



YOU HEAL ME THROUGH DREAMS

HADEN INSTITUTE DREAMWORK TRAINING

RABBI H A ADDISON



REJOICE (SAḤAKI)

Shaul Tchernichovsky (d. 1943)

<https://youtu.be/zZONbTx11iQ?si=GcNW84OEua6k-rXU>

Saḥaki, Saḥaki al Haḥalomot

Zu ani haḥoleim saḥ

Saḥaki, ki va-adam a-amin

Ki odenu ma-amin bakh

Rejoice, rejoice in dreams

I am the dreamer who speaks

Rejoice, believe in humanity

For I still believe in you

THE MAJORITY OF HUMANITY LEARN TO KNOW GOD THROUGH DREAMS

Tertullian of Carthage (d. 240 C E),

When I am gone naught
shall remain of Prophecy's
good tidings except for true
dreams.

Sahih al-Bukhari (circa. 846 CE)
vol. 9, book 87:119.

*When prophets were no more,
their place was taken by the
Sages, who, in a sense, even
excelled the prophets; and in
the absence of Sages things to
come are revealed in dreams...*

Zohar (circa 13th century CE)
vol. I: 183a-b

Scripture can provide the timeless and tested container through which we might better discern the contours of the timely flow of spirit, our dreams.

Joyce Rockwood Hudson





Linda...

a Protestant spiritual director, shared the dream of a spiritual directee, who envisioned King Saul shooting arrows into his lower back. After sharing with him the Biblical story of Saul's pursuit of David (I Samuel 26-7), she asked about the physicality of her directee's dream and if he were having back problems? The dreamer confessed to experiencing dropping in his right foot. A subsequent doctor's visit revealed he has kidney cancer; Linda continues as his spiritual and dream companion during this ongoing journey.

Fran...

a Jewish seeker, was considering retirement and options for the next chapter of her life. One night she dreamed of diving into a deep body of water and retrieving a treasure. Although she postponed her retirement another six years, the dream stayed with her, as she recognized “water” as a Scriptural symbol for Torah (*Isaiah 55:1 Let all who thirst come and drink water...; Psalms 42:7 Deep calls to deep...*) and a psychological symbol of the unconscious.

Six weeks following her ultimate retirement, her synagogue announced the offering of an ongoing seminar on Judaism and Dreams... a decades-long recorder of her own dreams, understood her “Water Dream’s” call. She further “dove into the deep waters” of Torah and her unconscious, becoming active first as a dream seminar participant and then as a founding member of a monthly Jewish dream group.





SEND ME A DREAM

My Lord, I ask you to inform me what is beneficial and make me strong. For you are powerful, but I am not. You know but I do not. You know all secrets. My Lord, if my task...is beneficial for my religion, my life and my afterlife, make it easier and make it my destiny. If my task... is bad for my religion, my life or my afterlife, make me lose my desire, send me away and do not make it my destiny. Ordain for me what is good, wherever it be and then make me happy with it.

ISTAKHARA

“A’s” Tale

I first started dreaming when I was 6; everything was just green. When I was about 7, my family and I moved from Pakistan to America to live the “American Dream”. Everything seemed fine but I did not know the horrors waiting for me at school. I lived in an area with little to no diversity; everyone in my class had blonde hair and blue eyes, so naturally I was deemed the “weird brown girl”

As I grew older I practiced *Istakhara*, searching for what green in a dream might mean. To me it could symbolize the Pakistani flag. More so I learned that seeing green can symbolize growth, positive change, and healing and peace.

My move to America minimized the green, as everything slowly turned to blue.

Blue can represent truth, reflecting hateful realities I was opened to through bullying at a very young age. Thankfully I am now growing with positivity around me. That hint of green never fades; it is still there.

Though my dreams started off with two colors, as time goes by the dreams more shades appear presaging future events...

In high school I had a recurring dream. I would always see a “I” faded into a red color, and I wondered what it meant.

