



Perspectives on Dreaming and Interpretation

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Background



www.sherikling.com

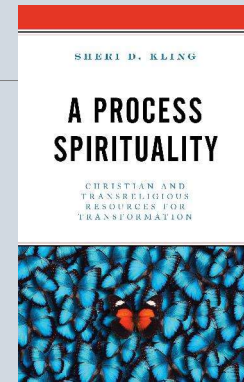
www.deeperhythm.net

www.transformingwomen.net

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My Research

To show how a synthesis of **process theology/philosophy** and **Jungian psychology** combined with a spiritual practice of **dream work** reveals the nature of **all levels of reality** — *cosmic and psychic* — to be **integrated, value-soaked, relational, and transformative**.



*We matter. We belong.
We can experience positive change.*

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Agenda

Psychology and
Dreaming

Symbol, Archetypes
and Images

Interpretation

Dreams in Community

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Primary Claims:

By surveying various perspectives on dreaming and interpretation, we can understand dreams as *natural* and *embodied* while still somehow capable of being *healing* and *guiding* encounters with a transpersonal and sacred reality.

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Kelly Bulkeley, Dream Researcher

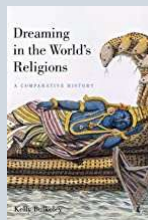
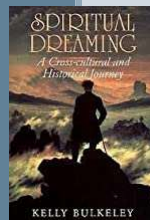


Photo credit: Olivia Sun, staff photographer, *The Chautauquan Daily*

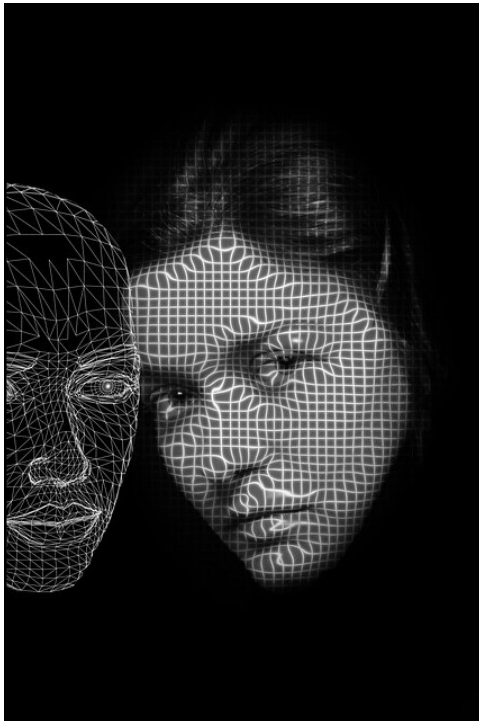
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Various Views of Dreams

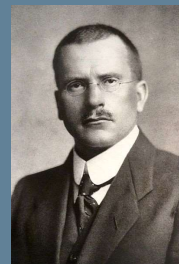
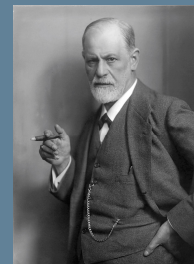
- Culture dismisses dreams as irrational
- Religious view understands important dreams as referring to sacred realities
- Scientific views see dreams as brain generated and involving emotion, learning, association, memory consolidation
- Jungian psychology sees dreams as natural yet *purposive* and carriers of transpersonal meaning and value
- Dream-sharing groups connect dreams and dream work with shared experience, shared meaning, belonging, and transformation

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Psychological View

- The Interpretation of Dreams (Freud)
- Advances in knowledge of human mind
- “Big dreams”
- Jung more influential



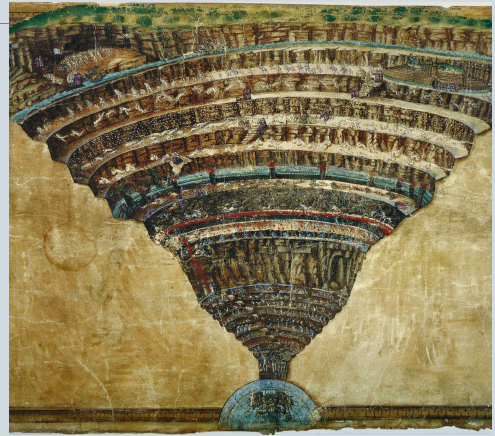
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Jung and Dreams

- Not just repressed sexual content or infantile wishes
- Dreams originate in collective psyche
- Two primary roles:
 - Psychic compensation
 - Anticipating individual development
- Dreams have purpose

Dreams give information about the secrets of the inner life and reveal to the dreamer hidden factors of his personality. As long as these are undiscovered, they disturb his waking life and betray themselves only in the form of symptoms.

