

MANUAL ON
DREAM TECHNOLOGY(BASIC)

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DREAMS

(Mystery Musings of the Night)

- INTRODUCTION -

Dreams are the language of the Sub-conscious, and because all of us dream every night, it is important that we learn this language in order to understand ourselves. Psychologists agree that everyone dreams several times during a normal eight-hour sleep, and that we dream in symbols. In Biblical times, and Egyptian pharaoh elevated Joseph to a position of vast power, because the Jewish slave was able to interpret these symbols. Another Joseph was told in his sleep that Mary had conceived by the Holy Spirit, and a later dream advised him to flee with Mary and Jesus to safety in Egypt.

The late Edgar Cayce, one of the world's leading Clairvoyants analysed many hundreds of dreams during a trance state in which he seemed to tap into the Cosmic Consciousness. In one of those 'readings' he reported : "Sleep is that period of time when the Soul takes stock of what it has acted upon, from one rest period to another. "

Quietly and wordlessly, proof of the ancient Chinese saying that "one picture is worth a thousand words" has existed for aeons in the symbols used in religious cultures around the world.

In our personal, inner search, working with dreams is not just a starting point but a main vehicle for self discovery. Dreams help us to understand where we are and become who we are.

In recent years, however, the Western world has shown a rebirth of interest in dreams and an understanding that they can be valuable tools for objective, practical guidance, as well as for subjective insights and spiritual-physical-mental directives. If we learn to interpret them properly, and then to apply what we have learned, they can be a powerful instrument for personal growth. Dreams can give us guidance to physical healing, making money, career opportunities, and a host of other areas important in our everyday life.

What Is A SYMBOL? Webster's dictionary says a symbol is a token, pledge, or sign by which one infers a thing; something that stands for or represents another thing; an object used to represent an abstraction. The dove is a symbol of peace.

You may have an aunt or an uncle who is very meaningful to you because he/she is very loving and kind. When this person is present in a dream, your dream may be telling you that, like this person, you have been loving and kind to someone that day or should be loving and kind in the situation brought up by the dream. You may know someone who talks too much, in fact may be considered a gossip. When such a person turns up in a dream, your dream may be saying that you have talked too much or gossiped that day.

The dream source is honest, but we, though rational beings, are not always honest. To gain in self awareness we must work to become more honest about ourselves. The obscurity in dreams may actually help soul development in that it prevents deceit between the Conscious and the Subconscious levels of the mind. For instance, we may not want to admit consciously that we eat too much, drink too much, smoke too much, talk too much, and indulge in negative thoughts or attitudes. The Subconscious subtly nudges us onto a more disciplined path through obscure symbols, because the Conscious mind may be unable to handle a direct message.

Some symbols may be indecipherable. In that case, simply put the dream aside until the message is presented again, using a more recognizable image. Ask for a second dream.

When working with your dreams, use this MANUAL as a springboard. Perhaps it will be the answer to your dreams.

When an individual begins his search to know his relationship to the Universe and its Creator, he can expect help from the 'other side' in dreams. When this contact is established and recognized by the waking individual, true and effective self-control can begin.

In dreams, your Sub-conscious is speaking directly to you. If you dream of a business deal, which upset you during the day, or of an argument with your mother-in-law, you are apt to shrug off the nightmare as a mere carry-over of waking tensions. But is it really? Many psychologists believe that the friends, relatives, or enemies we dream about are actually symbols of facets of our own personality, which need self-examination.

Dreams are the mystery stories of the night. To solve them it is necessary to remember and record the dream, and then to understand the symbols by which your Subconscious tries to communicate with the waking you. The first phase is easier than the second. To accomplish the first, you need merely say aloud several times before falling asleep, "I will remember my dreams." Call it self-hypnosis if you will, but within a few days you will discover that the undisciplined giant within you, the Subconscious, will rouse the slumbering ego whenever the show is over and will supply a vivid recollection of details. If you really want to know, keep a pad and pencil on your bedside-table and jot down every detail that you can recapture the moment that you awaken. Do not bother at the time to discover some hidden meaning. Roll over and go back to sleep, because if you have only been asleep a couple of hours, you have four more dreams to enjoy before breakfast! The next day you should write out the notes in detail, study the symbols for possible significance, and save them for comparison with other dreams as the weeks pass. Understanding the meaning of dreams is much more difficult than the simple trick of learning to remember them.

