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Name

PROPHETIC
LANGUAGE
OF DREAMS

Archbishop E. Bernard Jordan

Prophetic Language of Dreams

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CHAPTER

1

INTRODUCTION TO DREAMS AND SLEEP STATES

*"If you can dream it, you can do it.
Your limits are all within yourself."*

- Brian Tracy

POWER TRUTH

And he said, "Hear my words:
When there are prophets among you,
I the Lord make myself known to them in visions;
I speak to them in dreams.

Numbers 12:6 NRSV

THE LANGUAGE OF GOD

An exegetical study of passages that include the words "dream" and "vision" shows they are almost always used interchangeably. In the Book of Job, we read, "In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed (Job 33:15, King James Version), and we realize that Job was saying that dreams were visions in the night. In the Book of Isaiah, the prophet said, "it shall be like a dream, a vision of the night" (Isa. 29:7, English Standard Version). In another account, we read, "Then the mystery was revealed to

Daniel in a vision of the night” (Dan. 2:19a, ESV), and later, Daniel noted how he saw “night visions” (Dan. 7:13a, ESV).

If we give weight to prophetic visions God gives us when we are awake, we must consider how vital dreams are and how they are essentially, visions we have at night when we are sleeping. When our bodies are at rest, our brains are also at rest. Imagine the space sleep gives God to send pure revelation that are untainted by the commentaries of the analytical mind. In our sleep state and through our dreams, we have the potential to receive much more readily.

Imagine the space sleep gives God to send pure revelation that would be untainted by the commentaries of the analytical mind.

Prophetic Language of Dreams No. 1

When children have dreams, parents often dismiss them and say, “It’s only a dream.” People grow up thinking dream life is not real. However, the Bible shows us that dream life is a real and reliable source for God’s messages. We engage with the supernatural realm more often in our dreams. What would have happened if Joseph dismissed his dream about not leaving Mary? What could have happened to this family?

²⁰ But as he considered these things, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is from the Holy Spirit. ²¹ She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

²⁴ When Joseph woke from sleep, he did as the angel of the Lord commanded him: he took his

wife, ²⁵ but knew her not until she had given birth to a son. And he called his name Jesus. (Matthew 1:20-21, 24-25)

This book is about decoding the prophetic language of dreams. We want to understand what our dreams mean because we want to know God's thoughts. We are connecting with Him about what He wants for our lives and for our future. We want to know His emotions and listen to His plans.

As we build our proficiency in interpreting His messages through our dreams, it would be life-changing for our spiritual walk with the Lord.

Prophetic Language of Dreams No. 2

We become fluent in a new language, learning the meaning of words and practicing using it by entering different conversations. When we become fluent in the language of dreams, there is a heightened ability to communicate effectively and to build a closer relationship with that person. By learning God's language of dreams, we demonstrate our commitment and desire for deeper intimacy with Him. As we build our proficiency in interpreting His messages through our dreams, it would be life-changing for our spiritual walk with the Lord.¹

THE DISTINCTION OF A DREAM

A dream is distinguished as an occurrence where a person experiences the following aspects: 1) thoughts, 2) images, and sensations. All of these occur in a person's mind, even when they are sleeping. In order to reach the dream

state, a person needs to be in Rapid Eye Movement (REM) sleep, which is a deep form of sleep where the subconscious mind can freely explore. Dreams are interesting because of this, because they are not made from conscious thoughts or brought about by choice.

DREAM PHASES

There is probably no person on earth who has not dreamed a vivid dream in their life. In fact, even animals dream too and experience the same mental phenomenon because they have brains as well. Through years of research, scientists came up with five stages of dreaming.²

Phase 1

The first stage of dreaming is called the Alpha Phase, where the person is getting ready to fall asleep and is in a state of trance. He is not asleep yet and is experiencing a mild dream-like state. Physically, the person's muscle activity begins to slow down, and they start to drift into sleep. Sometimes there is slow movement of the eyes.

In this phase, people experience life-like sensations. They might suddenly contract a limb or lift their head. They are able to hear someone call their name or hear the ringing of a phone. These are called hypnagogic hallucinations. While this is the first stage of dreaming, some people can actually experience this while awake. It is common to experience this when doing activities that induce a trance, such as meditation or yoga. In the Alpha state, the mind is not dependent on the subconscious mind and may pick up on thoughts and have dreams that are more rational in nature than dreams dreamed at a deeper level of sleep.

Phase 2

Phase 2 of falling asleep deals with experiencing rapid body movements and also internal changes. The muscles start to relax and recoil. The brain starts sending a message to slow down our bodily functions. The heart rate begins to slow and we drift away to dreamland.

The brain produces waves that are known as sleep spindles, which cause us to fall asleep. The body's temperature starts to fall rapidly, which generates a welcoming environment for us to fall asleep. This phase is said to last for about 20 minutes and forms 45% of our sleep pattern.

If you want to recall your dreams, you should keep a notepad next to your bed and make a conscious effort to recall them upon waking up and jot down as many details as you can.

Prophetic Language of Dreams No. 3

Dreams within this stage of sleep will be fairly random. When you wake up from this state, it's likely that you will remember a certain amount of what you have dreamed, but not really for a long time. If you want to recall your dreams, you should keep a notepad next to your bed and make a conscious effort to recall them upon waking up and jot down as many details as you can.

Phase 3

At this stage, the dream cycle deals with the emerging of delta waves in our brains. This stage is also known as the transitory phase, where we slowly transition from light sleep to deep sleep. It's like the brain allows itself to consciously relax our bodies and to help it get to work. This phase makes up about 46% of the dream cycle.

If you recall a falling feeling and experience being awakened from it, then you probably woke up feeling like falling was a real event.

Prophetic Language of Dreams No. 4

The kind of thing that can wake you from this phase would be moving within the dream. Have you ever felt like you fell in your dream, like in a hole or even just tripping over something? During this phase, it's difficult to completely recall the dream. Dreams can be extremely random. Your conscious mind has little control over the subject matters of these dreams. It is on this level that people can experience nightmares. Nevertheless, if you recall a falling feeling and experience being awakened from it, then you probably woke up feeling like falling was a real event.

Phase 4

In this phase, you are already falling into a deep sleep. Major chunks of the dream appear, and we are most likely going to forget them when we wake up. Many of our physical experiences while dreaming occur in this phase, such as bedwetting, sleepwalking, and other things people do while in a sleep state. Deep sleep is when your eyes show no movement at all.

Deep sleep makes up 15% of total sleep.

Prophetic Language of Dreams No. 5

People who are awakened from this sleep state are disoriented and will not be able to adjust to the awake state easily. Deep sleep makes up 15% of total sleep. During this phase, the dreams can be very disturbing, but you are not likely to remember them. Your mind also takes some time to adjust and come back to

consciousness. During this transition, you have already forgotten your dream.

Phase 5

The last phase is the REM state. In this phase, the dreams you saw, you are able to vividly remember in the morning. Two opposing situations occur in the body during this time. First, your body goes into a state of complete rest, and all your muscles are fully relaxed. On the other hand, your brain is most active during this stage, as it does not need to address other bodily functions. It can let go of the reigns on the other bodily activities since you are completely resting and can focus completely on the dream.

Eliphaz, in the Book of Job, spoke about a deep sleep he had:

¹² “Now a word was brought to me stealthily; my ear received the whisper of it.

¹³ Amid thoughts from visions of the night, when deep sleep falls on men,

¹⁴ dread came upon me, and trembling, which made all my bones shake. (Job 4:12-14 ESV)

In this stage of sleep, dreams are likely to be very realistic, and when you wake up, you can recall them. You may see people you know or places you are familiar with, even if the dream does not carry out in a logical sequence.

In this stage of sleep, dreams are likely to be very realistic, and when you wake up, you can recall them.

Prophetic Language of Dreams No. 6

These are the five dream phases. Scientists claim that some people do not experience Phase 1, and move to Phase 2 as soon as they lie down on their beds. They might also have lesser periods of Phase 4 and more of Phase 5. It is common for people to move back and forth between Phases 4 and 5 throughout the night.

Most of the time, people have a series of dreams in one night, compared to just one dream. Each dream can last for 5 to 20 minutes and then move to another dream. Dreams are experienced in different ways. Some people are able to remember their dreams in full color, others in sepia or dreamlike tones, while others only dream in black and white.

A HISTORY OF SLEEP AND DREAMING

The Egyptians believed there was meaning behind dreams and they would analyze dream symbols and search for prophetic messages from gods.

Prophetic Language of Dreams No. 7

Throughout history, there have been recorded studies and accounts about sleep and dreaming, going back to the B.C. era, when ancient Greeks and Egyptians led the technological revolution in the world. The Egyptians believe there was meaning behind dreams, and they would analyze dream symbols and search for prophetic messages from gods. They believed in three bodies, the *shat* (the corpse body), *Ka* (the living physical body), and *Ba* (the soul). In studying Egyptian art, you would see *Ba* represented in hieroglyphics as a human-headed bird floating above the sleeping body or corpse. *Ba* is the person in another form, or the individual in an out-of-body state.³

Greeks also adopted this theory into their own culture. The Greek philosopher Aristotle came up with the first scientific theory about sleep in 350 BC when he wrote, “a person wakes from sleep when digestion is complete.” While this is not biologically accurate, Aristotle started the conversation for the theory about why dreams exist.

WHY DO WE DREAM?

What really causes us to dream? Some people believe it's the mind's way of teaching us something new. Others would theorize that it is just a reiteration of events and experiences of the day. However, could these dreams be messages from the subconscious to help us during difficult situations in our lives? Can God actually send vivid and clear messages to us through our dreams because we're too distracted to receive any instruction from Him when we are awake?

Can God actually send vivid and clear messages to us through our dreams because we're too distracted to receive any instruction from Him when we are awake?

Prophetic Language of Dreams No. 8

Even if scientists have been trying to study the phenomenon of dreaming for a long time, there is no conclusive result to give a definitive answer to the question, “Why do we dream?” Theories include dreams as the mind's way of teaching us something new, interpreting emotions, dealing with issues, and forming memories.

A lot of people believe the brains work overtime to help make the job easier for us. The brain never goes to rest. Have you ever gone to bed knowing you have lost

something, like keys to the car or an important document? While you try and consciously think about where you left it, you cannot find it. You cannot search your mind to pinpoint the information you need. How many times did you actually remember where you left something as soon as you woke up? This experience could be the subconscious mind working on the problem even as you sleep. Have you ever heard someone say, “Sleep on it! The idea/answer will come to you when you wake up”? It shows that people actually believe that sleeping can help the mind sort things out.

Dreams may actually be playing around the emotional centers within the brain to help us deal with things we have not dealt with on an emotional level.

Prophetic Language of Dreams No. 9

Such can be true, but it still does not explain the odd dreams we usually have. We can dream about irrelevant things that do not make sense at all. Even when we try to make sense of things, they look like a fantasy movie. Such is the reason why scientists went further to theorize how dreams are a product of our emotions, suppressed or otherwise. Have you ever had dreams that made you feel angry towards your spouse because he cheated on you in your dream? Or, have you ever woken up feeling extremely sad or depressed? On the other days, we can wake up feeling inspired and uplifted. Dreams may actually be playing around the emotional centers within the brain to help us deal with things we have not dealt with on an emotional level.



CHAPTER 2

DREAMS AND DIVINE DELIVERY

*"We need men who can dream of things
that never were."
- John F. Kennedy*

POWER TRUTH

Then afterward
I will pour out my spirit on all flesh;
your sons and your daughters shall prophesy,
your old men shall dream dreams,
and your young men shall see visions.
Joel 2:28 NRSV

HEAVEN IS SPEAKING, ARE WE LISTENING?

God has accomplished huge feats by sending divine messages through dreams. Joseph became a high ranking official in Egypt because he was able to interpret dreams and was instrumental in saving the world from famine (Gen. 41:1-27). One can arguably say that God has been most productive in getting things done through humans when He sends prophetic messages while the person is in a sleeping state.

One can arguably say that God has been most productive in getting things done through humans when He sends prophetic messages while the person is in a sleeping state.

Prophetic Language of Dreams No. 10

It was through a dream when God asked King Solomon what he wanted, and Solomon asked for wisdom. God granted him the gift of wisdom in a dream (1 Kgs. 3:5-15). It is undeniable that King Solomon became the wisest and richest king, and King Solomon's account shows how dreams did carry any weight in real life.

God also established the Abrahamic covenant through a dream:

¹² As the sun was going down, a deep sleep fell on Abram. And behold, dreadful and great darkness fell upon him. ¹³ Then the Lord said to Abram, "Know for certain that your offspring will be sojourners in a land that is not theirs and will be servants there, and they will be afflicted for four hundred years. ¹⁴ But I will bring judgment on the nation that they serve, and afterward they shall come out with great possessions. ¹⁵ As for you, you shall go to your fathers in peace; you shall be buried in a good old age. ¹⁶ And they shall come back here in the fourth generation, for the iniquity of the Amorites is not yet complete." (Genesis 15:12-16)

Jacob's creativity and inspiration came directly from a dream he had.

Prophetic Language of Dreams No. 11

It was also through a dream where Jacob received a message from God as to how he can expand his business, and his creativity and inspiration came directly from a dream he had.

¹¹ Then the angel of God said to me in the dream, 'Jacob,' and I said, 'Here I am!' ¹² And he said, 'Lift up your eyes and see, all the goats that mate with the flock are striped, spotted, and mottled, for I have seen all that Laban is doing to you. ¹³ I am the God of Bethel, where you anointed a pillar and made a vow to me. Now arise, go out from this land and return to the land of your kindred.'" (Genesis 31:11-13, emphasis added)

Through this dream, Jacob had an idea. It was an idea that was divinely inspired by God. When the strong sheep looked at striped branches, they produced offspring that were also striped. The best of the animals were striped, just as the branches they've observed. Since Laban agreed to give Jacob striped sheep, Jacob became a very wealthy man (Gen. 30:31-31:17). The truth is, it was through a dream that Jacob received a creative business strategy that blessed him financially. He became extremely prosperous (Gen. 30:43). It was all from an inspired idea from when he was sleeping.

Perhaps it's because there is no conscious mind to argue, to doubt, or to activate anxiety that people can effectively receive divine messages and carry it through more confidently.

Prophetic Language of Dreams No. 12

God also directed Israel to go to Egypt through a dream (Gen. 46:1-7) and instructed Gideon to go to war through dreams (Judg. 7:9-18). It seemed that God can truly get more done when He is communicating with people through dreams. Perhaps it's because there is no conscious mind to argue, doubt, or activate anxiety that people can effectively receive divine messages and carry them through more confidently.

The mind is active while we sleep. God sends the message to the human mind at this optimal time and it is through the mind that we are able to focus and accomplish amazing feats.

Prophetic Language of Dreams No. 13

The mind is active while we sleep. God sends the message to the human mind at this optimal time, and it is through the mind that we are able to focus and accomplish amazing feats. When the mind is most active, God gives the believer pictorial instructions for what they must expect or prepare for. It can also be God's way to create a desire in the heart of a person, leading him to the path God had intended for him.

THE NEW TESTAMENT'S JOSEPH THE DREAMER

As mentioned in the previous chapter, Joseph did not divorce Mary because an angel instructed him in a dream about the plans of God (Mt. 1:20-24). However, such instance is not the only time Joseph received directions from the Lord through a dream. He also sought refuge in Egypt when an angel of the Lord appeared to him in a dream and warned him that Herod was after his child (Mt. 2:13-14). It was also through this message delivery mode that Joseph knew when to return to Israel because Herod has already died (Mt. 2:19-21). Joseph settled with his family in Nazareth when he was again warned in a dream not to go to Judea, as Herod's son was the new leader of the region.

It is also possible that we have dismissed dreams from the Lord just because we doubted, or we were unaware of the weight of such messages.

Prophetic Language of Dreams No. 14

Joseph received significant and critical instructions from the Lord when he was sleeping. Do you think the Lord can also communicate to you about significant life decisions in your sleep through your dreams? In fact, it is also possible that we have dismissed dreams from the Lord just because we doubted, or we were unaware of the weight of such messages.

IT'S "ONLY" A DREAM

When we were young and we would talk about what we dreamt about, adults would dismiss it with an "It's only a dream, it's not real." How many "It's only a dream" messages have we rejected or neglected to follow through on? We may have been missing out on blessings or divine guidance because we do not see dreams the way God does. We give little importance or credibility to dreams.

From the Old to the New Testament, dreams have been a legitimate bridge to the spiritual realm and a channel to communicate to the Kingdom of Heaven. Scripture has been overflowing with dreams and visions. Putting together all the dreams, visions, stories about them, and actions that resulted from them would reveal that a third of the Bible is a supernatural visionary encounter wherein God spoke through spiritual pictures from random occurrences to dreams.⁴

When the Bible said we must pray without ceasing (1 Th. 5:17), it literally means we must not stop communicating with God, not even in our sleep.

Prophetic Language of Dreams No. 15

In light of modernity in the 21st century, dreams have lost their value in our lives, and dream interpretation has become primitive or ancient. Dreams are second-guessed to have merely superstitious or imaginary value. Most of the time, we dismiss them because they don't make sense to us. The lack of clarity confuses us, and it's mainly because we have much to learn about God's dream

language. Listening to our dreams is our way to receive from God. When the Bible said we must pray without ceasing (1 Th. 5:17), it literally means we must not stop communicating with God, not even in our sleep.

LINK BETWEEN REALMS

In the study of quantum physics, there is a term called “superposition,” which pertains to a situation where something is fully in two places at the same time. Jesus was on earth, yet he was in Heaven simultaneously. Jesus said this about himself: “No one has ascended into heaven except he who descended from heaven, the Son of Man” (Jn. 3:13).

As spiritual beings, we are also living on earth but at the same time seated in the heavens:

⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus. (Ephesians 2:4-6, emphasis added)

Having spirits, we can move in the spiritual realm by praying to God and connecting with Him.

