

Paul Solomon Lectures

Dreams

THE LANGUAGE OF THE GODS

Dreams, the language of the Gods, are the opportunities of the Source of our consciousness to communicate with us.

When we are awake, our mind is constantly busy. We may ask God questions, "God, what would you have me to do as the next step?" But most often our active mind immediately responds, "Is it this?" "How about that?" "It must be this because of that." And God says, "I can't get a word in." That is as far as the communication can go, and we wonder why we did not get our answers. When we sleep, our mind is not mulling over the problems of the day. It comes to rest, and we are forced to stop and listen.

Several years ago a number of psychologists became interested in the origin, purpose, and results of dreams. Ann Faraday, and also Stanley Krippner, who was working at Maimonides Hospital in New York City, began researching dreams. They set up sleep laboratories using EEG equipment and biofeedback techniques. They wanted to know how often people dream, how deeply they sleep during dreams, the content of dreams and how they relate to consciousness.

Many dream researchers have said that dreams are nothing more than a response to stress. When there are stressful or emotional incidents during the day, we dream about them at night to release the tension.

Stanley Krippner and Mrs. Faraday concluded that dreams deal with much more than stress. One of their most important discoveries is that almost all dreams recap the activities of the previous day. Ann Faraday noticed that dreams seem to occur in three segments, the past, the present, and the future. In addition, the first dreams of the night seem to relate mostly to the past, those during the middle of the night to the present, and the ones closest to morning to the future.

Based on their research, we did several Readings on dreams, and asked the Source, "What, in fact, are dreams? What is their relationship to the past, the present and the future? How and why do they refer to the activity of the day?" The Source said, and I have never seen it any book, "Dreams are the activity of the soul making an entry in the Akashic Record."

We know that the Akashic Record is formed essentially by activity, emotion and thought. When you think, you emanate an emotional or electrical impulse, and the atmosphere is affected. What you think, feel and do are recorded on the skein of time and space, as Edgar Cayce described it. The earth carries this record of your existence and is constantly being created and changed in the ongoing process. The record is objective. It describes exactly what you think and do. It makes no judgments about those thoughts and actions.

In our research, we learned that Edgar Cayce had once told a woman in a Reading, "You were a nun in a past life, and you were a prostitute in another life." He described both of those lives briefly, and then he made an interesting observation. He said, "The soul made considerably more progress as a prostitute." I

wondered where that value judgment came from. Who decided that the progress was more in that lifetime? Was it Cayce? Was it some Master Teacher who was reading from the record? If the record itself is objective, who makes the judgment?

We did another Reading and the Source said, "Every night when a person sleeps, the soul goes through a process of analyzing and judging its own activities and thoughts. "The experience of the Great White Throne of Judgment, of a soul standing before God being judged for good and evil, actually occurs nightly. The soul presents its activities, thoughts and emotions of the day before what might be called a Karmic Board. There, a high judge reviews the occurrences objectively and makes decisions about them. He looks at the origin of the activity, the stimulus of the past and our response and prepares a commentary on our needs as a soul.

Every incident of every day, including consciousness and intent, is reviewed by an inner judge, the Karmic Board. It examines why you experienced what you did based on past thoughts and actions, and looks at your response. Did you react in the same negative way? Did you learn anything as a result of your experience? Did you respond this time in a new way? Will the experience have to be repeated? Based on the way you reacted to your experiences of the day, the judge plans your future. He sets the stage, and sends in the people to provide the situations according to what you did in any given day. It is an automatic procedure, and if you are deprived of the opportunity to do it, you will lose your sanity within a short period of time.

So every night you review what you created in your past in respect to people, situations, reactions and responses. You look at how you handled each challenge or potential challenge. By your own thoughts and behavior, you create your future every night of your life. You only need to know past and present to know what the future will be. You are building your future now. You are making decisions about what will be by what you are doing with present opportunity. That is the origin and purpose of your dreams.

As we discussed in the previous chapter, karma is not something from the past. You are creating it right now, and may meet that karma tomorrow. You do not have to wait for another lifetime to meet the lessons you are setting up now. You are constantly creating and living through karma.

The Law of Karma, however, bows to the Law of Grace. The Law of Karma says you must live through and experience the results of what you have set in motion. The Law of Grace says if you understand what you have done and become a different person from the one who did it, you do not have to repeat the experience. A change in consciousness cancels the need for the dramatization of the lesson. God does not want to punish you, He only wants you to grow and overcome patterns that do not work in your life. If you have learned a lesson, you simply do not have to repeat it.

That change in consciousness can happen right in the middle of a dream. When you work with your dreams regularly, you can get to a point where you know that you are dreaming during the dream itself. You can even interpret your dreams while you are dreaming.

For example, if someone said something you did not like today and you lost your temper and handled the relationship badly, tonight, you will dream about the experience. It may not be literal. Most often, the dream will come in symbols. You dream in symbols because your consciousness does not want to face what

you did, so you hide it from yourself. When you begin to work with dreams, you are giving a message to your consciousness that you do want to know. When you persist and continue to interpret your symbols, you will begin to recognize your own symbology.

