

Dream Spirituality

Saint Elizabeth's Episcopal Parish Community

www.stelizabethepiscopal.com

706-864-5423

The Rev. Albert G. Daviou, Rector



Saint Elizabeth's Episcopal Parish Community
Compiled by Annette Lowe Barber, Group Leader

Photo courtesy of Robbie Niles.

Acknowledgements

Thank you to all the dreamers who participated in making this booklet a reality, the authors and artists, the proofreader, Sarah Virginia Perkins, and Robbie Niles for invaluable format and graphic arts assistance.

This group at Saint Elizabeth's would not be possible without the support and leadership of our Rector, Albert G. Daviou, who supports us all on the journey to wholeness.

Finally, thank you to the Reverend Bob Haden creator and leader of the Haden Institute who shares his vision of dream spirituality with the world.

Where are you, Angel of Mercy?
Outside in the dusk, among the flowers?
Leaning against the window or the door?
Waiting, half asleep, in the spare room?

I am here, said the Angel of Mercy.
I'm everywhere – in the garden, in the house,
and everywhere on the earth – so much
asking, so much to do. Hurry! I need you.

from *Red Bird*, Mary Oliver
Permission requested



“Your vision will become clear only when you can look into
your own heart. Who looks outside, dreams;
who looks inside, awakes.”

C. G. Jung



“...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

Dreamers Seeking Inner Knowledge

Saint Elizabeth's Church, Dahlonega, Georgia

by Annette Lowe Barber

The first dream group met at Saint Elizabeth's beginning in July 2007. We are a small group that has seen people come and go but many stay. All are seeking ways to understand their dreams, to seek inner meaning, to find their own peace and spiritual path. We hope to help one another on that journey toward health, wholeness and peace by sharing our dreams and our thoughts in a safe environment. Along the way we laugh, we cry, we pray, we journal, we meditate, we are quiet, we are loud, we are still, but most importantly we share our inner world as we value one another in a special way that is found in very few places.

Each group meeting has three components: We honor the Divine with worship; we study a book and discuss our insights and questions; and we share and reflect on dreams.

Dreams are both our stories and our path to wholeness. Dreams come to us at times in many ways, in frightening ways, in ways so calming we don't want to let them go. Dreams allow us to safely examine times in our life that may be too painful to deal with in reality until they have been first filtered through our dreams. Dreams, like parables, come as metaphors for us to study and decipher. Dreams are like a prism with many meanings; depending on the way we examine the dream content and symbols. We hope to help each person learn techniques for using dreams to understand and enrich their life journey.

We invite you to join our group as you are interested and able. If you would like to know more, please contact our group facilitator, Annette Lowe Barber, at officeadmin@windstream.net or call her at the church office 706-864-5423. Group meeting times vary with the season of the year and the needs of the group. Please check with Annette for current group meeting times.

This booklet is a gift to you to offer a glimpse of the rich fruits of our work in the form of prayers, meditations, songs and art that have come from releasing inner creativity from our dreams. We ascribe to the wise words of the poet, Cathy Smith Bowers, who in a group meeting at the Haden Institute (www.hadeninstitute.com) invited her students to try writing a poem, "I didn't say it had to be good. Just try." So try we do, we invite you to try as well. If you speak from your heart, it will be beautiful.



"At the Gloaming" photo courtesy of Annette Lowe Barber

This booklet will also share tools for working with dreams that we learn and develop in our group work. While you may certainly use these tools on your own, it has been proven that the best dream work is done by sharing dreams in a group setting. Check us out, join us. Come on the journey. Welcome.



“... I have had such a dream that my spirit is troubled by the desire to understand it.”