The written word began with picture symbols, as we know through the study of hieroglyphics and Chinese manner of picture like script. It is perhaps not surprising, then, that our Subconscious continues to communicate with us through basic forms which may have been as recognizable to primitive man as they are to today's scholars. It is also possible that we dream in symbols so that our Subconscious can slip the message past our Conscious self, the monitor, who might otherwise censor unflattering and critical messages about ourselves.

Dreams are elusive, and must be recaptured quickly. If you have trouble remembering them, reach for the pad and pencil; then resume the position in which you awakened. Jot down fragments of the dream as they return.

Note also your mood in the dream. Were you exhilarated or depressed by the action? This is often a helpful key to proper interpretation.

The next day, go over your notes and fill in more details. Leave a space opposite each person whom you glimpsed in dreamland, and try to analyze your feelings towards him. Which of his characteristics attract, and which offend you? This is important, since the people we dream about are usually aspects of our own character.

Some symbols have a universal meaning for members of the human race. Clear, sparkling water represents spirituality, and muddy water, intrigue; a bull, stubbornness; flying feathers, commotion or confusion in your daily life; a peacock, self-gratification; a wall, obstacles to the acceptance of a new idea or ideal; a sinking floor, a poor foundation for principles; a snake, either wisdom or temptation, depending on the dream context; fish, spiritual food in Christian lore; rabbits, sex; fixing over an old house, changing attitudes and thoughts; crossing a river, an important decision or the start of a new venture.

A burning house suggests that you are angry about something; missing a train means that you should hurry to straighten out your life; a bumpy, rough road means difficult going ahead; shoes, understanding; turning right, doing the correct thing; turning left; making the wrong decision; a beaver, hard worker; baby, new start in life; barbed wire, difficulty.

Dreaming in colour suggests emotional intensity, or a higher degree of development. Red usually denotes anger or temper; pink, an infantile attitude toward some problem; yellow, something to be faced at the mental rather than emotional level; blue, a higher plane; gold and white, spiritual development. A truck or automobile is said to represent the body of the dreamer.

Our Subconscious sometimes masks us in the role of animals or birds, to symbolise aspects of ourselves. Thus, if we dream of a wolf, a gorilla, an elephant, a bear, a dog, or cat, we should analyze what that animal means to us. To a dog lover, a canine may represent the needed quality of fidelity; to a dog hater, who has been bitten by one, treachery or fear may be indicated.

Events of the past twenty-four or thirty-six hours are frequently used as symbols by the Subconscious. Consequently, until we learn to analyze the true meaning of the symbolism, we mistakenly assume that a dream has no significance. The Subconscious records every minute of our lives, and that if we dream of dirty clothes, for instance, we are being shown that a messy problem in our personal life requires urgent solution. Until we act upon suggestions given to us in dreamland, the Subconscious will often repeat the Dream with added accentuating nuances or even deliberately block further dream memories, if no remedial action is taken, which is a great loss to our potential abilities.

The activities of our daily lives are laid before the Soul for examination while we sleep, and judgement is passed. This Soul, or Higher self, is thus both judge and jury; the Subconscious is the mind of the Soul. Remember and imbibe this Truth !

Dreams of a violent accident or atomic attack are sometimes characteristic of those who are about to suffer a recurrence of severe mental depression, great mental turmoil or which could even lead to suicide.

Grains of corn suggest kernels of truth that we are seeking. Fire can represent suppressed anger or a cleansing process of the mind, depending on the emotion felt in the dream.

We dream in symbols which most times carry a universal language, because there is a big difference between what we believe and what we know. We know what salt tastes like, but we cannot describe the taste to another. The information in dreams is what we know, although it doesn't always agree with what we believe about ourselves. Thus, the Subconscious sends us symbols to get the message through the Censor, which is our Conscious ego.