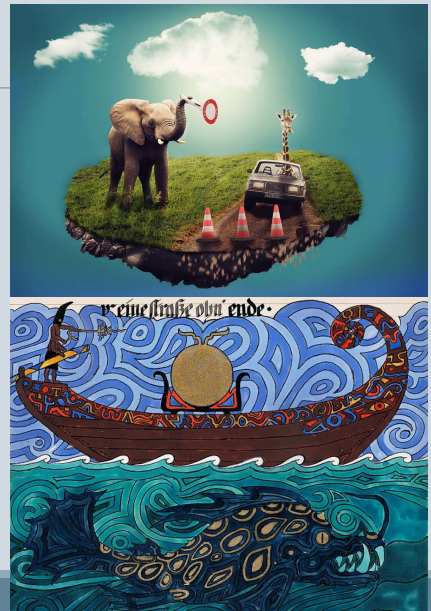
–C. G. Jung, *Modern Man in Search of a Soul*



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Symbol, Archetypes, and Images

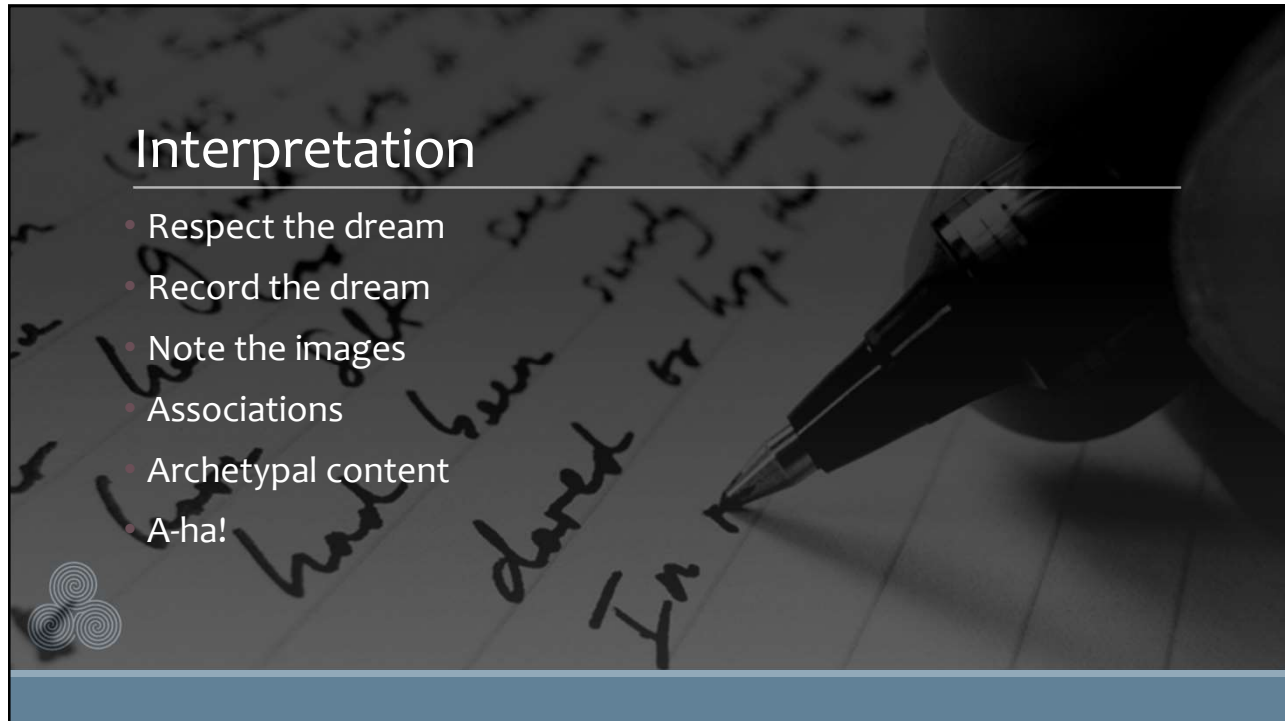

- Dreams “picture” our inner situation
- Enlarge or compensate the conscious attitude
- Have archetypal roots in collective unconscious
- Do not have “fixed meanings”
- The unconscious provides references for every symbol it generates



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Interpretation


- Respect the dream
- Record the dream
- Note the images
- Associations
- Archetypal content
- A-ha!

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Association

- Connections
- Affective link between image and dreamer



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Amplification

- Connect to archetypal meaning
- Mythology, religious iconography, literature, folklore



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Active Imagination and Animation

- Image as “presence” and living entity
- “Who is visiting now?”
- “What is happening here?”



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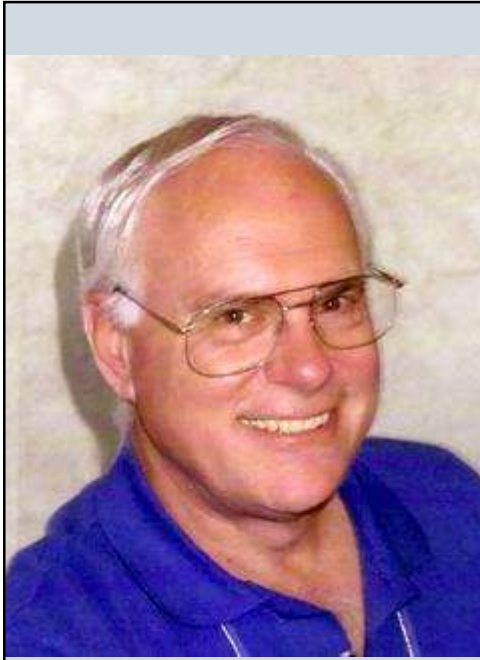


Image Activation: Hoss's Six "Magic Questions"

- Who or what are you? (name and describe yourself as the dream image)
- What is your purpose or function?