That may last for a while, but soon you will notice that your symbols have changed. Your personality is very stubborn. It does not want to give up old patterns and habits. It does not want to change. If you continue to persist, however, eventually most of your dreams will become literal. They will be clear until you reach a new plateau, another pattern, lesson, mode of behavior that you do not want to recognize in yourself. Then they will change again. When you persist, these new symbols will become clear, and so on.

When you do recognize that you are dreaming about the incident that occurred during the day, if it ends right there, something similar will happen the following day. You then have the opportunity to repeat your reaction or change it to a right response. By a right response, we mean more harmonious, more loving. This time you do not lose your temper or feel out of control.

Or, you can change your response in the dream itself. You can notice within a dream, "This is the past. I have received an analysis of the accumulation of what I am. This is the incident that came in my life today. I recognize it as a symbolic description." And then there is a flash, "There goes the future. This is the karmic result of what I did today. I better do something about that."

If you do not like the ending of your dream, you can change it. By changing the ending of your dream, you will change your karma before you have to experience the incident again. You can avoid the karmic result that you set up in the future. This works because by changing the outcome of the dream, you have changed your relationship to the lesson the dream was describing, and you no longer need the effect of the dream to convince you. When you have learned the lesson, you do not need to repeat it. You already have met the karma and overcome. This is the Law of Grace. You change your karma and invoke the Law of Grace when you see the result of what you did and change because of it.

If that does not give you enough impetus to get in touch with your dreams, I cannot imagine what would. Your dreams for that reason are some of the most effective means you can have for getting in touch with your life. They give you a running account of where you have been and where you are going. You may still meet the same experience and/or people the following day, but it will not have the charge it had in the past. You will notice it, perhaps, but the emotional reaction will not be there.

You can enhance your dream life by becoming more aware of the events of your day and your response to them. I highly recommend that you keep a journal and each night briefly record the experiences of your day noting the people and situations that caused a reaction in you.

By following this procedure, you are communicating with your Subconscious Mind, bringing patterns into your Conscious Mind and relating the two of them to your Superconscious Mind. You actually are holistically bringing all the aspects of your consciousness together by combining your subconscious symbology from your dreams with the conscious activities of the day and interactions with people. You are putting it all in one place.

Most people sleep by accident rather than on purpose. You spend a third of your lifetime sleeping, and if that time is wasted, you literally have thrown away a third of a lifetime. What is more precious than your opportunity of this lifetime?

You can prepare yourself for sleep and the dream process every night. To use your dreamtime most effectively, you can follow this procedure: First, prepare the area surrounding your bed with your expectancy that you will wake up in the middle of the night with an important dream. Keep a journal beside your bed and before you go to sleep, open it to the page where you will record your dreams. Date the page, put a light and a pen in a convenient place, and tell yourself you are prepared to dream.

Then, go through the Balanced Relaxation process. Balanced Relaxation is so important, I cannot emphasize it too much. If you are filled with stress from the tensions of the day or with chemical imbalance from a heavy meal before bedtime, your dreams have to deal with the body first.

Next, go through your terraces into your Temple, where you will sleep. In your temple, attune your consciousness by saying, in your own words, to the Source of your being, "I'm entering sleep now, and I want to listen to what you have to tell me tonight." Either say it aloud or write it in your journal as you would relate to a very wise instructor, a confident, a counselor. Make your communication direct and meaningful, not just symbolic. Tell him that you want to make use of the time you are asleep. Then, review the incidents of the day that concern you, and ask to understand them better.

Aim your consciousness where you want it to go in sleep. You are reporting to a classroom, consciously putting yourself in the hands of a teacher. Your dreams will follow the activities of the day, and if you want high spiritual instructive dreams, then set your consciousness as you enter sleep. But remember, your experience in sleep is a result of what happens when you are awake. It is not possible to be disoriented and unspiritual all day, and suddenly become spiritual at night in your dreams.

When you wake up in the morning, you still will be in your Temple. Record your dreams before you come down the mountainside. Come down through the terraces bringing with you the consciousness of the Temple to guide your activities. It is the best formula I know to set the stage for your day.

If, even after all of this preparation you still do not remember a dream, write in your journal, again in your own words, "I know I dreamed last night. I do not remember the dream consciously, but I want to remember. I will persist until I succeed."

After a couple of days, if you still do not remember dreaming, it is time for rather radical action. Set your alarm clock for the middle of the night, several hours after you go to sleep. You should remember your dream when you are awakened. If you still do not recall your dream, write an entry in your journal. "I know I dreamed. I will remember." If this procedure still does not work for you, increase the number of times you set your alarm during the night. I know one or two people that had to set the alarm for every hour to jolt their consciousness into remembering. But after a few very difficult nights, they began to remember their dreams regularly.

Dreams are the language of the gods. The God in you does everything He can to communicate with you, but whether you listen or not is your decision.

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