Daniel 2:3



BOOKS WE HAVE STUDIED IN PREVIOUS GROUPS:

Where People Fly and Water Runs Uphill by Jeremy Taylor

Dream Work by Jeremy Taylor

Natural Spirituality: Recovering the Wisdom Tradition in Christianity by Joyce Rockwood Hudson

The Kingdom Within: The Inner Meaning of Jesus' Sayings by John A. Sanford

Inner Work: Using Dreams & Active Imagination for Personal Growth by Robert A. Johnson

BOOKS WE HAVE REFERENCED IN GROUP STUDY:

Dream Language by Robert J. Hoss

Dream Prayers : Dream Work as a Spiritual Path by Tullulah Lyons

Memories, Dreams & Reflections by C. G. Jung

Our Dreaming Mind by Robert L. Van de Castle

Balancing Heaven and Earth by Robert A. Johnson

Dreams: God's Forgotten Language by John A. Sanford

Dreams are Letters from the Soul: Discover the Connection Between your Dreams and Your Spiritual Life by Connie Kaplan

Traveling in Time of Danger by Cathy Smith Bowers

The Portable Jung by C. G. Jung, edited by Joseph Campbell

Practicing Peace in Times of War by Pema Chodron

Step #6 - Exploring Color - revealing Additional Emotional Content _____

- 1) What color was the dream image you worked on? If none recalled, then select any other color, color pairs or color images you feel most drawn to: _____
- 2) Pick the color(s) in the tabular questionnaire that best matches the dream color(s) and read each expression for that color. Note those that remind you of a recent situation or way you have felt lately: _____
- 3) Recall the waking life situation that the statement reminds you of, and your feelings at the time: _____
- 4) Does the color work add a new or deeper perspective to the previous imagery work? If you selected a pair of colors, do the two sets of statements relate to conflicting emotions surrounding your situation? _____

Step #7 - Exploring Conflict and Misconception - review the role-play and color-work statements that you feel best express your situation. Has the work revealed emotional conflicts you find yourself in, or do any of the statements reflect feelings that could be considered an exaggeration or a misconception ? _____

Part #2 How Can I Use the Dream to Help Change My Life?

Step #8 - Compensation: Review the dream from the most emotional part to the end. a) Did the dream end positively? If so what happened that brought about that positive ending. b) Did you experience a surprise, guidance, a message, a new direction or approach ? If so describe the event and what difference it made in your thinking. Once answered go to step 10. If neither a) nor b) then try step 9. _____

Step #9 - New Dream Ending: If the dream did not end with a positive conclusion then imagine yourself back at the end of the dream. Now spontaneously without thinking about it, imagine a new ending that makes the dream work out in a positive fashion for everyone involved: _____

Step #10 - How might this be a metaphor (analogy) for a solution to your waking life situation? _____

Step #11 - Is it a healthy, practical solution or does it leave you stuck again? If it is healthy and practical, what specific next steps can you take to bring it about? _____

Step #12 - “Token” Reminder Image to use in the future to remind you of the new solution? _____

IMAGE ACTIVATION DREAMWORK - WORKSHEET

Title the Dream: _____ Date _____

Part #1 What Does My Dream Mean to Me (Issue Identification)

waking life: _____

Step #1 - Record the Dream Segment in the 1st person present tense as if you are re-experiencing it: _____

Step #2 - Record any emotional situations in your life at the time: _____

Step #3 Review the dream narrative and underline any phrases (metaphors) that seem to also describe a way you have felt lately or a situation in your waking life: _____

Step #4 - a) Pick an “important” or curious **dream element**: _____

b) Let that Image Speak (6 magic questions): “become” that dream element and (1st person present tense) answer these six questions as you imagine that dream element would:

1) I am a X (name and describe): _____

2) My purpose or function is: _____

3) What I like about being X: _____

4) What I dislike about being X: _____

5) What I fear most is: _____

6) What I desire most is: _____

Step #5 - Do any of the statements sound like a way you have felt or a situation in your waking life? Describe the situation and rephrase the most impactful statements to be descriptive of that situation: _____

BOOKS PLANNED FOR FUTURE STUDY:

The Art of Dreaming by Jill Mellick

Shadow and Evil in Fairy Tales by Marie Louise von Franz

Mystical Christianity by John A. Sanford

Goddess in Everywoman: Powerful Archetypes in Women's Lives by Jean Shinoda Bolen, M.D.

