

# PSYCHONAUT

an inner journey to selfhood

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## *Introduction*

Psychonaut is a term that comes from the Greek words *psychē* (mind) and *naútēs* (sailor). A psychonaut is a sailor of the mind or explorer of the mind. This is an exploration of the psyche. It is my personal odyssey of self-realization from initiation to selfhood charting an extraordinary adventure with my unconscious through dream analysis. It is a voyage of discovery through the mind bringing a modern man into greater relationship with himself, the world, the universe and revealing his true identity. I have striven for elucidation in this text so that no previous understanding of dream analysis or depth psychology should be required to follow my inner journey.

Individuation is the psychological process of becoming an individual. It is the drive for psychological maturity, wholeness and selfhood. Individuation and self-actualization go hand in hand: the more we realize ourself, the more we can realize our potential and fulfil our destiny. Dreams are produced by our unconscious mind and dream analysis is a means by which we can facilitate our individuation and engage with our unconscious. Creating art, writing poetry and active imagination etc. are other mediums through which our unconscious can communicate with us and help us to realize our greater selves. This book is an illustration of my individuation and is what Joseph Campbell described as *the hero's journey*.

Prior to this dream series I had dreams like everyone else but never took much notice of them. Dreams were just something that happened in the background of my mind which were a cause of amusement or unease but were never to be taken seriously as a source of healing, wisdom and guidance from my unconscious. And some dreams can take years to fully comprehend which may be due to resistance, inexperience of analysis or lack of insight. Thus there are dreams in this series that I have added some further analysis from the benefit of hindsight. I made the decision to do this so that my readers can follow my progress and get the maximum import of my dreams from my latter thinking, experience and insight.



# *Anima and the Trinity*

15<sup>th</sup> June 2009

*I'm on a journey that is doomed to failure. I can't reach my destination without some disaster thwarting me. I'm flying a plane and we're going to crash-land. I'm in the wreckage of the plane crash. I don't want to continue. I've given up the will to go on. Agnes appears, waving her hand forwards like a traffic policeman, urging me to get up and continue. I think it is futile but she's irresistible and demanding and I can't refuse her. We are having intercourse. It's just a quick in and out, a little taster, then she breaks off and sends me on to fly the plane.*

*I'm playing a video game, the arcade Space Invader type, and I can't win. The game has been cursed with black magic and won't respond to the normal rules of engagement. My ship is stranded in space, the middle of the screen, spinning clockwise and making a pathetic bleeping sound with each revolution like a sick electronic clock. The head of Captain Jean-Luc Picard (the captain of the Enterprise in the cult science fiction television series Star Trek: The Next Generation) appears on the screen like a big planet! I'm awestruck by his appearance! He says, "Hello John. Let go of the controls and feel your way."*

*I'm in the pilot seat of the spaceship. I let go of the controls and the craft leaps forward at an incredible speed!*

*I'm being led by a young golden child, neither boy nor girl but unmistakably innocent and pure, down some stairs and into a basement with a circle of brilliant light on the wall facing me. The pool of blue holy light is a wormhole into another dimension. I know it is a gateway into the spirit world. I am standing facing the spiralling wormhole with a decision to make: **if I choose to enter Heaven, I will have to sacrifice myself, experience death, and leave this world. I hesitate. I know that beyond the gate is an end to suffering but I will have to give up all that is dear to me. I reflect on the pain of this temporal existence and decide there is no contest.** I run towards the light, the child runs in front of me, and we both dive fearlessly into the wormhole.*

*I am suspended in pure energy and experiencing sheer ecstasy! I'm being electrocuted by Love. My body is pulsating with this high frequency energy and the joy is indescribable! I know that I am safe and I am loved and I am free. And I want to let people know that dying is nothing to be afraid of. I open my eyes and I see the child lying horizontally and suspended in the energy also. The child's form is transparent and filled with the energetic blue, holy, powdery light. I see the circular opening and know I'm in the other side of the gateway. I am in Eternity.*

## **Initial overview and interpretation**

Each scene became more vivid as I descended deeper into my unconscious. In the first scene my life journey is doomed to failure and I must get airborne. The symbol of the aeroplane represents transcendence. Agnes is the key to achieving this. She represents my anima (my feminine side). My union with her is my union with my function<sup>1</sup> of feeling. It is twilight in this scene, which is in contrast with the further scenes where there is no daylight, and is an indication that my anima is semi-conscious.

In the second scene, having made a union with my anima, I have reached the unconscious level of my psyche through feeling. I have to admit defeat to a game (my life journey) that defies reason. 'The normal rules of engagement' represent rationality. The 'ship...stranded in space...spinning clockwise and making a pathetic bleeping sound with each revolution like a

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<sup>1</sup> 'The four functions of consciousness...thought, feeling, intuition, and sensation – equip man to deal with the impressions of the world he receives from within and without. It is by means of these functions that he comprehends and assimilates his experience.' (Aniela Jaffe, Symbolism in the visual arts, *Man and His Symbols*, p. 267)

sick electronic clock' is my rational conscious mind which is exhausted and unable to take me any further.

In the third scene I and Jean-Luc Picard become one. Letting go of the controls and 'feeling' my way is my letting go of my thinking and conscious reasoning and allowing Jean-Luc, my unconscious mind and greater self, to guide me via my anima (feeling): let go and let God! This is irrational and requires faith. The impasse is now over and I'm back on track.

