

Dreams – Your Magical Mystery Tour through the Cosmos

I'm writing this because I want to share something of how dreams have changed my life. In doing so, I hope to open doors of possibilities for you to explore your own dreams. I want to take you beyond the page, on an odyssey through dreams to see what's underneath the words and the surface of what we call reality. One of the first things I will do is create a language to talk about dreams. This is a language of images. Each image in a sequence tells something about the dreamer. When I learn to put the images together I have a complete story or sometimes a part of one and I have to fill in the rest using my intuition and reasoning. This is a letter from my soul. The letter contains the truth about me now, at this moment. As with any good conversation, I listen to this message. It may be telling me I need to love more or face my fears instead of running from them, or become aware of old patterns and behaviors operating like wallpaper in the background of my life. When I get the message, I decide if I want to change anything. In other words, I respond. Then my soul responds back, giving me feedback about my choice. When the conversation is flowing, I'm able to evolve my consciousness at a rapid rate.

Once the dialog begins, this conversation with your soul or subconscious mind can last for the rest of your life. It can give you a greater sense of harmony with self and others, release the illusion of separation, develop psychic and intuitive abilities, gain insight into the process of manifesting, help you connect with your life purpose, give you visions of past lives, help you experience life beyond the physical, create more loving relationships, provide inspiration for creative works, experience more joy, peace and success in your life, and much more.

Dreams are a cheap form of therapy. Why pay someone \$100 an hour to help us see what's really going on in our life and what we need to do to change it when our dreams provide us with the same information night after night free of charge?

Listening to the messages in your dreams is a way to wake up and connect with your deepest self.

My passion for exploring dreams grew out of my desire to dive deeply into the mysteries of life, to travel to the core of my being and return to my daily life with pearls of truth with which to fashion a more joyful and meaningful way of being in the world. These nightly adventures to the theater of my subconscious have helped me become aware of old habits that no longer serve me; they've help me see the unlimited possibilities waiting for me to open to them; and they've gifted me with a vision for a future expanded beyond anything I might have imagined with my conscious mind.

Night by night, my dreams continue to unfold the keys that open doors to new states of consciousness where I'm able to experience greater joy, love, abundance, giving and receiving. My purpose in life unfolds with each new turn of my nightly conversations with this deep, expanded part of myself. In a practical, day-to-day sense, I receive answers to problems. I receive inspiration for creative projects. I receive insights that help me grow, and guidance for the next step.

After many years of exploring and learning from dreams, this year I'm expanding my passion to helping others learn to remember and learn from their dreams. Experience has taught me that anyone with a desire to do so can remember their dreams - even those who say they never recall their dreams. I also know it's possible for anyone to become fluent in the universal language of dream symbols and, by doing so, to open the door to deepening levels of communications with the inner self.

In these pages, I'll share what I've learned about dreams in the last two decades. I'll include excerpts from my dream journals and show how I use this guidance from my inner self to make decisions, create what I want, gain self-awareness, create poetry and infuse my life with a sense of love, creativity and passion that flows from the heart of my deepest knowing each time I enter the magical worlds of my dreams.

Some Dream Basics

Dreams come from the subconscious mind. They happen when your conscious mind goes to sleep and your consciousness moves into subconscious mind.

Two Main Principles of Dreams

There are two main principles of dreams. The first is that they're a message from our subconscious or soul or inner self. It's communicating about your state of awareness, usually in the last 24 hours, but not always. The second principle is that the dream is about you. Everything and every person in your dream is an aspect or part of you, just as every person or thing in your waking life is a reflection of some aspect of you.

Because dreams mirror waking life, most anything you can say about either is also true of both.

The Universal Language of Mind

Dream messages can be interpreted in the Universal Language of Mind, which is a language of images and pictures based on function. The subconscious mind communicates to us in images. An example of this would be bathrooms in foreign countries that have the universal symbol on the door telling us this is the men's bathroom or women's bathroom. Even if we don't understand the language we "get the picture." If someone is communicating something to us, we say "I see," meaning "I got your picture." This is how telepathy works, and how communicating with our dreams works.

The Universal Language of Mind is the oldest language in the world. It comes from the collective consciousness of humanity. When you become fluent in the symbols and images and what they mean, you will be able to communicate directly with your soul through dreams. You will also be able to interpret spiritual books such as the Bible and the Bhagavad Gita, which are written at several levels (mental, spiritual and physical) to speak to our whole self, so they are relevant to all people anywhere, anytime. If you're a writer or if you enjoy reading fiction or poetry, or if you're an artist, you will have a better grasp of the images by understanding the Universal Language of Mind. I can go back and look at poetry I wrote years ago and understand what was really going at the time on by decoding the symbols.

You will also be able to interpret your waking life in terms of the Universal Language of Mind to gain insight into what's happening in the moment. This was particularly helpful to me one day when a water pipe broke in my house. The pipe broke because the pressure regulator had gotten stopped up and quit working. As I mopped up gallons of water, I pondered the symbols of what had happened. I was able to see how my own inability to "regulate the flow" of conscious life experiences (water) had put me into overwhelm. After that, I had a new pressure regulator installed, the physical, symbolic counterpart to my new resolve to become more aware of how I managed the flow of my energy and inner resources.

How to Remember Your Dreams

Everyone dreams every night, usually with multiple dreams. When you don't remember your dreams, there are often things that happen in your waking life that you don't remember too, things you're not paying attention to. This could be because your thoughts are scattered.

There can be different reasons for poor dream recall. The most common cause is that we don't really want to remember. Sometimes this is because we've closed our minds to spiritual things. There may also be contributing factors, such as an over-tired body, sleeping pills, various drugs and medications or heavy drinking. Childhood programming can also be a factor. I can remember clearly being told not to be afraid of something in my dream because "it's only a dream." Once we're taught to dismiss our dreams, we may continue to ignore them until we're reprogrammed to remember them. For some people, a nightmare or frightening dream experience may cause them to shut off a lot of dream recall. Sleeping too long after a dream has ended is another factor in poor dream recall. Five minutes after the dream is finished, half the content is forgotten. In 10 minutes, 90 percent is lost.

Inability to remember your dreams can also mean that you need to communicate something and you feel blocked from saying what you want say. One way to open these channels of communication is to journal, to write down on paper what it is that you feel you can't say to the people in your life. Write it out and release the block. Stream of consciousness writing empties your mind so you can free communication. By setting

your intention you can change that. You can also ask your subconscious mind for help with it.

Another reason some people don't recall their dreams is because we wake to alarm clocks and the sound jolts us back into our bodies. When this happens, sometimes the message or dream is lost. If you have to wake up at a certain time you can program yourself to wake up without an alarm or program yourself to be more relaxed when you hear the sound of an alarm. I often go ahead and set the alarm but ask my subconscious to wake me up a few minutes before it goes off. It works every time.

