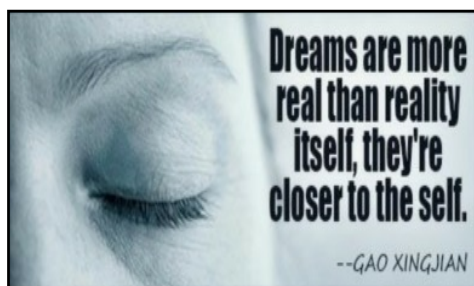


Conscious spirituality in search of truth...



PHILIP CROUCH: AN INTRODUCTION TO DREAMWORK

"Dreams are more than reality itself, they're closer to the self," says Gao Xingjian a Chinese novelist and playwright. Many dream theorists including Carl Jung, Ann Faraday, Edgar Cayce, Robert Moss, and Robert Waggoner might also agree with Xingjian. In 1973, I had my first precognitive dream which fully manifested the following year.

This resulted in an epiphany and complete transformation of the then-current pathway. The event suddenly opened the door by purposefully acknowledging dreams, conscious-spiritual development, searching for the 'real Self, becoming a life-long seeker of Truth. Collectively, these transitional journeys led to self-directed study of spirituality, dreams, metaphysical subjects, consciousness, group facilitation, workshops, psychic consultation and more. A second precognitive dream in the 1980's virtually saved my life by avoiding what would have been a horrific car accident [there was obviously more work to do!] For serious seekers of Truth, probers and interested others consider reading and studying any of the following dream theorists, Carl Jung, Edgar Cayce, Ann Faraday, Robert Moss, Robert Waggoner. Based on personal experiences, an introduction to dreamwork follows below.

—Philip Crouch, Tasmania, 2020

PHILIP CROUCH: WHY DO WE DREAM AT ALL?

Why do we dream at all is always a good question to ask yourself, particularly if you intend to have a life-long association of working with your dreams. Based on personal experience, study, reflection and working with my dreams for over forty years I believe they represent an interconnectedness with our human spiritual development processes. These include our conscious, spiritual, mental, and physical wellbeing. Generally speaking, everyone dreams unless there has been some form of brain damage which has disabled neural pathway connections in the brain. This might be one reason for non-recollection of dreams. Through visual images dreams make an interconnection between our sleeping *unconscious* and waking conscious self.

In actively recollecting your dream there are a series of visual images representing known and unknown people in your life, various characters, archetypes, symbols, dream environments that require interpretation.

If consciously deciding to work diligently with your dreams you will be surprised at the many insights, opportunities, challenges and more this often new knowledge reveals. Creatively, dreams may also provide you with a completely different perspective on everyday life problems or issues. In a practical sense, dream recollections may also inspire scientific discoveries, artistic aspirations, insights into spiritual development and connections with the etheric or spirit worlds.

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Our 'spirit' body also finds release from the physical sleeping body whilst remaining attached to a silver cord allowing us to travel interdimensionally. This may mean meeting a loved one who has passed, spirit guides or helpers, even visiting someone the other side of this world or universally, other worlds.

Psychologically, dreams can act as an emotional release for specific areas of our everyday life, especially those areas needing either inner or outer attention. For instance, a dream of flying like a bird, provides an incredible release from a difficult period we might be currently experiencing providing a sense of freedom; perhaps from events restricting us in our normal waking life! There are also other interpretations to consider.

Carl Jung, the psychological pioneer, author of seventeen volumes of work on human behaviour, and in particular relation to dreams, once said: ***“you and only you know the meaning of your dreams.”***

One premonitory dream I experienced many years ago in the 1980s involved the potential for a head-on car collision with a petrol tanker coming down the wrong side of the highway near Lithgow in NSW, Australia. Honouring this dream, intuitively, with the event staying always in my mind when driving in a particular highway area in NSW was significantly beneficial. Two years after the premonitory dream the event it was to fully manifest and a disastrous car accident avoided.

PHILIP CROUCH: THE IMPORTANCE OF SLEEP AND DREAMS

Our body's circadian rhythm during a normal eight hour sleeping period experiences several Rapid Eye Movements, REM's and Non-Rapid Eye Movement periods. These usually occur every 90-100 minutes throughout the night. A simple indication of this process can be observed by watching a baby's eyes flickering as they experience REM periods- these are more frequent than adults. Animals such as dogs or cats also demonstrate REM periods ...probably as they dream about food! If you have a *'sleeping partner'* you can also observe their REMs. This is especially interesting when they commence talking or as my wife found singing in their sleep.