In the fourth scene I am being led by the golden child into my deep unconscious, the basement with the wormhole. It can be deduced from this that the structure of a house is being used as a metaphor for my psyche with my unconscious in the ground floor and my deep unconscious in the basement. It is an innocent friendly androgynous child that guides me to heaven and I must sacrifice myself to enter. I choose death with the hope of everlasting peace in Eternity.

In the final scene I am experiencing illumination. I am one with God and having the greatest psychic and spiritual orgasm imaginable. I have entered a dimension of pure energy. I am in Nirvana. I am home. God is Love.

### **Further interpretation of the symbols**

#### **Ego**

I am the pilot and ego. The ego is our conscious self.

#### **Anima**

Agnes was a girl I chased. I was physically attracted to her. Agnes represents my anima. My feminine side. I am a heterosexual male but every man has a feminine side. And more specifically Agnes represents my feelings.

There are four stages in [the anima's] development. The first stage is best symbolized by the figure of Eve, which represents purely instinctual and biological relations. The second can be seen as Faust's Helen: she personifies a romantic and aesthetic level that is, however, still characterized by sexual elements. The third is represented, for instance, by the Virgin Mary – a figure who raises love (eros) to the heights of spiritual devotion. The fourth type is symbolized by Sapientia [Sophia], wisdom transcending even the most holy and most pure.<sup>2</sup>

Agnes is my Eve and the first stage in Jung's model of anima development.

#### **Projection**

Projection is 'an automatic process whereby contents of one's own unconscious are perceived to be in others.'<sup>3</sup> Agnes was the object of my anima projection. We are constantly projecting unconscious aspects of our personality and psyche onto people, animals and objects in the external world, and conversely, it is the bearers of our projections that appear in our dreams representing aspects of our personality and psyche. This will become more apparent as we move through the dream series and explore the contents of my dreams.

#### **Ego-consciousness**

The spaceship is a symbol of my ego-consciousness. Ego-consciousness is our conscious mind. The ego is the centre of ego-consciousness.

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<sup>2</sup> Marie-Louise von Franz, The process of individuation, *Man and His Symbols*, p. 195

<sup>3</sup> Daryl Sharp, *Jung Lexicon*, p. 104

## **Great Man**

Captain Jean-Luc Piccard is my Great Man. The Great Man is a sublime patriarchal figure and is a symbol of the unconscious mind. Using the metaphor of the iceberg for the human mind, ego-consciousness is only the tip of the iceberg above the water and the unconscious is the huge mass that remains below the water and below the threshold of consciousness. In my dream my ego-consciousness is a spaceship and my unconscious is a planet. My Great Man is my Higher Power and superior wisdom. Patrick Stewart who plays Piccard has physical features very similar to my own father. Captain Jean Luc Piccard invokes my father instinct and, for me, is an example of someone who is all-wise, all-knowing, all-good, and someone whom I would trust with my life. He could lead me “to boldly go where no man has gone before.”

## **Child**

The young Golden Child is a symbol of unity and wholeness representing a union between ego-consciousness and the unconscious and is a symbol of an integrated human mind. The child is around eight years old and sexless. Neither male nor female, the child is a symbol of the union of opposites in the personality, representing a balance and harmony between the masculine and feminine elements. The child is a symbol of past wholeness I experienced in my childhood ‘unconsciously’ and future wholeness I am going to experience ‘consciously.’

The divine child symbolizes purity, innocence and salvation. Founded on this principle, the Redeemer’s wisdom leads us out of the sufferings of the world / maya / duality / the fall / separation and delivers us into eternal bliss with the One. Jesus Christ was an actualization of the Redeemer: “I and the Father are one.”<sup>4</sup> “Forgive them Father, they know not what they do.”<sup>5</sup>

## **Spirit**

The circular pool of blue holy light is a symbol of God. The circle is a perfect geometrical shape and signifies perfect love. God is perfect love. The numinous spiralling wormhole is a portal to the spiritual dimension and connects one with the entire cosmos: cosmic consciousness. It is a symbol of the energetic Source: the Primal Energy: a divine energy field that pervades the universe: Spirit: the *Mother of all things* and the *Ground of all being*. Entering the portal is entering into the spiritual dimension and returning to the womb of creation.

## **The Trinity**

The Great Man, Golden Child and Spirit are the Holy Trinity: God the Father, God the Child and God the Holy Spirit. The Trinity are levels of God-consciousness. The Great Man is the first level of God-consciousness, God the Child is the second level and Spirit is the third.

## **Self-realization**

The child filled with the blue holy energetic light represents an integrated human mind which has merged with the Self. In Hinduism, Brahman is the great Self and Universal Soul. The blue child is a symbol of wholeness and Self-realization. In Hinduism this is represented by Krishna.

## **Mandala**

The wall with the wormhole as its centre is a mandala. The squared circle mandala is a symbol of the psyche (mind) which is part Eternal and part temporal. The centre is undifferentiated

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<sup>4</sup> John, 10:30, *New Testament*

<sup>5</sup> Luke, 23:34, *New Testament*

consciousness or Spirit and the four sides of the wall represent differentiated functions of consciousness: sensation, feeling, thinking and intuition. The mandala is a symbol of psychic wholeness and is pointing to future wholeness in my personality through the process of individuation.

### **Final Comments**

*Anima and the Trinity* is an initiation and prospective dream, initiating me into my individuation and providing an overview of the process of self-realization. I've had a union with God. I have experienced Nirvana. All of the suffering in my life has been worth it to achieve this but this is not the end goal however. The anima, Great Man, Golden Child and Spirit archetypes<sup>6</sup> are nascent and just coming into consciousness. The work of integrating them now begins.