Prophetic Language of Dreams No. 16

Having spirits, we can move in the spiritual realm by praying to God and connecting with Him. We are also in a physical, flesh-and-blood body, which makes it equally convenient for us to function in a tangible voice. We are made in the image and likeness of God, and we are perfectly designed to be a link between the spiritual and the physical world. The connection happens through us. The most natural and powerful time it occurs is when we dream.

When Jacob was dreaming in Genesis 28, we see a picture of how Jacob saw a ladder set on the earth with its top reaching to Heaven where the angels of God ascend and descend. The Bible is giving us a clear understanding of what dreams can do. It is through this dream that the Lord affirms to Jacob the covenant He made with his grandfather Abraham (Gen. 28:12-17).

In the New Covenant, the believer is a temple of God (1 Cor. 6:19). We are the house in which the Spirit of God dwells, which means we are the gate to Heaven (1 Cor. 3:16-17). It makes sense that it is through our minds that God delivers instructions for His purposes for this natural world.

ACCESS TO A REALM OF POSSIBILITY

Praying is the process of materializing the unlimited resources that we have in heaven into the tangible world.

Prophetic Language of Dreams No. 17

In the spiritual realm, every possibility is available for us — healing, provision, and wisdom. These heavenly resources can be brought into the physical plane when we pray. Praying is the process of materializing the unlimited resources that we have in heaven into the tangible world. We want to see the heavenly waves collapse into a definite manifestation, a particle of healing or blessing — something that is concrete and available in our reality.

What can we pray for? Dreams usually serve the purpose of giving us visions of what is available for us. Have you ever experienced dreaming of doing something physically impossible? Have you dreamed of flying? Dreams give you a glimpse of how God operates. There are infinite possibilities in the spiritual world. Through dreams, we “see” what is possible. We get a vision — a picture in our head — of what God wants to make possible for our physical experiences.

The Bible communicates the desire of God to open up our spiritual eyes to see beyond the physical realm. In Hebrews 12:2, we are to fix our eyes on Jesus. In Romans 8:4-7, we must set our minds on the spirit. In Colossians 3:1-2, we are to focus on the things above. Believers have the ability to see beyond the natural world.

It is when someone receives a vision of a new future, that they begin to manifest it in the physical dimension.

Prophetic Language of Dreams No. 18

All throughout the Bible, when we see people receiving God's Word through visions and dreams, we recognize that every possibility is present in the spiritual realm. Still, God wants us to co-create with Him, and bring into existence on earth as it is in Heaven. However, everything in the Heavenly realms remains there, unless someone observes it. It is when someone receives a vision of a new future that they begin to manifest it in the physical dimension. It is only through dreams and visions that we actually are able to observe wonderful things in the spiritual realm.

Vision becomes the bridge that closes the gap between the Kingdom of Heaven and the material world. The fact that we see the heavenly realm when we sleep, allows us to witness and pray for the things that are unseen. This book is about praying for us to notice more what is unseen and to remember more of what God reveals to us through our dreams, as Paul wrote, "as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal" (1 Cor. 4:18).



CHAPTER 3

DREAM FREQUENCIES AND THE PSYCHOLOGICAL ANALYSIS OF DREAMS

“The vision that you glorify in your mind, the ideal that you enthrone in your heart – this you will build your life by, this you will become.”

- James Allen

POWER TRUTH

‘In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.

Acts 2:17 NRSV

RECURRING DREAMS

Experiments and case studies in the field of dream research reveal that recurring dreams would cease or become less intense after a clinical intervention. While recurring dreams may be common, some experience them for as long as one to four years. Others even have recurring

years for up to fifteen years. According to a study, the meaning found in recurring dreams supported the Jungian theory that there are often unresolved issues in the dreamer's life.

For example, a participant in the study reported to have recurring dreams about her husband cheating, and when she wakes up, she feels anger toward her husband. The interpretation indicated how the dream was about her father's marital infidelities as a small child. The subject reported that her dream ceased after going through a counseling session. Her relationship with her husband improved after that session.

Through recurrent dreams, God has been pointing you to something you need to urgently address in your life.

Prophetic Language of Dreams No. 19

Most of the time, people who have these experiences have deep-seated emotional trauma that benefited from psychological help. What does the phenomenon of recurrent dreams tell us about dream frequency? Do you think God intends for us to be healed and to live joyful lives? Through recurrent dreams, God has been pointing you to something you need to urgently address in your life.

RECURRING CONCEPTS IN DREAMS

The purpose of this book is to empower us to interpret dream symbols and to translate their true meaning so that we can be where God wants us to be. The first thing we can practically do is watch for recurring concepts. Breaking a promise or running away from something is a concept. Experiencing betrayal or infidelity is another. These ideas

are all based on your past experiences and your interactions with the world around you.

Through your dreams, God can show you how your subconscious mind perceives the world in its conceptual state. It can reveal your inner fears and desires, however, not in the form that you would expect them to see. On the other hand, it can be a specific directive from God that you keep dismissing or ignoring.

Through your dreams, God can show you how your subconscious mind perceives the world in its conceptual state.

Prophetic Language of Dreams No. 20

The interpretation of these concepts can be unique to you, but there is usually a notable familiarity between different people living in the same culture, who have shared similar experiences growing up. Dream dictionaries can provide guidance or at least a starting point for beginning to make sense of your dreams. The warning is not to take all dream dictionaries literally, as you still have to ask the Holy Spirit for wisdom to help you decipher God's message, especially when the analysis makes no sense for you or just doesn't feel right.

THE FREQUENCY OF DREAMS

Joseph had recurring dream concepts. The first one was how the sheaves of the brothers gathered around Joseph's sheaf and bowed down to it (Gen. 37:5-7). In another dream, Joseph shared about how the sun, the moon, and the eleven

stars were bowing to him (Gen. 37:9). Both of these dreams talked about how Joseph would be raised to be superior to his brothers. While his brothers hated him for these dreams, these dreams were truly prophetic in nature. Even Pharaoh had recurring dreams that had different elements but had the same concepts. “Then Joseph said to Pharaoh, “The dreams of Pharaoh are one; God has revealed to Pharaoh what he is about to do” (Gen. 41:25).

Even Pharaoh had recurring dreams that had different elements but had the same concepts.

Prophetic Language of Dreams No. 21

According to Professor Carl E. Seashore, there is perhaps no dreamless sleep, as the inability to recall a dream does not prove the existence of dreamless sleep. It's only that people only occasionally recall dreams. When it comes to dreams that have meaning, we remember only those that are recent, primary, and strong. Have you ever experienced waking up from a nice sleep without recalling that you have dreamt of something? But the moment you begin to wear your shoes, you remember a vivid image of walking on the sand barefoot, and you know it was a dream you were remembering. The ability to remember a dream is conditioned from the habit of recalling dreams. It's a habit you need to build on; otherwise, you would forget most of your dreams.

WHAT DO YOUR RECURRENT DREAMS MEAN?

It's your final exam day. It starts in a minute, and you never studied for it. You realize you're in the wrong classroom.

You hurry, but the hallways are crowded. The doors are locked. You literally hear the clock ticking. You know you're going to fail this subject for sure.

The above scenario is a dream a lot of people have on a recurrent basis. An individual commonly experiences such dreams during times of stress or transitions. People also experience common recurrent dreams. Let's discuss typical dream themes later on. What differs about these recurrent dreams is how people experience them more frequently or repetitively in one's individual life. On the other hand, typical dream concepts refer to the universal commonness of dream themes.

The most common and widely accepted theory for why recurrent dreams occur is the presence of unresolved conflict or stressors in an individual's life.

Prophetic Language of Dreams No. 22

About 60 to 75 percent of adults experience recurrent dreams, more often in women than men. The common themes usually include being attacked or chased, falling, being stuck, being late, missing or failing an exam, or losing control of a car. The most common and widely accepted theory for why recurrent dreams occur is the presence of unresolved conflict or stressors in an individual's life.

Negative recurrent dreams are not necessarily destructive. Students who dream of failing a test can be linked with better performance on the test. It's because they already "learned their lesson" of the cost of not studying, they would better prepare for their test. Nevertheless, the recurrent dream of failing can be interpreted as a strong desire or motivation to succeed.

The resolution or cessation of a recurrent negative dream is usually associated with improved well-being.

Prophetic Language of Dreams No. 23

Theorists also suggest that themes can be considered as “scripts” in your mind. Once your dream includes any aspect of the recurrent them, the full script would unfold in completion. Dreams usually portray a central image or a powerful dream image that gives you a contextual interpretation of a certain emotion or conflict for the dreamer. For example, a recurring dream about a tidal wave can represent emotions of helplessness and fear. This dream becomes a recurrent theme when a person is struggling with trauma and is having a difficult time overcoming it. The resolution in the dream is a good sign that the trauma has been confronted and adaptively integrated into the psyche. The resolution or cessation of a recurrent negative dream is usually associated with improved well-being.

It is also observed that even if recurrent dreams have disappeared for some time, they can sometimes return again during a new period of stress. Generally, the experience of recurring dreams indicates the presence of unresolved and persistent conflict in an individual’s life. The theme of the dream provides a stage for this conflict to play out. When a recurrent dream stops, it may signal that the conflict has been successfully resolved.

According to the researchers, groups of dream symbols can express an emotion.

Prophetic Language of Dreams No. 24

Research would show that there are also cross-cultural similarities when it comes to typical dream themes⁷. The four

most common dream themes include being chased, falling, studying or anything school-related, such as failing, and sexual experiences in a dream. According to the researchers, groups of dream symbols can express an emotion. For example, embarrassment is a common thread for typical themes, which would manifest in dreams of being naked in public or being unable to find a toilet. Failure is also a common theme, and it would reflect in dreams of failing an exam or arriving too late for something important.

TAKING CHARGE OF THE RECURRENT DREAM

You might try to change the dream you see every day or more frequently, by repeatedly telling yourself that you are going to see this person in your dreams from now on. If you repeat this new dream to yourself a couple of times a day, especially before sleeping, you can command your subconscious mind to get rid of a recurring dream that has been bothering you.

While this is practical to give you more rest at night, it is more encouraged to face these dreams. These dreams tell you about some problem you have not dealt with. Your subconscious mind is trying to help you do something about it. If you are facing the same issues again in your life, chances are some recurring nightmares can come back.

The most courageous thing to do at this point is to ask the Holy Spirit to give you discernment and interpretation for these recurring dreams so that you have clear guidelines for what you're supposed to do.

Prophetic Language of Dreams No. 25

Steer clear of stress. Pray for a good night's sleep. Ask for help if you are dealing with something. However, the most courageous thing to do at this point is to ask the Holy Spirit to give you discernment and interpretation for these recurring dreams so that you have clear guidelines for what you're supposed to do.

RECURRING DREAMS AND NIGHTMARES

Many people have similar dreams many times, over a short period of time, or all throughout their lifetime. However, most of the time, recurring dreams are like nightmares. Nightmares are dreams that are so scary or distressing that they usually wake up the person or bring them back to some level of consciousness. Nightmares can occur at any age, but it's seen more frequently among children.

Nightmares could usually cause strong feelings of fear, sadness, and anxiety once the person is awake. Their causes are varied. Some medications can also cause them, or if you abruptly discontinue it. Traumatic events also cause nightmares.

How can you address recurring nightmares? You may not want to disregard them. Start by praying for a good night's rest. If the recurring nightmare persists, you may want to seek spiritual counsel regarding them. Most of the time, treatment for recurring nightmares start with interpreting what is going on in the dream and comparing it with what is happening in the person's life. The person can undergo counseling to address the problems that are presumably causing the nightmares.

PREMONITIONS IN DREAMS

Have you ever had a precognitive dream? A precognitive dream can be recurring or not, but it would come to pass. The content of the dream would be the same or extremely similar to what would happen shortly in real life. Some people have dreamt of their loved ones dying only to wake up to the news that they did indeed pass away while they were asleep. What do you make out of such precognitive dreams? Are they from the subconscious mind? Or was it a divine message from God, which was communicated to the subconscious mind?

Sometimes, recurring dreams can come as premonitions or prophetic messages about a future event.

Prophetic Language of Dreams No. 26

The science of dreams is not clear cut. Sometimes, recurring dreams can come as premonitions or prophetic messages about a future event. Stephen LaBerge, in his book, *Lucid Dreaming*, talked about a man who dreamed of camping near the lake. While he was taking his son to have a bath at the edge of the water, he forgot the soap. He left his son for a while to get it, and when he went back, his son was dead on the water. The nightmare woke him up. Sometime after, he didn't even realize it was the same situation during a camping trip. He was going to give his son a bath by the lake and he forgot the soap. When he saw his son reaching for the pebble, he suddenly remembered his dream and snatched him before he fell in. He realized the dream was prophetic of the accident that could have taken place.

The science of dreams is not clear cut. Sometimes, recurring dreams can come as premonitions or prophetic messages about a future event. Stephen LaBerge, in his book, *Lucid Dreaming*, talked about a man who dreamed of camping near the lake. While he was taking his son to have a bath at the edge of the water, he forgot the soap. He left his son for a while to get it, and when he went back, his son was dead on the water. The nightmare woke him up. Sometime after, he didn't even realize it was the same situation during a camping trip. He was going to give his son a bath by the lake and he forgot the soap. When he saw his son reaching for the pebble, he suddenly remembered his dream and snatched him before he fell in. He realized the dream was prophetic of the accident that could have taken place.

The intensity of how the dreams felt seemed as if there was a message behind it.

Prophetic Language of Dreams No. 27

Appearing in *Phenomena Magazine* in November of 2004, Dr. Arthur Bernard taught dreamwork seminars. One of his students had a recurring dream of a biotechnology stock called ICOS. The intensity of how the dreams felt seemed as if there was a message behind it. He searched for the company and bought 40,000 shares at \$4 per share. In 1998, he was able to sell each share for \$28 each, with a \$1.6 million profit.

In the November to December 1998 edition of *Science Frontiers Online* on precognitive dreams, M.S. Stowell reported of having interviewed people who claimed to have premonitions in dreams. Of the fifty-one respondents, Stowell was able to verify that thirty-seven had indeed come to pass. One of the reports she highlighted was how a woman named Elizabeth had a dream of a plane crashing on a highway near an overpass and could see that a plane was going to crash as she drove under the overpass. In her dream, she just escaped the plane. Within a few weeks, a plane did indeed crash on the highway she dreamt about.



CHAPTER

4

A FREUDIAN TAKE ON DREAM INTERPRETATION THEORY

"If you don't have a vision, you're going to be stuck in what you know. And the only thing you know is what you've already seen."

- Iyanla Vanzant

POWER TRUTH

Where there is no prophecy, the people
cast off restraint,

but happy are those who keep the law.

Proverbs 29:18 NRSV

"THE INTERPRETATION OF DREAMS"

The history of sleep and the study of dreams changed in 1900 when psychoanalyst Sigmund Freud published his book "Interpretation of Dreams." Freud expressed his belief that the human mind is filled with repressed memories and desires. He believes in the meaning behind dreams, holding deeper psychological insights. It can be from Freudian theories for sleep and dreaming that scientists all over Europe began documenting the physiology of sleep, measuring brainwaves with

the EEG machine, and linking REM patterns with different stages of dreaming.

Freud's book pointed out how there is a psychological technique which makes it possible to interpret dreams. In other words, every dream would reveal itself as a psychological structure, full of significance, and one which may be assigned to a specific place in the psychic activities of a person who is awake.⁹

The second class of dreams is said to be determinative of the future.

Prophetic Language of Dreams No. 28

Freud spoke about two classifications of dreams, and how the first class was influenced only by the present or the past. It does not say anything about the future, only about what is true for the present, whether it is a physical or emotional condition. For example, if a person slept with an empty stomach, this can affect how one dreams in one way or another. The second class of dreams is said to be determinative of the future. The second class of dreams can be:

- Direct prophecies received in a dream (chrematismo, oraculum);
- The foretelling of a future event (orama, visio);
- The symbolic dream, which requires interpretation (Oneiros, somnium)¹⁰

METHOD OF DREAM INTERPRETATION

Freud proposed that dreams are capable of interpretation. Why has there been a lot of interest in dream interpretation?

The idea that the dream concerns itself chiefly with the future, whose form it surmises in advance - a relic of the prophetic significance with which dreams were once invested - now becomes the motive for translating into the future the meaning of the dream which has been found by means of symbolic interpretation.¹¹

The interpretation is not applied to the entirety of the dream, but to each portion of the dream-content or concepts found, as though the dream was a conglomerate in which each fragment must be treated individually.

Prophetic Language of Dreams No. 29

Symbolic dream interpretation cannot interpret dreams as a whole, because then they would be unintelligible or confusing. Instead, there is a need to find portions or pieces of the dreams to analyze. The interpretation is not applied to the entirety of the dream, but to each portion of the dream-content or concepts found, as though the dream was a conglomerate in which each fragment must be treated individually.

According to Freud, the first step to dream interpretation is acknowledging that one cannot make the dream as a whole the object of one's attention, but only the individual components of its content. You can ask: "What is occurring for me in connection with this dream?" If you cannot really pinpoint anything, then you must dissect the dream so that you can see concepts, figures, images, or ideas that you can connect with regarding your current circumstance. Usually, when you dissect the dream in fragments, you are able to give a number of ideas that may be described as thoughts behind this part of the dream.

DREAMS AS WISH-FULFILLMENT

Freud also talked about the method where dreams are viewed and considered as a wish fulfilled in the mind and experienced through the dreams. Some dreams can be the fulfillment of a wish, others may be the realization of an apprehension; some may be a direct reflection of its content or a reproduction of reminiscence. As such, can there be dreams that are not necessarily "wish-dreams" or dreams that show the inner desires of a person?

