

# Paul Solomon Lectures

## Dreams

### Dreams and Sleep Preparation

First of all understand about dreams and sleep. An interesting phenomenon in our culture is that we have not been taught how to sleep. Most of us do it by accident. It happens to us. It is not an activity that we do deliberately. We don't prepare ourselves for it. We don't enter into it in specific ways. If any of you are really serious enough about your life to make the effort, you can maintain a continuity of consciousness 24 hours a day, which means that your dreams are going to become lucid dreaming or participation dreaming.

The process for doing that, for dreaming deliberately, will have a number of effects on you. One is, you will sleep more effectively. Just your sleep itself will be more healing to the body. Another is that while you are dreaming, you will realize that you are dreaming. It is perfectly possible for you to interpret the dream while you're dreaming it. It is possible for you to understand the lesson and the instruction of the dream while you're dreaming it. It is possible for you to make decisions and thereby change the outcome of the dream, rewriting the Akashic Record and your relationship to it.

What you're really saying is that you're claiming the Law of Grace while you are making your analysis of the incident of the day. The effect of that is to change your relationship with the incident. In other words, it's not a pretend thing. It's a real thing. If I handled an incident wrong today in my life, I dream about it tonight. I not only decide I would like to handle that differently. I do handle it differently in my consciousness. In other words, I know that I have developed a different relationship to that person so that in the same circumstances with the same input I would not react in the same way. I have become a person who would and does and is reacting in a new way.

So I can change the dream while I'm in it, I change myself by doing that and alter the lesson that is coming up in the future. If I decide in a dream that I have mishandled an incident of the day, I will also decide to repeat the conditions of the incident. So you yourself are writing your own future. There is no mystery to predicting the future. You predict the future because you create the future. And you create it by taking the past, adding to it the intent and thought and practice of the present and create what's coming up in the future by doing that.

The only secret to interpreting the future is to look at the opportunities of the past and how you've acted on them in the present. You'll know that you're going to have to go through it again if you haven't responded to the situation properly. You can either do that with dreams or you can do it with just a rational analysis of your life. All of the incidents that have caused you pain and you didn't take away from them the ability to cause you pain, are incidents that you have coming again.

## **Dreams are the Judgment of The Lessons of Life**

Tonight, if dreams are the act of a soul making an entry in the Akashic Record, then what will be the entry tonight? The entry tonight will be a judgment of the incidents of today. What that means is when you go to sleep tonight you will read the Captain's Log of your actions today and in each little, separate incident you'll make a judgment about how you responded. And if in the judgment of the highest that is within, if in the judgment of your Higher Self you didn't handle any one single, tiny, little incident well, it will immediately begin to make arrangements for you to meet that incident again. That happens every night of your life. You judge your day and based on that judgment you create your future every night.

Your dreams not only predict your future, your dreams create your future. There's a very good reason for getting in touch with your dreaming self. If you begin to cooperate with your dreams to the extent that you can see the unfoldment of what you did today in symbol - you see, as you dream about what you did today you're not going to literally dream "I did this and this and this." That's the objective thing. That's the entry you make in your Journal during the day. So the action and the thought itself makes an objective entry but the judgment entry says, "This is what that action means." You dream it all in symbols. You dream what the symbolic value of the act was.

Dream researchers who are working with dreams in our day and time have already discovered that dreams of the night are residue of the actions of the day. Even psychologists know that. They just don't know why. Why should we review everything that went on during the day? Why should we take the stress incidents of the day and symbolize them at night? Dream researchers say its because we're storing it in our memory. They don't know how close they are to being right. We are storing that incident in our memory with a comment, which ultimately is known as Karma. You are creating your karma at night while you're dreaming. You're making decisions about how to set up karma for the future, how to meet it and every day your future is based on whether you handled the previous day well or not. You can make absolutely certain that anything you didn't handle well today will be set up for you again in the future.

But you will set it up. It's you participating in all this. The Lords of Karma who judge your action daily are you. The reason for keeping the Journal is to have the Captain's Log Section to note the incidents of the day, and the Mystery School Section for what the purpose was of those incidents and then the Dream Section brings those two sections together. If you're filling out the dream log every day you're going to get the comment from the highest that is within you on what you did during the day, which will prepare you for the future. There's the reason for remembering your dreams.

## **Recording Your Dreams**

Now, what do you do with the dreams themselves? My suggestion is this. When you begin to work with your dreams first of all record them in outline form. Which means if you write out word for word every thing that was a part of your dream you could be writing from now on. You can go into detail and detail and detail. Outline the dream when you put it down and outline one dream a night only unless there are special nights when two or more dreams seem very, very important. What you want to record is what you feel is the most important dream of the night. The reason for that is because a day is recapped in one

particular dream that will take care of the symbology of all the rest of the dreams. You dream all night. You go from one dream right into another and so you need not record every one of those. There are too many and they're assessing the whole day anyway, what you need is a recap, an assessment of the whole day in one small chunk that you can work with, a comment about the quality of the day. Everything that needs to be said can be said in a single dream.

So record one dream in outline form and note the major characters. Make a list of the major characters in the dream - the people, the objects, things that you saw in the dream. For example, even if you saw a wall but there was a picture on the wall you record both the picture and the wall because pictures do not or symbols of any kind do not appear in your dream without a reason. Even the smallest thing that you noticed, you noticed it for a reason. So it's all a part of the structure of the dream. Write down the dream structure in outline form when you wake up in the morning.