I have entered into discipleship under the tutelage of my inner guru (Great Man) who is now guiding me.

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<sup>6</sup> Archetypes are elements of the psyche and are represented by archetypal images in dreams.

## ***Gnosis, Spiritual Emergency, Afterglow***

### **Gnosis**

*God is Love. Every person is a pure and innocent divine child of God. God is the primal energy of the universe. We are children of the universe. Our essence is eternal. Our consciousness is an aspect of universal consciousness. We are all One.*

### **Spiritual Emergency**

After about five years of recovery work and spiritual practice, I was moved to read *Man and His Symbols* by Carl Jung. It primed me for my inner journey and provided a frame of reference for the process of individuation. And prior to my initiation, I was incapacitated by depression. I felt hopeless and couldn't see any way forward and that's when my inner journey began. After my initiation *Man and His Symbols* was an invaluable resource for me during my subsequent *spiritual emergency*.<sup>7</sup> During my spiritual crisis I experienced a profound psychological transformation and radical change in my beliefs, worldview and relationship with reality within a very short period. These changes were so unusual and subversive to my mindset that I suspected there may be a possibility I was experiencing some kind of psychosis. However quite the opposite was occurring. I was becoming aware of a greater reality and my intuition was opening up. I was awakening.

It was a strange and mysterious time. I had a need to share my awakening with others but it was too fantastic or disconcerting for people. So I learned to keep this side of my life to myself. I had broken free from my cultural consensus reality and was no longer part of the herd. But I wasn't alone. I had my unconscious to guide me. I was led to many sources of wisdom and support. Things just seemed to happen at the right time and I did a lot of reading. I was like a sponge and soaked up as much knowledge as I could find. The authors of my books were like a circle of esoteric friends who knew of the inner life and had left a path for me to follow. I was caught up in an exhilarating adventure and my path unfolded.

### **Afterglow**

I was on a high for about four months after my illumination then I came back down to earth. During that period the anima and divine archetypes had made a strong impression on me and their power of attraction made me identify with them. This is a form of psychological possession by the unconscious and inflation of the ego. These archetypes have such a powerful effect on oneself so as to establish their significance and authority in the psyche. And unless one has the sufficient strength of character and understanding of depth psychology there is a risk of psychosis and megalomania. These archetypes are collective components of the psyche which are common to everyone and are contained in what Jung called the collective unconscious. My anima and the divine archetypes brought gifts to my personality. My anima gave me awareness of feelings. My Great Man gave me the ability to be directed by feeling. The Redeemer and the Holy Spirit gave me empathy and understanding.

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<sup>7</sup> Religious or Spiritual Problem was included in the *DSM-IV: Diagnostic and Statistical Manual of Mental Disorders* in 1994. Therefore Spiritual Emergency has been acknowledged as a non-pathological crisis.

## *Cat and Mouse*

9<sup>th</sup> October 2009

*I'm in the bedroom of my old childhood home, on the first floor at the rear of the house. There is a large tool chest, the vertical trolley type, standing between myself and the windows. I pull open the top drawer and a large cat with dirty blonde hair appears sitting on the right-hand side of the drawer. The cat is beautiful and I reach out to stroke her but she springs off the toolbox and leaps out of the right window before I can touch her. I see her landing on the ground and taking a sharp right and heading for the front of the house. I'm feeling sad and wish the cat hadn't run away. I so wanted to stroke her beautiful hair. I notice that something is moving in the left-hand side of the drawer. I see a large, dehydrated, almost two-dimensional looking, white or grey mouse. He is uninterested and has no feelings toward me. I stand him up and as I'm stroking him he becomes big and healthy, bloated even, but still no emotion wells in him.*

The house represents my psyche and the first floor is consciousness. The windows are my perception. The cat and mouse are personifications of the right and left hemispheres of my brain respectively that have come into consciousness, that is to say, I have become aware of them as two separate personalities. The cat and mouse are also anima and animus symbols. The anima (Eros) is the feminine principle in the psyche and the animus (Logos) is the masculine principle in the psyche. The tool chest may be a symbol of cognition containing cognitive tools or abilities associated with the right and left hemispheres of the brain.

The cat is the herald of my inner journey and is beckoning me to begin an adventure in the unconscious. She is an anima symbol and represents the right hemisphere of my brain which is feeling and intuitive. Her dirty blonde hair is an association with one of my recent love interests. I also associate cats with independence as they are very self-contained.

The mouse is an animus symbol and represents the left hemisphere of my brain which is analytical and factual. He is emotionally unavailable, unable to reciprocate affection, devoid of personality and lacks depth. His initial two-dimensional appearance indicates that my perception is two-dimensional and his fullness after I stroke him indicates that he is overdeveloped which demonstrates to me that my intellect is overdeveloped. Therefore I need to broaden my perception by developing the right hemisphere of my brain and my emotional intelligence.

The dream is taking place in my old bedroom at the back of the house. My mother and father's bedroom was at the front of the house facing onto the main street. The cat 'taking a sharp right and heading for the front of the house' is instructing me that by following my intuition I will achieve maturity.

I can deduce from this dream that my personality is one-sided and has been dominated by my left hemisphere which mirrors the one-sidedness of my culture. Born into an age of dogmatic scientism, a rational child of modernity. The product of a materialist education system that was only interested in teaching parrots and producing soulless automatons who would conform, produce and consume.