In sleep-dream laboratory experiments, a usual practice for lab assistants is to wake the sleeping person during REM periods. Then the person is asked if they can recall any dreams. Our most vivid dream cycle period is between 4 and 6 am. It's been observed that this same time period is also significant for people who are passing over, exiting this world to return *home* to the etheric-spirit world.



Out-Of-Body-Experiences OOBEx, when your 'spirit body' leaves the physical sleeping one may also be more active at this time even if you're not consciously aware of it.

Avoidance of drugs, alcohol or other brain stimulants before sleep is essential, especially if you want to recall your dreams—as these interfere with your “physical body sleep.” Medically prescribed drugs from a registered GP/hospital/ pharmacist would be an exception to the above. Having a regular eight-hour sleep pattern each night will significantly contribute to recalling dreams.

PHILIP CROUCH: WHAT HAPPENS WHILE YOU'RE *PHYSICALLY* ASLEEP?

- physically, the body may begin to repair and heal itself,
- possibility of experiencing a spontaneous out-of-body-experience, OOBEx, or a having lucid dream may occur
- astral [*etheric-spirit*] journey into the spirit realms to meet a loved one[s], or your spiritual guides, helpers, advisors ...others
- reflection of *subtle thoughts* occurring through the day are being '*played out,*' or images drawn from a late night movie - TV program highlighted
- interacting with people, characters, symbols, events and more where you take control of the sequences and processes *lucidly* [lucid dreaming]
- not in a physical sense, but it may seem real when you find yourself communicating or interacting with someone on the other side of this planet *...or even other entities from more outer worldly dimensions!*
- creatively, dream content may assist in resolving long standing life problems as new information '*comes to light*' —especially in a recurring dream,
- new inventions, ideas, problem solving methods, creative or spiritual aspirations may be revealed—science based ideas have come from dreams,
- possibility of experiencing a precognitive, or premonitory dream;
- an intimate conscious spiritual connection ...to the *real Self* may occur



PHILIP CROUCH: HONOUR AND INTERPRET YOUR DREAMS

Whilst beginning to develop your dreamwork practices it is important to remember there are no failsafe methodologies for interpreting, analysing or working with dreams. Intermittently since 1978, I've maintained several dream journals which have provided a useful reflection on various aspects of these experiences.

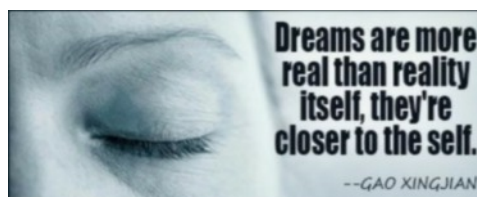
However, in my opinion, recording or interpreting dreams alone is not a sufficient enough experience for seekers of Truth. Acquiring deeper more meaningful knowledge can be developed through, study, sharing dreams, re-entering a dream, attending a dream group or workshop, and identifying various dream theorists knowledge. Above all, the most important aspect, if you are seriously working with your dreams, is to ensure they are "honoured." The following points below may assist in dream recollection activities.

- (1) Immediately upon waking record your dream in a bedside journal, or digital device. A small window of opportunity exists(5-10 minutes) before the memory of a dream dissipates.
- (2) Ensure everything you can remember is noted and don't worry about correcting your grammar, or being succinct-you can correct this later.
- (3) Where possible, ensure you make a point of remembering colours, sounds, symbols, music, dreamscape environment, metaphors, characters, persons known to you, or Jung's archetypal images—i.e. old wise woman or man, authority figures and similar representations,
- (4) If recalling 'dream conversations' with known people from your everyday life are there key words recognised? From the dream, what actions were occurring and in what environment? Can you recognise a central theme which appears to flow? Intuitively, did you recognise a loved one(s)who has already passed over, or 'spirit guides' known to you? How do you feel as you record the details of a particular dream?
- (5) Do you recognise any literal connections in your dream to a recent film, are there recognisable characters from a book you might be reading? Do the images, characters, people appear familiar?