You may have experienced these wish-dreams. If you ever dreamed as a kid of going to the bathroom, only to realize you've wet your bed, that was a wish-dream. Or have you ever experienced drinking a cool drink of water after having a salty dinner before sleeping? In your dream, you are fulfilling a wish you have in your body. You physically wake up and feel thirsty; then, you actually drink water. You already performed what was necessary to satisfy the wish when you were sleeping.

These are wish-dreams that your body uses to tell you a physical or emotional need you have at the moment.

Prophetic Language of Dreams No. 30

People had also reported on dreaming they had woken up and started their day, even when they were still sleeping. They would dream of having a nice morning, which was the opposite of dragging themselves out of bed at the sound of the alarm. These are wish-dreams that your body uses to tell you a physical or emotional need you have at the moment. Freud's theory is every meaning of a dream is that of wish-fulfillment.

In the accounts of the dreams that were documented in the Bible, someone would contest that instead of divine messages, they were just wish-dreams or the dreams that point to the inner desires of the dreamer? It can be both. If God communicates with the human mind best when the conscious mind takes a backseat to the subconscious, then God can plant desires in the hearts of His children in order to lead them to the destiny He has lovingly prepared in advance for them. How about the precognitive dreams that were mentioned in the last chapter? What is the nature of these dreams? Are they also wish-dreams? What wish is it fulfilling if the nature of the dream is sad or frightening? Nevertheless, the subconscious desires for you to make the right choices in real life with regards to these dreams.

SOURCE OF DREAMS

Freud shares that the origins of the elements in the dream content can be found in reference to the preceding day.

Prophetic Language of Dreams No. 31

Freud shares that the origins of the elements in the dream content can be found in reference to the preceding day. Whatever dream that is examined, whether that of your own or another person's, this experience can be confirmed. The experience of the preceding day stimulates the dream and creates recent and sometimes indifferent impressions in the dream.

Thus, for every dream, a dream stimulus can be identified from these experiences that have not "slept yet." The impressions of the immediate past stand in the same relation to the dream-content as those of periods indefinitely remote. The dream can even select material from any past period in life, as long as the chain of thoughts can lead back to something that was experienced or observed from the preceding day.



CHAPTER 5

THE ROLE OF THE SUBCONSCIOUS AND CONSCIOUS MIND IN DREAMING

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.”

- Joel A. Barker

POWER TRUTH

In a dream, in a vision of the night,
when deep sleep falls on mortals,
while they slumber on their beds,
Job 33:15 NRSV

THE POWERHOUSE WITHIN

You have only one mind; nevertheless, it has distinct functionalities that are so different, psychologists have given them two names: the conscious and the subconscious mind. In my Prophetic Neuro-Linguistic Programming books, I have explored the discussion about the power of the subconscious mind, which is a hidden power within the mind of human beings, so powerful that it can transform

your life. More often than not, people underestimate the power of the subconscious because of its mystery or unfamiliarity. The truth is it is through the subconscious mind that God communicates, especially when it comes to dreams and visions. It is a normal and critical part of how your mind operates.

A number of works attest to how the subconscious mind helps you achieve your goals, eliminate bad habits, and replace them with good ones, improve self-image, increase creativity, learn more, and so much more. It is about learning how to properly use the power of your subconscious mind that you can indeed experience more happiness and joy in your life, as well as better health, financial abundance, and stronger relationships. The Bible talks about the process of being transformed by the renewing of the mind, and it points to this powerhouse. Moreover, Paul mentioned that you are able to discern the will of God, and it is still connected to the power of the subconscious mind and having sober judgment.

The Bible talks about the process of being transformed by the renewing of the mind, and it points to this powerhouse.

Prophetic Language of Dreams No. 32

² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Gifts of Grace

³ For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. (Romans 12:2-3 ESV)

THE DISTINCTION

In this book, we are focusing on the power of the subconscious mind in sending us messages through dreams. However, it's still worthwhile to understand the relationship, functionalities, and distinction between the conscious and the subconscious mind. It is through both of these functions of the brain that human beings truly mirror the image or likeness of our Creator.

It is through both of these functions of the brain that human beings truly mirror the image or likeness of our Creator.

Prophetic Language of Dreams No. 33

The Conscious Mind

The conscious mind is the part of your mind that you are most familiar with. It is the part of your mind that you are aware of. Moreover, it is the one who rationally (as far as your experiences and beliefs go) controls your voluntary thoughts and functions. The conscious mind is where logic, analysis, and decision-making take place. If I tell you to stomp your feet right now, it's your conscious mind that will command your feet to stomp.

The conscious mind is not just about locomotive activities. Learning from your past mistakes is something your conscious mind can do. Moreover, your ability to set goals for the future is another example of what your conscious mind can accomplish. It is your conscious mind that takes notes of the things you've experienced for the day.

Building on Freud's analysis of the dream being connected to the preceding day's experience, your conscious mind then has some contribution to your dreams as well.

The conscious mind in itself is powerful, as it has the ability to consider the situation, to evaluate the facts, to analyze the risks, and to strategize the best course of action. It allows you to observe the circumstance and make educated guesses about what can happen next or what action you must perform. Through a positive mindset, you can overcome difficulties and move forward. However, the conscious mind has inherent limitations.

One of the limitations of the conscious mind is its limited memory. What did you eat for lunch in the month of September of the year you turned eleven years old? How often have you had trouble remembering where you put your keys or wallet? Maybe you went into a room and completely forgot why you went in there in the first place, you knew you were going to grab something, but it has slipped your mind because of a distraction. These are examples of the limited memory of the conscious mind.

The conscious mind cannot do anything it's not "consciously" focused on addressing at the moment.

Prophetic Language of Dreams No. 34

You can also only do one thing at a time with the conscious mind. There is no such thing as multitasking. You are just doing one thing and switching to other things at a faster rate. If the conscious mind tries to do more than one thing at a time, it has switched back and forth rapidly, making focus weak. For example, when you are reading while someone is asking you a question. The conscious

mind cannot do anything it's not "consciously" focused on addressing at the moment.

When you fall asleep, the conscious mind rests and lets go of conscious functions for a period of time. How many times have you thought, "I need to rest my mind"? It's when your mind has been overstimulated, and you need some time to pause thoughts from running through. Most of the time, it is accomplished when you sleep.

The conscious mind observes and understands the experiences. Dreams come from those conclusions that the conscious mind sends to the subconscious mind, which in turn records and stores them forever. Unfortunately, reactions and judgments about ourselves and others would still be recorded in the subconscious mind, simply because the conscious mind allows it. The conscious mind has the power to make sense of dreams because it has the ability to understand and to make decisions.

The conscious mind has the power to make sense of dreams because it has the ability to understand and to make decisions.

Prophetic Language of Dreams No. 35

The Subconscious Mind

While the conscious mind represents your awareness, the subconscious mind is something people do not really know how to use, activate, or empower. The subconscious mind is on duty twenty-four hours a day, even when the conscious mind retires to rest during sleep. It can also handle an unlimited number of functions simultaneously. Your subconscious mind is like a computer running in the background of your mind, controlling your vocabulary,

your involuntary functions, your emotions, and your habits. Whether you are wide awake or sound asleep, it is your subconscious mind that is controlling the vital functions of your body, without the help of your conscious mind.

The subconscious mind handles all of this. It is in constant communication with every cell of your body.

Prophetic Language of Dreams No. 36

Think about it. Do you have to think about breathing 24/7? Do you command your heart to pump blood to your body, to digest food, to blink your eyes, and so on? Do you tell your mind to dream or not dream? The subconscious mind handles all of this. It is in constant communication with every cell of your body.

A classic example is the task of reading. Observe how kids learn. They have to consciously know the sound of each letter and put them together to read. They need to be consciously instructed to make every move, but twenty years down the road, neuropathways have been formed in their brains and gradually, their subconscious minds took over, so they don't need to consciously think about every movement or action.

Repetition is one of the keys for programming the subconscious mind.

Prophetic Language of Dreams No. 37

Reading has become the task of the subconscious mind. The same goes for learning how to drive, how to ride a bike, or how to swim. The reason why the subconscious mind learns to do things is because you have repetitively

learned how to do so with your conscious mind. Repetition is one of the keys for programming the subconscious mind.

The beliefs you hold strongly about yourself become the product of all your life experiences.

Prophetic Language of Dreams No. 38

More specifically, to our dreams, the subconscious mind is the seat of our emotions, such as love, hatred, happiness, sadness, envy, anger, and so on. Just like repetition, the emotion you consciously choose to have based on your thoughts and reactions about certain things reprograms your subconscious mind. While the conscious mind has limited memory, the subconscious mind actually remembers everything you've experienced in your mind. Thus, it is in the subconscious mind that you hold deep-seated beliefs about yourself, including where you see yourself as talented or not so much, intelligent or dumb, successful or not, deserving or undeserving of love, just to name a few. The beliefs you hold strongly about yourself become the product of all your life experiences.

THE SUBCONSCIOUS MIND AND YOUR DREAMS

The subconscious is a co-creator of your experiences in life, based on the totality of all your experiences, emotions, and ideas. Through dreams, one can actually revise the script that has been running in the subconscious mind about the judgments and assumptions you've made about yourself, your life, your past, your future, other people, and so on. As you begin to interpret your dreams and understand what you have long stored in your subconscious, you can start overwriting the false information that has been stored.

As you begin to interpret your dreams and understand what you have long stored in your subconscious, you can start overwriting the false information that has been stored.

Prophetic Language of Dreams No. 39

According to Carl Jung, Freud's protégé and founder of analytical psychology, there is a need for the Ego and the Self to align, and it is through the subconscious that this can occur. Jung believes that it is the subconscious mind that speaks of any misalignment through dream form.

DREAM INTERPRETATION AND THE SUBCONSCIOUS

Dream interpretation is said to unlock your subconscious fears and desires so that you can do something about them, in order for you to live abundant lives. Every night, you actually experience being your own psychotherapist as you grow in understanding and interpreting the meaning of your dreams in order for your core beliefs, relationships, hopes, and future to improve. The more importance you attribute to your dreams, the more you can analyze and become conscious of them.

Dreams tend to get weird because it's the subconscious mind in control. It's not the planner or logical side of you calling the shots. The subconscious mind makes all the strange connections that it's possible that the logical brain cannot make

sense out of it. The basis of dream symbol interpretation is identifying important dream symbols and translating their true meaning in the dreams. Like what Freud said, a dream cannot make sense when taken as a whole, but you need to dissect and analyze fragments of the dream.

Even divine messages from God appear in dream symbols you must interpret, since it is your subconscious mind that receives the message.

Prophetic Language of Dreams No. 40

Every concept that your subconscious mind knows you have set in your own life experiences. Your conscious mind fed it everything it knows. It's like you are creating a new language, only the translation is based on the world around you and all your experiences since you were a child. Even divine messages from God appear in dream symbols you must interpret since it is your subconscious mind that receives the message.

CHAPTER

6

LOOKING INSIDE A DREAM

“Leadership is the capacity to translate vision into reality.”

- Warren G. Bennis

POWER TRUTH

To these four young men, God gave knowledge and skill in every aspect of literature and wisdom; Daniel also had insight into all visions and dreams.

- Daniel 1:17 NRSV

ANCIENT PERCEPTION OF LOOKING INSIDE DREAMS

In the ancient East, dreams and their interpretations were considered in a wider category of omen and omen interpretation, which also included reading liver deformities, shapes and patterns of smoke, oil in water, and flights of birds. However, in the Near East, dreams were the least trustworthy form. Nevertheless, in Judeo-Christian history, dreams (Heb. *hālôm*) are important communications from God to the Hebrews (e.g., Gen. 28:12). On the other hand, this form of communication is contrasted with the directness with which God spoke to Moses (Num. 12:6–8).

We also see how God occasionally communicates to foreigners in dreams (Abimelech in Gen. 20; Laban in Gen. 31; maybe the Amalekites and Midianites, Judg. 7:13–15). We know that the highest incidence of dreams and dreaming in the OT surrounds the two figures of Joseph (Gen. 37–41) and Daniel. Since both cycles of Hebraic tales are likely from the same postexilic period, this is further indication that dreams became more important in the late Persian and Hellenistic periods. Both Joseph and Daniel are not only famous dreamers themselves, but became famous in foreign courts based on their successful interpretations of the dreams of the emperor, whether Pharaoh or Nebuchadnezzar.

Dreams are prominent, often occurring with “visions” (Gk. *hórama*) in the apocalyptic literature and are often difficult to distinguish from visionary experiences while awake or trances.

Prophetic Language of Dreams No. 41

Dreams are prominent, often occurring with “visions” (Gk. *hórama*) in the apocalyptic literature and are often difficult to distinguish from visionary experiences while awake or trances. If it is true that Hebrew interest in dreams increased in the Hellenistic period, surely this is a reflection of the widespread and lively Hellenistic interest in dreams. Greek sources show a serious interest in dreams, and it is from Artemidorus that we have the oldest yet comprehensive ancient manual of dream interpretation.

In the Gospel of Matthew, God communicates by dreams to the “wise men” (Mt. 2:12; to Joseph, 1:20; 2:13–22). Significantly, however, dreams do not occur as a major factor outside Matthew, other than in Acts 2:17, quoting Joel 2:28.¹³

INTERPRETING YOUR DREAMS

To look inside your dreams, you must explore your dreams and be intentional about learning about them and how to interpret them. There are certain steps you can do to help you with this deliberate practice.

Step 1: Record Details of Your Dream

If you don't distinguish and write it down, your dream language will continue to be foreign to you. When it comes to dream patterns, everybody is unique. It would be unwise to generalize dreams, which is why we don't just jump to the dream dictionary chapter without going through the process of learning the dream language.

If you don't distinguish and write it down, your dream language will continue to be foreign to you.

Prophetic Language of Dreams No. 42

Focus on getting to know what your dreams look like. The first step is to record your dreams. Always have a pen and paper next to your bed so that you can immediately get up and write down what you saw in the dream. A notes application on your phone works too. Maybe you have a voice recorder where you can verbalize what your dream was about. Make sure you write as many details as you can about your dream. Even if a vivid dream only lasted for a few minutes, if you have already gotten up, you might find it more challenging to recall a dream. Throughout the day, you may be able to recall bits and pieces of your dream passing into your consciousness, make sure to record those down too.

Before going to sleep at night, set the intention to dream as vividly as possible.

Prophetic Language of Dreams No. 43

Before going to sleep at night, set the intention to dream as vividly as possible. It is possible for you to train your conscious mind to do something for you by giving clear instructions. You have to tell yourself to remember as much of the dream that you would be dreaming and that you must remember it until morning.

Step 2: Distinguish the Feeling

The second step is to identify the feeling you have while seeing or experiencing the dream. Were you excited? Were you scared? Were you fulfilled or satisfied? Were you feeling accomplished or grateful? Maybe you were relieved?

More than remembering the details of what you've seen in the dream, you must also record what you felt. Most people are able to identify exactly what feeling they felt when the dream occurred and also what led them to feel that way. It could range from anger to sadness, happiness, or pride.

Make sure that you are able to take note of the emotion, as it forms a very strong part of the dream, especially since you know that the dream comes to the subconscious mind, which is the seat of your emotions.

Prophetic Language of Dreams No. 44

When you record the dream, you must also describe the feeling that you felt when seeing or experiencing it. The emotions can be very strong. You may wake up feeling angry or happy when you wake up. Make sure that you are able to take note of the emotion, as it forms a very strong part of the dream, especially since you know that the dream comes to the subconscious mind, which is the seat of your emotions. It would give you an important clue as to why you were dreaming of vivid and emotional dreams.

The details or content of the dream does not necessarily match. You might feel happy to have eaten a large burger while you were on a diet in your dream. Don't assume the feeling you might have had based on the nature of the dream, but list down what you actually felt.

No matter how logical or illogical the dream seems, record it. Distinguish the emotions you've felt. Recall what you did. Describe what you experienced, with whom and where.

The subconscious works out the problems for you in your mind, and a recurrent dream can be useful when it comes to deciphering the meaning of the dream.

Prophetic Language of Dreams No. 45

After a while, you may notice that there are repetitions in dreams. These dreams are interesting ones to record. A recurrent dream has been said to be a sign of a problem or an urgent message that needs to be addressed. More than 65% of adult dreams are the recurrent type, which could be a real indication of unresolved issues. The subconscious works out the problems for you in your mind, and a recurrent dream can be useful when it comes to deciphering the meaning of the dream.

Step 3: Connect

Another process is to connect the dreams you had. As you record your dreams, you would see an identifiable pattern. Once you record them for a month, you might see dreams are connected by concepts or emotions.

Look for a base concept or a common aspect. Maybe there is someone who appears regularly in your dreams. Don't come up with an imaginary pattern. If there is no pattern, then it might not have come to you yet. Pray for wisdom to see what your dreams are telling you. Maybe there is a subtle one, and that's okay. Don't feel tempted to make an elaborate dream sequence if it doesn't fit.

Check if the dreams match to any thoughts, ideas, or emotions you had during the day. Maybe you had thoughts about meeting an old friend but could not do so. Instead, you saw yourself meeting them in the dream. Such is indicative of the fact that even if the conscious mind is doing the thinking, it was the subconscious mind that made you believe that you actually came face to face with them in your dream. We see how the two functions of the brain go together.

A recurrent dream could be an indication of what is to come, as a directive dream from God.

Prophetic Language of Dreams No. 46

If there is a recurrent dream, it may be an idea or desire that has not happened in your life yet. On the other hand, a recurrent dream could be an indication of what is to come, as a directive dream from God. For example, maybe you keep dreaming of getting pregnant or giving birth. It can be a sign that there is either a literal baby in your future or new beginnings in your life.

Dreams may be just a warning from the conscious mind that bad things can happen if you don't take action.

Prophetic Language of Dreams No. 47

There would always be a connection between what is happening in your dreams and what is happening in your reality. Dreams don't need to be an indication of bad things that are going to happen. Dreams may be just a warning from the conscious mind that bad things can happen if you don't take action. Thus, it's a way to protect you from those things from actually coming to pass.