## ***The Lion Wranglers***

*October 2009*

*I see a cattle ranch but it is female lions being penned. Female lions are being corralled by some pretty stern mature and tough looking wranglers. One can sense the wild aggression in the lions being contained by the dominance of the men.*

The day previous to this dream my father called and I felt disturbed by our conversation. I had felt a rage building in me and I didn't like that feeling at all. I'm becoming aware of my emotions.

The female lions represent aggression. I am the lion wranglers who are representing my animus and more specifically my intellect which is mature and integrated with my ego. The animus appearing in plural form may represent the many influences that have informed and developed my intellect. Intellect over emotion. My emotions are becoming conscious and it is I who have ownership and authority over them. In the dream I am containing aggression and channelling it. My unconscious is showing me how to regulate emotion. I need to learn to channel my aggression.

## *Shadow and Anima*

2<sup>nd</sup> November 2009

*I'm starting a new job. I'm feeling stressed and my confidence is low. And on top of all this the windows are to be replaced in my new home! I'm working in a strange place, in a job I'm not sure of, and I've nowhere to live!*

*Paul appears in my new place of work and takes the lead showing me what to do. He is wiring a control panel, but we are in an office? I'm feeling safe and secure in his presence and know I'm going to be okay.*

*Valerie appears and assures me that she will supervise my house alterations and leads me into a caravan where I will be comfortable while the work is being carried out in my new home.*

Paul is my shadow and Valerie is my anima. The shadow 'is commonly personified in dreams by persons of the same sex as the dreamer.'<sup>8</sup> The shadow represents unconscious aspects of ourself. The shadow can be positive or negative. The repressed undesirable aspects of ourself deemed to be unsuitable by our ego will appear as a negative shadow. Conversely, if the contents are deemed to be good or prized by our ego the shadow will appear positively, presenting us with treasures – aspects of ourselves that have been unrecognized or undervalued which also lie hidden in our shadow. In this instance my shadow is positive. Moreover, Paul is my personal shadow and is revealing contents from my personal unconscious.

The personal unconscious contains lost memories, painful ideas that are repressed (i.e., forgotten on purpose), subliminal perceptions, by which are meant sense-perceptions that were not strong enough to reach consciousness, and finally, contents that are not yet ripe for consciousness. It corresponds to the figure of the shadow so frequently met with in dreams.<sup>9</sup>

(We also have a collective unconscious, which we will meet further on in the dream series, that contains elements of the psyche we all have in common.) This dream reflects the tension and conflict I am experiencing in my waking life. On the one hand, I feel the need to get into work and support myself, but on the other, I feel I need to isolate and carry out my inner work as my confidence is very low. In order to compensate for my lack of belief in myself my dream is revealing to me, through my shadow Paul, that I am more than capable of coping with a new job. Paul is an ex co-worker whom I looked up to and felt reassured by when I had started a new job in the past. He showed me the ropes and was a very friendly and outgoing person.

Valerie is an ex-girlfriend whom I relied on during a stressful period of my life. The dream is informing me that I can balance work with my inner work as my anima will take care of my house alterations, my personality development. The caravan represents to me a temporary place of refuge and comfort, reassuring me that I will be safe while my personality is undergoing a transformation.

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<sup>8</sup> Daryl Sharp, *Jung Lexicon*, p. 123

<sup>9</sup> Carl Jung, On the psychology of the unconscious, *Two Essays on Analytical Psychology*, para. 103



## *Sophisticated Camera*

3<sup>rd</sup> November 2009

*I'm on a train travelling to exotic countries I haven't visited before and sat next to Agnes. I make a pass at her and she moves away. I act indifferent towards her but I'm highly aroused.*

*I'm trying to sell my flat. An elderly woman, not decrepit, comes and gives me a beautiful camera. I try to look through it but it's fuzzy and I can't get a clear focus. I inspect the front of the camera and there is a piece of Sellotape blurring the lens. I'm given an exquisite case to store the camera in. It has been beautifully manufactured and will protect my camera. The camera is an Ayn Rand. The woman helps me to clean a dull mirror on the wall which is dirty through years of neglect. There is shit in the toilet and I can't flush it away. I'm in a fluster because there are potential buyers coming to view the house and I don't want them to see this.*

Agnes appears again as my anima and is taking me to aspects of my personality that have been foreign to me and therefore unconscious. My sex instinct is being invoked by my anima and my sexual desire is driving me to integrate my ego-consciousness and achieve wholeness in my personality.

The flat represents my personality. The potential buyers are potential girlfriends. The camera is a symbol of my perception. My perception lacks clarity as sensation is my inferior function of consciousness. Sensation is the function of consciousness that gives one the awareness of reality via the five senses: seeing, hearing, taste, smell and touch. I have lacked awareness of concrete reality and the world. The exquisite case is my external physical form and the beautiful camera is my internal personality: form and content. Sensory perception (sensation) perceives form and intuition perceives content. Intuition pierces through the appearance of someone or something and into the very heart or character of it and gives one insight. My functions of sensation and intuition have been brought into consciousness. These functions are now differentiated although they are nascent and just coming into consciousness. I can use both functions independently – through my own volition – and now more able to separate the character of a person from their appearance. The older woman is an anima symbol and represents psychological maturity associated with intuition and insight.

Intuition provides an alternative to thinking. Ayn Rand is a negative association with my personality. Two of the tenets of Rand's Objectivism are absolute reason and rational self-interest. I'm being made aware that I'm overly rational and lack empathy.

