

Conscious spirituality  in search of truth...

Dreams Selection 2020

To die, to sleep - To sleep, perchance to dream - ay, there's the rub,
For in this sleep of death what dreams may come.

—William Shakespeare



PHILIP CROUCH:AN INTRODUCTION TO DREAMWORK

ROBERT WAGGONER:THE LUCID DREAMING EXPERIENCE, MAGAZINE

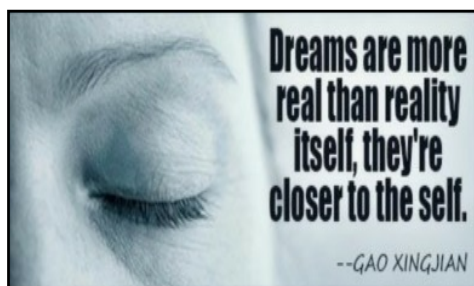
CYNTHIA PEARSON:DREAMING THE FUTURE: CAN WE CHANGE IT?

ROBERT MOSS:INTRODUCTION TO CONSCIOUS DREAMING

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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.

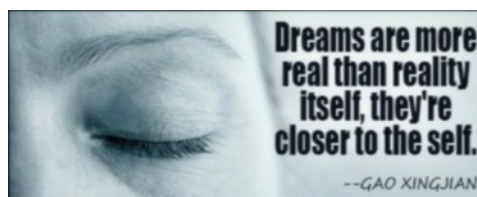
However, in my opinion, recording or interpreting dreams alone is not a sufficient enough experience for seekers of Truth. Acquiring deeper more meaningful knowledge can be developed through, study, sharing dreams, re-entering a dream, attending a dream group or workshop, and identifying various dream 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

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Conscious spirituality in search of truth...



ROBERT WAGGONER: THE LUCID DREAMING EXPERIENCE MAGAZINE

In 'Lucid Dreaming' you are consciously aware of the figures, characters and events taking place in a particular dream. More importantly, you as "the dreamer" may become interactive with the symbols, figures, characters within that dream. The "Lucid Dreaming Magazine" founded by Robert Waggoner, author of *Lucid Dreaming* the book is an exponent of dreamwork and in particular, with active lucid dreaming.

The above magazine is an online platform providing dreamwork resources along with opportunities for members who in practice are actively or progressively engaged in dreamwork can submit their 'dream articles' for publication and online discussion. Below is a brief outline of Waggoner's book "Lucid Dreaming" and a selected dream article submitted by Daryl4D who has forty years of dreamwork experiences. Daryl4D Lucid Dream article extract appears below.

–Philip Crouch, Tasmania, 2020

ROBERT WAGGONER: LUCID DREAMING-BOOK BACKGROUND

'Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected.'

He was able to interact consciously with the dream observer -- the apparent Inner Self --within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal self-helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well.

Waggoner proposes five stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how experienced lucid dreamers can advance to a new level.' Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dream-workers but anyone who is interested in consciousness, identity, and the definition of reality.' [Cited, *Book Depository*].

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Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dream-workers but anyone who is interested in consciousness, identity, and the definition of reality.' [Cited, Book Depository].

DARYL 4D: LUCID DREAMING MAGAZINE-ARTICLE EXTRACT 2019

[PP: 12 -13] **“THE POWER OF METAPHORS,”**

“It’s a wonder that with so many aberrations, we often don’t realize we are dreaming when we are dreaming. But then, they doubly confound us when we awaken in the morning, scratch our heads and say, “Wow, what was that all about?” As we confront the puzzles from our night. What gives. Why aren’t dreams just more straight forward? Why don’t they just give us their meaning and their gifts? This is what I explore in this article...

‘It’s my belief and understanding, through my 40+ years as a lucid dreamer, that dreaming itself is very intricate and represents so much in the human experience. In clinical dream books, scientists usually start with the question.

“What is dreaming or why do we dream?”

It often ends with a few guesses and the admission that nobody really knows, and they leave it at that. I believe this is a cop-out; anyone who works with dreams, and specifically with lucid dreaming, over time will understand the benefits and through their experience, find the answer they seek.

Dreams are multi-dimensional; they cover the full human experience from healing to future thinking to daily integration and on and on. They are not just one thing. But why the strangeness? If they are trying to heal us or give us a message, why not be straightforward about it? Well, I believe dreams are actually quite straightforward. They are not meant to be confusing or to trick us.