Prayer, Meditation, and Dreams are closely related. As we seek to understand the last by keeping a Dream Journal, we should pray for guidance and meditate on the meaning of the symbols. Our Subconscious is apparently yearning to help us with guidance, prophecies, and subtle warnings. It is a great pity that we do not listen enough !

In most dreams the dreamer plays every part, even the villains and bogeys: the stage, the actors, the audience, and the props all represent the many facets of the same ego. Dreams should first be examined in this light; although a few of our dreams do relate to loved ones and even to world events.

In no sense should any dream be considered miraculous, because dreams operate according to spiritual law whether or not the person considers himself immune to such a law or even doubts its existence. The Laws of the Universe continue to operate even when ignored!

From the first the coarser level of the Subconscious come the physical dreams, stimulated by outer sounds, feelings, or pressures of the surrounding area upon the body or senses of the sleeper.

You dream of a buzz saw and upon awakening hear your husband or wife snoring, or you dream of being on a torture rack and discover a knee in your back ! These are cases of instant symbolism.

These may be woven into the fabric of the main dream if the individual happens to be in one of his dream cycles. Otherwise, except for the cry for a child in the care of a mother, the sleeper usually ignores these sensory impressions and sleeps on, unless of course the senses are being bombarded too hard with loud noises or physical movements.

On this same level of the Subconscious one meets continuations of the problems of the day. The headlong approach of cars with blazing headlights can follow a long hard day of night driving. The weary salesgirl can dream of waiting on a mob of furious customers after a busy day on her feet. But these are all superficial dreams on the same level as wish-fulfilment anti conflict dreams.

From the deeper level of the Subconscious which has charge of our bodily assimilation, elimination, and the re-building of tissue, comes the warning dreams related to diet, exercise, -And our physical well-being.

From an even deeper level emerge the mental and emotional corrective dreams involving friends, unknown people, gangsters, savages and animals, arguments, fights, shooting, drowning, and other symbols depicting the mental and emotional stresses of man. These are often advance warnings of emotional tensions which may soon get out of hand, depending of course on the action in the dream.

It is probably from this deeper level that we also receive dreams of encouragement. Emanating from the Superconscious are the extrasensory perception dreams of telepathy, clairvoyance, precognition, and spiritual guidance. The Superconscious is also responsible for inspirational and creative dreams.

Through the Superconscious we receive dreams, visions, and experiences relating to the meaning of life, the nature of God, and the interrelationship between all life and God.

The visions from this highest of sources always leave us refreshed mentally and spiritually. When they leave no such lasting impression, one can suspect that a portion of the Subconscious mind has indulged itself in fancies to compensate for some fundamental lack at the Conscious level that it is powerless to influence.

Dreams are by far the safest means of communication with all other dimensions of Consciousness but all should be measured with common sense and the highest of ethics. Voices and visions experienced in the waking state are mostly suspect, because they can often be manifestation of automatism - a rebel extension of the Subconscious attempting to dominate the Conscious unless these are truly actuated through the VCM processes.

The Subconscious not only liberates emotions through dreams but seeks to bring them to the attention of the Conscious mind in order to maintain mental and emotional stability through a change in activity and/or character.

Here are some important points to remember to aid you in the analysis of your dreams:

1. Keep a notebook and a pen beside the bed. Record the main parts of your dreams as soon after waking as possible.
2. Suggest to yourself a number of times every night as you fall asleep, "I will remember my dreams."

3. If you **wake during** the night, write down the main symbols and the entire dream will usually come back in the morning.
4. Practice keen observation in your dreams through self-suggestion prior to sleep
5. Look for these components in your dreams; the setting, the people, the action, the colour, the feeling, and the words, etc.
6. Work on analysing your dreams every day, otherwise their progression will be difficult to assess.
7. If dreams are illogical, three reasons are possible:
 - (a) Only fragments of the dream have been recalled.
 - (b) The dream is reflecting something illogical in the dreamer's life.
 - (c) Mental blocks have erased your recall.
8. If you are unable to decipher an important dream, address your Subconscious mind before your next sleep, that the dream repeat itself more clearly. This usually comes about to your surprise!
9. Nightmares, which bring with them an inability to move or cry out, usually indicate the wrong diet, and an allergy ~ To end the nightmarish dreams change your diet to more wholesome foods and reduce their quantity.