To start remembering your dreams, write down something every morning even if it's only an impression, a word or an image. Each day you write something down it will get easier to remember. You're opening up a dialogue with your subconscious mind by saying "My dreams are important to me. I'm open to what you have to say to me." You can show your gratitude for the messages you receive from your subconscious by acting on them, and following the guidance you receive. This opens the door for more guidance to flow through. Gratitude always opens the door for a greater flow.

Types of Dreams

There are different types of dreams. Dreams where we get a glimpse into a possible future are called precognitive dreams. Because our subconscious mind isn't limited to time and space, it can venture out into universal mind at night and capture images and information about what is happening in the future. Our conscious mind measures events in blocks of time and distance, but the subconscious mind has no limits. It can travel anywhere, anytime, from the furthest reaches of the universe to the deepest, inner levels of our own being.

Health dreams can be warning us that we're off the mark. They're telling you it's time to get back on track, and if you don't, you're going to get sick. A car or small plane or boat in dreams symbolizes your body. If something's going wrong with your car in a dream, it indicates something somewhere in your physical body is going wrong as well. This is a good example of how the Universal Language of Mind is based on function. In physical reality, a car takes you from one place to another. In spiritual reality, the body is how the soul moves from one experience to the next. If you're wrecking your car, that indicates a self-destructive attitude. If someone else is driving, that shows you don't feel you're in control of your life.

A recurring dream is a message that needs to be heeded. If you're not listening to your dreams or acting on the guidance you receive, the message will continue to come back around in the form of a recurring dream. If your subconscious mind is trying to communicate something important to you and you're not listening, it may speak to you more loudly in the form of a nightmare. The best remedy for recurring dreams and nightmares is to write down and interpret your dreams every day. Once you get the message, there won't be a need for your subconscious to repeat it or shout it at you.

Lucid dreaming is an indicator your state of awareness in physical reality is very awake. There are a lot of people who are very asleep in their waking life. When people are not conscious and awake in their lives, the mind simply goes somewhere inside. There are different degrees of this. When a person is deeply asleep in their waking life, learning and growth cease to happen. Stagnation and disease set in when we stop learning life's lessons. One key to being awake in both your waking life and your dreaming life is to practice five minutes of concentration every day. This builds your skill of being in the present moment. This also helps you develop a good memory. If you can hold your attention on a candle flame for five to 10 minutes every day, this would be very beneficial in helping you stay conscious during the day. It will also change your life.

Visitation dreams are when we receive messages in our dreams from someone who is no longer incarnated in physical life. When people in your life die, they can come to you in a dream and communicate through telepathy. Their lips don't move. It's possible for this to happen because when a person leaves their physical body and passes on, the conscious mind falls away. The person's consciousness travels into subconscious mind. When you go into subconscious mind while sleeping, it's easy for their subconscious mind to speak to yours. These communications are acts of love from the deceased saying good-bye and letting you know they're okay.

Colors in Dreams

It's possible to tell what part of mind your dreams are coming from by the colors that are in your dreams. Black-and-white dreams mean the dream is coming from the sixth or emotional level of mind. Brightly colored dreams are coming from the middle levels of subconscious mind. Pastel dreams come from the deeper levels of subconscious mind, and dreams that are all white come from superconscious mind.

The Three Stages of Dreams

Our subconscious often gives us dreams in three stages. The first part of the dream is describing the current state of our consciousness. This may include a problem or a situation that we need to look at. The second phase of the dream is giving us the solution to the problem. The third phase tells us what we can expect to happen if we follow the guidance of the dream.

Astral and Inner Projections

Your subconscious mind is awake all the time. It can go to other places while you sleep. This is called astral projection when we leave our body. A flying dream indicates a sense of freedom the person has in their conscious mind, and it can also be a sign you're having an astral projection dream. Sometimes when we return to our bodies after we've been having an astral projection, we feel a jolt. This is because the vibration of the conscious body is not in harmony with the vibration of the subconscious mind.

You can also project your consciousness to the inner levels of your own being. This is called inner projection.

Chapter One

Slow down and Photograph the Butterflies

At the end of 2004, I was finishing a course with School of Metaphysics called Mastery of Consciousness. This was about nine months into a course that taught a daily discipline of interpreting dreams as well as meditation, concentration, memory and visualization exercises. The months of daily discipline were paying off and my dreams reflected the "celebration" mode I was in. I felt my life was changing; new possibilities were opening and I was releasing limitations I'd held onto for years.

One day in December, I made the three-hour drive to visit my family. My mother was helping me make my graduation robe. I woke that crisp December morning from a dream where I was photographing butterflies near a creek flowing through an ecstatically green park.

In the dream I'm walking along noticing flowers along the path when a friend calls me to come see a cloud of butterflies floating above the creek. As I stand there, a camera appears in my hand and I begin photographing the butterflies. There's a blissful, ecstatic feeling to the scene.

Later when I interpreted the dream, I looked at symbols. The camera represented the mechanics for forming conscious desires. I was photographing butterflies, which represent transformation. The creek represented conscious life experiences, and the park, subconscious existence. This dream was telling me that in my conscious life experiences, I was going into subconscious mind using memory, attention and imagination to produce an image of what I desired. I was consciously imaging transformation and in the process, creating it.

This was a hopeful dream from my subconscious mind telling me I was on course. But the dream didn't stop there. That morning as I was sipping tea and preparing to write in my journal, I sauntered out onto the back porch where my Dad has his painting studio. There on an easel was a large photograph of a butterfly surrounded by several paintings of butterflies, apparently modeled after the photograph. I immediately thought of the dream from the night before and realized that it had not only been a confirmation of the

transformation currently happening in my life, but it was also precognitive. Precognitive means the dream predicts something that hasn't yet happened in present time. The event may happen the next day, the next week or several years into the future. The events foreseen can be so far into the future that even when keeping a daily dream journal as I do, it's often difficult to remember several months or years after the fact that I'm living a scene predicted in my dreams sometime ago. But this was so close to the actual dream itself it was obvious to me that the butterfly dream was precognitive. This was further supported by the fact that prior to the butterfly dream, I had another, short dream where Ida, another student from the School of Metaphysics, was trying to reach me by phone. Later that morning when I called home to check the messages on my answering machine, I found I had a message from Ida asking for my help interpreting a dream she'd had.

From that point on, I began to look at dreams in a new way - as multi-layered and multidimensional. While a dream can always be interpreted in terms of the symbols and the message contained there, it may also be precognitive or lucid or telling us something about the state of our health, or all of the above and more.