When you actually go to work with your dream and see what is valuable to you, there are things that you ought to check. The first thing is - read through your Captain's Log before you start to interpret your dream because the dream is always related to the Captain's Log. Whatever went on during the day before you dreamed that night is a part of the dream. Go through your Validations Section for the cast of characters. Then notice your Mystery School lessons because that will tell you emotional incidents of the day that have the greatest charge. Having read those three, then read the dream because the dream will comment on those.

If you're asking someone who interprets dreams to interpret your dream you can never give them just the dream. You must also give them the Captain's Log, the Validations Section and the Mystery School Section. In the matrix of all of that they should be able to understand the dream. But not one without the other. As a matter of fact you really need the Discoveries Section as well and the Dear Master letter. Because your dream is made up of all that you are and anyone else trying to interpret your dream is at a distinct disadvantage. The only way that it can be done is psychically. So if he's trying to do it logically from rationalization and interpretation of symbols he doesn't have all the input he needs unless he has read the Discoveries Section and all the rest of your Journal. If that isn't filled out even you are not in a good position to interpret your dreams.

If you really want to do it with all of your energy and all of your might, if you want to do it right, then by all means use the Journal. Use the whole Journal and when you start working with your dreams know that the Journal is invaluable to interpretation of the dreams. You must know what you've been through in your Discoveries Section as the earlier stages in your life. Once you have that Discoveries Section and understand that and move on to your Captain's Log section and the other sections of your Journal your dreams will become much more alive because the criteria that you need for interpreting them is there.

The only thing further that I would say about dreams is that when you initially start working with your dreams find somebody else and let them know what's in your book, let them read your Journal, and get them to work with you in dream interpretation because other people can interpret your dreams better than you can. They will see things in them that you refuse to see. I know that that advice contradicts advice given by some people who work with dreams. There are lots of people who teach dream

interpretation who say "Never tell your dreams to anybody else, its very private, personal matter. It is an analysis of what's within you," and so on. That's true. But on the other hand to get the truth out of dreams you need somebody else's point of reference to bounce them off of. So choose somebody that you respect and somebody that you don't mind knowing all your deepest, darkest secrets.

## **The Three stages of Dreams**

Dreams seem to come in three stages during the night. The symbology of the dreams early in the night seems to deal with the past. The dreams during the middle portion of the night seem to deal with the present and the last dreams of night seem to deal with the future. So it's a progressive thing. That's fine except that's not all it is. There's another factor I'd like you to consider that Edgar Cayce said. He said you would never, ever, have an important experience in your life without dreaming of it first. Every important event in your life will first appear to you in a dream.

Now, supposing tonight you go to bed, you go to sleep and in that sleep you begin to dream of the particular challenge you met today. The first thing your mind will do is say, "Ok, this is the situation we're dealing with. Now I want to take you back to the past, to the roots of this situation. This is where it originated. This is where your first opportunity was to deal with this and this is how you dealt with it then." That's the dream of the past. It will come forward and deal with the same thing in the present. This is the situation you met today and this is what you did with it. This situation of the past responded to in this way in the present produces this kind of outcome in the future. You are taking the past, reviewing it karmically, adding to it the present situation and not only predicting your future experiences but creating, causing your future experiences.

## **Three Levels of Self**

Let's see if we can diagram it. Remember we said that there are three levels of Self--the Conscious, the Subconscious and the Superconscious. If we consider that the Superconscious is the God self, that is, this is the Higher Self, this is the origin of myself, this is the part that joins together with the God self of other beings. The collective Superconscious is the nature of God in the world. So it's bigger than me but it is the Highest that is within me. This part of myself, the Higher Self, knows every lesson that I need to meet in my lifetime. The Conscious Self gets all his information from the five senses and so is subject to ego and personality and so on. The Subconscious Self is where I store my symbols, and where my dreaming takes place as it floats to the consciousness.

If I learn something within and it becomes a real realization I do not need the outcome of the lesson so it makes no difference what I did in a past life at all. If I learn the lesson that I would have learned by having the illness or accident or having a thing happen to me or whatever, then I have become a new person and I need not experience the pattern that I set in motion. That's the Law of Grace.

Dreams serve the same purpose, so that I can deal with what I have been in the past, know myself in the present and prepare for the future. If I can listen to myself every night in dreams I will get these things: I will get an analysis of where I am; I will get an idea of where it came from, perhaps a reminder; and I will get a warning about the future, or some instruction in how to react to what I've set in motion, to what's coming.

## Steps in Dream Interpretation

Dreams for most people follow some patterns. The first pattern of interpreting a dream perhaps is to know that symbols are almost always puns or plays on words. Your mind will take a play on words and it will go into a thing like "sounds like such and such." So take note what the word itself is or means and also what that word sounds like and then refer it to something else and see what's going on. Sometimes you have to play around quite a bit with the words themselves. You can check for a number of different things. First of all see if it is a pun and then try to think what possible puns would be for the object or the word or the central symbol. If that doesn't work, check for a play on words in other ways and check universal symbols.

These are the steps to follow in dream interpretation. Take these steps in this order and it will help considerably. The first thing that you record after you record the dream itself is the feel of the dream, that is, does it feel threatening? Does it feel like a warning? Does it feel like instruction, like classroom teaching? Does it feel like a compliment? Is it complimenting me on the way I handled something? Does it feel as if it's in the future? Does it feel as if it's in the past? Does it feel like it's something that I'm going through right now? Ask yourself all these questions. Take the questions one at a time. Ask each one of them.