Step 4: Use a Dream Dictionary as a Guide

The first two aspects of looking inside a dream depend on you. Only you can record and interpret your dream somehow. You can get help in the final aspects, which is about the interpretation of the dream. There are dream dictionaries that carry common dream concepts. At the end of this book, we'll have a version of this base on the possible divine promises of God.

The Bible tells us, "Hear my words: If there is a prophet among you, I the Lord make myself known to him in a vision; I speak with him in a dream" (Num. 12:6). In the prophetic ministry, there is a greater weight on the dreams you have. Seeking the wisdom of God and dreaming come as a form of a two-way communication system between you and God. It's significant and crucial that you ask for spiritual confirmation in interpreting your dreams.

Step 5: Act on It

I believe there is wisdom in our dreams, as heroes in the Bible experienced it themselves.

Prophetic Language of Dreams No. 48

Finally, when you look inside your dream, it would be futile if you don't do anything about it. If there is something bothering you, or God is calling you to do something, then you must tackle it. Don't disregard the message of the subconscious mind. It might not be obvious when you are awake, but it is taking up space in your sleep life. It can be a health issue you have been putting off, or it can be an unforgiveness you are holding on to. I believe there is wisdom in our dreams, as heroes in the Bible experienced it themselves.

The more you are intentional about being aware of your dream life, the more you will be fluent in the prophetic language of dreams.

Prophetic Language of Dreams No. 49

Whatever it is, you must deal with it. The more you are intentional about being aware of your dream life, the more you would be fluent in the prophetic language of dreams. You must be persistent, as well as patient. You would be rewarded by having the courage to explore what your subconscious mind is trying to tell you.

SETTING AND ROLES

It was in the 1950s when Calvin S. Hall was able to systematically look at what people dream about. With the help of another researcher named Robert Van de Castle, they developed several scales for analyzing the manifest content of individual dreams.

The analysis of thousands of dreams showed these researchers that most of the time, people dream that they are indoors, most often in houses. One in three dreams is about being in some sort of dwelling. People would dream they are in their dream houses, such as the living room, the bedroom, the kitchen, the stairway, or the basement.

People would dream themselves to be safe and sheltered. However, there would still be some cases where one is outdoors, maybe on vacation or playing games. It is still pointing to something the dreamer may desire to experience at that point in one's life.

As a passenger, the dreamer is playing the part of a passive person who is dependent on others.

Prophetic Language of Dreams No. 50

Moreover, the researchers noted that the dreamers would move around in dreams like they would ride cars, airplanes, or boats to get them from one place to another. Sometimes, they are the ones flying the plane or driving the car, while at other times, they are the passengers. As a passenger, the dreamer is playing the part of a passive person who is dependent on others. On the other hand, the driver expresses a self-image of independence and mastery.

Dreams are also usually populated with at least two characters other than the dreamer. As children, the mother and father would usually be in the dreams. This changes when one grows up, and the role replaced by significant others, or someone they look up to. Usually, the spouses and children would play a major role in the dreams. Those who would play a huge role would be someone one loves, fears, is angry with, or a mixture of those feelings. Most of the time, people do not dream of people with whom they have a stable and satisfying relationship.

Passive activities, such as talking, sitting, or watching, usually account for a quarter of all dream activities.

Prophetic Language of Dreams No. 51

Passive activities, such as talking, sitting, or watching, usually account for a quarter of all dream activities. Usually, there is an absence of strenuous activities in most of our dreams. We would prefer to engage in pleasurable activities instead of the humdrum of waking life. Given this, it seems odd that people are, more often than not, going to dream with feelings of anger and fear rather than joy and happiness. Dreams are twice as common to be unpleasant than they are pleasant.

COMMON DREAM SYMBOLS

As you become more intentional about remembering your dream and distinguishing fragments about it, you would be able to identify common dream symbols.

Prophetic Language of Dreams No. 52

As you become more intentional about remembering your dream and distinguishing fragments about it, you would be able to identify common dream symbols. Here are thirty common dream symbols that have been interpreted for most people to mean the same thing.

Animals would tap into a part of your psyche that is linked to survival. When you are being chased by a predator, it means you are holding back some emotions you have been repressing. It can either be fear, jealousy, or even aggression. Maybe you are also feeling guilty or frustrated.

Babies often represent the literal desire to produce an offspring. A lot of women who are trying to conceive would often have this dream as a fulfillment of a desire they have yet to experience satisfaction for. In other cases, baby dreams could be about your own vulnerability or the need to feel love. Another strong interpretation for such dreams involves new beginnings. It can be moving to a new house, a new job, or a new season in your life.

Being chased is one of the most common dream symbols across different cultures. It means you are feeling threatened. In interpreting these dreams, it's critical to note who is chasing you, which may be symbolic, and why they are a possible threat in real life.

When you dream about changing your clothes, it can mean you desire a lifestyle change.

Prophetic Language of Dreams No. 53

Clothes represent the image you want to present. For example, if your dream symbol is shabby clothing, it means you are actually feeling unattractive or worn out. On the other hand, when you dream about changing your clothes, it can mean you desire a lifestyle change.

Crosses are interpreted subjectively, depending on your faith beliefs. Some see it as a balance. Others see it as symbolizing balance, death, or an end to a particular phase of life. The specific circumstances would help define these dream symbols.

Exams represent self-evaluation. If you know the content of the exam, it will show that part of your personality or life is under inspection or is undergoing a make-or-break point. A lot of times, it is quite literal wherein a student is feeling stressed out about a test, and the pressure causes such dreams to take place.

If you recently lost someone while having this dream, dreaming of someone dying points to an attempt to come to terms with the event.

Prophetic Language of Dreams No. 54

The *death* of a friend or a loved one represents change, which can involve endings and new beginnings. Most of the time, it is not a paranormal prediction. However, if you recently lost someone while having this dream, dreaming of someone dying points to an attempt to come to terms with the event.

Falling is a common dream symbol that relates to our anxieties about letting go, losing control over a situation, or somehow failing after success.

Faulty machinery in dreams is usually rooted in your language centers being shut down when you are sleeping. Thus, you feel like it is difficult to dial a phone, read time, or search the Internet. A lot of times, it represents performance anxiety in your life.

Food can represent knowledge. It nourishes the body, just as information nourishes the body. It can be that you are searching for some answers or you are about to come across important knowledge.

Demon dreams signify repressed emotions. You may secretly feel the need to change your behavior for the better. If you feel it is something beyond that, then it may be the Holy Spirit telling you to confess a sin or cast out a spirit.

Hair has a significant meaning in terms of sexuality in the Freudian interpretation. Abundant hair means virility while cutting off hair shows a loss of libido. Hair loss may also be expressed as the literal fear of going bald or becoming unattractive.

Hands are usually always present in dreams, as they are a visible part of your body. What you are doing with your hands and how they are could change the dream interpretation. However, when they are tied up, it can represent feelings of futility. Washing your hands, on the other hand, means there is something you are guilty about. Looking closely at your hands in a dream is a strong practice in becoming lucid.

Each room or floor in the house symbolizes different emotions, memories, or interpretations of meaningful events, and so it can be a subjective dream.

Prophetic Language of Dreams No. 55

Houses are common dream symbols. Usually, the building represents your inner psyche. Each room or floor in the house symbolizes different emotions, memories, or interpretations of meaningful events, and so it can be a subjective dream.

Killing someone in your dreams does not necessarily mean your dream is secretly telling you to want to be a murderer. Instead, it mostly represents your desire to “kill” or eliminate a part of your own personality. However, it can also be your hostility towards a particular person and the desire to see them suffer.

Marriage dreams can be a literal desire to be married. In other cases, it can mean the merging of the feminine and masculine parts of your psyche.

Missing a flight or any other kind of transport is also a popular dream. This dream shows frustration over possibly missing out on important opportunities in life. It’s most common when you’re struggling to make a big decision.

This dream shows frustration over possibly missing out on important opportunities in life.

Prophetic Language of Dreams No. 56

Money can indicate your perceived self-worth. If you dream of exchanging money, it may show that you are anticipating some changes in your life.

Mountains represent obstacles, so to dream of successfully climbing a mountain can reveal a true feeling of achievement. On the other hand, viewing a landscape from atop a mountain can imply a life under review without conscious prejudice.

Nudity is one of the most common dream symbols, revealing your true self to others. It means being vulnerable and exposed to others. Showing off your nudity, on the other hand, suggest sexual urges or desire for recognition.

People or other dream characters are reflections of your own psyche and may demonstrate specific aspects of your own personality in personified form.

Radios and TVs denote communication channels between the conscious and subconscious minds. When you are able to become lucid, you can ask such entities questions.

Roads can be literal manifestations showing you direction in life. It can be showing you the current life path you are on. If you encounter crossroads, it means there's a major decision that you need to make.

Schools are also common dream symbols, especially for teenagers and children. However, for adults who are dreaming about schools, it may display a need to know and understand yourself, as fueled by life lessons you must discover.

Sex represents intimacy and a literal desire for sex. However, they can also indicate the unification of unconscious emotions with conscious recognition, showing new awareness and personal growth.

You are looking at your teachers to guide you in your current season in life.

Prophetic Language of Dreams No. 57

Teachers represent authority figures with the power to enlighten you. They can be literal manifestations of people whom you respect. You are looking at your teachers to guide you in your current season in life.

Teeth are common dream symbols. Dreaming of losing your teeth can show a hidden fear of getting old or being unattractive to the opposite sex.

Being trapped physically is a common nightmare for people. These dreams represent your life and your inability to make the right choice or being stuck in a rut.

Vehicle dreams represent the control you fear. As mentioned earlier, it shows your role as a dreamer, being passive, or in control.

Water comes in many forms, such as bodies of water, drowning, rain, and the like. They usually suggest interacting with the subconscious mind. Calm pools of water mirror inner peace, while violent waves can suggest restlessness.

CHAPTER

7

LUCID DREAMING

“Vision is the art of seeing what is invisible to others.”

- Jonathan Swift

POWER TRUTH

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.

Habakkuk 2:3 ESV

INTRODUCTION TO LUCID DREAMING

A lucid dreamer once shared in a dream conference that lucid dreaming shared a common feature with the introduction of a microscope. Life in the microscopic world has always existed. However, few had the means to explore it properly until 1668 when a Dutch businessman named Anthony van Leeuwenhoek increased the simple microscope’s magnification to more than 200x, which allowed him to observe a microscopic world of the protozoa, bacteria, blood cells, nematodes and so on. The microscope allowed for the deep investigation of a world that has always existed on

earth for as long as creation, but humanity had no means to explore, understand, and investigate deeper.

In the same way, the dream world has always existed in the mind. It was only until recently when a good tool, such as the practice of lucid dreaming, allowed people to explore dreams deeply. The scientific acceptance for lucid dreaming meant science already has a tool; it meant that lucid dreaming could probe inwardly like some kind of psychological microscope. The unknown world of the in-sleep state can be explored, tested, and experimented with consciously to distinguish its true nature.¹⁵

The scientific acceptance for lucid dreaming meant science already has a tool; it meant that lucid dreaming could probe inwardly like some kind of psychological microscope.

Prophetic Language of Dreams No. 58

The concept of “lucid dreaming” points to the ability to consciously observe and/or control your dreams. As mentioned earlier, it is when you dream that you witness a spiritual realm. It is also when your subconscious mind is most active. Having consciousness within the dream state allows you to transform it into a living reality, where everything you see, hear, feel, taste, and smell can be as authentic as your life when you are awake. Moreover, for most people who practice lucid dreaming, it’s about the ability to interact with your subconscious mind.

For most people who practice lucid dreaming, it's about the ability to interact with your subconscious mind.

Prophetic Language of Dreams No. 59

How can our brains be capable of creating a lifelike environment when we are asleep? The human brain is extremely powerful. Its power humans have not been able to fully explore and maximize. Lucidity can occur at a higher state of consciousness than regular dreaming, and at an even higher level than your level of consciousness when you are awake. The distinction between vivid and fuzzy dreams is in the high level of awareness. Thus, a lucid dream would be a heightened awareness during dreams. Lucid dreams can also be understood as conscious dreams or guided dreams.

The distinction between vivid and fuzzy dreams is in the high level of awareness. Thus, a lucid dream would be a heightened awareness during dreams.

Prophetic Language of Dreams No. 60

BENEFITS OF LUCID DREAMING

Lucid dreaming offers many benefits that can help us live better lives, regardless of culture, beliefs, or life circumstances. These benefits empower the dreamer to live fulfilled lives and to have a better relationship with other people in the world. It also allows the dreamers to live in a space of creativity that serves humanity in general.

One of the most common reasons why people initially become interested in lucid dreaming is how it

creates a sense of freedom, and sometimes escapism. People want to pursue consciousness in dreams to fulfill a desire, such as to travel the world, to live an exciting life, to live in one's dream house, or to have a dream husband or wife. People have unfulfilled desires. Lucidity allows a person to experience them in stunning reality.

In the context of believers, lucid dreams can give you a vivid vision of the destiny God wants for your life.

Prophetic Language of Dreams No. 61

Being a lucid dreamer is like watching a movie or reading a novel where you are the main protagonist and all the characters and plot twists were tailored to your needs. They are able to let the movie play out in their own volition. This allows them to create any situation imaginable, and the thrill of being presented with unexpected twists and turns is usually produced by the subconscious mind. In the context of believers, lucid dreams can give you a vivid vision of the destiny God wants for your life.

King Solomon wrote, "If people can't see what God is doing, they stumble all over themselves. But when they attend to what he reveals, they are most blessed" (Prov. 29:18, The Message Bible). These dreams give us a prophetic vision that we need to guide us.

Lucid dreaming uncovers the power of your brain. Look at what is around you — really look and see your surroundings. Do you even question if any of it is real? How is it that you see it in such great detail? What process in your brain takes place to make vision possible? What if your information-processing ability short-circuits and the things you can see become a little less tangible?

Being lucid in your dream state allows you the opportunity to experience a vivid and tangible dream world that does not exist in the physical. In a sleep state, your body is processing only the tiniest amount of external stimulus. Your internal world is rich as it ever was. Your brain reproduces a world that you know.

Learning to interpret dreams as a prophetic language from God, is rooted in the primary purpose of connecting with Him in a more tangible and clear manner.

Prophetic Language of Dreams No. 62

BENEFITS OF LUCID DREAMING

Learning to interpret dreams as a prophetic language from God, is rooted in the primary purpose of connecting with Him in a more tangible and clear manner. It is about receiving something prophetically through your subconscious mind. It is paying attention to the message of God. Maximize the power of the mind to hear from the Holy Spirit through the spiritual language of dreams.

And we have something more sure, the prophetic word, to which you will do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts, knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit. (2 Peter 1:19-21)

Lucid dreamers view the practice as a direct line to the subconscious mind. However, Christians can use this practice as a direct line to the Lord. God has communicated with humans through dreams for the longest time. When you are more aware in your dream state, it allows you to remember when God connects with you through your dream.

Lucid dreaming is also some kind of training ground for real life.

Prophetic Language of Dreams No. 63

Lucid dreaming is also a kind of training ground for real life. It can serve as a virtual reality simulation. The lucid dream world is an ideal place to practice real-life skills, like playing the piano, giving a speech, practicing your golf swing, and so on. It allows you to increase procedural memory for fine muscle movements. It allows you to refine skills you want to improve, as long as you are aware you are dreaming.

Lucid dreaming is also a space to help you grieve a loss. Often when we lose a loved one, we feel there is some unfinished business. Whether the death comes suddenly or without warning, we are able to say goodbye to them in our dreams, even if it is just a way your subconscious mind is helping you to address your emotional need. Spirits of people who have passed away do not come back to you through your dreams. Only God can communicate to you in your sleep. However, you can grieve and heal through your dreams as you give someone you miss a hug or a proper goodbye.

Lucid dreaming also enhances your creativity. Regular dreams can be bizarre. Nevertheless, a lot of people have gotten inspiration from their dreams. On the other hand, conscious dreaming allows you to actively seek creative

ideas and bring them back to the waking world. You can intentionally seek artistic inspiration while lucid in your dream, in the gallery inside your head.

Recording the vision God has given us, which includes those that we are able to receive through our dream, is a practice of preparing, actioning out, and receiving what God has in store for us.

Prophetic Language of Dreams No. 64

In the passage below, we recognize that we must write down the vision or remember it. Recording the vision God has given us, which includes those that we are able to receive through our dream, is a practice of preparing, actioning out, and receiving what God has in store for us. The prophetic word, in its appointed time, would come to pass. The vision that we receive allows us to wait and believe that the answered prayer is coming.

² And the Lord answered me:

“Write the vision;

make it plain on tablets,

so he may run who reads it.

³ For still the vision awaits its appointed time;

it hastens to the end—it will not lie.

If it seems slow, wait for it;

it will surely come; it will not delay.

(Habakkuk 2:2-3)



CHAPTER 8

ARE ALL DREAMS DIVINE?

*"In order to carry a positive action, we must
develop here a positive vision."
- Dalai Lama*

POWER TRUTH

With many dreams come vanities and a
multitude of words; but fear God.
Ecclesiastes 5:7 NRSV

CONTROL VS. LUCIDITY

If dreams are from God, why would we benefit from lucid dreaming? My stand is, you cannot fully control a dream. However, lucid dreaming allows you to gain more clarity from your dreams. It helps you pay more attention. By definition, lucidity is soberness. When you remove the veil of sleepiness, the fogginess when you are trying to remember a dream, you have lucid dreaming. Since the purpose of lucid dreaming is to connect with your subconscious so that ultimately, you can hear from God with more clearness, then you want to practice to have a sober mind, even when you dream.

In the previous chapters, we have seen how dreams and visions reveal secrets and answers questions in the person's heart. Dreams can be a powerful vehicle that God uses to warn or guide His people. Such is true for those who are embarking on a new journey or venture in the Lord, because the enemy is constantly trying to destroy or distract God's people to abort God's promises. Dreams can also be used to correct, as is seen in the Book of Job, when God used dreams to turn man from his deed. Moreover, the prophetic nature of dreams also strengthens faith and endurance.