One way to watch for precognitive dreams is to go back through your dream journal at the end of each month, then again at the end of three, six and 12 months. This will give you some idea how many dream scenarios actually happen in waking life. I'm convinced this happens more often than any of us think. The scenarios predicted don't have to be dramatic warnings of dire events that are starting to crystallize in the ethers, though they can be. I believe many precognitive dreams are on the order of the one I had, just my subconscious mind venturing into the land of my possible futures. The subconscious mind can travel anywhere. It's not restricted to man-made boxes of time and space so it can travel to past, present, future or to any place in the universe.

Chapter Two New Understandings in Vertical Time

In the spring of 2001, I began planting seeds for what would become a new way of life. This came about after a "dark night of the soul" where I had ended a relationship and was subsequently iced in alone over the holidays. During that time, I performed a ritual where I asked for a sign concerning my life purpose. A few seconds later, the sign arrived in the form of exploding light. Laden with ice, the transformer outside my kitchen window had exploded. Cast into darkness without electricity over the next few days, I lit candles and pondered the symbol I had received. As I considered what light might have to do with my life purpose, I happened onto information about a course offered by Sanaya Roman and Duane Packer called Awakening Your Lightbody and decided to take it.

The day the lightbody course arrived, I heard a knock on the door and watched through slats of Venetian blinds as the UPS driver walked back to his truck. I looked down to see the box sitting in front of the door. I didn't move at first, just stood there tasting a curious cross of hope and release. I felt I'd been divinely guided to do this. I had hope it was the answer to my prayers to be released more fully into this new life I had begun to picture in my meditations. Finally, I opened the door, picked up the box and looked around me, half expecting the happiness police to show up and take it from me. Looking back, I can see reflected in that moment the belief I had around scarcity of happiness and well-being, a lack of trust in a loving and supportive universe and a lack of faith in my ability to transform the pain and suffering of the past.

But I was on the path to healing all that. As I began the first tape, my eyes rested on the stub of a candle burning brighter and brighter as it neared the end of its life. The candle represented the end of my life as I'd known it. As the first tape ended, the candle burned down and extinguished itself. I put a new candle in its place and lit it. I had begun a new life. I felt in an altered space the rest of the evening. That night I had a vivid dream.

In the dream I'm standing in my living room and David [my former lover] comes to the door. He wants me to go somewhere with him. I'm wearing just a T-shirt and shorts, getting ready to go to bed. I tell him I can't go out because I'm not dressed. He says it doesn't matter what I'm wearing. Finally I agree to go. We get into his car and, as we drive along, I feel the night air on my face. Neither of us speaks but we're having a conversation in our minds. "Where are we going?" I want to know. "You'll see," he says. I feel released

from all the difficult feelings of the months before. I'm in an expanded place. We pull over in front of a shop and go inside. The shop is filled with clocks of every description. David talks to a young man behind the counter, and looks at different clocks before he finds the right one and hands it to me, a gift. I stand there with the clock in my hands, wanting to ask what it means. Then I wake up.

My first thought when I woke from the dream was, "He's giving me time." There was probably some truth to that. Though we wanted to remain friends, we hadn't spoken in several weeks. There was the sense that I needed space to sort through the changes that were taking place in my life. Later, I saw another level of meaning. A clock in a dream is a tool for measuring understandings. The clock signifies how the dreamer is gaining understandings that will become a permanent memory in the soul or subconscious mind. While physical time is measured horizontally by experiences gained during the time of the rising and setting of the sun, within the subconscious mind, it's measured vertically by the acquiring and building of understandings. My dream was telling me the relationship with David had helped me grow in terms of vertical-time understandings because of the many lessons I'd learned. Most important of all was the fact that the ending of our relationship had led me to commit to my spiritual growth. It had set me on a path that was leading me to a greatly expanded sense of my own possibilities.

This was confirmed a short time later when I was sitting on the dock one March day watching the late afternoon sun dance across the still surface of the water. It was then I received a "visitation" from my future self, the first of many. This self stood beside me, not in the physical, but in some inner way I realized I had just learned to see. She told me I'd begun to create the possibility for her to exist. The steps I was taking were creating a different future self that had the ability to travel back through time to help me. From that moment on, I knew every step I took toward fulfilling my purpose in life would be greatly supported by the universe, and that I was creating a future where I had capabilities beyond anything I'd imagined. As I moved toward this future with greater enthusiasm than I'd ever felt, the troubled past began to become what it had been all along: the vehicle of my becoming. It was during that time that I had another dream that seemed to be a final release of my relationship with David. The dream became a poem.

Dream

The last string holding me to you
broke last night in a dream
where I stood on a beach
watching a man ride a white horse
into the ocean.
When he disappeared
into the crest of a wave,
I felt the spray of salt on my face,
and knew I was finally free.

Chapter Three

Lucid Dreams: Awakening to New Levels

"Night Flying"

In the summer of 1989, I began to keep a dream journal. It was one of the most challenging and difficult times of my life. I was married and living in the woods an hour from town, working full-time as a newspaper reporter. Sometimes I worked long hours and made the drive home in a haze of exhaustion. My husband was building a blueberry farm on the 40 acres we owned, so we spent weekends cutting trees, putting in irrigation ponds, battling brambles and snakes. One of my greatest pleasures at this time was to go inside an 8x10 we'd built to house my office, shut the door, turn on the air conditioner, stretch out on the carpet remnant floor and read. I wasn't looking to escape the difficulties of my life. I was looking for a way to transform them. It was then I began reading books by people like Wayne Dyer and Shakti Gawain. I also began reading about dreams. Two books that come to mind are *Creative Dreaming* by Patricia Garfield and *Lucid Dreaming* by Steven LaBerge. I'd always been fascinated by dreams so I eagerly read how keeping a

dream journal would help me unlock the mysteries of my dreams. It wasn't easy keeping a dream journal at that time. I had to get up at 5:30 a.m. and get ready for work. We were sleeping at the foot of a steep hill in an 8x8 shed, so when I got up, I had to climb the hill to the main "house," a 12x20 cabin with electricity but no running water. There was no time to write down my dreams, so in order to remember them, I said them into a tape recorder as I climbed the hill in the morning. I wasn't in the best shape at the time, so I'd be huffing and puffing as I climbed the hill, saying my dreams into the tape recorder. In the evening before getting ready for bed, I'd listen to the tape and write the morning's dream in my dream journal. It was sometimes difficult to make out what I was saying into the tape recorder as I gasped for air climbing the hill. But it was a start. This is why it's hard for me to be overly sympathetic when someone in one of my classes complains how challenging it is to remember and write down their dreams. The fact is, if you want to do something enough, you do it. If you don't, you don't. I had a deeply passionate desire to work with my dreams, so obstacles and difficulties weren't going to stand in the way.