Next, after you've gotten the feel of the dream whether happy or sad, positive or negative, warning, teaching, whatever, the next thing you do is pick out universal symbols. Universal symbols are symbols that are reasonably obvious. For example, animals in a dream are almost always symbols for the animal in man. That means the physical body or the physical appetites, the physical expression in some kind of way, the animal nature in man or the lower self. However, specific animals can have different meanings. Cats, for example, can be symbols for your psychic nature, your mystic nature, your ability to get into dark and mysterious things. Snakes in a dream, serpents, depending on your feeling about snakes, can be symbols of the Kundalini or symbols of wisdom or threatening symbols of Satan and the forces of darkness. You have to ask yourself how did I feel about that snake? Did it feel threatening to me at all? Did it feel evil? Then interpret it in that way. If it did not then see if the wisdom symbol fits it. And if not the wisdom symbol then perhaps the Kundalini force or even the sexual nature. Snakes can be a phallic symbol in a dream.

Remember that your Subconscious Mind pays absolutely no attention to conventional morals. Your Subconscious Mind originated further back than our society and doesn't care how our society feels about the breasts. So you might have a dream of yourself feeding the world at your breasts and your Subconscious Mind is not the slightest bit embarrassed about the symbology. In fact it can get considerably more sexual than that in symbology and it may not be a sexual dream at all but it's the things that sexual dreams portray - regeneration and that sort of thing can be portrayed in a sexual manner in a dream because your dreams do not pay attention to what the commission on pornography says. They deal, in a very straight and honest way, with the facts of life and say it in the most efficient way completely disregarding your social mores.

## Dream Symbol Examples

Cars in a dream - use your common sense and break down symbols this way. A car, obviously, is a vehicle. A vehicle is something that takes me from here to there. What are the most obvious vehicles? A vehicle might be my physical body. It might be a vehicle of expression such as a talent. It is obviously talking about a vehicle, the only thing I have to do now is find out which vehicle it's talking about in my life. If it a bright red car the color is telling me something about my vehicle. Maybe I am vain about my physical appearance if it's a bright red car. Supposing it is a bright red car driving upstream in the middle of a river. The symbols say this: first of all I am in bright red, that is an ego centered, vehicle. It also says I'm going against the tide or against the current. I am also using an inappropriate vehicle for doing so. It should have been a boat. So that dream is telling me all of these things. I'm going against the current in an ego centered, inappropriate vehicle.

That dream should tell me some areas of my life that I can work on. Supposing the vehicle is a train instead of a car? A train is a vehicle that I am not likely to occupy by myself so it's saying there are other people in the same train with you. So if you dream about a train going into trouble it may be talking about your whole group consciousness, a club that you're a member of or an organization and so on. It is not likely to be your career because if it were career it would be the locomotive of the train or it would be some work area connected with the train. Supposing it's an airplane? If you're in an airplane and it's a large airliner and lots of other people are on the airliner with you then once again it is saying there are other people in this same situation with you.

But what about the airliner itself? Why an airliner and not a train? An airplane says that in some way you are in the air. That can be any one of a number of different things. Think about the play on words. Number one, you're up in the air about this - that means you're over excited or you're emotionally upset or whatever. Number two - you finally got this things off the ground. These are two opposite interpretations for a plane. Number three - the dream may be saying you're flying too high and because you're flying too high you're going to have to come down again. A fourth interpretation might be - you finally got this thing going, you got it flying, you have gotten it airborne but there are people up there with you, if it is a large plane with other seats and so on - if it is a single seat or you're up there by yourself then it's interpretation is about yourself.

A boat. A boat usually includes with it water and so the symbol is changed somewhat. A boat is a vehicle for moving through emotional situations as symbolized by the water or through spiritual situations as symbolized by the water. Water symbolizes both spirit and emotion depending on application. Your symbols may be different at different times because of the difference in the way that they're used. But water is usually either emotion or spirit. It can, however, be anything that you're getting into, when you're getting into water over your head, that's all its saying. You're getting into this project over your head, not meaning necessarily emotion nor spirit but whatever projects you're in you're getting in over your head. Or if it's hot water you're getting into hot water about this thing.

If it is an ocean, the size of it has significance. It is a universal thing. It involves a great deal more than just you if it's an ocean. If it is a river it is likely to be the stream of life. If it is water at a sink it has to do with cleansing. If it is a basin or a bathtub then it's likely to have to do with cleansing. If it is rain or a shower or a storm the rain generally is something freely given, something that you did not deserve, it is given to you freely and that may bring forth fruit. Remember the play on words in the interpretations.

A house. Houses in dreams almost always talk about your physical body. It is the house that you're living in and it should be interpreted according to the rooms that you're in. If you're in the basement then guess where your mind is? That's where you're living. You're either in the depths of yourself, which can be the depths of despair, or you are building a foundation, perhaps, or you have your mind where it ought not to be. All of those things are possible interpretations of the basement. The living room of a house, the parlor, is the place in your life where you meet the public. So if a dream takes place in there, the dream is saying this area of your house is where this symbol or whatever I'm telling you about is concentrated.

The upstairs is almost always the higher mind. Going into the upstairs of a house means you're graduating into a higher level and those dreams are usually very encouraging. A church in a dream is obviously the spiritual area of life unless a church to you symbolizes judgment and condemnation as it does for some. A death in a dream almost always means the end of a cycle and has little to do with the death of a loved one even if that's what you dreamed in the dream. If you see yourself or someone else in a casket it doesn't necessarily mean anything about that person. It means a death of the part of yourself that that person represents.