You must be wary of the people you share your dreams with, as not everyone would appreciate or encourage God's call upon your life.

Prophetic Language of Dreams No. 65

As we learn from the life of Joseph in the Old Testament, it's not really wise to disclose dreams to everyone. You must be wary of the people you share your dreams with, as not everyone would appreciate or encourage God's call upon your life. Listening to people who doubt you or sow fear in your heart won't benefit you at all. Dreams are a regular way God has been using to communicate even to non-Christians and their need for salvation. Since everyone dreams, the skills and wisdom you can learn from this book can be a new harvest field opportunity for you.

ARE ALL DREAMS DIVINE?

A lot of people share that they have weird dreams. Most dreams do not make sense. Nevertheless, it does not

discount the fact that God tries to communicate with us, and He speaks to us through our dreams — every dream. What about nightmares?

You may be asking, “Is my nightmare from the Lord, Archbishop Jordan?” or “If I have a demonic attack in my dream, is THAT from God?” As Christians, even when we are awake, the enemy is looking for a way to attack us and destroy our purpose. He takes it seriously. He does get every chance he gets to discourage us and sow fear in our hearts.

When we sleep, our spiritual senses still pick up spiritual warfare or demonic attacks in the heavenlies, which may be occurring in the area. Thus, it’s important to declare that Jesus has already defeated this enemy (Col. 2:15). The Bible also declares that we have been given authority to trample on snakes, scorpions, and all the powers of the evil one (Lk. 10:19).

If you are a believer and your sleep is being disturbed by nightmares, then there are issues that need to be resolved.

Prophetic Language of Dreams No. 66

We can see a nightmare as a signal. It is the cry of the heart for an unresolved issue that needs your urgent attention. Generally, if Christians are walking in the Spirit and living in the counsel of the Lord, they do not have nightmares. However, if you are a believer and your sleep is being disturbed by nightmares, then there are issues that need to be resolved.

Prophetic dreams and visions can come across as nightmares sometimes because of the intensity of the events that the Lord is showing the dreamer. There is no reason to worry, as these dreams usually appear to those with a

strong prophetic calling and are aware and prepared for such visions. Nebuchadnezzar experienced a nightmare, which Daniel interpreted for him in Daniel 4.

As a believer, having constant nightmares is the Holy Spirit's way to show you there is oppression operating in your life.

Prophetic Language of Dreams No. 67

As a believer, having constant nightmares is the Holy Spirit's way to show you there is oppression operating in your life. Such recurrence indicates that you are being harassed by an oppressing spirit, and you must take a stand to cast this spirit away. You may also ask leaders and elders in your church to help you break this bondage so that you can live a full life and get peaceful rest at night.

Let me clarify that oppression is not possession; it's harassment. On this side of heaven, we still struggle with certain sinful patterns or bondages. The Holy Spirit helps us overcome these struggles and attacks. A believer can experience this when there is a stronghold in his or her mind or heart that may have happened in the past but has affected the believer significantly, like a trauma or abuse of some kind. Involvement in the occult before one became a Christian can also result in lingering oppression as a result of the foothold that the enemy had. If this is the case, you would require inner healing and deliverance through the ministry of the Holy Spirit. When the believer is able to seek help, he or she is able to find the legal ground by which the enemy is allowed access, and ultimately shut it down. Dreams help the believer identify these areas.

TEMPTATIONS IN A DREAM

Have you ever dreamed of something you know you should never be doing in real life? It is said that it's the subconscious mind's way of fulfilling your desires, but it is also a means to tempt you. Scripture shows how God allows the enemy access to us to test us. Temptation is not sin. Jesus was also tempted.

In Luke 4: 1-13, the temptation of Jesus may have come in the form of a dream or a vision.

⁵ And the devil took him up and showed him all the kingdoms of the world in a moment of time, ⁶ and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. ⁷ If you, then, will worship me, it will all be yours." (Luke 4:5-7)

In the verse above, we see that it all occurred in a moment of time, and the fact that it occurred this way may mean that it was in the form of a vision. During this time, Jesus was human, and he operated probably in the physical realm.

God allows the enemy to tempt us because of two things. First, if we fail the test, it acts like a refining fire that allows what's inside our hearts to surface and to be dealt with. It allows us to be humbler and holier in the process. Hezekiah experienced how God withdrew from him when he fell for the temptation, after being shown the treasures of Babylon (2 Kgs. 20:12-13).

³¹ And so in the matter of the envoys of the princes of Babylon, who had been sent to him to inquire about the sign that had been done in the land, God left him to himself, in order to test him and to know all that was in his heart. (2 Chronicles 32:31)

As God temporarily withdrew from Hezekiah, it prevented him from spending eternity in hell. It brings people to repentance. God works for our best interest when He disciplines us whenever we fall into temptation. On the other hand, when we do pass the test, we move to a higher spiritual level. We grow as Christians, and we get to know God more.

Common grounds on which the enemy gains access to our dreams as nightmares include the following:

1. Unforgiveness related to a form of abuse or trauma in the past (Mt. 18:21-35)
2. Rebellion and unrepentant sin patterns (Prov. 17:11)
3. Witchcraft and divination (1 Sa. 15:23; 16:14)
4. Generational curses (Exo. 20:4-5; Deut. 5:9)
5. Wrong confession with our mouths (Eph. 4:25-27)
6. Extreme jealousy, envy, or rage (Eph. 4:25-27)
7. Strongholds, which are defiant mental attitudes contrary to the Word of God (1 Sa. 15:23; Prov. 17:11)

WHEN DREAMS DO NOT MAKE SENSE

Sometimes we have weird dreams and we attribute it to the fact that we ate too much for dinner. All dreams are communication from God, and weird dreams that do not seem to make sense are not without a purpose. These dreams are all significant. Sometimes, God speaks to our minds

through metaphors and symbols. In the Bible, we read, “I will open my mouth in a parable; I will utter dark sayings from of old” (Ps. 78:2).

During the time of Jesus, he spoke in parables. For most people, it did not make sense. In the same way, God speaks to us in riddle-like dreams. We need the Holy Spirit to interpret and give us spiritual insight to interpret these parables and riddles. We also experience parable-like communication from God, and the more we are intentional to receive and to understand these messages, the more it can become clearer to us.

During the time of Jesus, he spoke in parables. In the same way, God speaks to us in riddle-like dreams.

Prophetic Language of Dreams No. 68

THE POWER OF METAPHORS

Perhaps you are thinking, why does God need to speak in symbols and metaphors? God makes use of this figure of speech because of how powerful images are. In literature, the author makes more of an impact when he or she makes use of this literary tool, rather than just saying something plainly.

God created our minds to relate to and remember images and sounds quicker and more readily than written words. When you are driving on the road, it's easier for you to respond to a red

Our thoughts can move very fast. They are transient in nature. Visual images allow our brains to comprehend faster. Compared to the visual, trying to take information in by reading is much slower. When we read, we have to comprehend and interpret in our minds, and then make a

visual symbol of it. On the other hand, seeing an image or hearing has the potential to go straight into our minds and our spirits.

Whether it is in school, road signs, business, branding, and the like, metaphors provoke a vivid image that makes future actions more tangible and connotes meanings on a cognitive, emotional, and behavioral level in a holistic manner. God uses metaphors in dreams to send His message so that the impact on us would not be lost. Metaphors have the power to engage the mind of a person, and God uses them through our dreams.

God uses metaphors because He knows the curious nature of the human mind. He knows that dreamers would be hungry to interpret the dream.

Prophetic Language of Dreams No. 69

Another reason why God uses metaphors because He knows the curious nature of the human mind. He knows that dreamers would be hungry to interpret the dream. It engages the person to explore and seek God for the meaning. On the other hand, if the message is plainly sent, the dreamer tends to neglect it or is disinterested. The Bible tells us that it is the glory of God to conceal a thing, but the honor of kings to search out a matter (Prov. 25:2). There is a blessing in the Bible for those who ask, seek, and knock on God's door (Mt. 7:7). The dreams give us a reason to do so; it gives us the reason to ask God for an interpretation, to seek God for the meaning of the dream, and to knock on His door to receive insight about it.

God uses parables because they have an inherent ability to bypass the heart's natural defense system to reject the message.

Prophetic Language of Dreams No. 70

God uses parables because they have an inherent ability to bypass the heart's natural defense system to reject the message. The rebellious heart of humans has this tendency to reject instructions. When people are corrected, the initial reaction is to defend themselves or justify the action. David committed adultery, and the way Nathan came to him was through a parable of the rich man who stole from the poor man. David makes a judgment regarding the rich man, but the prophet reveals the truth that David is the rich man (2 Sa. 12:1-15). As an outcome, David repented of his actions. Imagine if Nathan just rebuked him in a straightforward fashion. David might not be as repentant.

God speaks to us in parables through our dreams so that the message would be more powerful. He sends the Holy Spirit to give us wisdom and to encode the message behind these metaphors. They create a hunger in our hearts to interpret, and hopefully, to obey. It also bypasses the human heart's natural self-protective tendencies.

IS GOD THE AUTHOR OF ALL DREAMS?

God speaks to us through dreams, but is God the author of all dreams? In a vast majority of dreams, God speaks directly and He is indeed the author. However, Scripture indicates that the enemy has the ability to

provide visionary experiences. The human mind can also influence the nature of the dreams that taints or colors what God reveals through them.

The enemy can only do what God permits. We must not be too quick to discredit dreams on the grounds that they are not from God.

Prophetic Language of Dreams No. 71

As mentioned, the enemy can send dreams. God is always in control, but the enemy can tempt us through our dreams, if there is a legal ground for him to do so. Who authors such dreams, which we usually consider nightmares? On one level, the enemy does. On another level, God did because He had foreknowledge of the devil's plan, allowed it, and used it in accordance with His will and purpose. The enemy can only do what God permits. We must not be too quick to discredit dreams on the grounds that they are not from God.

There are also what we can call "Biased Dreams." These dreams reveal the agenda or hidden desires of our hearts. It can be observed when God communicated with Jeremiah in the passage below:

For thus says the LORD of hosts, the God of Israel: Do not let your prophets and your diviners who are among you deceive you, and do not listen to the dreams that they dream. (Jeremiah 29:8)

From the text above, we see that if we come to God with preconceived plans, which usually stem from the object of our idolatry issues, then God would answer us according to that which is in our hearts. God causes the dreamer to dream a dream that reveals the idolatry we may not even know we are struggling with. The dream is a message from God to show dreamers the states of their hearts and is intended to turn them back to the Lord.

BUT DREAMS ARE JUST PRODUCED BY BRAIN CHEMISTRY

A lot of people believe that dreams are mere products of brain conditioning or chemistry. First off, if dreams are mere biological responses, how can it explain how dreams changed the course of history in different occasions in the Bible, like when Joseph interpreted Pharaoh's dream and when the Joseph in the New Testament was able to protect Jesus from harm as a young boy? Dreams have directed people so many times in their lives that the chances of a biological reaction producing such a directive dream are very low. There must be an Intelligent Author behind these dreams.

If dreams were products of a person's unique biology, why can't two people have the exact same dream?

Prophetic Language of Dreams No. 72

Moreover, if dreams were products of a person's unique biology, why can't two people have the exact same dream? It has been recorded on several occasions throughout history that this has happened. In a book by Reinhard Bonnke, *Even Greater*, he detailed how he and his brother had the exact same dream, even when they were living thousands of miles apart. In the dream, his brother, Jurgen, was crossing a suspension bridge, but he fell into an abyss. Jurgen asked God to confirm if it was a warning from Him, and somehow it was verified by his brother. When Reinhard wrote to Jurgen detailing the same dream, it led Jurgen to receive Jesus as his personal Savior.



CHAPTER

9

A JUNGIAN APPROACH TO DREAM DECODING

*“Good business leaders create a vision,
articulate the vision, passionately own the
vision, and relentlessly drive it to completion.”*

- Jack Welch

POWER TRUTH

After these things the word of the Lord came to Abram in a vision, “Do not be afraid, Abram, I am your shield; your reward shall be very great.”

Genesis 15:1 NRSV

FREUDIAN APPRENTICE

Carl Jung was Freud’s apprentice, but soon he diverged from his mentor because his own ideas were different, to the point of going on his own direction. Jung agreed with Freud’s psychological origin of dreams, but instead of saying that dreams originated from our primal needs and repressed wishes, he felt that dreams

empowered dreamers to reflect on their waking selves and solve their problems, or think through issues.

For Jung, dreams were not superficial, but a valid and goal-directed expression of the unconscious. The function of dreams was to address the complexities of the mind. They help move the process of individuation as they work toward integration or aligning the divided psychological aspects. For Jung, the symbols in the dreams have both individual and communal meaning. Dreams of great significance for a person's faith bring the dreamer into contact with archetypal, psychological forces of overriding cultural and historical importance. Such experiences can give life-giving power for experiencing psychological wholeness.

THE DREAM THEORIES OF CARL JUNG

Carl Jung is considered one of the most influential theorists in modern dream studies. Carl Jung's ideas still thrive in the contemporary psychoanalytical circle, where popular applications to his research include the Myers-Briggs Personality Type Indicator, the polygraph test, and the 12-step addiction recovery programs.

Dreams can do the work of integrating the conscious and unconscious mind—the process of individuation.

Prophetic Language of Dreams No. 73

The premise of the Jungian dream theory is that dreams reveal more than they conceal. ¹⁶They are natural expressions of the human imagination. Dreams are also theorized to use a natural expression of imagination and use the most straightforward language at our disposal, which

are mythic narratives. Jung rejected his mentor's theory for dream interpretation that dreams were secretive in nature. Jung also rejected the idea that dream formation was a product of discharging forbidden sexual impulses. Another point he made was about the functionality of uninterpreted dreams. He believed that dreams could help you even if you are unable to interpret them. Dreams can do the work of integrating the conscious and unconscious mind- the process of individuation. According to Jung, it's easier to think of individuation as the mind's process for integrity or wholeness, which also gives human wisdom. According to Jung, this wholeness separates elders from grumpy old men. Nevertheless, the ability to work with dreams and interpret them can amplify the mythic components, which quickens the individuation process.

JUNGIAN THEORY ON ARCHETYPES

Jungian archetypes have a central role in dreams, art, myths, and legends. Jung was almost obsessive about the study of myth and art from across time and cultures, and it influenced the concept of his archetypes.

Prophetic Language of Dreams No. 74

The archetype concept dominated Jung's entire work after he left the tutelage of Sigmund Freud. In his book regarding the conflict between the ego and the unconscious, he described the process of assimilation of the unconscious. It's here that he wrote about archetypes such as *Persona*, *Shadow*, *Anima/Animus*, and the *Self*. Jungian archetypes have a central role in dreams, art, myths, and legends. Jung was almost obsessive about the study of myth

and art from across time and cultures, and it influenced the concept of his archetypes. Perhaps he saw a resounding pattern across culture and time and recognized that it was something human beings have in common regardless of generation or origin. The word came from a Greek compound of *arche* and *tupos*. *Arche* or ‘first principle’ points to the creative cause, which cannot be embodied or seen directly. On the other hand, *Tupos*, or ‘impression,’ refers to any one of the many expressions of the ‘first principle.’

Jung also spoke about the indefiniteness of the archetype because of its multiple meanings. An archetype is known as an inner guide, which shows us the deeper structure of our experiences, motivation, and meaning. These archetypes were structured to help us on our own unique journey or pilgrimage in life. They allow us to discover personal motivations, and what gives our lives their unique meaning. As we have encountered archetypes through art, literature, movies, advertising, and TV, we notice how they invoke a wide array of responses to how we think and act.

Powerful ideas in history can be traced or patterned back to an archetype.

Prophetic Language of Dreams No. 75

Archetypes help us live life to the fullest. When we are in harmony with these symbols, we gain wisdom. Powerful ideas in history can be traced or patterned back to an archetype. Such is true for central concepts in science, philosophy, and ethics. They serve as visual symbols or energetic imprints that exist in our psyches. Archetypes can often communicate messages that verbal and written information cannot.

Jung describes the archetype as the innate tendency which molds and transforms the individual consciousness or ego. It's a person's natural tendency to shape things such as ideas, images, and concepts. The archetype can be seen as a matrix which influences human thinking and beliefs on different aspects, such as the ethical, moral, and cultural levels. It's like the lens by which people view the world.

Archetypes are inborn tendencies that direct human behavior.

Prophetic Language of Dreams No. 76

Jung also called the archetype a primordial image, which biologists use to determine patterns of behavior. In other words, archetypes are inborn tendencies that direct human behavior. According to Jung, the archetype concept stems from the recurrent observation that myths and universal literature stories hold distinctive themes that appear every time and everywhere. We often meet these themes in the movies, novels, but even in our own fantasies, dreams, delirious ideas, and illusions of persons living in the present time.

These familiar themes are representative of archetypes. These themes influence and fascinate our egos. The effect of these archetypes are numinous because the intensity and depth these themes can influence us. Jung views an archetype to be empty, purely formal, and nothing but pre-shaping possibility. It has an innate tendency to shape things for us. These archetypes resemble the instincts of humans and animals in that they cannot be recognized as such until they manifest in intention or action.

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Prophetic Language of Dreams No. 77

Archetypes can be both negative and positive. There are also two sides to each concept or character. The archetype dualism is often compared to the yin-yang principle, which reflects parts of the same unity. They have separate and opposite meanings, such as decline and progress, low and high, night and day, and so on.

Archetypes were also viewed to model people, behaviors, or personalities. Jung believed that the human psyche was composed of three components, the ego, the personal unconsciousness, and the collective unconscious. Jung noted how the ego represents the conscious mind, while the personal unconscious stores the memories, even those that have been repressed.