They are on our side. Part of the problem exists in us and our ego – and what I like to call the Dear Abby effect. I’m sure everyone here knows someone who is great at extolling advice to others while their own life is a mess. Or just think of a family member or friend who has a problem that everyone is completely aware of, and yet the person themselves is completely oblivious to – many times to the extent that you could walk up to them and tell them and still they would not see it and be in complete denial.



You become too close to the problem itself and are blind to even obvious answers and start to see the world through that problem. (Like they fondly say, if you're a hammer, all you see around you are nails.) **I feel the same mechanism occurs in dreams. We seek answers but maybe we can't handle the truth directly. So a part of our self (our larger self) will bundle the answer in a metaphor.** This way, when we wake up, rather than the answer flying over our heads we say, "Man, that was a strange dream, I wonder what that meant?"

We begin by writing out our dream, and because of its strangeness we begin to think about it, the symbols, the drama that took place. We begin to unpack it and contemplate it. And over time the meaning emerges, often in fun and exciting ways.

A metaphor is a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable. In other words, you're trying to describe something using an indirect example. So in this vein, dreams can be seen as living metaphors, full of indirect answers, just waiting to be unleashed. This is very important to understand because if you say, "That dream was so strange, it could never apply to my life," you might find yourself leaving a lot of money on the table.

Not that you won't get any benefit from these dreams even if you ignore them, but we do have free will and if we exercise it by glazing over confusing dreams, we may just miss their gems. And in this time in history, where everything is accelerating at such a rapid pace, we can all use all the help we can get as we evolve ourselves and as dreams are more and more crossing over into the physical and into our daily lives. I'll give a recent example of how this process has occurred in my life with a dream I had last year but wrote about in the last issue of [Lucid Dreaming Experience] LDE."—*Daryl4D*



Suggested resources:

The Lucid Dreaming Experiences Magazine, <http://www.luciddreammagazine.com/>
Lucid Dreaming - Robert Waggoner, 2015, Pub: Movement Point Press, USA, ISBN: 9781930491144

<https://www.bookdepository.com/Lucid-Dreaming-Robert-Waggoner/9781930491144?ref=grid-view&qid=1577074907657&sr=1-1>
International Association for the Study of Dreams, www.asdreams.org
Robert Moss, www.mossdreams.com

Dream Research Institute, London, <http://www.driccpe.org.uk>

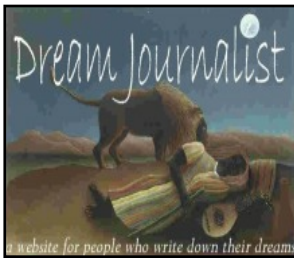
Association Research Enlightenment -Edgar Cayce

<http://www.arecatalog.com/ProductCatalog/Product/3106/Dreams-and-Visions>
www.philipcrouch.org

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Conscious spirituality in search of truth...



CYNTHIA PEARSON: DREAMING THE FUTURE CAN WE CHANGE IT?

Concepts of predicting the future, especially where dreamwork practices and interpretation are concerned are often fraught with various misconceptions. Cynthia Pearson an experienced dreamwork practitioner featured an article on her resourceful website "Dream Journalist," titled "Dreaming The Future Can We Change It?"

Her article was presented at a plenary for the International Association of Dreams conference in 2000. Dreamwork students and seekers of Truth can draw two key inferences from the above presentation and dreams generally, that being distinguishing between a precognitive dream and premonitory one. In 1973 I experienced a 'precognitive dream' fully manifesting the following year. This event, was a complete epiphany, and totally transformed my whole life's direction. More importantly it led to maintaining maxim of always "honouring a dream." An extract from Cynthia Pearson's above plenary presentation "Dreaming The Future Can We Change It" follows.

—Philip Crouch, Tasmania, 2020

DIFFERENCES BETWEEN A PRECOGNITIVE AND PREMONITORY DREAM

'Precognition and premonition are two abilities between which a key difference can be identified. These terms are used extensively in psychic studies and are considered as parts of clairvoyance. In this sense, both precognition and premonition deal with events that have not yet taken place. First, before comprehending the difference between precognition and premonition, let us define the two words.

Precognition refers to foreknowledge by paranormal means. On the other hand, premonition is a feeling that something is about to happen. The key difference between precognition and premonition is that while premonition is more of a feeling that the individual has that something negative is about to happen, precognition is a deeper sense of knowing that extends beyond the emotional realm' [see suggested resources].