### **Steps in Dream Interpretation Cont.**

Those are just some ideas then of how dream symbology can work. The application of them is more important than the symbol itself, the way that they interact. So, we've given you these steps: you interpret a dream first by the feel of the dream, number two by universal symbology. Number three, by interaction between symbols. The third step is to say, "What is the boat doing to the house or to the water or whatever." You can very often get your symbol by the fact that the boat is moving through the water or the boat is standing still. The action is what it is doing.

The fourth step is a gestalt technique. You gestalt the dream. That means you're going to take every symbol in the dream and identify with it. Pretend that you are that symbol. Become that symbol for a moment and say, "I am now the boat. How do I feel about the water? How do I feel about the house? How do I feel about the person dreaming about me?" You can really get some insights into yourself by becoming your symbol and looking at yourself rather than being yourself and looking at your symbol. Get into the action of the dream and say, "what's going on here, how do I feel about these other things?" This way you can get other ideas about the dream.

After all of these things if you still don't understand your dream then meditate. With the work that you have already done go back through the dream and simply ask yourself, "What is this dream trying to tell me? What is it that I need to know about myself that is coming out in this dream? And listen. Take the possibilities that come, the answers that come. You can always go to somebody else and ask what they feel about it but don't just take what they say. Take what they say and go back and meditate yourself and

consider their possibilities with what you have already figured out. Put them together and work with the interpretation.

## **Cracking the Code**

This is going to take some practice. It isn't necessarily going to work well the first time you do it but work with it until you get in touch because this is a progressive thing. Here's what's going to happen when you start working with your dream symbology. Your dream symbols will evolve. When you first start working with your dreams and find out how to interpret your dreams they will get increasingly easy because pretty soon you know that water means this, a car means this, the flower means this, the tree means that to me in my dreams. Once you've interpreted all of this dream symbology and you've got it down pat so you know the language of the gods, it will change. All of it. You will change all of your symbology as soon as you have it totally figured out because your Subconscious Mind is going to panic. It's going to figure out that things are no longer hidden, that you are immediately seeing things in the deepest part of yourself and anything that you don't want to see you will then hide even deeper, and the symbology will become increasingly more difficult. However, when that happens, work on the new symbology until you crack the code. It shouldn't take long at all if you really want to open that up.

There's another stage you will go through. The first stage is figuring out your symbology. The second stage is when your symbology changes and gets difficult and starts playing hide and seek with you. Crack it again. Get your symbology and when you do this time, you are likely to move into the dreams and here's what's going to happen for you. If you've never had this experience you will. You'll get into the dream and you'll know it's a dream. You'll realize that you're dreaming and then you will start working with your symbols and while dreaming you will interpret the dream. You'll dream and interpret the dream at the same time. Then when you are dreaming and interpreting the dream the best thing of all happens, you can make it come out the way you want it to. When you can make it come out the way you want it to in consciousness you can actually change what it was saying in your life. You will change your karma by changing your dream. By acting through it and in it you'll change your life.

Prove to yourself that this is possible. Get into your dreams and use them and change them. There's another thing that will happen at this point and that is that in this level of dreaming you will start to converse with yourself and your dreams will become less symbolic and more literal, they will teach on a much higher level. It will become a school and you will attend its classes and you have graduated to a whole new level in consciousness. When you've done that that will really change your life because now you're getting the highest level of instruction that you can possibly get. But still, you have some responsibilities for it even when you reach that level. You still have to pray concerning your dreams and see where your answers are coming from because when you get to the level where you can manipulate your dreams, you can take your consciousness into your dreams, you can take your ego, your personality, and tell yourself what you want to be told and you can begin to fool yourself.

Somewhere along the line, all of a sudden, when you've got all of this working just right and you are no longer working in symbols, you're getting literal dreams and you're getting conversations - all of a sudden a dream will hit you one day that is so deep in symbol that you think it's for somebody else. That's a dream



that is trying to tell you something that you'd better get at because it is something that you have hidden from yourself that is important enough for your Subconscious Mind to point it out, but it is also hidden enough that your Subconscious Mind says, "You may not want to see this one and you have to decide whether you do or not." If you do, then work through it.

## **Brain wave rhythms**

When you wake up in the morning you need to remember and record your dreams before you move into the beta rhythm because once you get into beta rhythm its going to be very difficult to recall your dreams. For those people who don't remember their dreams it's probably because by the time you actually awake up, you're already producing the beta rhythm and you don't have the memory of your dreams at that level. The time to remember and record your dreams is before you actually move at all. You should move just one arm to get the pen and start writing but don't get up before you record your dreams because you will disturb the brain wave rhythm and you'll move into beta before you have the opportunity to recall the information that you took in during the dream state.

So, if you are consciously coming out of the Temple when you wake up in the morning then you want to recall your dreams while you're still in the Temple before you come down the terraces. Then you will gently and deliberately make the transition from theta to alpha to beta on purpose and you'll wake up more effectively. Instead of waking up groggy and out of it and need three cups of coffee before you can see, you will move into that rhythm and get your energy about you before you start the day.

Now, the symbology in your dreams may seem very, very silly at times. It may seem so ridiculous, so far out, so unrelated to anything in your experience that the dream may appear to have no meaning at all. But the message is there if you want it, if you don't want it, just ignore it. The silly symbology allows you to keep the beliefs that you already have unthreatened, if that's what you want to do.

## **White Throne Judgment**

Tonight you will go to sleep and when you go to sleep your soul, the essence of you, your Creator Self, will review the day, the lessons of the day. This Creator Self, your Higher self, your Teacher, along with you, will look at every incident that came up that day, how you responded to it and will tick off whether you did it well or whether you did not, whether you passed or failed the exam of the day. If you did not handle it well you will make a decision, "I must face this again." So you create the future and the dreams are the process of doing that. You are dreaming when you and your teacher are reviewing the day and you'll make a decision about how well you handled each one of those incidents and you will make a decision whether you need to repeat that in the future or not.