PHILIP CROUCH: INTERPRETING YOUR DREAMS(S)

- (A) Beyond having recorded your dream(s) a further consideration (and this works well) of determining their meanings is to take a key aspect from the dream and draw this on paper using coloured textures, or pencils. Creatively, there is no need to feel like an artist, it's only for your interpretation purposes only. These dream segments may consist of something that really stands out for you. It could be anything, say a tree, train, car, building, landscape, concert and more.
- (B) Apply your intuition and reasoning with all aspects of an interpretation. In my dreamwork practices the use of a divination tool such as Runes, Tarot, Egyptian Cartouche Cards, (a personally developed manual) even a Pendulum has aided an overall interpretation of a dream. If using any of these divination processes you will need to state clearly or verbally in your mind exactly what you need a response too!
- (C) William Shakespeare once said: *“All the world is a stage, and we are merely players on it.”* Creatively, everything within your dream(s) has some form of representation in connection to your mental, emotional, spiritual well being. In context, events, people, dreamscapes, symbols no matter how unreal, magnified or embellished has an interconnection with the conscious and unconscious mind. For example, whilst it's physically impossible to fly in dreams it's possible to fly like a bird. Even drive a train or bus, become an authority figure, sports star, becoming a singer or actor, world leader performing on a large stage. Alternatively becoming a completely different person to your everyday self.
- (D) After considerable practice with the above suggestions relating to dream recall, interpretation, reflections, dream re-entry and similar I strongly recommend deeper and more intentional studies. Consider any of the following dream theorists, Carl Jung, Edgar Cayce, Robert Moss, Ann Faraday, RJ Hadfield, Robert Waggoner, and the International Association of Dreams. Developmentally studying dreamwork theories, practising recollection, interpretation, working with others all contribute to your conscious spiritual awareness and the real *Self!*



SOME EXAMPLES OF DREAM SYMBOLS: AND ASSOCIATIONS

By way of example the following dream symbol interpretations are drawn from RJ Hadfield's book "*Dreams and Nightmares*," in practice these represent similar interpretations identified by other dream theorists and practitioners.

- Hypnagogic Experiences—** the spontaneous visions that occur in the twilight zone between sleeping and waking.
- Ecstatic Dreams—** in which you experience ecstasy or overwhelming joy sometimes combined with feeling one with the universe.
- Lucid Dreams—** in which you know that you dream and take advantage of it.
- Mutual Dreams—** in which you and another person apparently have the same, or very similar dreams about each other, at the same time. Consensual dreaming.
- Guidance Dreams—** which provide information that later proves useful in making a decision.
- Precognitive Dreams—** in which you somehow experience a future event that later comes true as you have foreseen it happening.
- Psychopompic Dreams—** in which you meet with those who have died.
- Spiritual Dreams—** in which you experience or gain special insight into the spiritual or religious aspect of life. You may experience meeting guides, angelic or demonic beings, or even friends or family members who have died.
- Psychic Dreams—** a general category for dreams in which any of the varieties of ESP, such as clairvoyance, healing, precognition, psychokinesis, remote viewing.
- Lake and Water—** Jung—return to the collective unconscious from which all creative life springs in order to get renewal or strength. Religiously, the connotation of being spiritually 'reborn.'
- Being Chased, stuck!—** can be sexual; infantile terror associated, or a lack of mobility.
- Falling—** experienced when falling asleep, due to a drop in blood pressure as we drop off. Symbolically, falling from grace. Infantile recall of childhood fears.



Flying— surmounting life's problems, lifting the spirits high.

Teeth Falling Out— early childhood experiences of losing milk teeth, revising a childhood period.]Losing face in front of peers or others.]

Catching or Missing Trains—progressing on life's journey, sense of satisfaction.
Missing the train or opportunity that life is offering.

Once again to reiterate Carl Jung, “you and only you, know the meaning of your dreams.”



Suggested resources:

Carl Jung

<https://antilogicalism.com/wp-content/uploads/2017/07/memories-dreams-reflections.pdf>

Edgar Cayce, A.R.E

<https://www.edgarcayce.org/the-readings/dreams/dream-dictionary/>

International Association of Dreams,

<https://www.asdreams.org/>

Robert Moss Dreams

<https://mossdreams.com/>

Lucid Dreaming Magazine - Robert Waggoner

<https://www.dreaminglucid.com/>

Dreams quote: Gao Xingjian

http://www.notable-quotes.com/x/xingjian_gao.html

Precognition and Premonition: Differences

<https://www.differencebetween.com/difference-between-precognition-and-vs-premonition/>

RJ Hadfield, Dreams and Nightmares

<https://www.goodreads.com/book/show/2924351-dreams-and-nightmares>

Philip Crouch-An Introduction to Dreams

www.philipcrouch.org