Other manner of nightmares where you may be confronted by horrible monsters can emanate from repressed Emotions due to unresolved conflicts with certain family members or outside acquaintances.

10. Dreams that are unchanged through the years indicate the dreamer's resistance to change which are sorely needed.
11. Dreams of ill-health can be either literal or symbolic warnings. Carry out discernment tests to ascertain.
12. When a problem confronts you, ask for guidance to be sent to you through your dreams.
14. Be practical in your interpretations. Always look first for a lesson. What have you refused to face or been ignoring?
15. Observe carefully recurrent dreams, as well as the serially progressive ones. These often illustrate progress or failure.
16. Dreams are the reaction of the inner higher self to daytime activity, and often show the way out of the dilemma. So relate them to current activity, because dreams may be retrospective as well as prospective.
17. Dreams come to guide and help, not to amuse. They direct your attention to errors of omission and commission and also other encouragement for right endeavours. They could give us the opportunity to pray for others and to help them bear their burdens.
18. If you receive an unusual message, reduce it to common terms. See if the symbolism's of or in your Scriptures can be of help in interpreting the dream.
19. Look for past life experiences in your dreams. These manifest themselves not only in colour, but in the proper costume and setting of their period. They come to warn you against repeating the same old mistakes; to explain your relationships and reactions to certain people and places; to reduce your confusions; to enable you to better understand life.

20. Do not fear conversation with the dead in dreams. If the communication is one sided, it denotes telepathy. If both participate, it may be an actual encounter of bodiless consciousness.
21. Dreams are primarily about self. Only a few dreams relate to family, friends, and world events.
22. Watch for ESP or premonitions in dreams.
23. Remember persistence is necessary to learn any new language; and dream symbols are the forgotten language of the Subconscious.
24. Give daily thanks to God for all things and use daily prayer and meditation to improve the quality and reception of your dreams.

Here are some examples of the Automobile's meaning in dreams.

* Driving around in a luxurious car and worrying about its price, usually indicates a "precious body frame" feeding itself too luxuriously on wrong foods and worrying about the price paid in health !

* Driving or riding in a bus often reveals an overweight problem also, whereas a low powered, small car implies a lack of weight and energy. To run out of gas on the highway also shows a person lacking in stamina.

In general, then, after having ruled out the literal meaning of possible car trouble, it is safe to interpret imperfections in the automobile in your dream as a representation of your own body and its actions or condition.

POSITIONS, ACTIVITIES AND SYMBOLS IN DREAMS

Positions people assume in dreams are a part of the symbolism. When a position seems especially important or unusual, it is emphasising its 'Meaning to the dreamer. Following are some positions (situations) and activities in dreams and their possible meanings for the dreamer.