- What do you like about what you are?
- What do you dislike about what you are?
- What do you fear most?
- What do you desire most?

<http://www.dreamscience.org/>

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Delaney Dream Interview Method

- Description
- Recapitulation
- Bridge
- Test the Bridge
- Linking and Summary

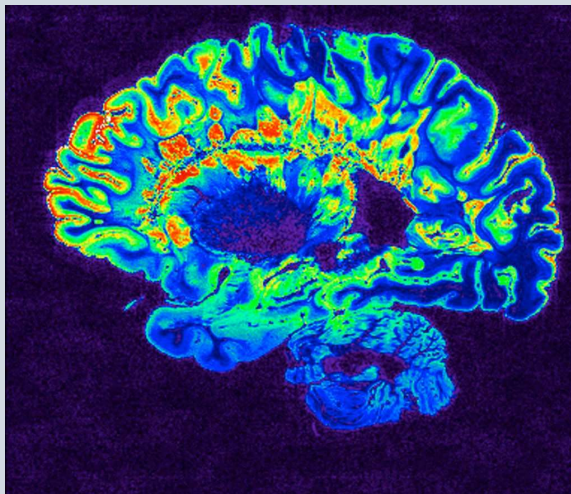
<http://yoursleepingenius.com/>

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Dreams, Emotion, Metaphor, and Learning

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Brain Activity During Sleep

- Conflict or error detection
- Resolution initiation and mediation
- Imagining and testing of goal-directed scenarios
- Comparison, compensation, and decision-making
- Emotional reinforcement and adaptive learning

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Dreams, Imagination, and Healing

- Ancient relationship between dreams, healing, and medicine
- Imagination and the placebo effect
- Serious challenge to dualism and physicalism



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Reflective Exercise

Think of a dream that brought you new insight and describe your awareness of that experience:

- What problem did it help you solve?
- What was the most powerful image in the dream?
- What emotions did you feel?
- What did you learn?
- What changed as a result?