CYNTHIA PEARSON: DREAMING THE FUTURE-CAN WE CHANGE IT?

'As some of you know, I have been a dream journal enthusiast for quite a while. Those of us who write down our dreams have made dream study possible across the board, but it has only been for the past five years that we've focused on the journal keeping at IASD, [International Association for Dreams] providing some truly stimulating cross fertilization.'

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DREAM JOURNAL KEEPERS

“Journal keepers are empiricists—we observe and document what actually happens (as opposed to what may fit a model or theory). And many of us who keep dream journals eventually find that future events have been liberally and casually scattered about our dreams as a matter of course.

In my journal, "synchronicity" serves as an umbrella category for precognition, déjà vu, mutual dreams, clairvoyance, telepathy and related phenomena, for all can be characterized as "meaningful coincidence."

My dream synchronicities are often domestic and trivial, as when-- to cite one example-- I had a dream about searching repeatedly for peanut butter to make a sandwich, and then upon awakening, opened the morning newspaper to find a picture of a 37-foot peanut butter sandwich at a "Peanut Butter Lovers Festival."

Here is another, more dramatic example from the news:

CYNTHIA PEARSON: EXCERPTS FROM A DREAM-JUNE 6TH

"...I'm waking up in a hotel/motel room. I get up to use the bathroom. As I'm about to flush, I see a hand come out from behind the tank and press the lever. I realize there has to be someone hiding and then see him. I yell for my husband and we demand that he leave.

Then it's the next day, and I'm at home. After my husband has left, I catch the same guy stepping into the broom closet in our kitchen. I threaten him, then do call 911... but he is lingering in spite of this. I yell at him to get out, scam, and tell him I'm calling the cops, but he seems not to care." On the weekend of June 17th I was away from home, staying in a motel outside Boston when a series crimes occurred in my neighborhood of Point Breeze in Pittsburgh.

Here are excerpts from the city daily, the Pittsburgh Post-Gazette:

“POINT BREEZE REELING AFTER HOUSE ATTACKS, TUESDAY, JUNE 20, 2000”

"... In three separate incidents that may have been related, an intruder broke into an occupied home, terrorized the residents and robbed them... I don't think anyone in the United States should think that this can't happen to them,' said Richard Ehmann, whose 30-year-old daughter was alone at the family's home... on Friday night around 10:55 p.m. when she heard someone open the front door...



She tried to slam the door but the man reached around and jammed a screwdriver against her back. It did not wound her. The woman ran into the kitchen, grabbed a knife and called 911 -- all while the man was threatening to kill her if she didn't cooperate. While she was talking to emergency officials, the man grabbed her purse, a shopping bag full of new clothes and a video cassette recorder, and fled."

This occurred within four blocks of my house, as did the other two crimes.

My dream seemed to pick up on many details of this event— my staying in a motel, that both the real and the dream perpetrator reached around from behind, and that I, like the victim, was in the kitchen dialling 911 even as the perpetrator was failing to leave. And the next day, when headlines announced an arrest, **I learned that, as in my dream, it had been the "same guy" in all the break-ins.** While she was talking to emergency officials, the man grabbed her purse, a shopping bag full of new clothes and a videocassette recorder, and fled."

HERE ARE SOME OF *THEIR* ANSWERS TO: "THE FUTURE CAN WE CHANGE IT?"

These and experiences like them occur commonly, and when I first signed on to join this panel, I had intended to focus solely on dream journals as repositories of examples of precognition. However, when the panel's name was announced, I was given pause. I thought about the question-- The Future: Can We Change It? and decided to poll some of my fellow long term journaling enthusiasts, to see what they had to say about the subject. Here are some of their answers to "The Future: Can We Change It?" They range from sincere:

- "I myself wouldn't put it in terms of "changing" the future, but rather 'striding more self-consciously into' the future....";
- to facetious: "I can, I'm not so sure about you." But others were more thought provoking, such as:
- "If you don't try, you'll never know, but if you do try, you'll never know either."
- "Yes, if there is one."
- And finally, "No, but you can lean into it."

I think these last capture best my own ruminations on this question, because my dream experiences persuade me have that "the future" is an array of probabilities that present themselves in dreams. ¹ Some probabilities are stronger than others, but I do not think we so much "change" the future" as "tack" and sail among probabilities, navigating ourselves among the head and tail winds that blow through our lives.