Gods in Everyman: A New Psychology of Men's Lives and Loves by Jean Shinoda Bolen, M.D.

THIS LIST IS NOT STATIC AND WILL GROW!



WE ABIDE BY THE FOLLOWING CIRCLE OF TRUST GUIDELINES

(Based on the Touchstones from the Haden Institute):

Be fully present. Welcome others. Be welcomed. Leave all distractions at the door to our meeting space. Things to be done will wait. Bring all of yourself, the good, the hidden, the reserved. We are more receptive to listening, sharing and learning in a welcoming, accepting atmosphere.

All work in the group is confidential. You must vow to honor confidentiality. The absolute pledge of confidentiality is critical to the work of the group. Only by knowing that each of us will respect this vow can safety and comfort in sharing be achieved.

Listen with your full attention. Listen as you would like to be listened to. Listen with intention to hear, receive and understand. Listen to the unspoken feelings beneath the words. Work to achieve a balance between listening, reflecting, speaking and acting. Listen fully. It is a great gift. In the words of the Quaker writer Douglas Steere: “*Holy listening – to ‘listen’ another’s soul into life, into a condition of disclosure and discovery – may be almost the greatest service that any human being ever performs for another.*”

It is never “share or shame.” Each person in the group will be invited to share. Sharing is an invitation which you are free to decline or accept. Each person is free at any moment to decide to share and how much to share or participate.

We are not fixers or deciders. Each person in the group is here to discover their own truths, to listen to their divine inner voice, to

progress on their own journey. We are not here to mould others into our way of seeing or thinking, to determine another's truth, or decide their journey's path.

We do not judge. Set aside your judgmental tendencies toward others as well as yourself. In the sacred space between judgment and reaction, we can find the blessing of listening to others and ourselves.

Set aside assumptions. Our assumptions, often transparent to us, are the perspective with which we view the world and relationships with others. Identify your own assumptions for what they are – assumptions – then set them aside to open yourself to new viewpoints and greater understanding and relationships.

Speak your truth. Honor your voice and the voice of others in the group. Speak from your heart knowing that your words and feelings will be heard and respected, as you will respect the words and feelings of others. Your truth is not another's truth. This work is not about debating with, correcting or reshaping another.

Respect silence. Pausing for reflection on what has been said is a gift to all in the group. Silence in our all too busy world is rare. Silence provides a sacred space to aid reflection before the reaction of words. Honor it.

Turn to Wonder. If you find yourself slipping into a place of disagreement or being judgmental or shutting down in defense, try practicing wonder: I wonder what brought you to this place? What does this reaction teach me? What are the feelings and projections at play right now?

Be patient with yourself and others. Allow room for each of us to learn, grow and change.



The Following pages are offered to you from our group and reflect the creativity that has been revealed and nurtured by our dream work. As you will discern from your reading, each person has a different perspective , a different gift. All are from the dream or imagination and from the heartsoul. All are good.

All offerings are used with permission of the author or artist.

my “roots” 6) I am concerned with a son or daughter. c) I am searching for my true self or natural state of being. 7) *If Dirty Brown: it may relate to a physical problem or illness.*

GRAY (Free of color) 1) I want to shield myself from those feelings. 2) I feel emotionally distant, only an observer. 3) It is as if I am standing aside, watching myself mechanically go through the motions. 4) I want to remain uncommitted, non-involved, shielded or separated from the situation. 5) I do not want to make a decision that will require my emotional involvement. 6) I have put up with too much and wish to avoid any further emotional stimulation. 7) I am trying to escape an anxious situation. 8) I am compensating for something.

BLACK (Negation of Color) The unconscious realm. Moving into darkness = suppression, “death of the ego” (first stage of transformation). Beautiful shiny black = a positive view of the unconscious from which a new self emerges. Try: 1) I am anxious and don't know why. 2) I am fearful of or intimidated by the situation. 3) I have been dealt an unacceptable blow. 4) Nothing is as it should be. 5) I refuse to allow it/them to influence my point of view. 6) I can't accept the situation and don't wish to be convinced otherwise. 7) I feel the need for extreme action, perhaps in revolt against or to compensate for the situation.