<i>Anger</i>	Temper inside self.
<i>Arguing</i>	Warning against arguing with conscience, or others.
<i>Baptism</i>	Rededication required or an increase of the holy spirit. Renewal through a washing away of the old state.
<i>Bathing</i>	Cleansing of the mental, physical or spiritual required.
<i>Bumping and spilling things in other's homes</i>	Annoying others through careless remarks or actions.
<i>Crawling</i>	Awakening to new activity.
<i>Baby</i>	Debasing self.
<i>Animal</i>	Transitional state.
<i>Crossing a bridge</i>	Cease your complaining.
<i>Complaining</i>	Warning of wrongdoing. Trying to achieve wrong things.
<i>Despair</i>	Warning of oncoming illness or troubles. Unfulfilled desires.
<i>Despondency</i>	Drifting through life without spiritual purposes.
<i>Drifting helplessly in a boat in water</i>	
<i>Dropping a new-born or small baby</i>	Danger to ideals or the higher self.
<i>Drowning</i>	Warning. Literal or symbolic.
<i>'Dying</i>	(a) A change in consciousness - good or evil. (b) Warning against overdoing physically.
<i>Eating</i>	Change in diet suggested.
<i>Fear</i>	Sin or error.
<i>Fighting</i>	Warring with self or others.
<i>Fish</i>	Ethics, Christ (for Christians)
<i>(a) beautiful fish</i>	Good.
<i>(b) ugly fish</i>	Evil.
<i>Fishing</i>	Seeking the spiritual life, especially with Christians
<i>Fire or fever</i>	Illness, temper, or destruction. Internal turmoil seek solace.
<i>Fleeing or being chased</i>	Being chased by self's creations. Some impending danger.
<i>Flying</i>	a) Wishful thinking b) Astral projection. Soaring in spiritual progress or indicates impending journeys. c) Suggestion to rise above the problem.
<i>A fork in the road</i>	A choice between the right way and the wrong way.
<i>Gambling</i>	Gambling with life, friendships, health or business.
<i>Getting married</i>	Literal or Union with higher self. Integration.
<i>Giving birth</i>	Birth to higher self or new ideas.
<i>Killing or sacrificing a baby</i>	Destroying spiritual and other noble ideals.
<i>Laughing</i>	Concentrate more on the bright side of life. Be more carefree.
<i>Losing valuables</i>	Losing spiritual values or a warning of theft.
<i>Moaning or groaning</i>	Distress of inner self at activities of self.
<i>Nursing a child</i>	Feeding or nourishing ideals or new creations.
	(31)
<i>A roadblock</i>	Impediments in self.
<i>Running</i>	Getting into trouble. Could mean other things as well.
<i>Running late</i>	It is later than you think. Missing out on something.

Shaking hands
Shooting

Singing or hearing sacred
or beautiful music

Sitting down

Skating on thin ice

Skipping

Sliding downhill

Smoking

Standing up

Swimming

Unable to cry out or run away

Walking on a road or path

Walking or driving backward

Weeping

Friendship or meet yourself.

Warning against being drawn into arguments
that bring retorts or trouble.

Activity of divine forces in self.

Sitting down on the job. Or relax.

Danger.

Skipping something important.

Danger. Losing ones potential.

Emotionally disturbed, or negative.

Stand up and be counted. Be upright!

Mostly Spiritual activity but could mean other
things depending on the setting.

Improper diet usually, because no one else can
change your diet but yourself.

Path of life.

Going backward in life.

Warning of trouble.

EVERYDAY SYMBOLS

These **symbols** would further help to **evaluate dreams**. They are given only *as guides through which to begin the analysis of the dream by association*. For instance should you find yourself in a hall, you know that a hall is a place of transition or change, because it takes you from one room, or type of activity, to another: Keep in mind that dreams interprets itself only with personal (self) associations.

<i>Alarm clock ringing</i>	Warning! Wake up to danger!
<i>Arrow</i>	Message coming.
<i>Attic</i>	Conscious mind.
<i>Back door</i>	<i>Something</i> not in the open; usually negative or hidden.
<i>Bathroom</i>	Cleansing needed.
<i>Bath tub</i>	Physical cleansing required.
<i>Bath tub overflowing</i>	Uncontrolled emotions.
<i>Beautiful furnishings</i>	Beauty of spiritual life.
<i>Beautiful ground floor</i>	Good daily activities.
<i>Beautiful upper floor ' </i>	<i>Good</i> mind, properly oriented.
<i>Bed</i>	Rest or sex.
<i>Bedroom</i>	Rest, sex, hidden activity.
<i>Bible and other Scriptures</i>	God's laws.
<i>Black curtains</i>	Death
<i>Books</i>	Study.
<i>Broom</i>	<i>To</i> sweep or clean.
<i>Carpets</i>	Covering up something or being stepped on
<i>Cellar</i>	Subconscious (the storage bin).
<i>Clock</i>	Time.
<i>Clock with hands still</i>	Usually indicating Death.
<i>Clock with hands racing</i>	Time running out.
<i>Closed door</i>	Negative attitudes which close out people and help
<i>Cooking utensils</i>	Preparation of food.
<i>Dented cooking utensils</i>	Poor preparation of food.
<i>Den or Playroom</i>	Relaxation
<i>Desk</i>	Your work.
<i>Dining room</i>	Consumption of food, mental or physical.
<i>Eraser</i>	Eliminate faults.
<i>Fireplace</i>	Fire, comfort, purification, digestion.
<i>Floor</i>	Foundations of self, principles.
<i>Foghorn</i>	Danger.
<i>Fork</i>	<i>To</i> pick out carefully.
<i>Furnace</i>	Digestion, stomach. Too much anger.
<i>Garbage disposal</i>	Something needs to be eliminated.
<i>Guns</i>	Emotional explosions.
<i>Hallways</i>	Transitions - change.
<i>House</i>	Self
<i>Kitchen</i>	Preparation of food or eating associations.
<i>Knife</i>	<i>To</i> cut out or sex.
<i>Lamp or lights</i>	Spiritual light
<i>Living room</i>	Daily activities.
<i>Locking back door</i>	Desire to lock our unpleasant conditions.
<i>Milk</i>	Immaturity or calling attention to diet.
<i>mirror</i>	Reflection of self, or look at yourself.
<i>music</i>	Divine influences in life - harmony.
<i>Nail file</i>	Trim rough edges of self.
<i>Oil</i>	Remove the friction by oiling it or smoothing it.