As if to confirm I was on the right track, my efforts were rewarded shortly after I began keeping a dream journal and practicing some simple techniques to trigger lucid dreams: I had a lucid dream in which I was flying.

In the dream I wake up in the bedroom "shed," rise from my sleeping self and hover just above the shed. Either the roof of the shed has disappeared or I can see through it because I'm looking down at my sleeping self. The next thing I know I'm circling above the shed, flying around and around, suddenly aware that I'm dreaming and flying at the same time. All the while I'm looking at my sleeping self, amazed I'm able to be in two places at once. I start to worry how I'll be able to keep flying and as I start to work at it, I begin to lose altitude and merge back into my sleeping self.

The next day I recorded my dream with a sense of elation I'd never before experienced. I knew I was onto something. I was hooked on dreams for the rest of my life.

"Real Trees"

The spring of 2004, I discovered how speaking my truth could trigger a lucid dream.

In the dream I'm at the food lab where I used to work. There's some instruction going on. The lab crew is acting as if it's perfectly normal for me to be there, even though it's been over two years since I left. As I sit there, I become more and more agitated. I know something's wrong. I know I don't work there anymore. Furthermore, I don't want to be there. I stand up. Everyone looks at me. I don't care what they think. I announce that I don't work there anymore and walk out the door. As I do this, I become aware I'm dreaming. I'm standing outside and the world around me takes on a mystical energy. The trees and grass are electric green; flowers sway in an otherworldly breeze. The colors are vibrant and alive. Everything is alive with knowing. I'm aware that I'm part of this knowing. I walk over to the trees and place my hands on the bark. The bark feels real, as real as the bark on any tree I've encountered in waking reality. In the dream I wonder how can it be that these "dream trees" are as real as "waking trees" and I ponder the possibility that one is as real as the other. I wake with a sense of knowing that they are somehow the same.

"Oriental Spa"

My most recent lucid dream was spawned by a day when I was very awake and conscious. Because dreams are most always talking to us about the state of our consciousness the previous day, it's good to jot notes about what happened the day before in the margin of your dream journal. The day before my lucid dream, I'd had a meditation where my thoughts became purple discs. I began to notice that some of these discs had sharp or broken edges. Without thinking about it, I reached for a disc and began to smooth its rough edges. When I had done this with each disk, I felt a shift and suddenly I was very peaceful and relaxed. I had guests sleeping downstairs that night and at about five the next morning, they woke me up talking. To screen out the sound, I put on my headphones and hit play. The soundtrack was called Holosync. It synchronizes both sides of the brain using a binaural beat technology and takes you down into delta brainwaves. I drifted off to sleep and sometime later, went into a lucid dream.

In the dream, I'm riding along in the backseat of my car. Suddenly I see one of those large trailers used to transport cars poised high in the air and a car is about to roll off of it. The car is headed straight for me and barely misses my car. At that point, I notice no one is driving my car. It seems to be navigating along the highway just fine on its own. Heart pumping, I frantically deliberate if I should grab the wheel. That's when I realize I'm dreaming. Thrilled to be awake in a dream, I decide to kick back and enjoy the ride. Soon the car pulls in front of an Oriental spa. I get out and go inside, where I'm greeted by a Japanese woman wearing a red dress and bright red lipstick. She leads me down a hallway and it's there I have the wonderfully strange sensation of knowing the walls are living beings. In the brief walk down the hallway, insights flood my mind. I realize I'm the one writing the script for the dream, the one experiencing it and the one wondering what's going to happen next, all in the same moment. [This revelation is one that stayed with me most, changing my perspective on how I create what happens in my life.] That day as I enter the pool area of the spa, I'm aware that I'm choosing to be here in this beautiful indoor garden with rows of shimmering pools. I'm guided to one of the pools. Beside it is a basket of miniature lotus blossoms. I scoop a handful into the pool and inhale the delicate fragrance. Then I take off my clothes and slide into the pool and a state of perfect relaxation.

How to Have a Lucid Dream

Steps You Can Take to Increase Your Likelihood of Having a Lucid Dream

- 1) *Keep a dream journal*
- 2) *Catalog your dream signs*
- 3) *Set your intentions to have a lucid dream*
- 4) *Ask yourself often during the day, "Am I dreaming or am I awake?"*
- 5) *Have a deep and sincere desire to become lucid in your dreams*

Dream Journal -- Place your dream journal beside your bed to remind yourself of your intention to write down dreams. Record your dreams immediately after your waking from them. Describe the way images and characters look and sound and smell and don't forget to describe the way you felt in the dream -- emotional reactions are important clues in the dream world. Record anything unusual, the kind of things that would never occur in waking life. You also can sketch particular images in your journal. The drawings are a way for you to make an intuitive and memorable connection with an image that might help you become lucid in future dreams. It also helps to write a brief paragraph at the top of the page describing a little about what happened the day before in your waking life. Titling your dreams can also help you capture the subject or mood of the dream.

Dream Signs - These are generally considered a doorway to lucidity. They are the odd, quirky things that happen in dreams that would rarely if ever happen in waking life. These might include things like flying pigs, the ability to breathe underwater, or unusual symbols. A dream sign might be a strange little detail such as a changed position of cobblestones in an otherwise convincingly realistic scene. Almost every dream has dream signs and it's likely that we all have our own personal ones. Once you know how to look for them, dream signs can be like neon lights, flashing a message in the darkness, "This is a dream! This is a dream!" By cataloging your dream signs -- going through your dream journal and highlighting those odd symbols and occurrences -- you can learn to recognize your most frequent dream signs and the specific way that your dream world tends to differ from your waking world.

Intentions -- The idea of cultivating a state of mind while awake for the purpose of carrying it into the dream state as a means of inducing lucid dreams has been used by Tibetan Buddhists for more than 1,000 years. The Tibetan teachings were passed down from generation to generation to present time, when we have the Yoga of the Dream State, a manuscript first compiled in the 16th century and translated in 1935, which outlines several methods for comprehending the nature of the dream state or inducing lucid dreams. Most of the Tibetan techniques were tailored to the skills of practiced meditators and involve such things as complex visualization of Sanskrit letters and many-petaled lotuses while carrying out special breathing and concentration exercises. There are, however, aspects of these Buddhist techniques that we can practice as beginners. The first is resolving to maintain unbroken continuity of consciousness throughout both the waking and dream state. It involves both a day and night practice. In the daytime practice thinking

continuously that "Under all conditions all things are of the substance of dreams," and resolve that you will realize their true nature (a construction of the mind). At night when about to go to sleep, firmly resolve that you will comprehend the dream state -- that is, realize that it is not real but a dream. Other intention techniques are to simply affirm confidently your intention to remember to recognize the dream state; to visualize yourself recognizing dreaming; and imagine yourself carrying out an intended dream action.