WHITE 1) This is a new experience. 2) I'm becoming aware of new feelings. 3) I'm experiencing a new beginning, a reawakening a transformation. 4) I have a new outlook, a new awareness. 5) I feel pure and innocent. 6) I feel open and accepting. 7) I feel unprepared. 8) I feel alone, isolated. 9) It feels cold or sterile. White grouping or mixing (pastels) with other color represents a transformation of the emotions represented by those colors, adding a peacefulness, or a newness, emergence or re-emergence theme to the emotion.

COLOR GROUPS (Jung)

RED/YEL/BLU/GRN - a grouping of the 4 ~primaries” represents a state of completion within the personality. A missing color, may be associated with an emotional element missing from the dreamers life needed for closure.

BLACK & WHITE (patterns) - may represent the forces of unification, an integration of conscious (white) and unconscious (black) from which a greater self emerges; a unity of opposites; an internal change.

GOLD & SILVER - Integration of the masculine & feminine qualities of the conscious & unconscious.

Copyright: Robert J Hoss *Dream Language* 2005. For information write to bob@dreamlanguage.org
Permission is granted to copy this guide for personal and educational use with proper reference to the author

TABLE OF EMOTIONAL THEMES ASSOCIATED WITH THE HUMAN RESPONSE TO COLOR

Note statements are designed to trigger your own personal associations, they are not the “meaning” of color

RED 1) I feel intense, vital or animated. 2) I feel transformed. 3) I feel assertive, forceful. 4) I feel creative. 5) I want to live life to its fullest. 6) I want to win, succeed, achieve. 7) I feel sexy or have strong sexual urges. 8) I have a driving desire. 9) I need something to make me feel alive again. 10) I need to be more assertive and forceful. 11) I need to get out and enjoy myself. 12) *If red appears as blood or inflammation - It may relate to an illness or injury*

ORANGE 1) I want to expand my interests and develop new activities. 2) I want a wider sphere of influence. 3) I feel friendly and welcoming. 4) I want more contact with others. 5) I feel enthusiastic, outgoing and adventurous. 6) I am driven by desires and hopes toward the new, undiscovered and satisfying. 7) I feel driven but need to overcome my doubts or fear of failure. 8) I must avoid spreading myself too thin.

YELLOW 1) I feel a sense of joy and optimism. 2) I feel alert. 3) I am seeking a solution that will open up new and better possibilities and allow my hopes to be fulfilled. 4) I feel the new direction I am taking will bring happiness in my future. 5) I am hopeful. 6) I need to find a way out of this circumstance or relationship. 7) I need a change. 8) I may be compensating for something. 9) I am acting compulsively.

GREEN 1) I need to establish myself, my self-esteem, my independence. 2) I want recognition. 3) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or my possessions. 4) Hard work and drive will gain me recognition and self esteem. 5) My opinion must prevail. 6) I must hold on to this view in order to maintain my self-esteem. 7) I want what I am due. 8) I must maintain control of the events. 9) Things must not change. 10) Detail and logic are important. 11) I need to increase my sense of security. 12) I need more money to feel secure. 13) I want to withdraw or retreat into my own center. 14) I feel healed or need healing.

BLUE 1) I feel tranquil, peaceful and content. 2) I feel a sense of harmony. 3) I feel a meditative awareness or unity. 4) I feel a sense of belonging. 5) I need rest, peace or a chance to recuperate. 6) I need a relationship free from contention in which I can trust and be trusted. 7) I need a peaceful state of harmony offering contentment and a sense of belonging.

VIOLET 1) I like to win others over with my charm. 2) I feel an identification, an almost “mystic” union. 3) I have a deep intuitive understanding of the situation. 4) I feel a sense of intimacy. 5) The feeling is erotic. 6) I seek a magical state where wishes are fulfilled. 7) I yearn for a “magical” relationship of romance and tenderness. 8) I seek to identify with something or someone. 9) I need intimacy. 10) I engage in fantasy in order to compensate for my feelings of insecurity.

