

LISTENING for “The VERY LIFE of LIFE (ḤAYEI ha-ḤAYYIM)...

if you have trouble recalling nocturnal dreams

I. *HELP in REMEMBERING YOUR DREAMS*

- A) Put a pencil and paper beside your bed.
- B) Before going to sleep ask through prayer for a dream or focus your intent on remembering a dream.
- C) As soon as you wake up, write it down. Dreams fade very quickly and waiting to write it down usually means it will be lost.
- D) Later, work with the dream. Write in your journal all your associations to animate and inanimate objects, places, colors and feelings. Pay attention to overall themes and dynamics between characters. Relate the dream to an outer or inner experience. Check both the outer world and the inner world. It can refer to either the outer or the inner world. It can refer to both the outer and the inner world.
- E) Once you get in the habit of writing down the dream and you develop some skill in relating the dream to your interior and exterior life, dream recall is increased.

II. *SEEDING A WAKING DREAM*

By waking dream we mean not just an experience of dreamlike character received while awake, but an experience of the imagination undertaken with a certain quality or attitude of awareness... to bring the daily life into relation with the vision [whose] images [are] the guides in this relation

Mary Watkins. *Waking Dreams* p.41

To awaken your imagination you might begin in silence; or you might contemplate a picture, a photograph, a poem, some verses from prose. Then settle into your chair. Feel the weight of your body sink down into the support of the ground, and shift around until you feel grounded, and comfortable in your body.

Gently turn your attention inward. Just notice how you are feeling from the inside. Also notice if there is anything in your internal space that can be set aside for now. Ask: is there anything between me and feeling good, clear and present? If so, start to move any distractions -- things you need to do later, worries, concerns, anything that doesn't need to be here right now -- start to move them out of your body one by one. You can put them on an imaginary shelf, in a box, in a natural setting, on the floor beside you... whatever feels right to you.

Once you have set aside what first comes up inside, check back in again, and see if there is anything more that you might clear aside for now. I will be silent for a minute or two and let you continue to clear your internal space. When this feels complete, once again check in. Notice the space you have opened, perhaps breathe into it and see if there is now more room in there, more ease or lightness. (Pause here for half a minute or so.) Now into that cleared space, you can invite an image...

*(There are many variations you can use here or come up with your own invitations. Below is a more open way to invite waking dream images. You, however, can begin with a **specific memory or a dream snippet, a visual or literary image** you contemplated when beginning this exercise. You can be even more specific, **asking an animal to arrive in the cleared space, or a person from your past ...**)*

Into the cleared space, invite a living image to form. Allow it to arrive spontaneously and welcome *whatever* comes. It may arrive fully formed or slowly resolve into an image. Just allow it to fill in the empty space you have opened. Gently set aside any thoughts that might want to dismiss or discount the image. Let your attention instead be focused on the living image itself with open curiosity... as if the image was completely unknown but of tremendous value.

When the image begins to solidify, allow more details to fill in. Notice what is particularly unique about *this* image. Take in as much as you can about the image and its environment. What kind of landscape is it in? Can your other senses offer anything more – sounds, smells, temperature, weather?

Can you place yourself in this dreamscape? Is it possible to interact with the living image? (ie via speaking with it, or internal silent dialogue? By touch? Is there something it wants from or for you? As much as possible, allow the image its autonomy and let the scene unfold further. When it feels complete, write it down, treating it as you would a nighttime dream.

Further Reading

Arnold Mindell. *Dreaming While Awake*, Hampton Roads Publishing, 2002

Mary Watkins. *Waking Dreams*. Human Development Books, 2017

III. ***ADDITIONAL WAYS to NOTICE OFFERINGS from YOUR UNCONSCIOUS***

Jung... stressed that projection is both... inevitable and necessary... acting as a window onto our unconscious, allowing us to gain an awareness of the elements residing within... (adapted)

<https://www.jungian-confrerie.com/phdi/p1.nsf/>

Pay attention to “charged” occurrences in waking life that might evoke intense, disproportionate, or continuing reactions from you:

- A) A situation is intensely alive for you, almost like a dream, i.e.. Your child or grandchild is unusually moody yet does not ask you to leave his/her bedroom when you go to check. You are concerned as your attention fixes on the dark posters on his walls or the music she is playing.
- B) You cannot stop thinking about a scene from a favorite film or TV series
- C) The lyrics from a song keep playing in your head, as if the song is “playing you.”.
- D) You see a photo that makes you tearful with its beauty, or darkness.
- E) You keep thinking of an interaction with a friend that went badly. Or unusually well.

ACTIVE IMAGINATION

- 1 Akin to processing a Waking Dream, find a quiet, safe space; relax, close your eyes, then...

Focus on a strong emotion or a memory that might arise from the interaction, video, music or picture. In your mind’s eye see if it opens or transforms into a remembered figure or symbolic image

Observe the image. Let it move, change, or develop on its own, allowing it to become "alive".

Actively engage with the image by asking questions; participate in scenes that might unfold, act as a direct, conscious participant in the fantasy.

Record the experience immediately through journaling, painting, or sculpting to ground the experience.

- 2 For a more open, less directive approach

Sit quietly, with eyes closed for a comfortable while, then...

Open yourself to receive anything that may want to arise from your unconscious.

When the offering feels complete, write of the gift you just received

Ask what it (your unconscious, the Life of Life) may be inviting you to know.

Further Reading

Robert A Johnson. *Inner Work*, Harper, & Row, 1989