This process is called creating karma. For those of you who are familiar with the term karma probably you have heard an eastern concept of karma which suggests that karma is punishment for the things that you have done. You do this - you get it back. And that's not at all what this process is talking about. The process of karma means that you face a lesson, if you handle it well you go on to another lesson and you need not repeat it. If you did not handle it well, you yourself will insist on an opportunity to handle it

again. And the repeat of the lesson, is the karmic result of not learning the lesson before. So you're creating a new opportunity to deal with a past lesson.

What that suggests is that you yourself create your future every night. The process of creating your future is one of reviewing the past, how you dealt with it in the present and then deciding whether that is something that you need in the future or not. So you'll make decisions that create your future by deciding on lessons that you need to meet.

So, there are two entries in the Akashic Record. One is the act itself and the other is your judgment of that act. To put that in religious terms, it's something that used to disturb me quite a bit when I was a child. I used to hear over and over about this White Throne Judgment, when all the Souls are called and you either pass or fail and you go into a Heavenly place or you are cast into Hell. Well, that White Throne Judgment is happening every night. Its not something that's going to happen some time in the future when the world is destroyed and sheep and goats are divided and all that. Sheep and goats are the activities of your day and as a result of your judgment of that activity you either move into a heaven state of consciousness, a blissful, peaceful state, as a result of that action, or you move into the negative result of that action. That negative result allows you to purge or burn away that action and move into the next experience.

So essentially you are the judge yourself. You judge your own actions and you insist on an opportunity to reconstruct or reenounter any incidents that you don't handle well and that happens every night, you create your future. The best way to get ready for the future is to know the commentary, your running commentary, about the future. Listen to what you are telling yourself at night and you'll be ready for the next day.

One of the things I was told several years ago about a mystery school is that you'll generally find that when you are actively participating, deliberately cooperating with your teacher and you encounter a lesson of life and you don't handle it well, if you are aware of that, you're next opportunity to encounter that lesson will come within 24 hours. That is not true for people who are not actively participating in their lessons. It may be much further down the road. You will not see the direct relationship between one lesson and the next lesson.

This is one of the reasons that I think it is absolutely vital to keep a Journal. If you keep a Journal you will be reviewing your day. You have the Captain's Log Section in which you briefly list the incidents of the day and you have the Mystery School Lessons Section in which you note the things that were difficult for you to handle during the day. You may not be able to interpret those lessons. Maybe you can't figure out what you did wrong. Just list in that section any incident in the day that was even slightly uncomfortable - however slightly. If it was frustrating, if it caused you impatience, anxiety, fear, hurt, pain of any kind, anything that caused you to have even the slightest emotional reaction, make a note of it, because those are the incidents that will tonight create your dreams if you make note of them.

If you did note them before you went to bed, when you dream tonight you have these things that your dreams are going to be made out of. You have the Captains Log, which is what happens today. You have the incidents of the day that contained emotion and you have a cast of characters. A cast of characters is

called the Validations Section. This is a list of people that you encountered today. These people will very likely be the people who will show up in your dreams tonight and you'll probably say to people "I dreamed about you last night." You didn't really. You didn't dream about that person. You dreamed about the part of you that that person reminds you of. That's what the caste of characters is like. You'll get really ahead in your dream interpretation if every time you meet somebody you look for what there is in you that that person reminds you of.

Something interesting that you're going to find out. If the element in you that that person reminds you of is a part of you that you don't like or you're uncomfortable with, you will likely not like that person and you will think that its something wrong with them. You will think that person is egotistical, that person is bossy, whatever. You don't like the bossy element in you and that person reminds you of that. It comes up every time you are with that person. When that person appears in your dream then your teacher is saying to you, "Look, the bossy element in you is going through this experience." Whatever happens to that person in your dream, the part that they symbolize to you, that's what that part of you is going through and that it has to do with that lesson of the day.

Interpreting a dream is not a matter of saying this symbol means that. Interpreting your dreams that way is much less effective than making the direct application of the dream to the process of life. You must first notice which are the emotional incidents that you're going through in your life at any given moment because that's the stuff that your dreams are going to be made of. You can very much observe that the emotional content of your day will have a profound effect on the emotional content of the dream of that particular night. The day and the night are two halves of a whole. Probably in University you remember that most of the classes were in two parts -lecture and lab. The lecture is when you receive the information and the lab is when you put it to work. The same thing is true of this mystery school. The lab is during the day and if you miss the lecture you're going to handle the lab sections rather poorly. The lectures happen at night. That's the explanation. So if you can connect the two and notice the relationship between the two then you will have the information that you need to go from day to day growing and noticing the running commentary at night about the activities of the day.

For those of you who have extreme difficulty remembering any dreams at all, and feel as if you never dream, there are two or three reasons for that. Number one - if you don't have a habit of dealing with your dreams, using them, then your Subconscious has finally decided "Why bother. I'm not going to bother to bring these to the surface because they're not dealt with." So you have formed a habit of not remembering your dreams. You're going to have to change that habit which may be difficult at this point. But there are some ways to do it. The first thing that I suggest that you do is make sure that you have your Journal every night when you go to bed. Open that journal to the dream section but make sure that you filled out the Captain's Log first and the Validations section so you've got your caste of characters and you've got the outline of the day and the Mystery School Lessons Section. If you've got those three sections with entries in them then you're ready.

