

Why do we dream?

Dreams come to us

1. To heal us of any imbalance in our lives.
2. To guide us as to what direction we should take with our lives.
3. To show us why we react as we do to the subject matter of the dream.

The primary purpose of each of our lives is the same. That is, we are born onto this planet to learn to integrate specific aspects of ourselves through experience. Integration is achieved through harmonizing imbalances between aspects of our functioning.

For example, a source of imbalance which is common in our society is conflict between the head and the heart. Our education system places most emphasis on activities involving intellectual expression, such as science, and least on activities involving emotional expression, such as poetry and art. Yet our hearts need passion to stay balanced and healthy.

When we ignore aspects of our functioning, our dreams will redress the balance by giving 'symbolic' expression to these aspects, while at the same time attempting to give healing for the 'conditions' which cause us to ignore these aspects in the first place.

If the messages and healing in dreams are constantly ignored or blocked then we may develop a physical problem in an area affected by the imbalance. This allows us to predict from dreams the physical problems a person will develop far in advance of any physical symptoms. More importantly, our dreams show us what has caused us to be the way we are. With this knowledge we can address the cause rather than the symptoms of an illness.

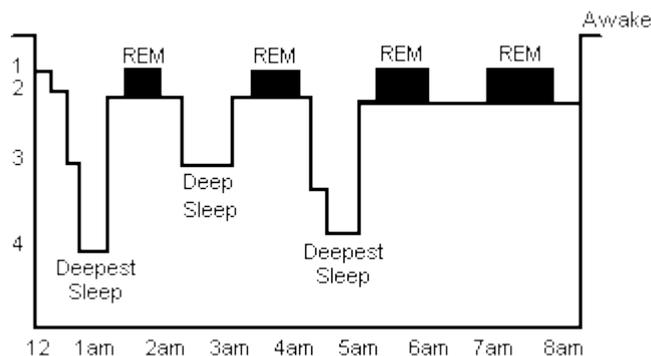
Dreams also have a Spiritual dimension and guide us by indicating abilities we have, latent or otherwise, and what abilities we need to develop. Dreams of this nature also indicate what is preventing us from developing a particular ability further. This topic is covered in detail on our [courses](#).

Lastly, a dream shows us our reaction to the subject matter of the dream and why it is we react that way. For example, a dream may indicate that the dreamer's difficulty with relationships stems from conflict in their parents marriage which was witnessed by the dreamer as a child. This is useful when combined with therapy as it allows the dreamer and therapist explore the real cause of the problem and select a suitable means for dealing with it.

Does everybody dream?

Yes! Scientific study revealed the following basic sleep pattern in everyone. When we dream our eyes move rapidly compared to normal sleep. This is called REM sleep. The shaded areas indicate periods where dreams occur.

Dreaming is required to keep the body and mind healthy. Studies have shown that people who are allowed to sleep but are deprived of REM sleep soon begin to suffer difficulties concentrating. They become irritable and run down.



Can dreams predict the future?

Yes. There are two ways in which dream can predict the future.

1. Dreams predict the future based on conditions prevailing today and the events which led up to them. This is not remarkable in itself when you consider that dreams take everything about you into account! It is similar to your doctor looking at your past history of illness and asking you specific questions before coming to a considered opinion of your current problem. Past, present and future are intermixed in dreams so the future is typically indicated by showing something happening further along the road with the road indicating the passage of time.

All events in your past, even while in the womb, go to make you the person you are today. So if, for example, your diet is unhealthy and you don't exercise your dreams can predict future heart difficulty unless something is done to improve your situation. You may get the same prediction even if your diet and exercise programme are good because of non-physical problems. Alternatively if you are eating food which your body is allergic to the dream can predict problems in the colon.

In all cases dreams show the prediction, the cause and what needs to be done to prevent it. It is important to realize two things. Dreams can predict illnesses even twenty years ahead of their onset. Also, these are only predictions and the predicted outcome can be avoided or brought about based on how you react to the information provided to you by the dream.

2. You are probably familiar with fortune tellers and psychics. What you may not realize is that you may have the same ability as them. If this is the case you will have dreams telling you so and although you may not be consciously aware of your ability, at night you will use it in your dreams. In this case you may dream of future events exactly as they would transpire. These dreams feel different from other dreams. If you have this gift you most likely can already identify with this feeling. You wake up knowing that the dream you had was different. Take the advice of these dreams without any interpretation of them.

Do dreams reflect health problems?