The dull mirror is my self-image which has suffered from neglect. My unconscious is using symbols that are 'beautiful' and 'exquisite' to compensate for my poor self-image. My anima is helping me to clean the mirror so that I can see my true self. The shit in the toilet represents something negative in my personality that won't go away.

## ***Amanda***

*November 2009*

*I'm taking Amanda to different types of restaurants to see where we can hit it off.*

Amanda is someone whom I am attracted to. We recently experienced some conflict between each other and it has left me feeling disturbed. It is painful for me to see a negative side of Amanda that conflicts with my imago of her. I need to believe that if I was to meet her in a different context she wouldn't have behaved the way she did. The dream is reflecting my need to resolve this mental crisis.

## ***Circle of Light***

*November 2009*

*Out of the peripheral of my mind's eye radiates a bright numinous soft circle of energy. The circumference grows smaller until the circle becomes a dot in the centre of my mind's eye like a numinous shrinking smoke ring. This sequence keeps repeating itself: as soon as a circle becomes a dot then disappears, another circle then appears grows smaller and becomes a dot.*

I had this experience while listening to an Active Imagination podcast by John Betts. The circle of light is a symbol of the Self. The sequence is a symbolic demonstration of the process of Self-realization: a circle becoming the centre: the centralization of the Self and the decentralization of the ego. The Self is the transpersonal regulating centre of the psyche which transcends the ego.

## ***Prison Breakout***

*16<sup>th</sup> November 2009*

*I'm getting out of prison and I'm having feelings of liberation and elation. Before I leave I pass on my resources to a younger smaller and lively guy who still has years to serve.*

*I'm living on the outside and my young friend is making an escape attempt to join me. I want him to make it and I'm rooting for him. He makes it out of prison but it's very dangerous for him to be out.*

This dream is indicating to me that I have experienced oppression in my childhood. The younger smaller spontaneous and more outgoing guy is a repressed part of my personality that wasn't allowed to develop, making me withdrawn and anxious. I wasn't allowed to be a child. I wasn't given enough freedom. This repressed part of me is joining the rest of my personality and will enable me to become more outgoing but it's going to take courage to overcome my inhibitions.

## ***In the Driving Seat***

*21<sup>st</sup> November 2009*

*I'm in my car and it's parked in the driveway of a house. There are two or three men in the house sitting on the sofa in the living room. Agnes comes into the house looking for me. She pays no interest to the other men and decides to leave when she can't find me. I get out of the car and go into the house and Agnes comes back to meet me. We stand and stare at each other.*

In my waking life I recently refrained from getting mixed up with a pretty woman whose behaviour was immature. She was gorgeous but I sensed her character was undesirable. This was a victory over the flesh. I never allowed my desire to cloud my judgement. Therefore I have achieved and displayed a high level of detachment from sexual desire. Being in my car shows that I'm in control of my journey. Agnes in the dream represents my feelings and the woman I desire. I think myself and Agnes staring at each other at the end means that myself and the woman in my waking life are still interested in each other but neither of us is willing to make the next move.

## *Cerberus*

29<sup>th</sup> November 2009

*I'm drinking wine from the bottle, gulping it down and finish it in one go. My mother appears and gives me a telling off. She tells me I should be ashamed of myself. I think this is highly amusing and don't heed her remonstrations. As I'm sitting on the sofa a big black Labrador comes to say hello. He is friendly at first then becomes aggressive and turns on me. I'm paralysed with fear and think I may be hallucinating. He lunges for me, teeth bared trying to kill me. I lift him up and throw him away. As he leaves my grip he explodes into powder with a loud bang!*

I represent my ego. My unconscious is appearing as my late mother. The black Labrador is my id. The id is the source of instinctual impulses and operates from the pleasure-pain principle, seeking gratification of needs and avoidance of pain. The id is the source of aggression which was represented by the lions in *The Lion Wranglers* and the sex drive I managed to subdue in *In the Driving Seat*. The ego is the conscious part of the mind that plans and directs our conscious activities and is governed primarily by the reality principle. It delays or approves gratification of desires from the id according to the conditions of the external world. The ego is also governed by the superego. The superego is the part of the mind that provides moral standards, mostly learned from our parents, and keeps our ego operating within acceptable social limits. The process of socialization works to keep id impulses of people in check for the orderly functioning of society. We internalize the criticisms and approval we receive from our parents and guardians in childhood thus programming our superego which acts as our own internal self-critic, moralizer and behaviour regulator.

The alcohol is releasing me from the restraint of my superego, allowing aggression to escape from my id represented by the black Labrador. It is in animal form because it is representing instinct and is bringing a negative aspect, darkside, of my personality into consciousness. I had a black Labrador as a child called Champ. (He was actually half Alsatian and half Labrador.) My father had to put Champ to sleep because he was aggressive. The alcohol is making me sociable initially, releasing me from the restraints of my superego, but when I'm intoxicated and all the psychological brakes are off, I'm turning aggressive. This is due to repressed anger from childhood. The explosion of the dog is my potential for explosive anger. However by facing the dog and defeating it, I am bringing this side of my personality into consciousness. The awareness of my anger will give me the ability to contain it. Now I know why some people have acted aggressively towards me. They have been defending themselves against my own – unconscious – hostility. Seeing my late mother appearing in this dream and being critical of me has made me feel very ashamed of myself and my behaviour. My unconscious is using my mother's image in the dream to criticise me for the purpose of programming my superego and restraining my aggression.

