

EXPAND YOUR DREAM LIFE:

PART IV

By Penney Peirce

I can never decide whether my dreams are the result of my thoughts or my thoughts are the result of my dreams.
—D. H. Lawrence

I've been talking about the power—and fun—of working with dreams in my previous three articles. This month, let's look at interpreting dreams. First, what kinds of dreams are possible? We might categorize our dreams as activities and processes of growth that pertain to 1) our life on earth, and 2) our life in the nonphysical, spiritual world.

DREAMS OF LIFE ON EARTH

Dreams of life on earth contain information about physical processes—creating results, solving problems, communicating well with others, staying healthy, increasing joy and pleasure in sensory experience, finding a way through stuckness, and expanding the capacity for self-expression and success.

Such dreams also contain information about your emotional life. These point to places where your life force, creativity, and love are blocked, areas where you feel resistance and fear, limitation, avoidance, or isolation. They may bring up experiences you haven't wanted to face, or that you haven't understood fully. Emotional dreams aren't all negative, of course! They can also bring experiences of enthusiasm, awe in the face of beauty, appreciation of other people's uniqueness, desire to help the unfortunate, and joy in sharing.

DREAMS OF THE LIFE BEYOND

Without the joy, ecstasy, and beauty of the inner worlds, you might forget to notice the gifts of the physical world. If we were conscious in only the physical reality, we'd probably feel dull, mournful, and alienated. Sleep lets us remember the rest of ourselves. It lets you dive into the pool of everlasting life and refuel with new spiritual enthusiasm, new breath, new plans, new knowing. Dreams in this category explore the mental and spiritual worlds.

Dreams about the mental realm include information about fixed beliefs and mental habits, places where your thoughts have frozen, or ways you organize reality that are inefficient and inaccurate. You might encounter fear-based mental patterns that lie hidden behind reactionary behavior, or old ways of acting, thinking, or identifying yourself. As you dip more into the purely spiritual, dreams can help you learn and create new things more easily, find important guidance about direction, or gain inspiration that helps you remember who you really are. Dreams can bring visions about the next phase of your life. Or you may remember how blissful it feels to be totally free in the spiritual realms, how love-based the world really is, how to communicate telepathically, or see into the past and future. You may also dream about world events.

All dreams, whether they seem positive or negative, bring useful information that can further your ability to be all of yourself and express your inner genius and natural loving nature.

EXAMPLES OF PHYSICAL DREAMS

Have you ever eaten a weird combination of food and drink before bed, or been physically exhausted from worry, or overstimulated from too much extraversion? Your dreams may have been disturbed or chaotic because your basic physiological processes are often directly reflected in your dreams. Pamela takes movies and TV shows to bed with her. If she watches a disturbing thriller, she often dreams she is a character in the movie, or a similar high-voltage drama of her own invention plays out.

It's common to carry problems and frustrations from the day into your dreamtime, to help resolve a situation. Frank was trying to ship a new software package but, at the last minute, his engineers found bugs in the system. In his dreams, he'd been rehashing

meetings, reviewing data and procedures, and worrying about failure. Finally, he woke with an insight about how to fix the bad code. Perhaps, you have to give a talk and are nervous about your performance. You may dream about the experience and go through it repeatedly, practicing and relaxing into the final physical reality.

Your dreams can also give you feedback about how your body is doing. Are you getting enough exercise? Eating the right foods? Do you need to clean up your act and detoxify your system? Do you need to raise your energy level? Or calm down?

Jenny dreamed she was at a health spa taking many baths. Then one of the peaceful women attendants kneeled in front of her and gently reached over to take a can of diet soda out of her hand. She hadn't even noticed that she had it! Upon waking she realized she needed to release some unhealthy eating habits.