<i>Opening front door</i>	Receiving spiritual help. Opening up to outside conditions.
<i>Pen, pencil, ink, stamps</i>	Writing or communications.
<i>Photograph of self</i>	Self-examination required.
<i>Porch</i>	Foreign to inner self or outside of self, insecurity.
<i>Salt</i>	Zest for life.
<i>Scales</i>	Justice, balance.
<i>Scissors</i>	<i>To</i> separate, death.
<i>Soap</i>	Purity indicated, or the need of cleansing.
<i>Spoon</i>	Feeding
<i>Study or Library</i>	Research, study, and learning.
<i>Telephone ringing</i>	Message or communication coming.
<i>Toilet bowl overrunning</i>	Bowels stopped up. Constipated.
<i>Toothbrush</i>	Dental care required, or cleaning up one's language, or even a change in type of toothbrush
<i>Tower</i>	Superconscious, because it towers above all.
<i>Traps, Snares,</i>	Pitfalls.
<i>Tunnels - Caves - Underground</i>	
<i>passages or Rooms</i>	Deeper levels of the mind or gloom, doom
<i>Turrets</i>	Ears.
<i>Wall or Fence</i>	Obstacles or dividers.
<i>Washing machine</i>	Cleansing needed.
<i>Water drawn from a</i>	The water of life being received.
<i>faucet or well</i>	
<i>Water faucet</i>	Water of life.
<i>Windows</i>	Light, perception, eyes, awareness.
<i>Whistle blowing</i>	Stop!
<i>Yeast</i>	<i>To</i> increase.

DREAMS AND DREAMING

DREAM BASICS

1. Most Dreams are critical of us and seldom complimentary. They endeavour to teach and correct our shortcomings.
2. We dream 4 to 7 times each night. They are each about 5 to 20 minutes duration.
3. We dream in Symbols for valid reasons.
4. Nearly every situation in dreams indirectly weaves around and points insidiously to our own personality, for our ultimate well-being.
5. The Sub-conscious is our nightly Guru.
6. Recurring dreams have an important message to deliver.
7. Divine revelations are always charged with the Primordial energy, which leaves us full of bounce and in an euphoric state.
8. Before commencing on interpretations, we must ascertain as to which of the categories listed, below, the dream falls into.

CATEGORIES OF DREAMS

1. Continuation of daily problems.
2. Warning dreams related to: Diet, Exercise, Assimilation, Elimination.
3. Corrective Dreams, sometimes NIGHTMARES, related to repressed Emotional Conflicts, Stresses and Strains.
4. Lucid Dreaming: Reverie, to change outcome of Nightmares.
5. Past lives: so that we do not make the same blunders.
6. Hodge-Podge.
7. Complimentary, Encouragement.
8. Prophetic: Premonition.
9. Inspirational.
10. Divine Revelations.

SOURCE SYMBOLS (Rough Guide)

EARTH:

AIR:

FIRE or EARTHQUAKES:

WATER, if clear:

Physical

Mental

Emotional

Spiritual