I have encountered Cerberus. Cerberus is a three-headed dog and threshold guardian in Greek mythology. He is Hades' loyal watchdog and guards the gates of the underworld. My Champ only has one head but is just as fierce. Cerberus represents the id. I have overcome my id and achieved self-mastery. I have defeated Cerberus and have proven myself worthy to be granted access into the transpersonal domain of my psyche.

## *Stairway to Heaven*

8<sup>th</sup> December 2009

*I am climbing very high and reaching for the sky on a scaffold which is situated on a beach shore adjacent to the ocean. A man and woman, I think it is Paul and Valerie, are at the foot of the scaffold. I'm worried I may lose my grip and fall but I have the courage to keep going. I don't make it to the top but I know that I have climbed very high.*

The sea represents the collective unconscious. The unconscious has a personal layer and a collective layer. The personal unconscious was discussed in *Shadow and Anima*. The collective unconscious is the collective layer of the unconscious that all mankind has in common. It is comprised of elements of the psyche (archetypes) that are represented by archetypal images in dreams, myths and other forms of creative expression. Archetypes of the collective unconscious include the ego, anima, animus, mother, father, child, id, and the Self.

The collective unconscious...appears to consist of mythological motifs or primordial images, for which reason the myths of all nations are its real exponents. In fact, the whole of mythology could be taken as a sort of projection of the collective unconscious...We can therefore study the collective unconscious in two ways, either in mythology or in the analysis of the individual.<sup>10</sup>

The scaffold is a version of the *axis mundi* which is the mythological centre of the world and connection between Earth and Heaven. The scaffold is similar to *Jacob's Ladder* in the Bible and is known as the antahkarana (rainbow bridge) in Hinduism which is the link between the lower and higher mind. The sky is higher consciousness. My climbing the scaffold is my ascent to higher consciousness and higher mind.

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<sup>10</sup> Carl Jung, The structure of the psyche, *The Structure and Dynamics of the Psyche*, para. 325

## *Tending the Flock*

14<sup>th</sup> December 2009

*A holy man is walking up a hill to look for and tend to his flock, some very old monks of his sect. He enters a farmhouse on a hilltop and finds them grouped together. They become green lush vegetation growing in a white square sink in the floor. He urinates in the sink containing this new growth.*

The holy man is the spiritual leader and uniting principle of my psyche. He is a symbol of the Self. The Self is the superordinate regulating core of the psyche. The farmhouse on the hill is a symbol of ego-consciousness and the monks, which transform into green lush vegetation, are functions of consciousness. The white sink is a quaternity representing the four functions of consciousness: intuition, thinking, feeling and sensation. The green lush vegetation indicates growth occurring due to the flow of energy from the core of my psyche and heralds an expansion of consciousness to come.

The evening previous to this dream I was visiting my friend Stephen to try and obtain the phone number of someone who was one of the last on my amends list. I was desperate to get my amends completed but Stephen told me that I didn't need to keep making amends to people and that as long as I was sorry in my own heart I would be forgiven. I had the humility to recognise that God was giving me a message through Stephen: *I have completed my amends and can now forgive myself and **stop feeling guilty** for every single past misdeed and misconduct.* It was time to let go of the past and move on with my life. I am free! The removal of guilt has released energy to expand my consciousness. I had atoned for my past mistakes when I became worthy to receive gnosis on June 15<sup>th</sup> as illustrated in *Anima and the Trinity*. I still make amends whenever I feel I've acted wrongly and my conscience is bothering me but making amends is no longer an obsession.



## *Abduction and Amusement*

15<sup>th</sup> December 2009

*In a living room in a house, a very strong, masculine, menacing, bald and grizzly looking man is explaining to a woman that she has been abducted. She placates him and he responds with approving facial expressions. A dark-skinned handsome onlooker appears and is excited by the proceedings. This is highly ridiculous and amusing to everyone! A voice (I think it was mine) says, "I love it when he does that." Then there is more laughing and enjoyment of this ridiculous scene.*

The grizzly looking man is my father seen from my perspective as a young sensitive child. The woman is my anima and represents my feelings. It is my feelings that are being held captive and oppressed. The dark-skinned onlooker is my shadow. He is bringing two aspects of my personal unconscious into consciousness: I am handsome and I am sensitive. The dream is bringing a father complex into consciousness.

'Complexes are feeling-toned ideas that over the years accumulate around certain archetypes, for instance mother and father.'<sup>11</sup> Our personal experience of our mother and father during our childhood will accumulate in our personal unconscious as feeling toned ideas around our instinctual ideas of mother and father contained in our collective unconscious.

Complexes are in fact "splinter psyches." The aetiology of their origin is frequently a so-called trauma, an emotional shock or some such thing, that splits off a bit of the psyche. Certainly one of the commonest causes is a moral conflict, which ultimately derives from the apparent impossibility of affirming the whole of one's nature.<sup>12</sup>

Complexes that are not integrated with the rest of the personality exist unconsciously and can make us act out of character in certain situations when they are triggered. We become a different person under their influence. My father complex was a combination of the perceived inferior part of my personality, sensitivity, and the trauma of having an overpowering parent who provided for me, protected me and was always there for me. I was a sensitive child with a domineering father whom I loved and was terrified of. I adapted by learning to appease my father and repress my feelings. And I have been going through life projecting this trauma onto authority figures who invoke my father complex.

I need to integrate my sensitivity with the rest of my personality. What we are aware of we are in control of, what we are not aware of controls us. I need to learn to laugh at myself when my sensitivity is making events that don't warrant it appear to be serious and threatening.