I also suggest that you write a letter to the teacher before you go to sleep. The letter to the teacher should be based on the lessons that you recorded in the Mystery School Section. You've had emotional incidents during the day. If you've had negative emotional incidents during the day, any at all, then you have good

reason to contact your teacher. Your teacher has provided a lesson. If you were victimized by it by the fact that you had a negative emotional response then the smart thing to do is to say to your teacher, "Why did I need that to happen and what should my response have been." Instead of having a negative reaction, what could I have done more appropriately? Write a note to your teacher and ask for more information about it.

So you have the log of the day's activities. You have a list of the lessons that occurred within the day's activities. You have a caste of characters that participated with you in those lessons and you have a note to your teacher asking to understand the lessons better. Armed with all of that and with your Journal open to the dream page you're already to record your response from the teacher. So you go to bed with your pen and Journal laid out - make sure that you're ready to record everything. Go to bed and when you go to sleep go through the relaxation, the whole relaxation process, always do that, stretching and breathing, tightening and releasing. Get yourself totally relaxed. Go into the Temple and into your dream state. And if you should wake in the middle of the night remembering a dream always turn on the light and record it. Do not think, "I'll remember this until morning." Don't make that mistake because if you do you are reestablishing the habit of not responding to the dream. Wake up and make a note about it and then go back to sleep.

If, on the other hand, you wake up in the morning and you don't remember dreaming at all, if after all that, you still don't remember dreaming, then on the dream page of your journal write down the date and write, "I do not remember my dreams from last night. I will remember my dreams," and underline that a couple of times. You're communicating with your Subconscious. You're insisting. The next night, if you didn't remember the dreams after all that determination and preparation, set an alarm clock for the middle of the night. Wake yourself up in the middle of the night. Maybe you can get an agreement from your husband to allow you to do this. But you should wake yourself in the middle of the night. The reason for this is not just to be awake at the time that the dreaming is occurring, - there's a more important reason. What you're trying to do is use a shock factor to get in touch with your Subconscious; you're trying to convince your Subconscious that you are determined to remember your dreams. If you'll wake yourself in the middle of the night for a couple of nights in a row, you're Subconscious is going to say, "I give up. I'll dream, I'll dream." And those dreams will begin to come to the surface.

There's one more thing that you can do which is very helpful and that is to get large quantities of vitamin B6 in your diet. Take extra supplements of Vitamin B6. Usually people who do not remember their dreams have insufficient B complex in their diets and particularly vitamin B6. That will help considerably.

Keep in mind that your lessons are not all negative. So when I say that the lessons that you encounter during the day are the negative emotional reactions, those are the ones that you are not dealing with well. The ones that you are having trouble with are going to produce a negative emotional response. But remember there are other lessons during the day too and those lessons you may be responding to very, very well and they're going to produce a positive response. You can list those in your Journal too if you want to. And when you dream tonight you're not going to dream just of the negative ones. You're going to dream of the positive experiences too. So pleasant dreams are talking about the pleasant experiences of the day and sometimes those dreams will seem as if they're saying to you "Congratulations. You really did this one well." And it will be a very supportive, lively, helpful dream; an encouraging dream and you're

moving on to new lessons. So it need not be a negative experience at all. Remember that growing is not a painful experience and the only dreams that produce warnings or concerns are those that came as a result of a negative emotional response. So remember that those are not your only lessons, those are just the ones that you are having the most trouble with.

Question: I don't remember my dreams but I want to remember them just before I wake up so I don't disturb my husband. You need to form a better relationship with your subconscious. You need to say, "Listen, Sub-by, I don't want to just dream in the middle of the night." Your Subconscious is just as capable of providing your best dream in the last moment before you wake in the morning. So tell your Subconscious, "I want that dream just before I wake up in the morning. I don't want to have to get up in the middle of the night with a flashlight and under the covers and do all this." It isn't necessary. You don't have to do that in order to dream. But what you must do is get through to your Subconscious Mind and say, "I want to remember the dreams in the morning." And if nothing else, simply set an alarm clock for five minutes before you usually get up instead of the middle of the night. You're giving yourself new suggestions about how to do it. Once you get in the habit of recording dreams every night then you should be able to get them last thing in the morning consistently.

## **Some dreams are precognitive.**

Not all dreams are processing the events of the previous day. Sometimes dreams are precognitive. Sometimes they are out of body experience. Sometimes they are contact with someone who has passed over. There are other possibilities, but most of your dreams, probably 90 percent at least of your dreams will be processing the information of the day that has just occurred, making an interpretation that you will put into the Akashic Record.

Falling asleep at night and dreaming as the ordinary person does is something that you do by accident. That means it is uncontrolled. You have no control over it. You can't use it. You aren't participating in it. It is as if everything is happening to you. That's not an effective dream state. Dreams are important and can make a difference in your growth, but nothing that you do by accident is effective enough to really make a difference in your life. That means that if you're dreaming by accident - you're not guiding it, you're not there on purpose, you didn't consciously make that transition toward getting there - then you're not sleeping effectively and you're not dreaming effectively. The thing to do is change the way that you go to sleep and change the way that you dream. At the same time we want to bring the two states of consciousness closer together to establish a closer interrelationship between your daily activities and your dreams at night.