Critical State Testing -- How often do you ask yourself during your waking life "Am I dreaming or awake, right now?" Most people never do. If you never ask this question while awake, it is unlikely that you will ask it while you're dreaming. The things you habitually think about and do in dreams are the same things you habitually think about while awake. You can use the relationship between habits in waking and dream life to help you induce lucid dreams. Ask yourself whether or not you're dreaming while you're awake several times each day. Make a habit of this and you will become much more likely to ask yourself if you're dreaming while you are dreaming, thereby triggering a lucid dream.

Motivation -- When you set yourself the goal to remember to do something (such as becoming lucid in a dream), you have made the goal one of your current concerns and thereby have activated a goal-seeking brain system that will stay partially activated until you have achieved it. If the goal is very important to you the system stays highly activated and you keep checking to see if it's time to do it until it *is* time.

More about Lucid Dreams

In our dreams, there's a constant tendency to either merge with the dream symbol, which pulls us back into the dream plot, or to move toward becoming awake. In order to have a lucid dream, it's important to maintain a balance between wakefulness and sleeping. It's also important to distinguish between yourself and your dream images, keeping yourself apart from them. This is the advantage of the popular technique of looking at your hands in a dream. This helps us firmly establish our dream identity so we know ourselves as separate from our dreams and in control of them. In much the same way, in our waking lives, we become more "awake" when we're not overly identified with what's happening in our physical reality, and therefore able to step back and become the observer. Whether we're awake or dreaming, staying present and solidly rooted in our own identity gives us a greater sense of ourselves as conscious creators writing the script for both our waking and nighttime dreams.

Sometimes observing how one image morphs into another in a dream triggers us into lucidity. In Carlos Castaneda's book, *A Journey to Ixtlan*, his teacher, Don Juan, instructs him in the fine art of dreaming, reminding him that "Every time you look at anything in your dreams, it changes shape. The trick is...not to look at things but to sustain the sight of them." This is because "if you only glance briefly, the images do not shift." It's easy to see how concentration skills play a key role in lucid dreaming. One way we become aware we're dreaming is by observing how our dream state differs from the landscape of our waking state. A dog that becomes a mouse or a tree that speaks are obvious dream signs. Often we miss these details if we don't hold our focus on them long enough in the dream. By practicing concentration skills in our waking life, we gain a skill for use in our nightly ventures as well.

Chapter Four

Writing the Script for Your Dreams

Dreams are a communication with the deepest part of ourselves. When we get the message of the dream and respond, our subconscious mind gives us another message responding to our response. When you work with your dreams every day and become fluent at interpreting them, this creates a conversation with your soul that provides a rich source of guidance. This is because your subconscious mind, unlike your conscious mind, will never lie to you. It always tells you the truth. At the same time, it's always very eager to provide you with what you desire. The problem is that sometimes in conscious, waking life, we're not open to receiving the very thing we asked for. Sometimes it's easier for a person to receive while in the dream state. The easiest way to program your dreams is to simply write a letter to your subconscious mind before bedtime, asking for information and guidance with whatever you're working on. If you have trouble remembering your dreams, you can also ask for help remembering them. Sometimes when I get busy and

don't get the amount of rest I need, my sleep patterns get off and I don't remember my dreams as well. Because I'm used to remembering several dreams in the course of a night, it's very noticeable when I have nothing to report in my dream journal the next morning. When I find myself in a dry spell in terms of dream recall, I often write my subconscious mind a note just before bedtime, asking for help remembering my dreams. This is at least 90% effective. Another technique that has helped me remember dreams is to affirm that "I will remember my dreams" just before bedtime, and to write the following day's date on the next blank page of my dream journal.

To program your dreams, talk to your inner self about what you want and why you want it. Sometimes we want to create situations and states of being we've never experienced. This makes it harder to manifest what we desire. By talking with your inner self, you allow your inner self to offer images in your dreams to give you an experience of what you want to create. This makes it easier to match your vibrational state to what you desire, opening the door for the law of attraction to bring it to you.

Dream Incubation Technique

There are some special things we can do to attune our minds to receiving specific information whenever it's needed. One of these processes is called dream incubation.

The steps are: 1) Place your request under your pillow so you literally "sleep on it." 2) Make some special sleeping arrangements. These might include sleeping in a different place, using special bedding, wearing unique nightwear, or lighting scented candles, burning incense, using aromatherapy or sprinkling herbs; 3) Plan to allow plenty of time to write your dream in full the next morning along with your feelings about it; 4) resolve not to reject your dream no matter what it is; 5) Have your dream journal ready and waiting within easy reach in expectation of an answer; 7) Repeat your dream request over and over as you drift off to sleep.

Dreams can Help with your 'Business'

You can ask your inner self for guidance, information and answers to come to you in your dreams. Examples of some requests you might try are: inspiration for your latest painting, poem, story, invention, etc.; the lesson you most need to learn right now; an overview of your spiritual progress to date; the source of a problem between you and another person; a past life you shared with another person; the cause for an illness/injury or disease; the cause of a weight problem; the root cause of fears, dislikes, blocks to desired goals, and energy drains. You can receive answers in your dreams to anything within the realm of what's "your business."

Change from the Inside Out

Sometimes we have a dream where we're able to change the circumstances in our waking life. I was able to face my fears in a dream where I was pursued by vampire. In the dream, an old boyfriend was the vampire. This told me the dream was talking to me about a belief I have that relationships drain me of energy. Because it was an old boyfriend, this meant it was an old way of looking at and experiencing relationships that was still influencing my thoughts.

In the dream I'm having dinner with a friend when we hear the vampire coming. He has the ability to move through walls. We both start running. I can hear the vampire gaining on me as I run. Finally, I'm tired of running so I turn and face the vampire. I tell him I'm not running anymore. At that point, he loses his power and meekly asks if he can join us for dinner.

This dream was showing me that running from my fears of being drained/depleted by relationships only fuels those types of scenarios in my life. It was also giving me the solution, to turn and face my fears. When I stopped giving energy to my fears, they lost their power over me. The fears were the real vampire draining me of energy.

This dream came to me at a time when I had just started a new relationship and was asking for guidance on

how I could release fears about repeating patterns from past relationships. The answer was telling me I now have the ability to face and dissolve my fears, which would enable me to create a more positive and loving situation.