The collective unconscious is also a unique component. Jung believed this part of the psyche served as some kind of psychological inheritance, which contained knowledge and experiences that humans share as a species. Jung's theory states that people inherit these archetypes the same way they inherit instinctive patterns of behavior.

WHERE DO ARCHETYPES COME FROM?

Archetypes can be unlearned. They usually function to organize how we experience everything.

Prophetic Language of Dreams No. 78

In his book, *The Structure of the Psyche*, Jung wrote, “All the most powerful ideas in history go back to archetypes.” Archetypes existed in the collective unconscious. These models were innate, universal, and even hereditary. Archetypes can be unlearned. They usually function to organize how we experience everything. Jung further wrote:

This is particularly true of religious ideas, but the central concepts of science, philosophy, and ethics are no exception to this rule. In their present form, they are variants of archetypal ideas created by consciously applying and adapting these ideas to reality. For it is the function of consciousness, not only to recognize and assimilate the external world through the gateway of the senses but to translate into visible reality the world within us.

For Jung, the concept of *tabula rasa* — the notion that the human mind is a blank slate at birth and written on solely by experience — was not true. For him, the human mind retains the fundamental, unconscious, and biological aspects of our ancestors. These primordial images serve as the basic foundation for how to be human and what kind of human one is.

According to Jung, these archetypes played a role in someone’s personality. Most people are dominated by a specific archetype. The actual way in which an archetype is expressed or manifested depends on different factors, such as cultural influence and personal experience. Jung presented four major archetypes, but we would dive into other in-depth archetypes in this chapter later on.

4 MAJOR ARCHETYPES

Dream symbols of the dark and unconscious mind carry archetypes that all humans have in common. The Greek word for archetype is archetupos, which means pattern or model. The archetype then is the original model or pattern from which all things of the same kind are copied or modeled.

The Persona

Jung theorized that the persona may appear in dreams, taking on different forms.

Prophetic Language of Dreams No. 79

The persona represents how we project ourselves in the world. The “persona” came from the Latin word that literally means “mask.” It’s not a literal mask. The persona represents all the different social masks that people wear according to different situations and when they are with different social groups. It also acts as a shield from the ego from negative images. Jung theorized that the persona may appear in dreams taking on different forms.

The warning is if people are dominantly led by this archetype alone, they lose sight of their true selves and only operate according to how others want them to be.

Prophetic Language of Dreams No. 80

Children learn at a young age that they must behave in certain ways in order to fit in with society's expectations and norms. The persona that develops is the social mask that would limit or inhibit primitive urges, impulses, and emotions that would not be considered socially acceptable. The persona archetype allows people to adapt to the world around them and fit in with the society in which they live. The warning is if people are dominantly led by this archetype alone, they lose sight of their true selves and only operate according to how others want them to be.

The Shadow

This archetype consists of the sex and life instincts. The shadow is located in a part of the unconscious mind and is composed of repressed ideas, weaknesses, desires, instincts, and shortcomings. This archetype also forms out of our attempts to adapt to cultural norms and expectations; a totality of the unacceptable things that exist for society, and for our own personal morals and values. This archetype might include things such as envy, greed, prejudice, hate, and aggression. This archetype is known as the darker side of the psyche, coming from a place of wildness, chaos, and the unknown. Jung believed that people sometimes deny its element, and instead project it onto others. When this shadow appears in dreams or visions, it can take a variety of forms, such as a snake, a demon, a monster, a dragon or some dark, wild, or exotic figure.

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Prophetic Language of Dreams No. 81

The Anima or Animus

The anima is the feminine image in the male psyche, while the animus is the male image in the female psyche. This archetype embodies the “true self” rather than the image we present to others and serves as the primary source of communication with the collective unconscious. Jung believed that physiological changes, as well as social influences, create sex roles and gender identities.

How does this manifest? The collective unconscious contains notions of how women must behave, while personal experience with wives, girlfriends, sisters, and mothers contribute more to the perceived images of how women must be. Many cultures encourage traditional gender roles in a rigid manner. Jung suggested that it is because men and women are discouraged from exploring their feminine and masculine side, respectively that their psychological development is limited. The combination of the anima and animus is known as the divine couple or syzygy. The syzygy represents completion, integrity, or wholeness.

The Self

The archetype that embodies the unified unconsciousness and consciousness of an individual is the Self. This archetype is created through a process of individuation, in which different facets of personality have been integrated. Jung represents this archetype as a square, circle, or mandala.

The ultimate goal for an individual is to achieve a sense of integrity, a cohesion within oneself, which is, in many ways, close to Maslow’s theory of self-actualization. Our dreams lead us through this process.

Prophetic Language of Dreams No. 82

As Jung suggested that there were two centers of personality, which is the ego at the center of consciousness, the self is actually at the center of personality. Personality encompasses the consciousness, the ego, and the unconscious mind. The Self is like the dot right at the center of a circle. The entire circle makes up the whole self, but the small dot in the middle represents the ego. The ultimate goal for an individual is to achieve a sense of integrity, a cohesion within oneself, which is, in many ways, close to Maslow's theory of self-actualization. Our dreams lead us through this process.

Other Archetypes

There are other archetypes that came up in Jung's theory. Let's explore some of them. Most of these archetypes you'll find you are familiar with. Some you can even relate to or aspire to be. Such desires and familiarity are why we are able to identify these archetypes in our dreams.

The Hero

The primary purpose of this archetype is to separate from the ordinary world and sacrifice himself for the service of the journey or mission at hand.

Prophetic Language of Dreams No. 83

The hero is an archetype who is the protagonist or the central character in the story. The primary purpose of this archetype is to separate from the ordinary world and sacrifice himself for the service of the journey or mission at hand. The hero is the one tasked to overcome the challenge, complete the task, and to restore the ordinary world's balance. We experience the journey through the eyes of the hero.

The Mentor

The mentor archetype provides motivation, insight and training to help the hero. The mentor can be a father figure or a teacher type. His role is to give wisdom. The mentor supports the hero to be victorious.

Threshold Guardian

Threshold guardians are archetypes of people who protect the special world and its secrets from the hero. He provides the essential tests to prove the hero's commitment and worth.

The Herald

The herald is the archetype who issues the challenge and announces the coming of a significant change. They can make an appearance anytime during a journey. More often than not, this character represents a call to adventure. They usually deliver a message, make an announcement, or report a news flash in dreams.

The Shapeshifter

This archetype would represent a struggle in the psyche or the temptation to rebel, or it can also be the pressure to conform.

Prophetic Language of Dreams No. 84

The shapeshifter is an archetype who wears a mask. He misleads the hero by hiding intentions and loyalties. This archetype would represent a struggle in the psyche or the temptation to rebel, or it can also be the pressure to conform.

The Trickster

The trickster is another archetype we see in dreams. This archetype relishes the disruption of the status quo. He turns around the ordinary world into chaos. Even if they do not change the course of the Journey, their world and its inhabitants can be transformed by their antics. The Trickster uses laughter and ridicule to make characters see the absurdity of the situation, and perhaps force a change.

IN-DEPTH STUDY OF THE ARCHETYPES

The persona may be the most critical and central archetype because of how it filters how we see ourselves and others. It is the archetype in our subconsciousness that interacts with others. It is also the “mask” we wear in public — what we want others to see.

It is also the “mask” we wear in public - what we want others to see.

Prophetic Language of Dreams No. 85

The animus is the male within the female. He is shown as a man in a woman’s dream, which would indicate assertiveness, mental and social power, as well as hidden characteristics, such as her contacts with males. Such archetypes have their opposites as well. Each has a positive and negative nature. The positive would reveal inner wisdom, spiritual, and emotional depth, but the negative side indicates that the opposite gender is taking over you.

For example, the male in the female dream may be showing an argumentative, controlling, or an excessively critical aspect; thus, the dream character could serve as a

warning. On the other hand, the negative side of the Animus could be symbolized by a moody, irritable, and oversensitive female character. A proper balance to the inner gender qualities should be the goal, and an unbalanced dream could serve as a warning, by not letting the negative dominate.

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Prophetic Language of Dreams No. 86

A female in the man's dream represents the male's feminine aspects, such as caring, feeling, intuition, receptivity, and creativity, which comes from the Anima archetype. Sometimes, this character shows up as an elf, goddess, mermaid, or any female persona in the man's dream.

Feminine archetype traits that can be in the male dreamer can include the following:

- Intuitive
- Creative spontaneous
- Receptive
- Socially expressive
- Contemplative
- Inner world directed

On the other hand, the masculine archetype traits in a female dreamer can be:

- Assertive
- Decisive
- Physically expressive

- Creative rational
- Mental and Social power

To balance it out, there are also negative traits for each archetype. The feminine receptive can become *submissive* and the contemplative can become *indecisive*; inner-world directed can become *insensitive* to others, and the creative-spontaneous becomes *unfocused*. On the other hand, the masculine assertive can become aggressive, physically expressive becomes violent, mental and social power become arrogant and overpowering, outer-world directed becomes aloof and insensitive, and the decisive can become inflexible.

Other archetypes include the father. This archetype represents not only one's biological father, but also God, a male leader, or the progenitor of something. He is the original authority and one's strength in life. He can also be represented by a wizard, old man, priest, king, or mentor.

The mother archetype embodies influences for growth and development.

Prophetic Language of Dreams No. 87

The mother archetype can include the Virgin Mary, the sorceress, one's own mother, or an old woman. The mother archetype embodies influences for growth and development. Often the father and mother have great religious significance for the dreamer.

As mentioned earlier, there is also the trickster, also known as the fool, which is the archetype of consciousness, and though it presents itself as pathetic and unpretentious, it is quite capable of creating much mayhem and trickery through very creative means and is frequently the bearer of new ideas. Trickster can be both the creator and destroyer, but neither

good nor evil. He creates balance in the universe. Dreaming of the trickster can also mean stubbornness personified in the face of prevailing reality. In short, it is the reflection of the human consciousness.

The fugitive is an archetype who avoids and runs from things. He is the loner or the alien. He represents deep-seated fear, anxiety, or feelings of desertion.

THE ARCHETYPE OF DEATH & RESURRECTION

A lot of people commonly have death-themed dreams, regardless of the culture or era they come from. Symbols of death can be a stopped clock, a skeleton, gravestones, cemetery, an empty abyss, falling leaves, a dead animal, coffin, or dead people.

The death archetype is probably the most difficult of archetypes to deal with, as it involves the ultimate “letting go.” In a dream, it can often shed light on one’s relationship status and how to move forward. Death themes may be pointing you to your level of acceptance or rejection of where the relationship is. Often one’s response to the death of someone else provides insight into their personal relationship with death. Denial of death in a dream can be a reflection of one’s own denial.

The ego in our consciousness cannot imagine its expiry and the ultimate dissolution into oblivion. Our reactions to it in both the waking and sleeping dream state can often disclose our ambient level of fear and the degree to which we unconsciously let fear determine the course of our life.

The resurrection archetype can be as challenging to confront as death in that one needs to die to something before there can be a rebirth.

Prophetic Language of Dreams No. 88

On the other hand, there is also the archetype of rebirth and resurrection. The uncertain future and possibility often symbolized by an egg, spring, a rising sun, the cross, a budding flower, the phoenix, or the birth canal. The resurrection archetype can be as challenging to confront as death in that one needs to die to something before there can be a rebirth.

THE ARCHETYPE OF THE LOVE AND THE MARTYR

The lover archetype represents forces that bind people together. This archetype includes intimacy, dreams, fears, pain, and even movement for healing and completion. All personal experiences with love make up this archetype.

The martyr is viewed as the scapegoat. It would do anything to be loved or appreciated. A person with this archetype would represent the experience of being abused or unrewarded.

The Christ archetype represents the Self, soul, Oversoul, or the God-man. Moreover, Christ is also the cosmic mystery that each of us has been born as—the essence of who we really are. To seek this archetype is to undertake a powerful journey.

THE ARCHETYPE OF THE CHILD

This archetype appears when you need to transform your traditional and conservative ways of thinking and acting in order to transcend a situation.

Prophetic Language of Dreams No. 89

The child archetype comes in many forms. The divine child is similar to the Christ archetype, but with the concept of innocence and redemptive qualities. This archetype appears when you need to transform your traditional and conservative ways of thinking and acting in order to transcend a situation. Moreover, the Divine Child is always associated with new ideas and emotions coming into our awareness. The spirit is always pushing for increased awareness and consciousness.

There are other kinds of child archetypes. The Nature child attempts to bond you to the natural world. The Eternal child encourages you to remain young and innocent, to see the world through the eyes of a child. The Magical child sees sacred beauty in everything and embodies the courage to face all difficulties. The Orphan child may reflect feelings of abandonment, or not belonging anyway. The Dependent child represents feelings of being needy or not being good enough.

ARCHETYPAL DREAMS

Archetypal dreams or big dreams feel more real than real life and are very intense for the dreamer. Aside from visitation dreams, there are other categories that are considered Big Dreams. The most common elements are the following:

- abstract geometric patterns and kaleidoscopic mandalas
- the experience of flying, floating or falling
- encounters with mythological creatures and strange, intelligent animals
- feeling awe, fascination, fear and terror, and a sense of “Other.”¹⁷

For this African tribe, big dreams were collective dreams, a dream for the community and for the world, not just for the individual person.

Prophetic Language of Dreams No. 90

Compared to ordinary dreams, these dreams seem to have little resemblance to personal history or experience. They are clearly focused, and the delivery to the consciousness resembles waking visions. In 1925, Jung visited an East African Tribe in Kenya and discovered the Elgoni to have a strong dreaming culture. They explained how there were little dreams and big dreams. For this African tribe, big dreams were collective dreams, a dream for the community and for the world, not just for the individual person.

CHAPTER 10

ARCHETYPAL DECODING OF DREAMS

"The brain is waking up. It starts waking up long before you are fully awake."

- Dr. John Antrobus

POWER TRUTH

¹⁶ Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.

Psalm 139:16

IDENTIFYING ARCHETYPAL INFLUENCES

How do you know which archetype is affecting your behaviour, way of being, emotions, and the like? Your dreams would most probably cue you in on this. In order to recognize the archetypal energy or energies that are influencing your life, you need a combination of intuition, and a symbolic review of your life, especially of your dreams. Naming and understanding these patterns in your life allows you to

capture the stories and the myths that are contained within that power, which are playing out in your life.

Usually, when people start looking at these different archetypes, they would always pick the archetype they aspire to be, rather than the ones that are actually playing out in their lives. Getting someone else to help you name the patterns in your life can be powerful. Admittedly, it would make you feel vulnerable to have someone identify your dominant archetypes, but somebody outside your life can find it easier to help you identify and name the patterns.

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Prophetic Language of Dreams No. 91

YOUR ATTENTION AND YOUR ARCHETYPE

The habit of attention is overlooked, especially in the age of multi-tasking and multiple distractions every day. Charlotte Mason, 20th century educator and reformer, described the habit of attention as the turning of the whole force of the mind to the subject in hand- the fixed gaze of the mind. Our dreams are highly reflective of where our attention goes dominantly during our waking hours.

Energy flows where your attention goes. The simple act of writing in your journal can awaken new aspects of your being. When you meditate, you also revive your inner being. You imagine different situations with him. You feed your subconscious a vision of how it might think or behave.

The act of visualization is a powerful way to focus attention on different actions that build a new archetype or pattern for your way of being. It mentally prepares you to manifest these tendencies to your archetype throughout your day.

The act of visualization is a powerful way to focus attention on different actions that build a new archetype or pattern for your way of being.

Prophetic Language of Dreams No. 92

When you are intentional about the archetype you are building, you are also facilitating your motivation. It is allowing you to take more risks and to strive to achieve great things according to the destiny God has for you. The Bible shows it clearly how the meditation of the mind influences action and ultimately brings you what you desire. The Bible also speaks against fear or misery, as this would not benefit the mind. Your attention to fear and hopelessness would lead to futility. Instead, you must meditate on the Word of God.

⁸ This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. ⁹ Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” (Joshua 1:8-9)

IDENTIFYING YOUR ARCHETYPE

Carl Jung talked about the value of dreams and the importance of archetypes. Nevertheless, when we talk about archetypes, they usually have an alien and unfamiliar quality about them. Since archetypes arise the most basic levels of the collective unconscious and connect us to the instinctual energies we share with other species in the world, it's worth identifying the pattern you are operating in. Your dream contains archetypes. There are four signposts to look at.

Emotional Intensity

Whenever you have a dream with an extremely vivid emotional reaction, look carefully at the exact situation and the context in which you felt it. Somewhere in that scene is an archetype.

Prophetic Language of Dreams No. 93

The presence of an archetype would usually cause a strong emotional reaction to the dreamer, either in the positive or negative light. It would even seem out of proportion or exaggerated to what seems to be happening in the dream. If you find yourself feeling extra emotional about a seemingly simple dream, then it might be because an archetype is manifesting itself. Whenever you have a dream with an extremely vivid emotional reaction, look carefully at the exact situation and the context in which you felt it. Somewhere in that scene is an archetype.

Strangeness

Since archetypes originate from the depth of the collective unconsciousness, which constitute DNA memory from a long line of ancestors, they tend to be alien and have an unfamiliar quality about them. They may seem eerie, uncanny, or not of this world. If you had a dream about something that has absolutely no connection to anything to your waking life, then this indicates the presence of an archetype.

Mythical Characters

When your dream includes an unfamiliar character with these qualities, then it is an archetype.

Prophetic Language of Dreams No. 94

Characters in your dream that have a mythical nature, yet very clear and distinct in their presence? Then this might be an archetype. These characters appear to be very powerful, independent or intelligent. They can also have a noticeable interest in you. When your dream includes an unfamiliar character with these qualities, then it is an archetype.

Synchronicity

Synchronicity pertains to an odd coincidence that has no apparent explanation in normal physics, yet you feel it is connected at the level of psychological meaning. Carl Jung developed this concept with the help of quantum physics Nobel-prize winner Wolfgang Pauli. According to them, synchronicities occur when an archetype is activated and as such, you would receive a higher symbolic emphasis on emotional truths and spiritual insights.