## **Make a list of 500 people.**

At the beginning of this experience I asked you to start listing 500 people that you have known and I asked you to think about those people when you list them, think about what you knew about them, what part of them reminds you of a facet of you. What you were doing in that experience is you were building a potential cast of characters for your dreams but you're also going back in time so that you're not just depending on the characters that are around you right now. Right now the people who are most influencing your consciousness during the day are the people around you, but even the way you get to know these people is because in your growing up you have met other people who had some of the same

characteristics as the people around you today, and so on. And to some extent we remind you of those people. So you built your knowledge of the people around you, your ability to know me was built over a number of years. The me that you know isn't just me. It consists of all those people who allow you to tune into what this person is like. What you're really doing is dealing with a whole group of facets of your nature that are vulnerable to me.

Your life is like an experience that is spread out over a period of time and yet it is happening all at once in this sense. Right now in this moment in time everything that you are experiencing is a result of all that you've experienced up to now. So everything that you've experienced through your life is contained in the right now. But you won't see it in "right now" unless you let your mind go back. As you go back over those five hundred people that I'm asking you to list, the steps in coming to now are brought closer to the surface and "now" becomes richer by doing that. If you make a list of 500 people that you've known, 500 places that you've been, 500 concepts that you have been aware of, - you can't do that without going back over your life. What you're doing by going back is unlocking doors in your Subconscious and letting those ideas out again. Now as you move around in the present, the present becomes richer through the factors that you have stored that let you encounter the present.

For that reason, if you make this list of 500 people, objects, places, beliefs, you're going to change your dreams right now by doing that. You're unlocking inner doors and you're providing points of reference that your dreams can use to make a richer commentary on where you are right now.

The steps that I want you to take to give your dreams a vocabulary is first, recall the past as far back as you can, go back in time, back in your life, to concepts, beliefs, places, things, that you've been aware of. Get down to the nitty gritty, if you try to make a list of 500 objects then things that you haven't thought of in years are going to come up, and those memories are going to open the situations that happened around those objects. When you start thinking about people and then go back into the past to remember more and more people, you can't do that without unlocking your relationships with those people. Those relationships and those beliefs, the fears, all of the things that were stored in your subconscious are now available to you to understand a little bit more of who you are right now.

So what is the importance of that? This is where it gets really down to basics. We keep saying it over and over - life is a school. Today is a day in school. And this university is divided into two parts, the classes are divided into two halves - lecture and lab. The lab is where you act out the points of the lecture. The lecture is dreamtime. The lab is moving about in your life. You won't get very far in lab unless you pay attention to the lecture. That's why dreams are so vitally important in your life.

## **The Akashic Record**

The Source said, "Dreams are the act of a soul making an entry in the Akashic Record." When you are dreaming, you are writing. To clarify that you could say that while you're living your life today you're interacting with people, you're thinking thoughts and your thoughts and your actions are being recorded on the very matter of earth itself, they are being written. That's really the Akashic Record. Then what does dreaming have to do with writing in the Akashic Record? There are essentially two entries in the

Akashic Record for every action and every thought that you have. One is the incident itself and the other is the meaning or purpose of the incident. The dreams are a commentary about the quality of the communication. Living your life is one thing. Knowing what the incidents in your life mean, what the implications are, is another. So the dreams of the night are an analysis of the purpose and the meaning of the day.

I want to extend that to say that there is no day in your life that stands alone. Every day is a part of a period or a cycle, so it is like one step in a longer period. So your dream may refer to more than just the incidents of the previous day, that previous day will be part of the cycle that the dream is talking about.

If you are actively working on yourself and if you are noticing the meaning of everybody in your life, you are creating a vocabulary for your dreams to use. If I dream about Ann tonight and I haven't paid much attention to Ann up until now, that dream isn't going to be terribly meaningful to me because I haven't given Ann sufficient meaning in my life.

If, on the other hand, I've studied her and I've thought about her and I've noticed the effect that she has on me, I watch the words that she says, the way she acts, and what it brings up in me, what it causes me to feel, what my reaction is, then the second she pops up in a dream I'm going to know what area of life the dream is referring to. It's referring to all those parts of me that are triggered by Ann- the part of me that she reminds me of and the part of me that responds to her, the part that she inspires or the buttons that she pushes- whatever they are. But I'm in touch with what the dream is talking about. If I'm in touch with it I'm going to have a different quality of dream. My teacher doesn't have to go back and tell me what I've already discovered for myself. He can go to the next step. So it simply means that when you are paying more attention to your life your dreams will have more meaning. When you are deliberately dreaming, when you are noticing the symbols in life around you, dreams take on more consequence. They will change in character, they will change in nature, they will be more effective.

## **Symbolism.**

Another step that you can take is as you go through the day begin to think of the qualities of things around you, symbolic qualities. For example, as you look at a house there are certain things about a house that are symbolic of certain ideas. For example, the front of a house, the exterior of a house, is a facade. It is the appearance that the house puts before those who come toward it. So if you're dreaming about a house and the portion of the house that you're dreaming about is the facade, the front, then it is very likely that the commentary in that part of the dream is the commentary about your facade. Your house is where you live and the front of it is the front that you put before the public. What do you see about that facade? Does the dream show something wrong with it? Is it littered, disorganized, does it need paint? Your dream is saying to you "this is the kind of image that you're putting before the public - it is disorganized, it needs painting, it needs to be cleaned up, repaired."

Every portion of a house can be interpreted that way in your dreams but the interesting thing is if you really want to make that meaningful then realize that houses don't just do that in dreams. They do that in real life. The place where you live right now will tell you an awful lot about yourself if you look at it. What

does it look like to a person approaching it? Whatever it looks like it looks an awful lot like the image that you put before the public. If it is littered inside, disorganized, confused, then you can be absolutely certain that it is impossible for you, as the person living in it, to be different from the atmosphere you create around yourself. The reason that the symbology in dreams works is because dreams mirror your daily life. They only take the symbols that are already around you and put them in front of you for you to look at in a new perspective.