Feeling guided, I applied and was accepted to Temple University;
then the “I” faded into the red

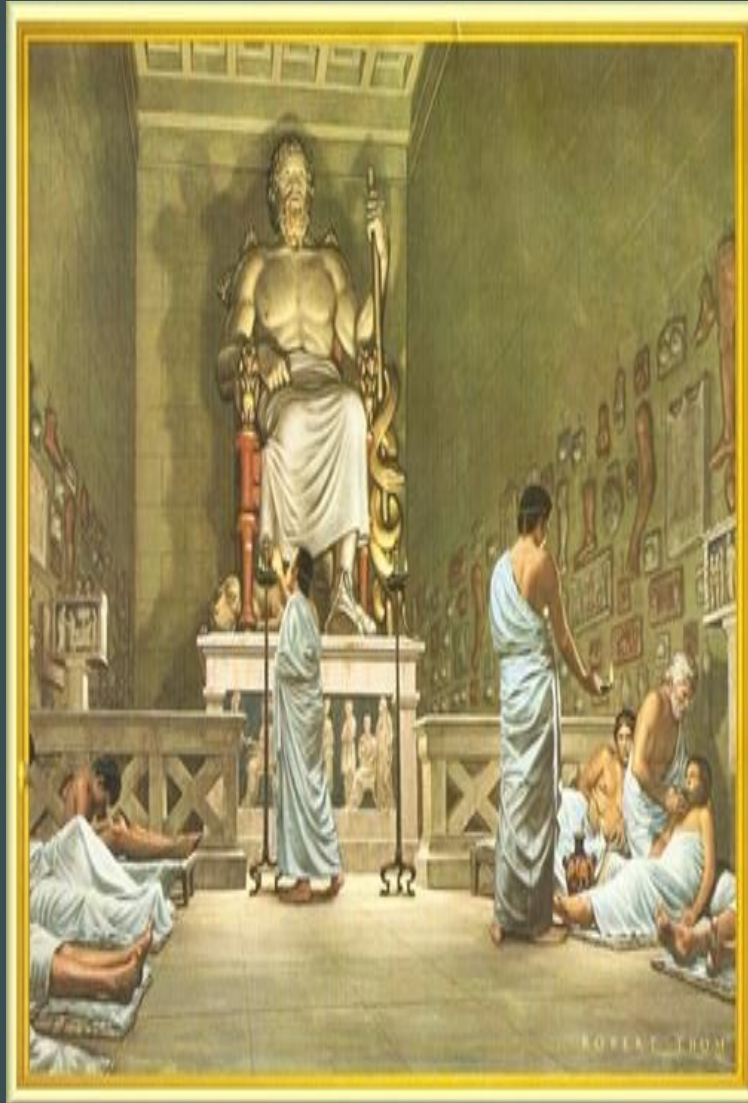


חלם-- *HLM*

To Dream

To Heal

(Hebrew)



Temple of Asclepius



Rateshents (Mohawk)

Naachin (Dane-zaa)

SHAMAN -- DREAMER

Marcia, a pastor and spiritual guide from Indiana, offers the following counsel to those who seek her guidance:

"I love you... Fear not, I am with you", from Isaiah 43:4-5, is one that I often teach as a Breath Prayer, letting them know they are not alone when inviting God to send a dream or (when) facing any difficult dreams/messages from the Divine One in their dreams. This reminds them that all dreams are given with great love for their healing and wholeness... and to trust. This has brought deeper, experiential trust in the Divine One's unconditional love.





Once plagued by continuing PTSD dreams, Cynthia's prayerful offering of Psalm 23 became a dream amelioration rite that aided in her healing.

Truthfully, I turned to the 23rd Psalm, my paternal grandmother's favorite, out of desperation. Since each night felt like the "Valley of the Shadow of Death" I just hoped for some needed peace of mind while I awaited sleep with its onslaught of dreaded dreams. Slowly and silently, I recited each phrase before bed, pausing to pray and determine what each meant to me. I prayed not to heal myself nor to be healed; I didn't know, nor could I anticipate what the outcome might be. As It happened, the prayer of the Psalm shifted the emotional experience of my dreams. While the dreams' basic content remained the same, their intensity gradually lessened. Uncoupling from their overwhelming affect. I became an "observer" to my dreams' unfolding, sensing the support of a "wise presence" by my side.

SCRIPTURE OR SCRIPTURES?

W C Smith, *What Is Scripture: A Comparative Approach* (1993)

“THE WORD OF GOD”



...a particular book given by God to humankind. “Revealed by Him”... a work of divine provenance p. 9

“A HUMAN ACTIVITY”

a bi-lateral term... it inherently implies, in fact, names a relationship... People – a given community – make a text into scripture, or keep it scripture: by treating it a certain way p.17-18





Rav Yehudah said in the name of Rav:
There are three things for which one
should pray: good governance, good
years, and good dreams... as it is
written...

BT Berakhot 55a

ותחלימיני והחיני

You heal me through dreams and thereby cause me to live. (Isaiah 38:16)