You don't need to overthink your dreams by giving too much analysis or definition to it. You don't need to always categorize contents, especially when you feel it is being forced. Let it all come intuitively to you. There would be opportunities for that later on. For now, you simply do your best to be a good host to these special visitors from your own psychological depth. When you least expect it, you will find it bearing gifts for you.

DREAM INTERPRETATION FEATURES

When Jung separated himself from the mentorship of Freud, he developed his own dream interpretation theory that had significant features, such as subject level, prospective aspect, compensation, and amplification method.

Subject Level

The dream is an indicator of those changes that can sometimes point to the development of the individuation process.

Prophetic Language of Dreams No. 95

While Freud interpreted dreams according to the object level, which is according to the relationship of the dreamer and the persons/situations in his reality or fantasy life, Jung introduced the subject level. On this level, the fact that the dream reveals in a symbolic way means dreams are features of the dreamer's psychic life or his internal psychic transformations. In this way, the dream is an indicator of those changes that can sometimes point to the development

of the individuation process. For example, if someone dreams of his mother, the mother (in Jung's view) is not a representation of the real mother, but the dreamer's anima, which is his emotional, feminine side.

Prospective Approach

Jung's dream approach is prospective. Jung treats the dream like an inner map for the dreamer's prophetic future.

Prophetic Language of Dreams No. 96

While Freud's dream interpretation approach is retrospective, where he believes the dream refers mainly to past events in the dreamer's childhood — trauma, repressed sexual wishes, etc. — Jung's dream approach is prospective. Jung treats the dream like an inner map for the dreamer's prophetic future. He sees the dream towards a more balanced relationship between the personal and the collective consciousness and unconsciousness.

Regarding the complexities of the impact of childhood experiences, Jung notes that the individual's ego can choose what it does with them. What matters is how one deals with the past in the present and how it would affect the future. The childhood complexes, even the neurotic ones, become raw material for dreams, the language through which the dream expresses itself. The mother archetype, for example, may indicate a process of development on the basis of some inherited features or life events that constitute the background of the individuation.

The Compensation Feature

According to Jung, the concept of compensation includes powerful ideas such as how the dream is an attempt to counterbalance a hypertrophied ego. As such, the interpretation of dreams must look at the compensatory aspects to help the ego better adapt to the demands of internal and external life.

Jung had to explain to his patient that she must quit her rationalist attitude (as an outcome of her animus inflation) in order to cure her severe neurosis. This way the dream becomes a message of the unconscious that suggests several neurotic faults in the individual life orientation.

Method of Amplification

Since the elements are symbolic, an analyst must intervene with his knowledge and complete the dreamer's gaps related to them.

Prophetic Language of Dreams No. 97

Carl Jung also adds free association method as a method of application. Jung states that there are elements of the dream to which the dreamer cannot provide personal and direct associations. Since the elements are symbolic, an analyst must intervene with his knowledge and complete the dreamer's gaps related to them. The associative material comes from various cultural areas such as mythology, religion, alchemy, folklore, and so on.

JUNGIAN THEORY SUMMARIZED

Dream interpretation using the methods of Carl Jung is fairly simple. There is a four-step approach that makes this doable. First, make the associations related to the dream's symbolism. Second, connect the images of the dream to inner aspects of the self. Third, decide the correct interpretation. Finally, cement the new knowledge with a ritual to help you remember in your subconscious.

Everything in the dream embodies an inner state.

Prophetic Language of Dreams No. 98

Everything in the dream embodies an inner state. People in dreams aren't really the people you dream about, but rather are aspects of yourself. Animals can represent instinctive or lower-level aspects. Stones, circular objects, and mandalas can be symbols of the self. Symbols of the self may also be people who are shining or glowing. A place in your dream can be a state of mind we need to get to or move out of.

The shadow may portray negative qualities that we do not want to admit to ourselves. It could also be a positive quality that we are blind to. For example, you do not see yourself as a confident speaker in a dream revealing your hidden aptitude for leadership. The man's anima will be a female figure, and a woman's animus would be a male figure. The anima/animus figure often functions as a psychopomp, leading us to our true selves.



CHAPTER 11

THE DREAM OF PROPHETIC INITIATION AND PROPHETIC SELF-ORGANIZATION

*“A vision is not just a picture of what could be;
it is an appeal to our better selves, a call to
become something more.”*

- Rosabeth Moss Kanter

POWER TRUTH

During the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, “Come over to Macedonia and help us.”

Acts 16:9 NRSV

POWER OF DREAMS AND TRANSITIONS

The power of dreams to change a person’s life has been observed not just by psychoanalysts like Freud and Jung, but also by anthropologists. ¹⁸Nevertheless, the process of transformation lacks definition or understanding. According to a paper written by Katherine Ewing entitled “The Dream of Spiritual Initiation and the Organization of Self-Representations among Pakistani Sufis,” she talks about

how too much dream research highlight the wrong aspects that contributes to the process of transformation.

Freudian-influenced experts downplayed the implication of manifest dream content because they were after the hidden desires or unresolved conflicts in the latent content of the dream. While the dream does present elements from the dreamer's past, expressing these unresolved desires and conflicts is meant to improve and articulate a desirable future for the dream to hold transformative power. Such a projection can be identified as the "manifest content" of the dream, which also represents the cultural template of the dream. Moreover, it expresses the dreamer's unique concerns in a cultural context, which can be socially communicated. Such concerns include the desire to establish a self-image that is aligned with the dreamer's current circumstances and facilitates the resolution of persistent personal issues.

While the dream does present elements from the dreamer's past, expressing these unresolved desires and conflicts is meant to improve and articulate a desirable future for the dream to hold transformative power.

Prophetic Language of Dreams No. 99

The significance of the dream depends on the following events that would take place — on how the future actually unfolds as a result of the dream. For example, Ewing pointed out in her study of how a Sufi initiation dream may have a powerful impact on the dreamer's system of self-representations, which would cause the dreamer to aspire to become a disciple of a Sufi teacher. However, if the dreamer is not able to address inner conflicts by adopting new self-

representation, the relevance of both the self-representation and the dream would lose its power. The dream would be unable to transform the dreamer's future. The dream's potentially transformative power grants the dream the ability to appropriate self-representation, but it does not ultimately guarantee a transformed future. It is up to the dreamer's ability to realize the expectations of the new self-representation, which the dreamer has gifted himself with.

It is up to the dreamer's ability to realize the expectations of the new self-representation, which the dreamer has gifted himself with.

Prophetic Language of Dreams No. 100

As believers, we are expected to turn away from the life of sin. It is through a realization of our new status and nature in the Lord — a new self-representation — that we are able to live a righteous life. However, we also have to choose righteousness, especially when temptation is readily available for us to sin.

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. (1 Corinthians 10:13)

DREAMS ARE SEMIOTIC

You may still be thinking, how can something as insubstantial as a dream transform a person's personality, beliefs, way of being, and future? If we recognize dreams as semiotics, something that pertains to signs or symbols, we will recognize how transformation is possible through dreams. The ongoing experience of self is a process we are not consciously aware of.

When we reflect on who we are, we would think of characters or symbols for self-representation. Through a reflective process, self-representation becomes signs, like the units of language and other cultural representations such as myths and images. Ewing's theory can be very well rooted in Jung's archetypal interpretation of the self, as experienced through dreams.

Since we experience dreams through language and imagery, dreams are then made up of signs that tell us to go one way or another. The theory of signs is connected with the theory of action. Sign processes are processes of growth and development; the level depends on the mind of the interpreter. It is because of this idea that dreams can create new self-interpretations; new signs to persuade the dreamer to shape new actions and, ultimately, step into a new future.

New signs spark for the individual to feel a greater congruence between his inner experience and his current social expectations.

Prophetic Language of Dreams No. 101

The process can occur when stress arises from conflicts between a person's current self-representation and his current situation. The dream can have the power to transform the dreamer's semiotically established self-representation by providing new signs, in terms of which the self can be articulated. The current self-representation has been established by signs in the past, from cultural and personal experiences. If one's self-representation is patterned against an archetype, then the process of transformation can be the creation of a new one. New signs spark for the individual to feel a greater congruence between his inner experience and his current social expectations. Thus, these dreams may alter the dreamer's interactions and relationships with others. Taking off from the perspective that the dreaming process facilitates the integration of new experiences into one's existing organization of self-representation, we see a potentially transformative dream may actually come around when a budding self-representation, a new cluster of signs, is formed.

In eastern culture, dreams have the greatest transformative power because people consider their dreams significant.

Prophetic Language of Dreams No. 102

In Ewing's research, a Pakistani businessman who has no previous attempt to shift vocations can have a Sufi initiation dream and suddenly regard himself as a future disciple of a Sufi teacher whom he has not met yet. This new self-representation influences his next actions and interactions with others. Given this perspective, we see the transformative potential of dreams. In eastern culture, dreams have the greatest transformative power because people consider their dreams significant. In the Western view, people separate their dreams distinctively from their waking life, and they typically do not regard their dreams to be meaningful or life-changing.



CHAPTER 12

UNCOVER YOUR DREAMS: EXPOSING HIDDEN FEARS, ANGER OR ENVY

*"You've got to think about big things while
you're doing small things so that all the small
things go in the right direction."*

- Alvin Toffler

POWER TRUTH

While he was sitting on the judgment seat, his wife sent word to him, "Have nothing to do with that innocent man, for today I have suffered a great deal because of a dream about him."

Matthew 27:19 NRSV

RECOGNIZING BAD DREAMS

When one is consciously aware that one is dreaming, it enables one, in theory, to work with the dream material with a therapeutic goal. For example, if you remember that you watched a scary movie and you recognize the villain in your dream, you can simply command this villain to go away and you can enjoy rest for the night. The lucid dream is a relatively safe place to

work through your psychological problems. The simple act of realizing you are dreaming can offer you some relief in a distressing dream.

Working with your dreams while you're having them is not as easy as it sounds, and it takes some practice and repetition to be able to maximize the experience. Most people are challenged to interact with threatening dream figures; some become too aggressive and kill them, while others end up getting killed.

HOW TO RESPOND TO THREATENING DREAM FIGURES

You must not attempt to flee from a threatening dream figure. Instead, confront him courageously to address the fears you must face. Look at him openly. Ask him in a friendly, non-aggressive way, "Who are you?" or "Who am I?"

If it's possible to address a dream figure, you may come to a reconciliation with him through constructive dialogue. If an agreement cannot be reached, frame the conflict as an open dispute. Refuse any threat or insult but recognize his justified objections. As such, do not surrender to an attack by a dream figure. Exhibit your readiness to defend yourself by taking a defensive stance and staring into the eyes of the dream figure. If a fight is unavoidable, attempt to conquer the dream enemy, but do not try to kill it. Offer reconciliation to the conquered character. Attempt to reconcile with the hostile dream figure in thought, words, and/or gestures. If reconciliation does not seem possible, separate yourself from the figure in thought, word, and/or bodily removal. When the reconciliation has occurred, you can ask the dream figure if he can help you. Mention specific problems in your waking or dream life that you need help with.

Even when you feel you are failing to manipulate a dream, you can still be left with a sense of mastery by learning to wake yourself up.

Prophetic Language of Dreams No. 103

Even when you feel you are failing to manipulate a dream, you can still be left with a sense of mastery by learning to wake yourself up. Dream researchers have noted that you can “always end a dream by fixation.” If, for example, you are locked in a room with a man who is threatening to slash your face with a knife, you will be able to wake up from the dream by staring directly at the knife or at a ring on the man’s finger or at a light that may be on in the room. The essential thing is to stare at one object.

People should not really control the dream in order to manipulate it. If this was the case, the message would be lost. Instead, people should try to step up to the dream enemy and try to understand and have an actual breakthrough conversation with him or her. Exploring your dreams allow you to find signs and symbols that can help you interpret your dreams and your subconscious message, instead of just playing around in your dream.

**INTEND TO USE YOUR DREAMS
FOR RESOLVING ISSUES**

Before you sleep, give yourself the instruction to dream about your fears - and the solution to them.

Prophetic Language of Dreams No. 104

Involve your dreams when you are dealing with your fears. Before you sleep, give yourself the instruction to dream about your fears — and the solution to them. Make sure a dream journal is also accessible so that you can write down what you have learned from your dreams. Writing is an important activity; otherwise, you might feel overwhelmed to remember everything.

You can also tell yourself as you are drifting off that you will dream about your ideal self — the way you truly like to be in the world. Be aware that such dreams can be comforting and painful at the same time. You may end up confronting both your ideal self and the obstacles to becoming that self. Be sure to write about your dreams and the feelings they produce.

DISTINGUISHING YOUR FEARS

One common mistake for people is to lump together the fear of failure, mediocrity, and success, and label it as the fear of failure.

Prophetic Language of Dreams No. 105

What do you fear? Your dreams can help you identify your fears. It's also significant to recognize in your consciousness what you actually fear. One common mistake people make is to lump together the fear of failure, mediocrity, and success and label it as fear of failure. The distinction is crucial.

The fear of failure is the dread of not succeeding. It would lead you to risk avoidance and cowardice from occasions in which you think you might fail. For example, you might not enter into marriage because you think it will end up in divorce.

The fear of mediocrity is the terror of not succeeding at the level you desire. This fear will drive you to work excessively hard to avoid mediocrity and to achieve excellence. This fear will make you obsessive about success to the point of living a restless life.

The fear of success is the anxiety about the consequences that you think success will bring, such as envy, isolation, anger, not being a real man or woman, or being trapped in a dream life that you don't really want. This fear often leads you to go through life and "drive with the emergency brake on," where you work hard, on the one hand, while sabotaging your own efforts, on the other, usually without being aware that you're in conflict.

The archetypes and symbols you may encounter in your dreams are signposts for the types of fear you are being controlled by.

Prophetic Language of Dreams No. 106

There are no hard and fast categories of fear. In fact, most of us have experienced one of these particular fears at least once in our lives. The question is not whether you've experienced this fear, but if it has taken a hidden form that it has already dominated your life. The archetypes and symbols you may encounter in your dreams are signposts for the types of fear you are being controlled by. It would allow you to take on new self-representations and take action for your future.

ARE YOU STRUGGLING WITH FEAR OF FAILURE?

How do you know if you are constrained by the fear of failure? Can it be that you are preventing yourself from trying new things in one or more areas of your life? Would you rather avoid a relationship than risk the possibility of it not working out? Are you working below your capacity to ensure you'll never fail? Are you preventing yourself from what you really want out of life because you cannot bear not being able to get it? These are issues that you need to ask yourself even as you sleep, so that you can encounter archetypes to help you figure out this fear.

ARE YOU STRUGGLING WITH FEAR OF MEDIOCRITY?

If you have this fear, it's possible that every time you try to achieve something, your auto-programming kicks in looking for evidence that you have not done what you are trying to do. Being driven by fear of mediocrity, you would soon be able to gather enough evidence from your ego that you are truly mediocre and cannot do anything more or be worth anything more.

You can achieve something great and your ego will find every possible piece of evidence that it was not so great after all.

Prophetic Language of Dreams No. 107

This cycle is vicious. You fear mediocrity, and you engage in a difficult task. You can achieve something great and your ego will find every possible piece of evidence that it was not so great after all. You engage in an even more daunting task; you pursue an even more difficult goal. You succeed, and your ego tells you, “Nope, not good enough.” This fear is like a fire, tossing every new achievement you have in hopes of putting out the fire, but you end up adding fuel to it. The more you do, the better you become, the greater you achieve, the greater you fear to be mediocre. Many people struggling with this fear feel like imposters, living a wonderful life but feeling absolutely horrible and scared inside.

Are You Struggling with Fear of Success?

Those who struggle with the fear of success do not really struggle with success per se, but the consequences of being successful. You believe that undesirable things are attached to success, such as envy, isolation, betrayal, and so on. This fear is complicated. It often disguises itself as something else. You can carry the Person archetype and tell yourself and everybody else what you want—and it looks like you’re making every effort to get it. You may even get part of the way there. But somehow you never quite go all the way. You self-sabotage.

You may not realize you’re self-sabotaging yourself, that you are actually the villain in your dream.

Prophetic Language of Dreams No. 108

You may not realize you’re self-sabotaging yourself, that you are actually the villain in your dream. The athlete who would throw away everything to addiction, the woman who can never find the man she would settle down with, the talented executive who crashes and burns at one company

after another, if there is this pattern, then you know there is an archetype behind it. You may be scared you will achieve great things and believe bad things will happen when they succeed.

OVERCOMING FEAR

Quite often, our emotions can lead us to be naïve, reacting to whatever information we've been given.

Prophetic Language of Dreams No. 109

What we expect from ourselves — whether it's failure or success — has a significant impact on whether we'll succeed or not, compared to our actual ability to achieve something. Our emotions, especially when we are waking up from a dream — fear, frustration, despair—are often highly inaccurate guides to our actual situation. Quite often, our emotions can lead us to be naïve, reacting to whatever information we've been given. These emotions tend to create our reality. We believe something bad is going to happen and we make sure it does, because our brains want one thing: to be right, even if it is at our own personal expense.

Most of the time, there is no point in trying to make ourselves feel less anxious. How many times have you tried to reduce anxiety, only to end up increasing it? If you are interested in reducing anxiety, trying to put your fears into perspective is probably the best way to go. It is usually in our dreams that we get the best practice for this response. But if it doesn't, we're better off simply acknowledging our anxiety and then refusing to engage it. It's like a dog begging for food from you. Maybe you can say “no” once, maybe twice, perhaps even three times. Then after that, let the dog beg all he wants. You may not be able to send him away—but you don't have to feed him, either.