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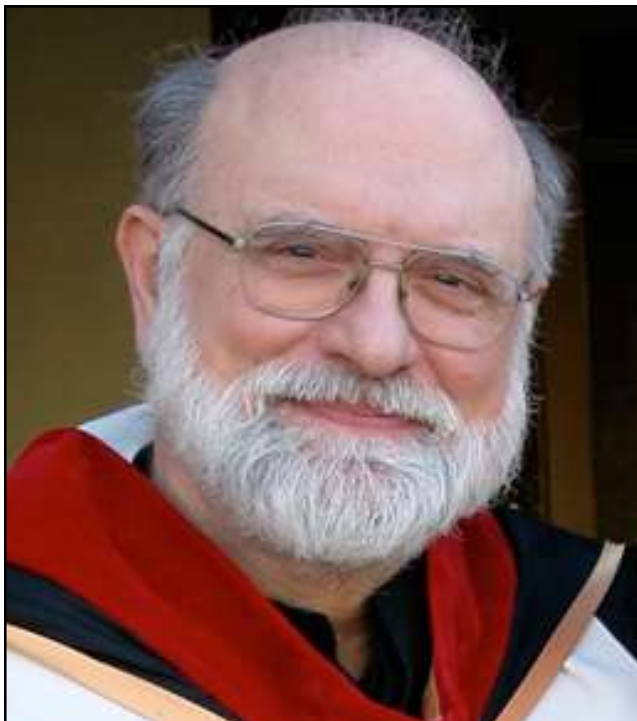


"My point is not that dream work will save the world but that dreams can be a reminder that it needs saving"

Montague Ullman

Dreams in Community

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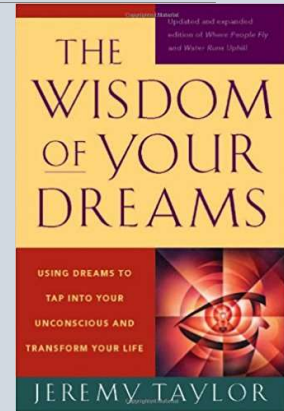


Jeremy
Taylor

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Ten Basic Assumptions

- All dreams come in the service of health and wholeness
- No dream comes just to tell the dreamer what he or she already knows
- Only the dreamer can say with any certainty what meanings his or her dream may hold
- The dreamer's aha of recognition is a function of previously unconscious memory and is the only reliable touchstone of dream work
- There is no such thing as a dream with only one meaning
- All dreams speak a universal language of metaphor and symbol
- All dreams reflect inborn creativity and ability to face and solve life's problems
- All dreams reflect society as a whole, as well as the dreamer's relationship to it
- Working with dreams regularly improves relationships with friends, lovers, partners, parents, children, and others
- Working with dreams in groups builds community, intimacy, and support and begins to impact on society as a whole



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What's Next?

- The value of dream-sharing groups
- Collective change
- Do dreams connect us to the Divine?



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Symbols, God, and Mutual Immanence

- Symbols are essential to expression
- Symbols participate in that to which they point
- God and world experience mutual immanence
- Archetypal Self is God-image in the psyche
- The Self is the pathway of wholeness, connecting body/soma, psyche, and unconscious through image



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Claim

Dreams can be seen as natural and embodied while still somehow capable of being healing and guiding encounters with a transpersonal and sacred reality.

Fostering such embodied experiences of wholeness can promote psycho-spiritual and cultural wellbeing.

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Train to Metaphor

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Discussion

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It is in dreams that one can catch sight of the most fundamental and stable symbolisms of humanity passing from the “cosmic” function to the “psychic function.”

—Paul Ricoeur, *The Symbolism of Evil*

This is how he dreams. He takes materials from the entire world and, taking them apart on his own and then on his own putting them back together, he dreams with his own radiance, with his own light. In that place this person becomes his own light.

—Brihadaranyaka Upanishad

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