Change your Dreams, Change your Life

Your dreams are real. The subconscious mind is where you visualize and are able to change thought forms in the inner levels just by observing them. When you have enough awareness and recognition of what you're doing, you can change things in the inner levels. When you change something in your dream state, you change something in the inner levels of your consciousness that will eventually manifest in your life.

Chapter Five Opening to the Vision

Some dreams are not only prophetic, they are a message from our superconscious mind revealing to us the blueprint for the purpose of our life. I call these visionary dreams. My vision first came to me one day when I had been doing a lot of intense journaling and got in touch with a deep, inner desire to create and incubate a "secret world." When I wrote down this waking vision, I felt every cell in my body vibrating. It made perfect sense at the time. Yet later, I couldn't quite understand exactly how or why I was supposed to create this world. What I didn't understand until a year later when the same vision returned, this time in the form of a dream, is that the act of creation itself involves first conceiving then protecting and nurturing a new idea until it's strong enough and developed enough to be released into the world. This is why there was a need for a "secret world." This is also what the Book of Matthew in the Bible is talking about. When you translate it using the Universal Language of Mind, the Book of Matthew becomes a step by step blueprint for how to become a conscious creator.

Early in 2005, I had a dream on the theme of creating a secret world that went beyond the act of creating to how this creating fits in with my life purpose.

In the dream I'm supposed to be at work but on a regular basis, I play hooky. On these days, I go do "secret things" I don't tell anyone about. On one occasion, I fly to Europe to see a literary play. Another time I drive to another town to sit all day in an outdoor cafe writing in my journal. One day during one of my secret trips, I run into my friend, Ginny, and discover she's doing the same thing. After that, we sometimes go on secret trips together. Then we find other people who are doing this. At one point we meet a man who looks like William Hurt. He has been at this secret world business for awhile and suggests we start going on adventures together. We go to a Santana concert and because it's completely outside our regular lives, we feel free to do anything that comes to mind. As if when we go on these trips we're not going as our daily selves, but as characters we create in our minds. There's an incredible feeling of freedom and adventure. At the Santana concert, we go onstage and play with the band at the last. Another time we travel to an alternative health clinic where we walk up a steep flight of stairs to a room where we are healed of serious illnesses we didn't know we had. The predominant feeling is that everything happening to us is completely temporary and that's what gives us a special, surreal edge. There's also the sense that we're able to manifest anything we need, that in our "secret world" we're able to live free of limitations. Not only is it temporary in that we're living outside the lines of our regular lives, but also that we're going to die -- an awareness of how fleeting the space we have inside an individual life is. We're living outside the illusion that we have all the time in the world. I feel directly connected to my higher self. I feel I'm up above looking down directing the action from there. It's almost as if stepping outside our daily lives is a metaphor for stepping outside the ego, our own small identity and experiencing ourselves as the vast beings we really are. At the end of the dream, we buy a bus. By now we've run into a lot of other people doing what we're doing. We gather an entire crew of people living outside the lines and set out across country in our bus. The idea is to go from town to town reaching out to other people, infecting them with our enthusiasm for writing their own script and living their dreams. There's an atmosphere of aliveness and expectation as we set out on the road.

This dream reminded me of the movie the Matrix where the main characters wake up and join together to

free humanity from its enslavement to an illusionary sleep. A month or so after I had the dream, I went to hear raw food advocate David Wolfe talk about his passion driving around the country in a diesel bus that runs on used cooking grease, waking people to the possibility of eating foods that bring them more vitality and aliveness. He said once a person tries enzyme-rich food, they're able to raise their vibration and experience a whole new level of aliveness. I knew this had been true for me. I could also see that David's bus odysseys were similar to what I had seen in my dream. The message for me in hearing that was seeing how it's possible to translate my dream vision into a practical, real-life quest just as David had. It was clear to me this was an extraordinary dream outlining the direction of my future and guiding me to fulfill my purpose in life.

Chapter Six Health and Healing Dreams

It's been four decades but I still vivid recall a dream I had when I was six years old. In the dream I get into my mother's car and drive it down the street in front of our house and crash it into an electric pole. I remember I was pretty scared when I woke from this dream. I don't think driving a car had ever even occurred to me. I asked my mother what it meant. She said something like "I don't know but you better not do it." What I didn't learn until many years later is that in dreams cars symbolize the body. (Small planes and boats -- anything an individual uses to move through life -- can also symbolize the body).

When something goes wrong with your car in a dream it's a warning to pay attention. It could mean things are going on in your body that could lead to an illness if you continue on the path you're on. By this I mean the thoughts and beliefs that are dominant in your waking state. Around the time when I was six or seven, I was sick a lot. My tonsils abscessed and I was in the hospital with a high fever. At this time, I had no way of knowing my dream was predicting this would happen. Now I know how to listen. If I have a dream that there's a problem with my car, I start paying particular attention to what's going on with my health. Just because you have this kind of dream doesn't mean you're going to get sick. Though it isn't always the case, dreams warning us about potential health problems usually happen two to three months before the illness actually manifests in the physical. This means there's time to look at our thoughts and consider what we may be creating. Since converting to a mostly raw food diet, I rarely get sick. However, sometimes I allow myself to become exhausted. In the past, I might have kept going until a minor illness forced me to slow down. By listening to the messages in my dreams, I'm able to head this off before it manifests as an illness.

I've noticed at times when my subconscious is warning me that it's time to rest and recharge my body, I'll have dreams where my car is parked in the garage. This symbolizes rest and assimilation. I find if I heed the advice I'm receiving in my dreams and get the rest I need, I no longer need to get sick in order to take the time out that my body needs.

If you have a dream that something is going on with your car, pay attention to the details for clues to areas of your life you need to look at. If your dream car runs out of gas, you might want to look at ways you're managing your physical energy reserves. If you're in a small boat and a storm causes damage to your boat, you might look at ways to direct your thoughts and emotions more productively. The same is true with damage to your car. The important thing to remember is that health dreams aren't necessarily precognitive. Your subconscious isn't telling you you're going to get sick, but it is saying you may experience physical problems if you continue on the path you're on. Working with your dreams on a daily basis can help you gain awareness of how thoughts and emotions create health or disease in your physical body.

As a health intuitive, I can verify that every single thing that happens with the physical body including accidents have at their root a thought. The body is a great biofeedback machine that can help us understand thought as cause. It can help us learn how we're able at any moment to change a thought and change our beliefs, future possibilities and our entire lives.

Chapter Seven Dreams and Manifesting

One of the most important things dreams can do is give us feedback on our efforts to become conscious creators. To understand exactly how dreams are able to so accurately predict the status of our efforts to manifest our desires, it's necessary to briefly describe the manifesting process itself.