*When action grows unprofitable, gather information.
When information grows unprofitable, sleep.*

—Ursula K. LeGuin



EXAMPLES OF EMOTIONAL DREAMS

Many emotional dreams come from feelings of powerlessness, lack of confidence, victimization, potential failure leading to rejection, loss of security or control, or fear of impending change, pain, death, or the unknown. Here are some common emotional dreams:

- **Your teeth are falling out or crumbling:** Where do you feel a lack of personal power or insecurity, or the inability to “bite or cut through” a difficult situation? How should you take action?
- **You’re being chased by a wild animal, a tornado, or a serial killer:** What do you feel threatened by in your life? To whom have you given your power? Where do you feel helpless and unsupported? How do you deal with conflict or potential conflict?
- **You lost your wallet, money, keys, or important papers:** Where are you too attached to something, or unconscious about it? Where do you not have enough faith, fluidity, or inventiveness? Where do you not allow yourself to receive help?
- **A loved one has died, or you think you’re going to die:** What aspect of yourself, or behavior, is dying? What do you need to let go of in order to progress? In what area do you need to make a radical change? Is it time to surrender concerning something?
- **You’re naked in public or didn’t study for a test:** What “shoulds” have you been living by that aren’t true? What haven’t you wanted others to see about you? How have you been trying to please others to be accepted? Can you be more trusting? What new opportunity do you want but don’t feel quite ready for?

EXAMPLES OF MENTAL DREAMS

Donna dreamed she was in the attic of her childhood home, sorting through boxes of old keepsakes. She realized the possessions belonged to the women in her mother’s lineage. She was to inherit them now! Despite expecting great treasures, she found tiny restrictive shoes that didn’t fit her, primitive sewing and cooking implements she would never use, and clothes that were virtually rags. She realized her ancestors had lived hard lives grounded in poverty. Is this what was in store for her as well? Donna was looking at some unconscious beliefs she had inherited from her mother that didn’t work for her.

Joe dreamed he was flying into some high-tension lines but couldn’t muster the energy to climb higher to clear them. He woke feeling all tangled up. Julie had a dream fragment of walking face-first into a large spider web. She felt it break apart with a distinct snap. Marty dreamed he’d been tied to a chair by an uncle who never returned. He yelled for help and no one came. Constructs that are in your way or holding you back may indicate outdated or fixed ideas you need to examine and break through.

Pay attention to literal messages you hear in a dream. Allen had the same dream for several nights, in which he was repeating out loud the phrase: “I accept it, but I don’t accept it as REAL!” As an aside, he said, “How’s that for faith in a nutshell?” Kay dreamed an old boyfriend had moved and his new house was on “Weird Street.” In the dream she commented aloud to herself, “I should have known he’d move there.”

EXAMPLES OF SPIRITUAL DREAMS

Have you dreamed you were in a library, actually reading books? Maybe you were having a conversation with a professor, a historical figure, a shaman, or an animal. If so, you were tapping into the wisdom of the collective mind to find guidance about your life process and direction. Marie was contemplating quitting her job to become a counselor. She dreamed she was in a tepee and a huge elk with a giant set of antlers, like “antennae to heaven,” came through the door, lay down, and stared at her. Without words, he told her she had wisdom and was ready. This encouraged her to finish her schooling.

You may jumpstart your creative genius. Carl dreamed: *I'm painting the air and a scene from reality reveals itself with each brushstroke. It's really fun! I can't wait to see what my magic paintbrush will create. I don't want to stop.* Upon reflection, Carl understood that the paintbrush was his own perception, and that he created his daily reality as effortlessly as he painted the air in his dream.

Or, you may receive ideas for inventions: I am given a tool that looks like a trumpet with a bell on both ends and a voice tells me it is my

“rod of power.” It receives information from one dimension and translates it to another. I have to hold it with two hands.

I look in a box and take out a pair of special goggles that can take instant-developing photographs of whatever you look at, even if it's in the future.

I have a pocket “calculator” that measures the frequencies of words when I say them.

You may also find insights into what you're doing in your own inner reality. This was all Greg could remember from a long dream: *I am working on a pattern of energy in myself. I know there are three main things I'm going to do in my life and, before those can happen, I have to fulfill three pre-conditions that are states of awareness. I am working on aligning myself to accomplish the three states.*

Whether you find help living a more effortless and productive physical and emotional life, or whether you're working to clear blocks to your full self-expression and find the highest vision for your life work, dreams can be your best friends—and ways to open and develop your intuition. You're not unconscious during sleep! Pay attention to those deep undercurrents!

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ary, and author of 10 books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, *Be the Dreamer Not the Dream*, and *The Intuitive Way*.