

# Paul Solomon Lectures

## Dreams

### THE LANGUAGE OF THE GODS

#### EXERCISE

Dreams are the activity of the soul making an entry in the Akashic Record. Your dreams will symbolically present how you handled your experiences of the day, their origin from your past, and a determination of your future based on your response.

You dream every night. If you do not recall dreaming, it may suggest that you are avoiding dealing with something your subconscious is trying to communicate. As you change your attitude and sense of expectancy, your dreams will become easier to recall.

As you become more consciously aware of the lessons you are encountering in life, your dreams will become clearer.

When you record and interpret your dreams regularly, you will become much more aware of dreaming. You will develop the ability to control and change your dreams, and will thus be able to change your future.

#### Sleeping On Purpose

1. Place a dream journal and a pen readily available beside your bed.
2. Whenever possible, do your Moving Meditations and Balanced Relaxation.
3. Go through your terraces, into your Temple, and let your Inner Teacher know you want to consciously remember your dream.
4. As you fall asleep, review the events of your day.

#### Interpreting The Language of the Gods

1. Before getting out of bed in the morning, make notes on all of the dreams you remember. If you are awakened by a dream in the middle of the night, write it then. Do not wait until morning, because if you awaken with a dream it is a very important dream and you will probably not remember it in the morning.

Record the dream in a relaxed state without attempting to analyze it or interpret it.

If you do not remember your dream, write in your Journal, in your own words, "I know that I have dreamed. I want to consciously remember my dreams. I am certain that tomorrow night I will remember." If you still do not remember any dreams the following night, set your alarm clock for the middle of the night, and write down your first impression. If that still does not work, increase the number of times during the night you set your alarm. You will remember.

2. Give the dream a title.
3. Write in one or two words how you feel about the dream and how you felt in the dream. These may be the same emotions, but do not have to be. I feel good, apprehensive, scolded, confused, etc. Does it give you a feeling of joy, sadness, anger, fear, accomplishment? Did it seem instructive, complimentary or critical?
4. Look for figures of speech, puns etc. that may give the dream a meaning.
5. List any easily recognizable universal symbology.
6. List the prominent words in your dream. When you finish listing the words, take a moment and ask your Inner Teacher to help you interpret your dream. Then, go through the list of words and write down the first thing that comes to mind at each word. Do not try to think this out. Write your first spontaneous thought, even if it does not seem to make any sense. You will find when you read back the dream, replacing the words in your dream with the spontaneous presentation of your unconscious, you will have your interpretation.

Everything in your dream is a part of you, and as you work with them regularly, you will begin to build a vocabulary of your personal symbology.

7. Ask the Master within what he is communicating to you in your dream, and write the first thing that comes to mind.
8. Come out of your Temple, down your terraces, and begin your day.
9. If you still do not clearly understand your dream, look for situations during the day that will clarify its meaning.

#### **EXAMPLE**

Dream: I am going to Europe. I am late because I had not figured carefully what time I was to leave so I am feeling rushed. I told someone I was in over my head. I was so rushed I didn't have time to pack properly. I threw things into my suitcase at the last minute. Then I was on the plane, and I couldn't find my ticket. I couldn't figure out how I had gotten on the plane without my ticket.

- Title:** Last Minute Journey
- Emotions:** Overwhelm, Anxiety
- Figures of speech:** In Over My Head
- Universal Symbols:** Airplane - vehicle, my body

**List of key elements:** Europe - foreign land - late – fear - feeling rushed – overwhelmed - packing preparedness - suitcase - my talents ticket - price of admission

**Interpretation:**

I am venturing into an area of uncertainty in my life. I am scared and overwhelmed. I do not feel prepared, and I do not have all the things I need well organized to take the next step. I don't feel ready, and I don't feel confident that will succeed. I don't know how I can possibly get there.

**Communication to my Master:**

Dear Master,

I know that I need to take the next step in my growth, but I am scared. I don't feel prepared. Please help me do what I need to do to grow.

Dear Student,

Remember that when you ask, I am there always to help you. You would never take steps in your growth if you waited until you felt ready. You do not reap the results, experience the growth, until you are willing to step out into the void. It is time. It is your decision whether you will do it now or wait until later. Be not afraid, I am with you always.

**Changing Your Dream**

1. If you are not yet consciously dreaming, in the morning, think of ways you can change your dream to a more satisfying, fulfilling, harmonious outcome. In the above example, you could see yourself finding your ticket, your price of admission, sitting comfortably in a seat on the plane, and landing at the airport.
2. If you are conscious of dreaming during the dream itself, you can change the conclusion while still in an altered state.