CHAPTER 13

MEDITATION AND DREAMS

“A ruffled mind makes a restless pillow.”
- Charlotte Bronte

POWER TRUTH

but there is a God in heaven who reveals mysteries, and he has disclosed to King Nebuchadnezzar what will happen at the end of days. Your dream and the visions of your head as you lay in bed were these:
Daniel 2:28 NRSV

MEDITATION AND DREAMS

Lucid dreaming has been strongly related to meditation. Practicing meditation allows you to induce lucid dreams. According to George Sparrow, author of *Lucid Dreaming: Dawning of the Clear Light*, “When lucidity began to arise with increasing regularity, I noticed that it emerged predictably after a deep or fulfilling meditation. It became clear that when my devotional life was intense, lucid dreaming would arise as a concomitant.”

It only makes sense that when you spend time reading your Word and praying, your communication with the Lord would become so intense that it can actually take place when you are sleeping, and when your subconscious would be most active. Your spiritual devotions can increase the clarity of your dreaming experience.

Your spiritual devotions can increase the clarity of your dreaming experience.

Prophetic Language of Dreams No. 110

Meditation is a practice you must engage on a regular basis if you want to live an intentional and mindful life. It is an essential part of translating your thoughts into reality. Meditation is a mental exercise in which you sit in stillness and patience, allowing your mind to rest and focus all its attention on one thing — it feels as if you are going into a trance. You can only see things transform when you go into a trance and start renewing your mind. You must change your thoughts in order to change your reality. I've said it before, "Your meditation is your medication."

If your life is full of stress, if your body is ill, if your relationships are in disarray, stop what you are doing, remain in the stillness of the Holy Spirit, and focus on His voice. Meditate on the Word of God and let it transform your mind. Meditation is a form of concentration. You have to meditate for your mind to be transformed. A word of prophecy allows you to learn not only to meditate in God's presence, but also to understand God's Word on a deeper level. Allow God to reveal to you His plans for your life. As your attention and emotions turn to the Word of God, your dreams become clearly associated with God's instruction for your life.

GUIDED MEDITATION

Guided meditation is great for lucid dreaming. It's about getting clarity of the dreams you have so that you maximize the experience. Meditation is also highly recommended for relaxation and stress relief, concentration and learning, an increased state of awareness, and an increase in abstract thought, which can also lead to creativity.

For more than 5,000 years, people have been entering the meditative state. It is a component in almost every religion. Meditation is rooted in the science of psychophysiology, which is a branch of psychology that studies the effects of the mind on the body. In order to meditate for lucid dreaming, one must develop two skills: 1) focus, which is a higher degree of mental concentration, and 2) stillness, which is the ability of the mind to remain quiet.

There are two types of meditation practices. Silent meditation brings inner peace and insight. It has many levels you can explore in your own awareness, which starts with a 10-minute breathing exercise. Another type is a guided meditation, which brings you closer to visualizing other realms and relaxing when your mind seems too busy to be totally quiet.

FINDING TIME TO MEDITATE

A lot of people find that daily meditation is a nice practice, but seldom actually follow through with it because they feel that they do not have the time to do it. Such is considered a mental block. Many people are uncomfortable with putting their lives — and their minds — on rest for 10 minutes or longer. This practice intimidates a lot of people.

The lack of meditation weakens the mind's ability for clarity.

Prophetic Language of Dreams No. 111

Modern life has put huge stresses on time management. It makes people miserable and confused and causes them to move through life with foggy brains. The lack of meditation weakens the mind's ability for clarity. A frustrated mind affects the physical and emotional well-being of a person.

It is almost an irony that taking time out from your day generates *more* free time in your daily life. But when your brain functions at an optimal level, you actually get more things done in a lesser amount of time.

Prophetic Language of Dreams No. 112

The benefit of meditation is it actually supports your ability for mental focus as it increases your energy and clarity. Meditation allows you to get your priorities straight and get more things done. It is almost an irony that taking time out of your day generates *more* free time in your daily life. But when your brain functions at an optimal level, you actually get more things done in a lesser amount of time. Higher self-awareness and a focused mindset help you achieve this.

When you improve your visualization skills, your dreams and visions can also get clearer and you can remember more details. Incorporate meditation into your day and night, as the Bible tells you to do (Jos. 1:8), and you will see a tremendous change in your daily experiences.

MEDITATION CHANGES YOUR BRAIN PHYSIOLOGY

There is structural evidence that meditation affects the physical nature of the brain. There are studies that focus on the insula, the area of the brain that links the outside experiences with internal processing, which suggests that meditation results in a better understanding of the relationship between our inner world and outer world. Moreover, meditation presumably helps develop the prefrontal cortex, which means there can be enhanced cognitive function, including memory and approach/withdrawal behavior. When your brain physically changes through intentional meditation, your dreams would definitely become clearer and more vivid.

The degree of thickness correlated to the length of time people had been meditating.

Prophetic Language of Dreams No. 113

There have been studies that used MRI scans to measure the brains of twenty individuals who had had extensive experience with meditation. They found that there had been a distinct thickening in the part of the prefrontal cortex, the region of the brain that was associated with rational thought. Some of the areas involved in attention, interoception and sensory-processing, also exist in this area. The thickening is notable for older meditators. The prefrontal cortex tends to thin with age, but because they have practiced meditation, there has been a significant anti-aging benefit seen. The degree of thickness correlated to the length of time people had been meditating.



CHAPTER 14

HEALING AND CREATIVITY THROUGH DREAMS

"A dream is the creative vision for your life in the future."

- Denis Waitley

POWER TRUTH

God spoke to Israel in visions of the night, and said, "Jacob, Jacob." And he said, "Here I am."

Genesis 46:2 NRSV

THE LEADER WITHIN

Individual dreams have a significant role in helping set the right balance of life. Over a period of time, they also disclose a wider purpose, which is the promotion of emotional health. When a person is operating at a higher emotional quotient level, he or she is able to have a better quality of life in general. The message of dreams is not limited to individual situations but is part of a wider message, which is unique to every person. Usually, sleep time messages are aimed at the dreamer's life and life goals. This message can

only be seen when a very large number of dreams are viewed over an extended period of time. In other words, the stronger the dream patterns, the clearer the message can be.

As said earlier, it is really more effective if there is someone coaching the dreamer to sort out the dream patterns, themes and archetypes. Most people are not used to recognizing such processes within themselves. Instead, they must turn to someone outside.

There is a leader within you who sends you dreams every night, which serves as your guide for transformation, albeit in a very slow and gradual process.

Prophetic Language of Dreams No. 114

The thing is when you become more intentional in decoding these dream messages, you would realize that it is the leader within the depths of your soul that you can turn to. There is a leader within you who sends you dreams every night, which serves as your guide for transformation, albeit in a very slow and gradual process.

DREAMS ARE HEALERS

A lot of people find it absurd for dreams to be conduits of healing. The premise of healing themselves in a dream seems as impossible as a last-minute decision to hike up Mount Everest. Nevertheless, people have accomplished this. Individuals have experienced healing of injuries and illnesses in their dreams.

Most people are not aware that the idea of physical healing through dreams is anything but new. Sick people

in ancient Greece would journey for miles for an overnight stay at a temple of healing. They would undergo rituals for purification and lie down on the skins of sacrificial animals awaiting a healing dream. The Romans were also aware of such a phenomenon too, as they slept in temples for messages of healing from their gods.

Dream researchers have seen a few glimpses of how dreams, which are forms of mental imagery, can be used to change or even diagnose our physiology.

Prophetic Language of Dreams No. 115

Today's experts would require more evidence for their convictions. The connection between dreams and bodily functions still lurks in the uncertain territories of clinical studies and hypotheses. However, a significant amount of work has been done in the area of mental images. Dream researchers have seen a few glimpses of how dreams, which are forms of mental imagery, can be used to change or even diagnose our physiology.

In the 1930s, Edmund Jacobson theorized that if you “imagine” or visualize yourself doing a particular action, muscles in that area think you are doing it, even when you are not actually moving them.

Prophetic Language of Dreams No. 116

In the 1930s, Edmund Jacobson theorized that if you “imagine” or visualize yourself doing a particular action, muscles in that area think you are doing it, even when you are

not actually moving them. He conducted an experiment that showed increased electrical activity in the area you imagine moving. We need to evaluate, because images produce physiological responses. However, it does not mean that the responses are healing ones. The real question can be, do images affect the body's immune system? How does it happen?

Deep hypnotic states carry within them the potential to heal.

Prophetic Language of Dreams No. 117

In a deep hypnotic state, a small percentage of the population has been able to experience reduced warts, cessation of smoking, fewer allergies, lowered blood pressure and the like, through hypnotic suggestion. The mechanism at work in successful hypnosis is similar to the other imagery. By becoming deeply absorbed in the imaging of a physiological change, excellent hypnotic subjects can reinstate the same feelings that are present when the actual physiological change takes place, and the reinstated feelings stimulate the cells to produce the physiological change. Said in another way, deep hypnotic states carry within them the potential to heal. However, since everyone does not have the discipline to meditate on a regular basis and are unable to enjoy the benefits for health improvements, what can the larger portion of the population do?

Only a small percentage of people have the ability to be in a deep hypnotic state and daydream vividly, with sufficient clarity to mirror waking reality. But let's look at this point: literally, everyone sleeps! Everyone can have the brilliant imagery of dreams, whether they want it or not. What if it were possible to harness the independent scenery of the dream world to heal?

HEALING IMAGERY

The issue lies in the fact that most people believe in the separation of the mind and the body, which has led to many problems in the field of general health. Dreams are complex constructive cognitive events, not just noise in the brain. For healing imagery to take place, there should be four components:

1. The image should be vivid and resonant for the individual.
2. Being involved in the process of imaging is more important than the image itself.
3. The image should be spontaneous and chosen by the individual so that he/she is comfortable with it.
4. The imager/dreamer should feel in control of the process. This is particularly applicable in lucid dreaming.

Dreams that reveal information or insight regarding the health of the dreamer are quite common. Reports of dreams in which the individual has effected a healing are rare. Nevertheless, it is significant to recognize how dreams send you a warning if there is any illness in your body that you need to address.

Dreams that reveal information or insight regarding the health of the dreamer are quite common.

Prophetic Language of Dreams No. 118

INSPIRED BY DREAMS

Charles Dickens, Robert Louis Stevenson, and Charlotte Bronte, authors of classic novels, are literary giants. These writers found plots, characters, and setting inspirations in their dreams. Novelist Ann Radcliff, would even go to the lengths of consuming indigestible food before going to sleep to trigger nightmares. She then used these horrible images she would see in her sleep for plots for her novels.

Scientific inspiration can also come from dreams. The founder of modern chemistry, German chemist, Friedrich Augst Kekule, reported that in the 1860s, he discovered the formula for the benzene ring in his dream. It was the circular image of the snake that inspired Kekule to think of the hexagon shape of the benzene molecule. Here is his account:

“I turned the chair to the fireplace and sank into a half sleep. The atoms flitted before my eyes . . . wriggling and turning like snakes. And see, what was that? One of the snakes seized its own tail, and the image whirled scornfully before my eyes. As though from a flash of lightning, I awoke. I occupied the rest of the night working out the consequences of the hypothesis.”

NO LIMITS

In life, especially in the waking part, we all experience restrictions - the feeling that we are limited by particular responsibilities or patterns of behavior.

Prophetic Language of Dreams No. 119

T.H. White said in *The Once and Future King*, “
“What are boundaries, please?”
“Imaginary lines on the earth, I suppose. How
can you have boundaries if you fly?”

In life, especially in the waking part, we all experience restrictions - the feeling that we are limited by particular responsibilities or patterns of behavior. We are tied to a Persona archetype — motherhood, childhood, by our role as lover, friend, or enemy. We often place limits between layers of our personal consciousness, delegating much of our awareness to the unconscious. It is usually in our childhood that we learn to establish restrictions between reality and fantasy. Less noticeable are the boundaries we place between our minds and bodies. We don't think of “me” as located in our elbows; rather, “me” is located somewhere deep within us. And perhaps we can go even further than this. Perhaps we set up boundaries between “self” and “other” and between “self” and the objects of the “real” world.

There should be no one archetype that determines our way of being, but we can aspire to become those that benefit us at any given point in time.

Prophetic Language of Dreams No. 120

Are these boundaries authentic and divisions fixed and indisputable? According to Ken Wilber, a transpersonal theorist, boundaries are just products of illusion and are therefore artificial. We can be both mother and child, lover and enemy, and so on. There should be no one archetype that determines our way of being. We can aspire to become those that benefit us at any given point in time.

If God communicates to us through our dreams, then the possibilities are endless. We can actually open ourselves up to the abundance of God's mind if we only truly pay attention to what the subconscious tells us in our sleep.

CHAPTER 15

DREAM MEANINGS AND SYMBOLS

*Sleep that knits up the raveled sleeve of care
The death of each day's life, sore labor's bath
Balm of hurt minds, great nature's second
course, Chief nourisher in life's feast.*

- William Shakespeare

POWER TRUTH

Thus says the Lord of hosts: Do not listen to the words of the prophets who prophesy to you; they are deluding you. They speak visions of their own minds, not from the mouth of the Lord.

Jeremiah 23:16 NRSV

STONES, ANIMALS, AND THE CIRCLE

Three reoccurring symbols we can see in dreams, literature, and art for generations and from different cultures are stones, animals, and the circle, according to Carl Gustav Jung. He noted on the patterns for these symbols and presented how symbols can and usually do reflect a multitude of meanings.

Stones

The Old Testament speaks of stones in many places. Most of the time, sacred stones and sacred places are represented by these stones. When Jacob traveled toward Haran and used a stone as a pillow, it was when he dreamed of a stairway to heaven. The stone was an integral part of the dream and his response was to set it up as a pillar.

¹⁶ Then Jacob awoke from his sleep and said, "Surely the Lord is in this place, and I did not know it." ¹⁷ And he was afraid and said, "How awesome is this place! This is none other than the house of God, and this is the gate of heaven."

¹⁸ So early in the morning Jacob took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it. (Genesis 28:16-18)

Stones represent patience and endurance. They have the wisdom of time.

Prophetic Language of Dreams No. 121

Even in your waking life explore stones, rocks, and boulders in nature. As you experience nature, the grounding of the earth, you would see how it conveys both resolve and reliability. A lot of people come alive in nature, specifically rock formations. When you go for a hike in nature, get a stone in your hand and feel how solid it is. Stones represent patience and endurance. They have the wisdom of time. If you are holding a stone in your palm, it is like holding history.

Caves can also be comforting for some people. They represent retreat and rest. A cave is a natural passage under the earth with an opening to the surface. It is like a womb of stillness and echoes. You can silently meditate and heal in a cave.

Animals

Animals are symbols that have been found even in the earliest cave drawings and hieroglyphics. Animals can symbolize either strength or weakness. In culture, animals also have different meanings. They can also represent nations, sports teams, schools, and colleges. For example, Rome and the United States' symbol is the Eagle.

When we see animal symbols in the art, we realize the significance of integrating the instinctual parts of ourselves with the conscious parts of ourselves.

Prophetic Language of Dreams No. 122

When we see animal symbols in the art, we realize the significance of integrating the instinctual parts of ourselves with the conscious parts of ourselves. Again, Jung called this process, individuation. Animals are not only symbols, but they can also be archetypes in our dreams. Animals also symbolize our instinctual sides. In itself, a specific animal is neither good nor bad. It is part of nature, just as our instincts are part of our nature. As such, they often represent our shadow side. It seems that we all can have our archetypal Power Animal. Your dreams help you find yours.

Power Animals

Jesus had a Power Animal himself. He is the Lamb of God and the Lion of Judah. If Jesus has a Power Animal,

then we can have one too. How do you identify your power animal? First, see which animals you are drawn to or which are drawn to you. Think back to your childhood. Was there one animal who was protective of you? In your life, spend time with a friend's dog, cat, horse, or rabbit; see if you relate to them. Or walk in nature; observe butterflies, hummingbirds, lizards, whatever happens to cross your path. Also, look at photos and videos of domestic and wild animals. Does one pique your curiosity or make you happy?

Do you feel a kinship with a whale? How about a coyote or an iguana? Which creatures do you love for absolutely no reason at all? Moreover, you can also request your power animal to appear during meditation or in a dream. No forcing or expectations — simply see what arrives and surrender to what message you get.

Once you have an animal that keeps appearing to you, welcome it. Keep learning from your animal and see the instincts that are unique to it. Ignite your wilder, instinctive side, and fortify your life force.

Finding your power animal allows you to connect to God's creation.

Prophetic Language of Dreams No. 123

Finding your power animal allows you to connect to God's creation. Keep learning from the animal's traits, be it fierceness or cunning, a scavenger or a hunter. Tap into its power and it will balance and strengthen you.

Circle

The circle or sphere is another universal symbol that we neglect in our dreams. The circle represents the Self. It also represents completeness or wholeness because it has no beginning or end. It is about inclusiveness.

THE POWER PLACE IS ARCHETYPAL

There is also a special place in nature where you feel safe and in control. Even if you don't know yours, your unconscious mind does. Under the right circumstances, it would come to you, and you can go there. Such is a place where your energy and the energy of the area resonate together and are in harmony. It is a place where you feel safe and at peace. It is a place where you are able to truly recharge and connect with God. It's different for everyone. For some, it's in the country; for others, it's in the mountains, the beach, or on an island. It can be water, or it can be hills. It may be a place from your childhood. It can be a place you've never been but you've seen in your dreams. It does not matter. It would come to you when you ask.

As you discover more of the archetypal patterns stored in your subconscious mind, you will be more equipped to intentionally communicate and receive a prophetic word from God when you sleep.

Prophetic Language of Dreams No. 124

Your power place is your doorway to your subconscious. It is where you can find healing and creativity. Set the intention to find it or to be in it when you dream tonight. From this safe place, you will be able to journey to meet your power animal and mentors. As you discover more of the archetypal patterns stored in your subconscious mind, you will be more equipped to intentionally communicate and receive a prophetic word from God when you sleep. Discover your power place. It is where you meet the Lord for the breakthrough you have been praying for.

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