BROWN 1) I seek a secure state where I can be physically comfortable and relax or recover. 2) I am uneasy and insecure in the existing situation. 3) I need a more affectionate environment. 4) I need a situation imposing less physical strain. 5) I want to satisfy the physical senses (food, luxury, sex). 6) If it is a Natural or wood brown: a) I am concerned about matters of family, home, or

Dreamland

(Gettin' Closer to the Promised Land)

Dreamland, oh Dreamland
Better than my life from day-to-day
Dreamland, Dreamland
Kinda makes my crazy seem okay.

Happy vaginas, dancing on the stage
A one-eyed crow sittin' on my windowsill.
I'm swimming across a parking lot
Ridin' on a big, pink polka dot
Goin' to sleep has never been such a thrill.

Chorus
It's happenin' in...

Groovin' to the scene in a psychedelic flophouse
Makin' love with my worst enemy
I'm doin' an active imagination
With a man who must have been Satan
I guess he gave me my church anxiety.

Diving in a dumpster or shopping for a yacht
My dreams help me to see
Just what I am and what I'm not
Archetypes and shadows
take me down to reality
My animus lives in a barn
What does that say of me?

Chorus

Serving chips and salsa on my sacred mandala
Why'd that lady squirt me with a water hose?
I'm gonna spend some time cleanin' up my house and
Get a little closer to the Promised Land
Excuse me, I think it's time for a little doze. (snore)

Chorus
I'm going to...
Dreamland, oh Dreamland
Better than my life from day-to-day
Come along to Dreamland, oh Dreamland
Kinda makes my crazy seem
Makes my soul feel so redeemed
Kinda makes my crazy seem okay.

2008 Lee Ann Roy



Wonderful Dreamer

They are entirely illogical and crazy and make no natural sense at all,
 Our sleeping dreams,
 Inhabiting a place and speaking a language all their own,
 Like wandering a strange and foreign land, and all understanding, but
 you.
 But really, how crazy and making no sense is our everyday waking life,
 Except that we are so used to it being this way?
 Did we just overlay some familiar and comfortable sense of order and
 meaning on all this,
 As ordinarily proposed by our parents and the older kids and teachers
 and preachers and everyone else ahead of us in life?
 Have we done it for so long that it seems to make such good sense?
 But, does our ordinary existence really make sense, and if we stood on
 the Dream side
 And looked back here at the Awake side,
 Would all this really make sense from there?
 It would not, would it?

Let's pretend for a moment that the God that we seek and for whom we
 search
 Is asleep
 And dreaming of us---right now.
 God is snoozing and we are walking and talking in his dream...we are
 her dream.
 And what if God wakes up and writes down this dream,
 And ruminates on us, looking for meaning, looking for sense, for love,
 maybe?
 And if we could press something back to God regarding this dream
 about us,
 Would we not press back that we send our sweet and mysterious love
 back to God,
 The Wonderful Dreamer?

Bruce Abraham



COLOR QUESTIONNAIRE FOR DREAMWORK

The table was derived from color psychology research and literature, the Color Test by Dr. Max Luscher, augmented with the works of C. G. Jung, plus research by the author. The statements do NOT represent the "meaning" of a dream color and should not be used as a dictionary of color meaning. They contain emotional themes reportedly associated with our human autonomic, subliminal response to color. The statements may or may not describe your situation exactly since they are designed only to trigger your own personal "aha" or association with a situation the dream might be dealing with. You may find that only one or two statements within a color cell relate to your specific situation, whereas the others do not. This is exactly how it was designed. The statements are variations around an emotional theme found to be associated with that color, and provide a spectrum of emotions, from being filled with the emotion, to needing more of that emotional stimulus. Don't depend entirely on the table if it does not trigger an association; you may want to try freely associating by asking yourself how you feel when you envision being illuminated by the color.