Yes. Dreams reflect current health problems and predict future ones. Physical objects in a dream represent the physical body. The most common symbols used to reflect the body are houses, buildings and cars. If your dream shows a physical structure damaged or in dis-repair the dream is concentrating on a physical health problem. The location and/or the object with the problem indicates the physical area that is or will be affected. If in your dream you find wall paper or plaster falling off the wall in the kitchen the dream is saying that the lining (indicated by the wall paper / plaster) of your digestive system (indicated by the kitchen being a place where we prepare and eat food) is or will become damaged. The same thing happening in the bathroom would indicate the problem is the lining of the colon as the bathroom indicates the elimination system. Other parts of the house represent other parts of the body. The bedroom can represent the reproductive system, the living room can represent the heart, the back garden can represent the colon, the stairs can represent the spine, etc. etc.

The following list gives an idea of problems and how they can be reflected in dreams.

Condition	How condition is indicated in dreams
Anemia	Oil leaking from the engine of a car.
Breast cancer	Symbols of cancer (below) shown eating into a woman's chest.
Cancer	Worms, rats, black crows, foxes, mutated animals with dark colors, snakes, rust, termites eating into or disappearing into a physical object.
Candida albicans	Moldy hay in a barn or soggy newspaper in back garden or kitchen.
Colon cancer	Symbols of cancer (above) shown in dirt, back garden or dead forest (trees have no leaves).
Depression	Darkness in upstairs of house. Very dark clouds overhead. Street lights not working.
Endometriosis	Dark frightening shadow coming through the plug hole in the bath tub or window of the bedroom.

Heart attack	Fireplace in the living room cracking and / or crumbling.
Lung cancer	Symbols of cancer (above) shown in large cavities or air ventilation systems.
Ovarian cancer	Symbols of cancer (above) shown in hen house, birds nest or eating eggs.
Stomach cancer	Symbols of cancer (above) shown in washing machine, fridge or cooker.
Stroke	Somebody banging their head off a wall. Boxing match where blows are to the head. Roof of house burning.
Uterine cancer	Symbols of cancer (above) shown in bathtub, oven, bedroom or affecting mirrors, photocopiers or cameras

Where do dreams come from?

Dreams come from your soul and are intended to help you progress along your life path. In sleep the focus of the physical world and the body is on hold and during this period your soul has a perfect opportunity to dialogue with your conscious mind...or so it would appear. The problem here is that the subconscious never sleeps. Think of the subconscious like a faithful dog always on guard to protect its master. Your soul asks the conscious mind to make a change to some aspect of functioning in order to avoid a particular undesirable outcome. Let's take a very common example. Say your soul wants you to be less analytical / rational in your approach to life and to incorporate intuition / feelings into the decision making process. It dispatches a dream for this purpose. Ideally the dream is received and your conscious mind accepts the direction of your soul and begins a program to change in this direction. The more likely outcome, however, is that your subconscious mind asserts itself in the dream and provides all sorts of reasons why this change should be avoided. Due to this, the message / request in the dream is effectively spoiled.

Why does this happen? What gain does the subconscious make from this? The simple

answer is that there is no gain but the subconscious still retains control in the area which was being addressed. The subconscious mind is being helpful as far as it is concerned and sees the reasons it provides for avoiding the change as valid. Drawing on your personal experience as evidence it will tell you "When you are open to your feelings you

are open to being hurt, rejected and ignored. You'll end up sad and depressed." In this way it 'protects' you from reliving pain from the past.

How can two people who have the same thing in their dream, have the symbols represent two different things?

This is a good question and is what causes most of the confusion with regard to interpretation. The fact that a symbol can represent different things in different contexts also makes dream dictionaries mostly useless. That being said it is 90% safe to rely on particular symbols always meaning the same thing, but because of the possibility of it meaning something else you look for other symbols in the same dream that would support your theory. So, for example, if you see a dream featuring a mirror on a car you would first suspect that the dream is about the reproductive system (because a mirror reproduces an image or copy of the dreamer and this is the function of the reproductive system). You would then look for other symbols indicating the reproductive system or references to children or family in the same dream. If the mirror is on a Morris Minor car then you know you have the correct interpretation because of the reference to 'Minor'. Once you determine the subject matter like this you must then relate every other symbol in the dream to this. If you can't relate them to what you deemed to be the subject matter you are probably on the wrong track.

Do dreams from the past still have the same meaning in the present?

To answer this it is best to think of dreams like letters from a very close friend. The meaning of the dream is always the same, however, it becomes dated much like the letter would. A dream could be telling you to get out of the relationship you are in. If you interpret the dream five years later it's message is no longer relevant. In that case you would be able to ignore the message. But what if the dream was warning you about a life threatening illness? How can you tell if the warning is still relevant? The answer is simple. Look at your current dreams! If the threat is still real you will have current dreams about it.

My advice is to look at your current and recent dreams. Let go of the past unless your current dreams tell you to address issues there. You can get messages from old dreams but the important ones will repeat in your current dreams