I need to come to terms with my childhood otherwise this complex will continue to make me act out of character in certain situations. I've had a traumatic childhood – it did happen! – but there is no one to blame. Parenting styles pass unconsciously from one generation to the next. My father is an authoritarian who had an authoritarian father. He was as much a victim as I was – introjecting authoritarian parental attitudes – and I have been going through life behaving like my father. We both suffered from a strict and harsh childhood. And I was completely unaware of my own control issues. I have affected other people with my dysfunctional behaviour without realising it, including my dad.

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<sup>11</sup> Daryl Sharp, *Jung Lexicon*, p. 38

<sup>12</sup> Carl Jung, A review of the complex theory, *The Structure and Dynamics of the Psyche*, para. 204

## ***Winter Solstice***

*21<sup>st</sup> December 2009*

*I'm running through a building and holding a burning torch in front of me. Roman soldiers are fleeing from the light – the fire is purging them from this house.*

I've been feeling ill the past few days and felt a fever coming on the evening before this dream.

The roman soldiers are a symbol of the virus. The fire represents my temperature and fever but is also a symbol of Spirit. My personality is represented by the house and is being purified and transformed by Spirit. My inner journey and *dark night of the soul* is taking its toll on my physical health. There is no doubt in my mind now that our mental, physical and spiritual wellbeing are all connected. The winter solstice was celebrated in pagan times as the rebirth of the sun. My personality is being reborn.

## ***Airship Passenger***

*22<sup>nd</sup> December 2009*

*I'm in an airship, my own private zeppelin, and being piloted through a thunderstorm. Threatening black clouds are tinged with gold where the sun breaks through them. I'm not afraid. I sense the crew, a couple of people maybe, are experienced and I trust them to manoeuvre the ship gracefully through these menacing angry clouds.*

The sky is a symbol of higher consciousness. The airship is my anima. The thunderstorm reflects my inner turmoil and frustration. The insights that I now take for granted will be contested and ridiculed by people who find them too threatening or fantastic. Plato's *Allegory of the Cave* comes to mind here. It is very easy to forget where one has come from and where one is now. It wasn't so long ago I was a prisoner in the cave and chained to my own egoic delusions but now I'm free and I can't convince anyone to join me. My anima will guide me in this process of learning how to communicate with people whose beliefs are different from mine. Regardless of where people are in their journey, their feelings are authentic and I must take them into account.

## ***Lunching With the Royals***

*27<sup>th</sup> December 2009*

*I'm having lunch with aristocracy, dukes and duchesses etc., from all over Europe. We are in the dining area of a hotel and a woman is serving us food. We are gathered because we all have the gift. A duke and duchess are sitting at my table. The duke is sitting next to me and the duchess across from me. The duke asks me, "Do you have the gift?" I know he is talking about a psychic gift.*

The duke is bringing something into my awareness: I have the gift: I am psychic. Lunch may be where I am in my life: midday: middle age. Being served food is suggesting that there is some insight in the dream that I need to digest. I am psychic and few people have realized this ability which is latent in everyone. I sense the importance of only sharing this with people who will understand.

## ***Green Watch***

*28<sup>th</sup> December 2009*

*It feels like I'm attending a job interview. A woman is conducting the interview and across from her is a man who is erudite wise and experienced in the position I'm hoping to get. He is impressive and I really admire him. I think he may be a deep-sea diver. The woman gives me a beautiful green, almost luminous, watch. It's a slimline sports watch for deep-sea diving. I'm staring at the watch because it is only marked at six o'clock and I find this rather peculiar. But the overall feeling this situation gives me is that it's time to move on something – I'm good to go!*

Deep-sea diver is a metaphor for someone who has plumbed the depths of the unconscious. Green means go and is also a sign of new growth. The watch is beautiful and you just want to put it on and go diving with it! I feel that the dream is drawing me to explore the depths of my unconscious and thus achieve maturity. The watch being marked at six o'clock signifies my sixth sense and therefore intuition. By exploring the depths of my unconscious through dream analysis I will be developing my intuition. And by learning from the wisdom of my inner tuition I will become mature.

## ***Hasty Sacrifice***

*31<sup>st</sup> December 2009*

*I'm in a hospital sitting next to the bed of a beautiful woman who is dying. I am witnessing her crying from depths of her soul. She is dying because I'm letting her go.*

I was listening to *Wake Up to Life* (audio CD) by Anthony de Mello last night and he asked the question, “Would you choose happiness, or would you choose the girl?” De Mello said he would choose happiness over the girl. Now I’ve listened to this talk many times before and I couldn’t imagine being happy without the girl but this time was different, I would choose happiness. I envisioned myself being content to live a celibate and spiritual life.

The beautiful woman is my anima<sup>13</sup> and my new attitude of excluding women from my life plan is sacrificing her and impeding my psychological development. This dream is warning me against staying single. It would seem that relationships with women are an important part of my achieving wholeness. I respect Anthony de Mello. He is a wonderful teacher who really opened my mind and took me a long way in my journey. It is our duty to learn as much as we can from the great minds and teachers that are available to us but eventually we each have to follow our own path to happiness and allow our inner wisdom to guide us.

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<sup>13</sup> With hindsight I recognise this to be Sophia – the fourth stage in Jung’s model of anima development.