- 1) Select the colored images from your dream that you feel are important, that you feel drawn to, or have the greatest emotional reaction to. It is best to work with something that is not a commonly colored object (like green grass), unless it stands out. Work with a colored image on which the color is optional (such as a red hat, a blue car). Look for a grouping of the four "primaries," and work on the color in that group that is most active if there is one. Look for a grouping of three of the four "primaries," in which a color is missing. Work on the missing color, as if it is something you need, in order to bring about closure or harmony in your life.
- 2) Pick the color in the table that best matches the color of the dream image. Don't worry if there is not a perfect match. The tables are not intended to reveal the meaning of that color but rather to trigger your own associations from the general emotional themes.
 - Single Color: use the table to select the closest matching color.
 - Color Pair: If an image contains a pair of colors, explore the possibility that the two colors might represent conflicting emotions about a situation you are in. Use the table on each color separately and contrast the associations and feelings they trigger.
- 3) Read each expression for that color (or better yet have someone else read them while you listen) and ask yourself: "Does this statement relate to a way I have felt recently or describe a situation in my waking life?"
- 4) Relate to Waking Life: Pick the one or two statement(s) that create the strongest "aha" response or "connection," that best relates to a waking life situation or conflict. Describe the situation, and ~e feelings at the time, in your own words.
- 5) Reflect on the Dream: How might the situation or feelings relate to the dream? How might the color statement relate to, or better clarify, the dream and/or the work you may have done with the dream imagery? Does the color work help to complete the relationship between the dream story and the waking life story?

Copyright: Robert J Hoss *Dream Language* 2005. For information write to bob@dreamlanguage.org. Permission is granted to copy this guide for personal and educational use with proper reference to the author

MAPPING A DREAM

Title of this Dream:

--	--	--

The Dream

*Will someone interpret my dream for me --
unlock its' secrets – its' mystery?*

*Will someone explain its' symbols stark –
the dark walls – the wooded rot?*

*Will someone remove my constant fear –
the unknown lurking near?*

*Will someone take me by the hand
and lead me to another land
where dreams are sweet and life is good
and angels dance on fresh- carved wood?*

Daphne Faulkner



A Letter to the People of my Dreams

Who are you
to say what I feel?
To hold my secrets
and only reveal
them bits at a time
in pictures and rhyme?
Who are you?

How do you know me
so intimately?
To take me from here
to eternity
across ocean and field?
Such great power you wield.
But who are you?

You've no outside life.
No deadlines to meet.
No conflicts to resolve,
no ghosts to defeat.
You stay warm in your cave—
Send *me* out to be brave
in the storm.

Yet night after night
I give you that power
to send what you may
in the dark, twilight hour.
Spread my loves on the lawn,
play my pain like a pawn
to your King.

My patience wanes, now.
I'm on my knees.
Seeking clarity but
You continue to tease
me with shadows and pools
and wise men and fools.
Who are you?

2008 Lee Ann Roy

Down the Spiral Staircase (from "Get It Together!" Jan. 4, 2008) Lee Ann Roy



7. Go through the exercise of expressing the dream symbolically, i.e., "My anima and another anima aspect of myself and I were in a room with my shadow." Just by expressing it symbolically in Jungian terms, additional knowledge will probably pop into your head.

8. Where is the tension in the dream? Try to distinguish the two sides of the tension. Give each side of the tension a name. Which one seems to be the "underdog" and which one seems to be the "overdog?" One way to dialogue with tension is to get the "underdog" and "overdog" in dialogue with each other. You can do this in a journaling fashion starting with the "underdog" ask the "overdog" a question and having the "overdog" respond. Continue this and see what happens. Normally the "underdog" will come up to a par with the "overdog" and a good Gestalt would have happened within your own soul. This dialogue can also take place with two chairs facing each other where you start sitting in one chair as either the "underdog" or "overdog" and move back and forth as you continue to dialogue. You may also wish to have a Gestalt dialogue between any figure in the dream and yourself.

9. What title would you put on the dream? Put a title at the top of the dream. How does the dream end? Write down how it ends at the end of the dream. What action does the dream call for it any? It may be calling for a concrete action like "taking a serious look at my vocation" or "slow-down" or the action called for may be symbolic, like putting a symbol from your dream on your refrigerator or painting a picture of the dream or being aware of birds which remind you of the dream.