The practice of entering past dreams in the database led to discovering many synchronicities that I hadn't known were there. For example, I hadn't remembered that I dreamt of my sister's house being damaged, but I had, exactly one year before it was rendered uninhabitable in the Los Angeles earthquake. When I first read through this account some years later, I figured that I must have had this dream right after the big earthquake in Los Angeles.

That had been a frightening day for my sister and her four grown children, who all lived around L.A. They were unable to telephone one another, but were able to call me in Pennsylvania and thereby learn of one another's safety.

A dream of her building's being damaged and her not being able to get a call through was an apt reflection of her circumstances, and as you might guess, I was surprised that the actual earthquake had been a year after the dream, January 17, 1994. **But in this experience, and in my dreaming in general, I did not know until well AFTER the dream that it alluded a future event.**

So the question of whether dreaming can lead to changing the future in a direct sense is, thus far, moot for me. Indeed, I only discovered this one because I was entering it into the database. Now I know the importance of reviewing past dream records, a practice that becomes more onerous with age, but can lead to continuously discovering unsuspected premonitions.

I have heard accounts from other dreamers who did attempt to change the future. When she was in college, my friend Liz had a vivid dream of looking down to find herself covered with blood. One day soon after, she was a passenger in a car driven by a friend whom she knew was suffering from sleep deprivation. They were on a winding and dangerous road and so, thinking of her dream, Liz offered to drive.

Soon after taking the wheel, Liz missed a curve and crashed. She found herself covered with blood, as her dream had foretold, and ended up in a hospital for a week. We can debate for many hours whether or not Liz changed the future that day. Might there have been a worse accident if she hadn't taken the wheel, or none at all? The possibilities and permutations are endless.

¹ **A footnote here--** I was very interested to read in Dale Graff's book, *River Dreams*, that "in Louisa Rhine's study of 10,000 cases of realistic and symbolic spontaneous psi events, over 50% of the most dramatic experiences were premonitions of fire." (p. 35) In my dream from the night of January 17, 1993, my sister learned "that her building has had a fire"-- perhaps an easier disaster to symbolize than an earthquake! Then in the dream, my sister picked up the phone to find out what happened, but the operator refused to connect her.





Suggested resources:

Dreaming the Future – Can We Change It?

An article by Cynthia Pearson for ASD-Psi plenary 2000

Ruminations of a Dream Journalist; ASD-Psi Panel Presentation; complete text at:

https://asdreams.org/study/dreaming_can_we_change_it.htm

<http://www.dreamjournalist.com/>

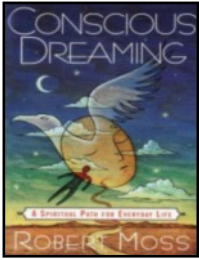
https://asdreams.org/study/dreaming_can_we_change_it.htm

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

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Conscious spirituality in search of truth...



ROBERT MOSS: INTRODUCTION TO CONSCIOUS DREAMING

Former Australian journalist Robert Moss is an author, workshop leader, and dreams consultant who now lives in America. As a dream theorist and practitioner Moss dreamwork approach has a strong emphasis on shamanic interpretation. Shamanism is based on the cultural practice belief that shamans act as intermediaries or messengers between the human world and that of 'spirit' worlds.

Moss encourages workshop participants, students of dreamwork that they should apply their intuition when working with dreams. In Moss's seminal book "Conscious Dreaming" he provides a series of practical guidelines and other suggested resources when working with dreams. In particular, a "nine-step guide" towards understanding your dreams is featured. On his website, there are extensive dream-related resources encouraging students new to dreamwork and the more experienced to access. I believe in all dreamwork practices it is vitally important to always intentionally "honour your dreams." An extract from Moss's "Conscious Dreaming" and suggested nine steps to understanding your dreams follow.

—Philip Crouch, Tasmania, 2020

ROBERT MOSS: INTRODUCTION TO CONSCIOUS DREAMING

"A leader of dream workshops and seminars details a unique, nine-step approach to understanding dreams, using contemporary dreamwork techniques developed from shamanic cultures around the world. Conscious Dreaming shows you how to use your dreams to understand your past, shape your future, get in touch with your deepest desires, and be guided by your higher self.

Author Robert Moss explains how to apply shamanic dreamwork techniques, most notably from Australian Aboriginal and Native American traditions, to the challenges of modern life and embark on dream journeys. Moss's methods are easy, effective, and entertaining, animated by his skillful retelling of his own dreams and those of his students--and the dreams' often dramatic insights and outcomes.