When we visualize in our minds something we want to manifest, we set in motion a sequence of events that eventually results in the manifestation into the physical of that desire. Once we form a desire-thought, we release it to be manifest in the inner levels. Releasing is important because if we hold onto the desire too tightly, we don't release it to our subconscious mind to be manifest. Once the desire-thought arrives in our higher mind, it's impressed in the innermost level of subconscious mind. Here our seed idea finds a home in receptive mind substance. In much the same way that a reflected light image is impressed on camera film and later developed and printed in the darkroom, the reflected image of the desire-thought begins a series of developmental stages in the innermost levels of the subconscious mind. Over time the desire-thought is transformed by energy acting upon the substance of the inner mind. As the desire-thought receives enough substance from each level of subconscious mind, it moves on to the next. Eventually the desire-thought makes its way into physical reality where it becomes manifest.

Your dreams give you progress reports on the success of your efforts to manifest. Once your desire-thought is given to your subconscious mind, your conscious mind need only cooperate with the inner mind for development to occur. Sometimes, however, our thoughts prevent our desires from manifesting. If we become impatient, a desire might manifest incompletely just as a photo pulled from the developing solution too soon will be out of focus or overexposed. If we refuse to cooperate or deny our original desire, we can retard its manifestation in the same way that a photo left in the developing solution too long will become opaque and useless.

Because our dreams reflect back to us the thoughts and emotions we're experiencing, they can help us see how our thoughts, attitudes and beliefs are either supporting our desired creations and goals or sabotaging them. Dreams are very effective because a thought or desire will show up in a dream two to three months before it shows up in physical reality. If we dream of something happening that we've been trying to manifest, the dream is telling us our efforts are working, keep it up. If we seem to be creating the opposite of what we want in our dreams, it's a sign that we need to examine our thoughts to see how they're out of harmony with our desired creation. As soon as we create a desire, our subconscious mind begins helping us manifest it into the physical. In order for it to become manifest, we must be open to receiving it. The law of attraction requires us to be vibrating at the same frequency as our desires in order to draw them to us.

Your dreams will always tell you the truth about how you are using the power of your mind to work toward or against gaining what you most desire. The dream will also reveal to you the next step to be taken toward manifesting what you want. Your subconscious mind re-creates what your conscious mind desires. At any given time, there are many thoughts being formed in the inner levels of your subconscious mind. Your dreams will be messages informing you of how you have used your conscious waking state to create.

Because most people scatter the mind's energies, there can be a longer time lapse between the creation of the desire-thought and its manifestation into the physical. When we practice concentration exercises and meditation, the degree of distance between the time you think of something and the time it takes to actually happen decreases proportionate to your increased awareness.

Another way to accelerate your manifestation is to extend your thinking to include how the desire will benefit you as an individual. In other words, developing a purpose for your desire will hasten its arrival into the physical.

In their book, *Ask and it is Given*, Esther and Jerry Hicks emphasize how what we think about and what we manifest in our dream state is "always a vibrational match." Because our dream state mirrors our waking state, the same kind of relationship exists between our thoughts and what manifests in our waking state.

Sometimes we might be tempted to write off something that happens in a dream as something we picked up from the ethers. However, it's not possible to dream about anything you haven't created in your thoughts.

When something manifests in your dreams, it's a sign you've given it a significant amount of thought. Dreams can be of great value in helping you understand what you're in the process of creating in your waking state because it takes even less time and attention for something to manifest in your dream state than in your waking state.

The emotions we experience in dreams often offer insights into dreams. That's why it's just as important to record your emotions in your dream journal as it is the details of your dream. Your meaningful dreams will be accompanied by strong emotion.

The emotions will also indicate whether you're creating what you desire. If you have a good-feeling dream, it's a good indication that your dominant thoughts surrounding the subject of the dream are pointed toward manifestations that you do want. When you have a bad-feeling dream, it's a signal that your dominant thoughts are in the process of attracting something you don't want. When this happens you can always make a new decision and change the manifestation to something that's even more pleasing.

Dreams will always tell us how we really feel and what we're creating. By deliberately changing your thoughts, you can positively affect your dreams. When you receive a positive dream, you know you're on the path to creating a more positive real-life manifestation.

Chapter Eight Mass Consciousness Dreams

A couple of weeks before 911, I attended my first lightworker gathering. This was a conference in Ashland, Oregon, with Sanaya Roman and Duane Packer. In order to attend the conference you must have completed their Awakening your Lightbody course, which teaches you how to work with 10 energy centers that are closer to the spiritual plane than the chakras. By building and strengthening your lightbody, you build a bridge between yourself and your higher self you can travel on anytime. I finished the course a couple weeks before the conference and was in a state of almost constant joy at the changes that had taken place in my life since I started the course six months earlier. I was so plugged into the energies, I felt myself already at the conference a week before I set out for Oregon. While there, I felt myself surrounded by many high beings. At times I felt I was levitating. When I returned home, I had a new vision for my life. I quit my job in a food lab and vowed to focus my time entirely on developing my intuitive abilities. It was during this time of high energy and expanded vision that I had a mysterious, disturbing dream.

In the dream I'm in a place somewhere out along the stars -- it feels like the astral plane. I'm standing still, very quiet. Suddenly people start arriving. At first just a few, then dozens, then hundreds. The people all have in common the fact that they're frightened and confused. Their bodies are torn and burned and bleeding. The flesh falls from their bones. I hear people crying. There is much distress and suffering. I can't move from the spot. I feel I'm frozen here as if it's not meant for me to reach out to them but to just observe and witness what's happening.

The dream happened about a week before 911. The day of 911, I spent the afternoon doing readings at a metaphysical shop for the many people who came in looking for meaning and answers to what had happened. Messages that came through consistently said "celebrate," because the events of that day were "hastening the shadow" by giving it a major spot on the world's stage, paving the way for a new light to dawn in the mass consciousness of humanity.

I didn't connect the dream I'd had with 911 until a few weeks later. The connection came in a bright flash of insight. In the dream, I'd traveled to the future and seen those who died in the 911 attacks arriving on the other side. Because their deaths happened so abruptly, many of them still felt themselves in their physical bodies. Sometimes in dreams our subconscious minds tap into the universal consciousness of all subconscious minds and gives us a glimpse of the events that are crystallizing in our world. These events are always more wide sweeping than just possible future events that will happen in our individual lives. Through conscious dreaming, we can learn to tap into this collective universe of all minds to get a sense of

the direction we're moving in together. If enough people join together in this, we can alter and direct the flow toward a better outcome.