10. It can also be helpful to express your dream in any art or expressive form. Look for humor. There is a lot of humor that occurs in dreams. Sometimes we need to just laugh at it, and at other times, it is at a point of key meaning for us. See what meaning it has for you. The dream may also call; for extensive research on anything that occurs in your dream with high energy that you do not know anything about.

Bob Haden, October 2006
The Haden Institute

MAPPING DREAMS
THE HADEN INSTITUTE METHOD
FOR WORKING WITH DREAMS INDIVIDUALLY

1. Write the dream in the: first person in the center of the page with wide margins on both sides for notes. (An option is to use a separate page for notes if the dream is already written in your journal. When you write the dream in your journal, you may want to either write it in the middle of the page or write it on the left hand pages leaving the right hand pages blank for notes.)
2. What is the setting of the dream? Put “the setting” with your description of your setting in the upper left hand margin. Mark the stages of the dream with Roman numerals and titles.
3. What is the feeling tone of the dream? How do you feel after the dream? Mark these feelings down in the left hand margin. Where is the energy in the dream? Mark with an “E.”
4. Who is in the dream? Circle all of the people in the dream. Draw a simple circle around people of the same sex (often your shadow) and a jagged circle around people of the opposite sex (your anima/animus). Draw a line from each one to the right margin and describe what they are like. Then ask yourself, “Where am I like that?” Do this with each person. In describing what they are like, use the first thing that comes to your mind, but also particularly describe their personality. Have any of these people occurred in other dreams? What was going on in that dream?
5. Put a square around any animals in the dream. Draw a line to the margin and write down the characteristics of that animal and the particular emotion the animal is projecting in your dream or what emotion you associate with that animal. Since it is an animal, the emotion will probably be on the instinctual level. See if you can become aware of those animal feelings within you. You may want to read up on that particular animal in nature and mythology books. Have any of these animals occurred in other dreams? What was going on in that dream?
6. Underline the objects in the dream (like a house or a road). You might want to research the meanings those objects can have in dreams as well as any personal associations you have with that object. Again, ask what that object is like and what its function is in the dream. Particularly note if it is odd in any way or doing something uncharacteristic. Remember that objects in dreams are also a part of you and ask yourself the question, “What part of me does that represent?” Have any of these objects occurred in other dreams? What was going on in that dream?



Dream Prayer to Earth Mother Guide

*O Holy Mother, thank you for the blessings of the night,
for the nightly instruction from your Wisdom.
Bless the Earth Mother who brought me an old and wrinkled body.
Bent over from work and weary from life
who looked up at me with sparkling, twinkling eyes
and with her sweet words to remind me of what
is truly important in this world.
May I hold her message in my heart.
May I carry out her message with my hands and my heart.*

AMEN.

Annette Lowe Barber



Photo courtesy of Albert G. Daviou.



A Meditation and a prayer on a dream
 following the Good Friday Service
 Saint Elizabeth's, 2008

TEARS AT THE CROSS

The darkness feels like a brown velvet cloak as it shrouds me.
 There comes a rustling of cloth.

I sense the hushed vibrations as bodies shift in pews.

My senses heighten. The cross is oak and massive. I shrink under
 its' weight. I feel muscle and sinew separate under the weight of
 it. Cruel iron stakes tear at my flesh. My feet once marching now
 stumble and falter.

My tears fall soundlessly. My breath comes shallow and ragged,
 pulled from my lungs. Fear and loneliness haunt me as I am
 immersed in a dark pool.

Endless and bottomless as I fall ... only to find myself gazing in
 loving eyes. A golden comforting presence joins with me. My
 breath comes deeper and more slowly. I am quiet. I am still. The
 dark pools of love hold me, buoy me and surround me.

* * * *

*Oh, Holy One, lead me from the darkest night of
 despair. Let my feet, while they stumble, stride on.*

Lead me, oh Lord, into light and everlasting love.