According to Moss, some shamans believe that nothing occurs in ordinary reality unless it has been dreamed first. In the dreamscape, we not only glimpse future events, we can also develop our ability to choose more carefully between possible futures. Conscious Dreaming's innovative system of dream-catching and transpersonal interpretation, of dream re-entry and keeping a dream journal enables the reader to tap the deepest sources of creativity and intuition and make better choices in the critical passages of life." [Cited: Book Depository].



ROBERT MOSS: NINE KEYS TO UNDERSTANDING YOUR DREAMS



1. TRUST YOUR FEELINGS

Always pay attention to how you feel when you wake from a dream. Your feelings and bodily sensations may be your best guide to the relative urgency and importance of a dream, and its positive or negative implications.

2. FIRST ASSOCIATIONS

In keeping a dream journal, you will want to get into the habit of jotting down your first associations with the dreams you record. What floats to the surface of your consciousness in the first minutes after waking may come from layers of the DREAM THAT HAVE ELUDED, OR FROM DEEPER LEVELS OF DREAMING.

3. REALITY CHECK

Compare what is going on in the dream to the rest of your life, including the life of your imagination. Always ask whether it is possible that any part of the dream will manifest, literally or symbolically, in physical reality. Though dreams are inner experiences, they often contain accurate information about external reality. In both subtle and unsubtle ways, dreams incorporate signals from the outside environments.

4. DREAM RE-ENTRY

Dreams are real experiences, and a fully remembered dream is its own interpretation. The meaning of a dream is inside the dream itself. By learning how to re-enter dreams, you will develop the ability to clarify messages about future events, resume contact with inner teachers, and resolve unfinished business.



5. DIALOGUE WITH DREAM CHARACTERS

One of the best ways to work out what your dream characters are telling you is to ask them. You can do this through dream reentry or simply by sitting down with a pad and pen, imagining that the dream figure is in front of you, and opening a conversation.

6. TRACKING YOUR DREAM SELF

Who are you in your dreams? Are you the protagonist or simply an observer? Are you younger or older? Male or female? How does the situation and behavior of our dream self compare with that of your waking self? The character who appears in all of your dreams, even if only as a witness, is you.

7. SYMBOL EXPLORATION

Although the dream source tries to communicate with us as clearly as possible, it must often speak in symbols in order to carry us beyond the limitations of the everyday mind. Symbols take us from what we know to what we do not yet know. You'll be inspired to track your symbols far and wide, and may discover that your personal dreams embody timeless myths from many traditions. Always remember that the best encyclopaedia of dream symbols is your own journal, kept over time.

8. "WHAT PART OF ME?"

Dreams make us whole. They show us the many aspects of ourselves and help us to bring them under one roof. This is why it is often useful to ask "what part of me" different characters and elements in a dream might represent. However, this approach is rarely sufficient since dreams are transpersonal as well as personal. If you meet a tribal shaman in a dream, that may be an aspect of yourself *and* an actual shaman.



If you meet your departed grandmother, that is more likely to be Granma trying to communicate than merely a part of you that is like her.

9. DREAM ENACTMENT

Dreams require action! You may take creative action, turning a dream into a story, a picture, a collage. You may do some shamanic shopping, to get shoes or earrings your dream self was wearing or a sculpture of a deity you saw in a dream. You may use the dream as GPS on your life roads. You may accept dream assignments, seeking to translate that strange word or find that obscure place on a map of this world or another world. At the least, you can harvest a bumper sticker or action phrase from the dream that will help to move its energy into life.



Suggested resources:

Robert Moss You Tube- Introduction to *Conscious Dreaming Book*

<https://www.youtube.com/watch?v=516AedPdtWE>

www.mossdreams.com

Conscious Dreaming - Robert Moss, 1996, Random House, USA Inc ISBN13: 9780517887103,

<https://www.bookdepository.com/Conscious-Dreaming/9780517887103>

Nine Keys to Understanding Your Dreams

<https://mossdreams.com/wp-content/uploads/2019/04/Nine-Keys-to-Understanding-Your-Dreams.pdf>

Robert Moss- Dreamgates Resources-

<http://cdr2.com/Dreamgates-Robert.Moss.pdf>

International Association of Study of Dreams

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

www.philipcrouch.org

[LINK TO DREAMS INDEX](#)



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