So the symbols in dreams are no more symbolic than the things that happen around you right now. Your relationships are symbolic. The items in your life - your house, your car, your job - all of those are commentaries about your nature. Your dreams will take on extra meaning when you begin to interpret your whole life. It's not terribly hard to interpret a dream if you are interpreting what's already happening to you. The interpretation of dreams becomes easier and easier by getting in touch with them. When you start building a bond with your Unconscious then you become familiar with the territory. When you become familiar with the territory it is easier to go there.

I was talking with you before about the possibility of moving from the awakened state to sleep without losing consciousness. That seems absurd and ridiculous to the person who hasn't done it but if you are at home, alert, in the dream state then you can begin to change it. First of all you record your dreams so faithfully that you begin to recognize symbols when they're in your dreams. You're building a dream catalogue of symbols so that while you are dreaming you're already recognizing the symbols. The next thing that will happen is that while you're dreaming you will realize that you're dreaming and knowing the symbols and realizing that you're dreaming, you can respond. So I know that this dream is saying this to me. OK, I'm going to learn from that and change the outcome of the dream. By doing that I will literally change the dream while I'm dreaming it.

But also when I do that the symbols in my dreams will change because I'm more involved. Now I'm dreaming deliberately, I'm participating in my dreaming. I am changing my dreams. The dream symbols will be less and less obtuse and hidden. They become more available to me and the dreams become much more like a conversation rather than something that I have to figure out tomorrow. When you begin to do that you will be as conscious in your dreams as you are throughout your day.

At that point there is very little transition from the waking state to the dream state so that you don't have to do what a person ordinarily does. Usually you lie down, you go to sleep, you completely lose consciousness and then you come to the dream state. That isn't necessary now. You can lie down, close your eyes and go into the dream state with no loss of consciousness. You are simply moving from one level of consciousness to another consciousness and you're participating in the dream state. When you can do that you can go anywhere you want to go. I can visit any one of you anytime and know what you're doing. I can be with you in dreamtime. It is no less real. It is, in most ways, just as effective as if I were conscious. It won't be as effective to you because you may not know that I'm there. But if you happen to be asleep you'll probably dream that I came. And if you are in the dream state and I am in the dream state, we can interact.



## **Repeating Dreams**

One question has come up about repetitive dreams or dreams that are in vivid color or just simply vivid dreams. First of all, repetitive dreams are a message that your teacher is really trying to get through to you and he's trying hard and he is repeating it over and over and over to get your attention. The best way to deal with a dream like that is to notice what was happening in your life at the times when these dreams repeat. If there is a repetitive dream for a period of time and then you don't dream it any more for a few years and then there's a period where it starts to repeat again, look at the similarity between this period and that period and you'll find that the same kinds of things are coming up. That dream is talking about the importance of dealing with that, especially if it starts repeating again. Find out what it is and get that cycle over with because it's a very important lesson and it's something major that you need to deal with.

## **Vivid Dreams**

The same thing is true of very vivid dreams. The more outstanding the dream, the more vivid the dream, the harder your teacher is trying to get your attention to say, "This is important. Pay attention to this." It may be positive. It may be not. Usually they are positive and encouraging. Remember that your dreams are not an attempt to scold you or to say that you're doing this wrong but rather to say, "This is an important period." Your dream may be revealing to you how to get it right. It's instructional.

## **Astral Travel**

There are other kinds of experiences, astral travel, for example, sometimes occurs at night. Several people have asked how do I know whether it's astral travel or whether it's a dream. It's very difficult to answer that because the astral travel experience is a subjective experience that can't exactly be described to somebody who's not having it. But essentially astral travel feels very much as if you are somewhere. You're not just dreaming about it; you're experiencing it. The difference in the quality between the experience and a dream is the way you tell the difference between whether it is astral travel or whether it's a dream. It is by the quality of the experience. If it feels that you actually are there, you are experiencing it, it is something that you're really going through and it doesn't feel like a dream, it may very well be astral travel.

One other thing probably it ought to be said that it's not terribly important to know the difference so don't get into a quandary about it. If it is astral travel, you'll probably know it. You'll probably realize "this is different, this is not what I usually experience as a dream."

## **Lucid Dreaming**

There's another kind of dreaming called lucid dreaming. Lucid dreaming occurs when you are aware that it's a dream and yet it is very, very clear, very vivid and it's not as if you are seeing something, it's as if it were on a screen but you are participating in something. You are aware of yourself in the dream and you're aware of your own body in relation to other things around you.

Lucid dreaming is what happens when you are conscious while asleep. It's a state that serious students, people who are really learning to deal with the subtler worlds strive hard to accomplish. You're looking for the ability to be conscious while dreaming. You can build that ability simply by deliberately remembering - developing your ability to remember your dreams, to get in touch with them, to interpret them. The next step is to remind yourself that you are dreaming while you're dreaming. That will make the dream itself become more lucid.

You will also find that by doing that you can interpret the dream while you're still dreaming it, if you are very familiar with your symbology and with what your dreams are saying. And if the dream is having a negative ending you can change that to a positive ending. That is not just a pleasant way to end the dream, it also means that your consciousness has understood the lesson and so you can take care of the situation while you're in the dream just as well as you can take care of it during the day. By doing that you change the situation that you are dreaming about. What that means is that you have changed from the Law of Karma to the Law of Grace.

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