*May I immerse myself in your grace and be at one with
 You, Father, and Your Son. Amen.*

Cheryl Williams Jones



The final portion of this booklet provides tools for working with
 dreams on your own. We sometimes use these tools in dream group
 to more fully explore the dream. Once these concepts have been used
 by the dreamer, the method that works the best for the dreamer often
 is seamlessly incorporated in to the way the dreamer works with and
 journals dreams on a regular basis.

What follows first is "Mapping Dreams" a format that was developed
 by The Reverend Bob Haden based on his many years of work as an
 analyst and founder of The Haden Institute. Following the directions,
 try using the exercise to further develop insights and "ah-ha's" about
 your dream.

The Color Questionnaire and chart were developed by Bob Hoss
 after study of over 15,000 dreams. In our group work we have found the
 information on color to be remarkably on point. Try it by applying the
 principles outlined on these pages to your own dreams. We frequently
 refer to the chart in our group work. Just a reminder: this chart is not a
 color dictionary and is not an absolute. As explained by Mr. Hoss, it is
 the association that speaks to the dreamer relative to the dream that is
 defining.

The final tool provided is the "Image Activation Dreamwork
 – Worksheet", developed by Bob Hoss. This worksheet provides another
 tool for working with a dream or a dream image which provides a way for
 the dream image to speak to you. Amazing insights come if you will rest
 with the image and let it speak to you.

Detailed information about using color and image activation can be
 found in the book Dream Language by Robert J. (Bob) Hoss.

(All work used with permission of the authors.)





*Meditation and Prayer
on
Waiting at the Hotel*

Meditation:

*I was waiting. I was wandering. He called to me, but I
was not in the right place.*

*As I continued to wander, I met One who looked at me,
recognized me, and called me by name.*

*Further along, One who loved me, who had been
searching for me, found and rescued me.*

*Away we sped down the road into the waters which
washed over us and set us on the rock.*

Prayer:

*Dear Lord,
Even though we wait and wander and often stand at
the wrong door, you see us for who we are, and call us
by name. You search for us and rescue us. You set us
on the rock above the turbulent waters. For this we give
You thanks and praise.*

Amen.

Martha F. Roberts



Divine One

Thank you for the revelations and messages of dreams.

May I beseech your guidance in understanding all you would have me know?

*Thank you for the gift of sunflowers;
for the gift of of color in a dreary dark space;
for the hands that offered them as a gift,
recognizing the need for blessing.*

*Come to me as I rest in Your Holy Temple and contemplate Your
awesome being and the beauty of Your creation.*

What am I to do with the gift?

Amen

Annette Lowe Barber



Photo courtesy of Albert G. Daviou.



A Meditation & Prayer
on
The Beautiful Pool

I dream of a beautiful swimming pool with poop on the bottom in the corner. No one offers to deal with it.

I see this dream fragment as a microcosm of our daily journey and span of life. We are all swimming in the pool of life together.

There is always dirt, poop, ugliness, negatives, tragedies, difficult people – inflexible, seemingly irrelevant. Yet our God provides for all and cares about everything.

* * *

Thank you, dear God, for the splendor of the world you created, for the infinite variety on the surface, visual level.

Thank you for your understanding and infinite ways of communicating, and for the choice we have to choose to walk into the heavenly glow.

Amen.

Martha K. Wayt



Meditation and Prayer
on
The Museum on Top of the Hill

Meditation:

It is an uphill journey to reach a spacious light-filled place which embraces the old as well as the new. In this place I can name my dark side without fear or embarrassment. I can make mistakes and start over. Although there are distractions and noise, I am helped by those who accompany me, and by those I meet along the way.

Prayer:

*Dear Lord,
I am thankful for the women in my life who are examples for me; teaching me to resist anxiety, to be strong, to be a good companion, and to be a cheerful worker. Help me to learn from them, in spite of noisy distractions and the pressures of time, as I continue on my journey.*

Amen.

Martha F. Roberts



Photo courtesy of Albert G. Daviou.