzed. Fear comes from the experience of separation and is life-restricting, oriented solely toward survival.

It is through these two filters that every dream is perceived and given meaning. In the early stages of a spiritual path, you may notice more negativity in your dreams since you are clearing fear. But you’ll always have a balance of inspiring dreams to encourage you to keep on keeping on. *There’s really no such thing as a bad dream—they’re all there to help you grow.*

## YOUR SUPERCONSCIOUS MIND

Have you ever had an insight about the planet as a whole? Or dreamed about how to heal a serious illness or how the next phase of your life would unfold? Perhaps a wise “talking head” floating in the air gave you some important advice. Maybe an animal guided you out of a burning forest to a beautiful, clear alpine lake. If so, your superconscious mind was talking. The superconscious mind contains the Great Plan, both for the evolution of the planet and the unfolding of your life.

The superconscious mind is really your soul’s original, untainted, divine awareness. This higher mind sees vast interconnections and knows how everything in life fits together. It understands the big picture and contains memory of all events, throughout time, where you acted in love and full awareness of your true nature. These experiences are characterized by grace, generosity, luck, and flow.


## SUPERCONSCIOUS DREAMS

Superconscious dreams feel uplifting, light as a feather, and are often lit by a spotlight or sunlight. They may convey a sense of freedom and ecstatic movement, unrestricted creativity and inventiveness, confidence,



*“The full and joyful acceptance of the worst in oneself may be the only sure way of transforming it.”*

—Henry Miller



and excitement. They may contain images pertaining to birth, light, height, or air—like wide-eyed babies, balloons, birds, airplanes, jets, UFOs, outer space, clouds, sunrays, stars, sky, mountaintops, or angels. To dream of large spiritual gatherings, a church or ancient temple, a school of dolphins, a flock of birds, the inside of a flying saucer, or pure geometric shapes like triangles or geodesic domes indicate superconscious soul awareness emerging. Superconscious dreams show your true soul characteristics and reveal higher aspects of your life in other dimensions.

### YOUR SUBCONSCIOUS MIND

The subconscious mind contains all the physical, historical, biological knowledge of the planet. In it are recorded the impressions of every insect, dinosaur, and virus, every personality, every cataclysmic event. The subconscious mind knows birth and death, healing and destruction. Because it's so primal, the subconscious mind contains information relating to survival and human rites of passage. The subconscious records every experience where you reacted from survival and made decisions in partial awareness of your true self.

Subconscious memories are characterized by contraction, panic, overwhelm, confoundment, self-protection, and cynicism. In the West, they're called *subconscious blocks*; in the East, they're known as *karma*, the unfinished business of the past. If you could see them, they might look like dark spots in your energy field.

### SUBCONSCIOUS DREAMS

Subconscious dreams often involve the body, the five senses, and contracted emotions. They

may contain tension, frustration, confusion, or a feeling of desire, anxiety, panic—even terror. They might have a heavy, constrictive, or sinking quality, or be poorly lit, foggy, or lack color. Subconscious dreams may contain images pertaining to earth, water, and fire, as well as illness, death, imprisonment, monsters, dangerous animals, or shady characters. If you dream about caves, tidal waves or floods, your house burning down, being chased or paralyzed, or being stuck in tunnels, your subconscious is trying to tell you something. Since not all information in the subconscious mind is negative, you may also dream about a food your body needs, the meanings of animals or plants, or even the ancient history of the earth.

Dreams can emerge either from your superconscious or subconscious mind. Subconscious dreams shed light on beliefs and emotions that block the expression of your soul. By engaging with them and working to understand the message they try to send, you can reduce your subconscious dreams and increase the superconscious ones. Just because you have a nightmare doesn't mean you have to create more fear in yourself when you contemplate it.

### TRANSFORM NEGATIVITY INTO INSIGHT

Let's say you dream you're being hunted by a mafia hit man, who seems to anticipate your every move to avoid him. He's getting closer and closer! What will you do next? Run? Fight? Hide? You wake up in a cold sweat. How can you find the positive meaning in an anxiety-ridden nightmare?



1. **Get out of victim mode.** Your mind is probably caught in a swirl of adrenaline-based fight or flight urges, protestations, complaints, accusations, or a desire for vengeance, punishment, or rescue. Suspend your thoughts a moment and say: “I don’t have to continue to think this way right now.”
2. **Let the dream be the way it is.** Remember: your dream is a message to you from your soul—it’s not “bad.” Say to yourself: “There’s something valuable represented in this dream; what might it be?”
3. **Bring your attention into your body.** Be fully present and let your body do whatever it’s doing. Breathe. Let go of tension and feel the flow. Extend each sensation to its next natural expression. Notice and describe the basic facts: “Something is trying to kill me. I feel terrified, confused, alone, helpless, and exhausted.”
4. **From your center, remember who you really are.** Tell yourself, “I am my soul! I am loving and wise.” “I’m bigger than my emotions.” Remember you’ve chosen to grow, face fear, and integrate your soul’s knowledge. Say to yourself, “I’m the one who dreamed this dream, so I must be the one who knows why! Some part of me knows the deeper meaning.”
5. **Notice images, ideas, and associations that spring to mind.** As energy starts to move, it often frees information and associations about the experiences stored in your subconscious. Try to catch the connections. What emotions are triggered by these experiences? Do you see any little movie scenes?
6. **Ask for understanding.** Soften and open your heart; ask for its wisdom. How does the dream show you how to retrieve a lost part of yourself? Instead of avoiding or attacking, how might you facilitate healing between yourself and the dream character? How can you improve yourself and your situation in the dream? Perhaps you realize you could talk to the hit man, or call for help from the police, or turn yourself into the hit man’s favorite grandmother! You may suddenly understand the ideas you held that made you feel you had no right to be fully alive.
7. **Validate yourself for reframing the dream.** Notice how it feels to come from a place of curiosity, desire for understanding, and positive expectation versus a place of contraction, guilt, panic, or attack. Each time you change fear to love it gets easier the next time.

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