Chapter Nine Current States of Consciousness

Dreams can always be interpreted at the basic level as a window into your present-moment state of consciousness. This is true even if the dream contains other layers that are telling us about our health, or about our future. On a day-to-day basis, I find my dreams tell me how habits and patterns are operating in my life: my attitudes toward discipline and authority; changes that are taking place; things that incubating in my subconscious mind that are preparing to manifest themselves into the physical; and ways I'm attempting to harmonize my conscious and subconscious minds. Dreams aren't always telling us about things we need to become aware of and change. Sometimes a dream can be a confirmation that we're on track and taking steps to learn life's lessons. These types of dreams are called spiritual progress dreams.

Recently I had a series of dreams where I was building new structures. These structures had different purposes. In each dream, I was working with the contractor who was in charge of overseeing the construction. When I interpreted the dreams I found the construction symbolized new states of consciousness I'm building. My interaction with the contractor seemed important in each dream. In some cases, it went smoothly. In other cases, there were disagreements. The dreams were helping me see how I needed to harmonize with and be more supportive of the parts of myself that were working to build these new states of consciousness. It was clear some parts of myself were resisting the change and in some way attempting to sabotage what was happening.

When I started taking classes at the School of Metaphysics, I began having dreams about school (learning) and death (change). In my dreams, I died dozens of different ways. If I hadn't known the dreams were talking to me about the rapid changes taking place in my life, I might have been distressed by sequences where I was electrocuted or euthanized. As the changes accelerated, I began to have dreams that reflected my changing attitudes about authority. In the earlier dreams, I saw authority as something outside myself being imposed upon me. In later dreams, my understanding of authority had changed so I now saw my inner self as my authority. My dreams reflected this new, more positive relationship I had with authority. As I worked with concentration exercises and meditation, I had dreams about lovemaking that reflected my efforts to harmonize my conscious and subconscious minds.

All dreams, even those that seem mundane, are important in that they're telling us what we need to know about our present internal state. Once we get the message a dream is bringing us, we receive a new message. When we don't get the message of our dreams, we have recurring dreams, giving us the same message over and over until we get it. If the situation is dire enough and we're persistently ignoring an important message, then a dream comes to us in the form of a nightmare to wake us up and get our attention. Since I began daily writing down and interpreting my dreams over 15 years ago, I almost never have nightmares and only occasionally do I have recurring dreams. To get the most benefit from working with your dreams, it's best to interpret them in the morning before you leave the house. That way, you start the day armed with important information you need to make decisions throughout your day, and are able to sidestep any obstacles and pitfalls you may have encountered the previous day.

Chapter Ten Creating with your Dreams

Over the years my dreams have been a rich source of inspiration for my writing, art and poetry. Many writers and artists have distilled great works of art from the raw material of their dreams. Some famous examples of dream-inspired writing include the novel *Frankenstein*, which came to Mary Shelley in a dream; and the poem *Kubla Kahn*, which came to Samuel Taylor Coleridge in a dream. It is said Muhammad received the Koran in a dream as well.

A book called *Writers Dreaming* by Naomi Epel contains interviews with over two dozen writers who describe how they derived inspiration for their writing from dreams. In *Writers Dreaming*, William Styron tells how he woke one morning to the image of a woman "entering the hallway of this humble boarding house in Flatbush with a book under her arm... the tattoo [from a Nazi concentration camp] visible." The vision became the opening paragraphs for the novel *Sophie's Choice*.

Sometimes stories have come to me in dreams. Several years ago, I had a disturbing dream where I encountered a family of people who been tortured by sadistic thugs who broke into their house. Anyone who looked into their eyes immediately began living their experience as if they were there. The dream became a short story titled *The Sharers*. Most of my dream inspiration has become poems. Sometimes I take entire sequences from dreams and fashion them into poems. Sometimes I pull images from dreams and weave them into poems I'm working on. In the following pages are some poems developed from images that have passed through my dreams over the years.

Butterfly Sequence

I'm walking with a friend I don't know,
sometimes stopping to watch my shadow,
or touch a leaf.
In the distance, music.
A festival swirls the rhythm
of a sultry afternoon.
Suddenly there are butterflies.
The air dips and swoops
threads of orange black.
I follow them through the trees,
all the way to the creek
and further out,
splashing through clouds
and patches of sky.

Desert

In my dream I'm sleeping in the desert with you.
The songs of night birds
soar the subtle reaches
of dusky dawn. To my left, a purple flower
pokes above cracked ground.
To my right,
your breath sounds like the ocean
at a long distance.

Beaches

The moon will bring you to this.
To a place that looks like Oklahoma
when it's really the salt lands of ocean-touched ground
echoing the perilous passage of nightly journeys
that lead me to hotels perched atop shifting dunes.
Beaches everywhere. A world of sand.
The water always beckons
with a sound as deep as the sky.
I hesitate, turn back, try again,
each time letting the water swirl my toes.
Each time, feeling myself

wash further out with each wave.
Soon I will be swept to sea.

After the Revolution

I dreamed the red cliff.
I fell down the icecap.
This was after the revolution.
Walking the uneven ground of hard-won freedom,
I looked out upon the blood-steeped ruins.
You were there in the secret hush
of a world gone wild.
You cast your gaze
across the burned fields
and brought back the first green
of the charred ground,
a thing we later called love.

Perfume

Sometimes in dreams I walk arm in arm
with a man I don't know.
Our thoughts are silence,
words are what we see.
Today he hands me a bottle of perfume.
Removing the lid, I breathe in the story
of two lovers who built a library of pictures
that danced words like music
across a swaying stage.

Past Lives

In that other life I fled at dawn
and called from Paris,
regrets singing down the wires.
Darkening streets etched the city
where I stood in doorways
remembering my name,
the face of my former darkness
turning like a wheel.

The Foreign Man

appears often in my dreams.
He is dark skinned,
Middle Eastern.
He wears a white scarf
tucked inside his coat.
We walk together under changing skies,
sometimes down a winding trail
inside a summer park.
Sometimes along a busy street,
we find a celebration
with dancers and confetti.
We never speak.
Our thoughts weave intricate tapestries

we've always known.
My heart knows each pattern.

Underneath the Dream

The truth of who I am
startles fish from the middle of the stream.
I try to cross water
the way I always have
but my feet are too big for the rocks.
Finally I balance air
for the first time
remembering I can.

Wisdom

In Wisdom Arizona, dawn flies over a dream
held so long it is nearly dust.
Here I am small as possible.
Thoughts quickly become
the things they're about
against the backdrop of chanting
from a revival tent.
The believers are handling snakes -
rattlers brought up from the desert
to prove God exists because
he protects us from ourselves.
The town square lingers like a sweltering afternoon.
Women busy with their brooms
are reluctant to sweep the remnants away.