



DREAMING IN DARK/HOPEFUL TIMES

Our Work

2026 August Dream Training

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REICH OF DREAMS

THE NIGHTMARES
OF A NATION

DREAMS.
—ZADIE SMITH,
author of *White Teeth*





SUBORNING
THE UNCONSCIOUS





I'LL MAKE WAY FOR THE TRASH

There were two benches in the Tiergarten Park, one painted yellow and the other a normal green bench [*Jews were allowed to sit on only the yellow benches at the time.*] There was a trash can between them. I sat on the trash can and hung a sign around my neck, the kind blind beggars sometimes have, which the authorities also make “race defilers” wear. The sign said: “I’ll make way for the trash if needed.”

NOT DIFFERENT ENOUGH ...



Seduction Dreams

Hitler appeared, romantically dressed in a tailcoat, with a big bundle of fliers that he handed out in a hurry...then he placed a bundle carefully in front of me, unlike what he'd been doing. He handed me a single flyer; with his other hand he stroked my hair and then farther down my back

I dreamt I was in Trump's house, a really large one. There were threats that he was going to be assassinated... He was acting like everything was okay; he had a lot of security... He then proposed to me and put a ring on my finger... I was crying in his arms while he rubbed my back

Unconscious Collusion

The Function of Dreams During Dark/Hopeful Times

...dreams serve as corrective lenses which... enable us to see ourselves and the world... with less distortion and with greater accuracy **Montague Ullman**

Seismographic/Emotional Cat Scans (nuanced, beyond fact/fiction)

Prognostic

Psychic Indigestion: Outside the constraints of linear, conscious thinking, dreams can preserve individuality, the idiosyncratic, and the innovative

Dream Sharing as a Subversive Act: Real communion vs the domination of elites, algorithmic manipulation of social media, magnified fabrications of manufactured Images and “Fake News,”

Revealing Glimmers of *Life's Force*: Dreams might not regularly give the “Big Answer,” but they can intimate ways to navigate during dark times.





Signs of Indigestion

Portents of Life

Student resistance leader **Sophie Scholl** had a dream in 1943, the night before she was executed. Sitting on her cot, she told her cellmate this: ***It was a sunny day and I was carrying a baby in a white dress to be baptized. The road to the church ran up a steep mountain. But I held the child tight, safe in my arms. Suddenly, a crevasse opened up right in front of me. I had just enough time to put the child down on the other side, then I fell into the chasm.*** Scholl then explained the meaning of this simple dream to her fellow prisoner: ***"The child is our idea, and it will prevail despite all obstacles. We can prepare the way for it, even if we will have to die for it before its victory."***



L's DREAM

I was at home when my spouse pulls up in a large, black four-door sedan (*unlike any car we own in waking life*). When asked if I'd like to drive, I'm hesitant but get behind the wheel. Though driving in my own neighborhood, the car begins to veer out of control (*in waking life, I'm a very skilled driver*). An inner voice tells me, "Take your foot off the gas!"

I'm now with my 90-year-old mother in the home where I grew up (*my mother died within the last few years, and we no longer own the house*). We hear a knock at the door and find an unknown, 45-47-year-old man standing in the vestibule. He states, "This is my house now!" Distressed, my mother asks, "Where am I going to live?"

R's Dream – An Imaginal Response

...I am now outside. Built into a hillside, along a narrow path, a series of caves face one another. Going in and out, people are visiting,.. Perhaps I can find shelter here.

Entering, I ask the cave, "Who are you?"
"I am a place of mystery," comes the reply. Well, that's not very helpful...
"What's here for me?" I inquire
"I don't know."

To hide from government intrusion and rising ethnic hatred, I enter and explore the cave. What appeared to be a single level aperture proves far more spacious within. Moving upward, I can reach the heavens; descending, I can plumb the earth's depths.

Returning to entry level, a tribal council has assembled in this womblike cave. Sheltering and providing warmth to each other, insight dawns upon us

***A TIME WILL COME WHEN WE'LL
RE-EMERGE INTO THE LIGHT***





After telling the dream...

Explore the **setting**, including the **emotional landscape**

Ask into **associations**

Experiential **exploration of dream elements**

Explore metaphorical and other **connections to waking life**

Name and explore new insights and **growth steps**

A Proposed Generic Dreamwork Method

from A Clinician's Guide to Dream Therapy, 2nd Ed

Dr. Leslie Ellis

<https://www.drleslieellis.com>

FOR FURTHER READING

TEXTS

Charlotte Beradt. *The Third Reich of Dreams*, Princeton University Press

Sharon Sliwinsky. *Dreaming in Dark Times*, University of Minnesota Press

John Hughes. *Toward an Understanding of Dreams as Mythological and Cultural-Political Communication* <https://summit.sfu.ca/item/20334> (Doctoral Dissertation, Simon Fraser University)

ESSAYS

Noah Hawley, "Americans Are Living in Trump's Dream"

<https://www.theatlantic.com/ideas/archive/2025/03/trump-vision-america-reality/682139/>

Stanley Krippner & Christopher Ryan, "Dreams as a Mirror of Change in Personal Mythology"

<https://dreamnetworkjournal.com/bcpov6kmyth1/dreams-as-a-mirror-of-change-in-personal-mythology>

Mirielle Juchau, "How Dreams Change Under Authoritarianism"

www.newyorker.com/books/second-read/how-dreams-change-under-authoritarianism

Magdalena Zolkos, "Oneiric Witnessing: Dreamscapes of War"

Humanities 2025, 14, 29 <https://doi.org/10.3390/h14020029>

COMPENDIA OF "DONALD TRUMP" DREAMS

Martha Crawford: <https://45dreamsproject.com/>

Kelly Bulkeley: <https://sleepanddreamdatabase.org>

Kelly Bulkeley : <https://Bulkeley.org/199-dreams-donald-trump>