## ***Open Air Concert***

*January 2010*

*I'm singing and performing on stage. Myself and the rest of my performers are in a single line with me in the middle. It's an open-air concert and we are performing for the world to see. We are singing and dancing and I am the star of the show but I'm happy to take suggestions and leads from my other performers and have no problem taking a backseat and allowing everyone else to have a turn at taking the lead. I'm experiencing a feeling of oneness and harmony with everyone on stage.*

My persona has come into consciousness. A persona is a character we assume to perform a role. We develop and use personas to play our roles in various social settings. I am performing with my group, of which I am the central character, for the world to see. The performers are the various characters I can switch between depending on which role in life I am playing. I can now use my persona by will, without losing my own identity and authenticity, whereas before I lacked a developed persona and found many situations difficult to deal with. I felt that if I was putting on an act and wasn't being true to myself people would see right through me but not using my persona has compromised my ability to perform. I feel as though I have a new set of armour to protect me in the world. I am now more able to adapt to changing circumstances. I can now choose which situations to be myself in or use my persona. I feel a great harmony within myself and joy of uniting with my persona.

## ***Golden Child***

*January 2010*

*I see a partial image of a golden baby's face peeking at me. I am drawn to the baby's blue eye.*

This image came to me in meditation. The golden baby represents pure perception and wisdom. The blue eye represents Spirit. Spirit is the centre of the unconscious (objective psyche) whose perceptions aren't distorted by egoism and attachment. The perceptions of my inner guru will come to me in the form of intuitions, dreams and visions. This is the emergence of God the Son.



## ***Playing the Field, Train Station Purification, Little Lord***

5<sup>th</sup> January 2010

*I'm meeting a beautiful woman who tells me she is childless and hasn't found a man who can give her a child. I am capable of giving her a child and we are both overjoyed. Someone comes and tells us to get off the school playing field.*

*I'm coming off a train onto the low-level platform of a large central station. I think I have to meet a woman and become a writer. I climb the stairs out of the lower level and halfway up the stairs make a 90° turn clockwise through a square pool of water. The pool has steps leading down into it and midway through the pool I become completely submerged as I walk through it. There is a square of dirty water in the centre of the pool which I'm careful to avoid. I keep to the edge of the pool where the water is clean and then steps take me up out of the pool onto another flight of stairs which take me up to the high level.*

*I meet the woman on the high-level platform and board one of the trains. I preach to her and the other passengers, while we are on route, about the existence of God. I tell them that God only existed for me when things were going good but when things were going bad, He was the great vivisectionist. The world is making sense to me and I can't contain my joy of finding God and seeing through the illusionary nature of the world.*

*I see a very young child of noble birth in a grand Victorian house. The child has his own personal governess and schoolmaster. The schoolmaster is standing at the side door of the house and is telling me that he'll need to be hard on the child. He is stern but his motive is love. The child and the schoolmaster are both painting onto a canvas with a grand frame.*

My first impression of the first dream is that the beautiful woman is a love interest. The school playing field is the context where I'm meeting women and learning from my interactions with them. Maybe I will have to *play the field* for a while before I meet the right one. The instruction to get off the school playing field may also be a hint for me to find a job. My psychological interpretation of this dream is that the woman is my anima and my union with her will lead to wholeness in my personality which is represented by the child symbol.

The second dream begins with a baptism. The square is a symbol of ego-consciousness. I am being purified and reborn through my journeys in the unconscious. My old beliefs and concepts are being updated by new ones. I had lost God when I could no longer believe in a personal God which served me well in childhood. As I grew in maturity and took my place in adult life my childhood religious beliefs became irrational and conflicted with my scientific worldview therefore a personal God became a worn out concept for me.

The modern breakdown of a positive transference to God as a patriarchal Great Father image and the consequent, or accompanying, psychological conflict facing many people who try to maintain faith in the images of traditional Christianity have yielded what Jung termed "modern man in search of a soul." With the passing of this traditional belief system, the result has been the modern experience of emptiness and lack of intimate kinship with the universe.<sup>14</sup>

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<sup>14</sup> Murray Stein, *The Principle of Individuation*, p. 174

I've found God again but on different terms. I no longer relate to an anthropomorphic deity. I am seeing beyond the illusionary separation of objects in the world and incorporating the metaphysical into my worldview. God exists. It is our concept of God we need to change.

God does not die on the day when we cease to believe in a personal deity, but we die on the day when our lives cease to be illumined by the steady radiance, renewed daily, of a wonder, the source of which is beyond all reason.<sup>15</sup>

In the last dream the governess is my anima and the schoolmaster is my unconscious. The young child is my true self – beautiful, innocent and pure. The child is also a symbol of wholeness. The painting represents my ego-consciousness. The child and schoolmaster are both making contributions to the painting which means they are both adding to my personality. The child is adding consciousness and the schoolmaster is making me more assertive. My awareness is going to be increased but I am going to operate in the world with a tougher attitude.

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<sup>15</sup> Dag Hammarskjöld, *Markings*, p. 56

## *I Am Awake*

10<sup>th</sup> January 2010

*I am working away from home and staying in a guest house. I'm watching a woman using her powers to make a man levitate. When they are done I ask the man, "What was it like?" And he tells me, "It was amazing!" I ask the woman, "How do you do it?" And she tells me, "I am able to control the subatomic particles in the air." I don't believe her but Clancy tells me, "I have personally witnessed this phenomenon and it is genuine." I ask the woman, "Can you do it for me?" And she tells me, "It will be £20 or so." I say, "Yes can we do it now." And she replies, "It is too late to do it tonight." But then she says, "Hear have some" and she throws three balls of magic at me. We are both laughing and I'm taking it as a joke.*

*I'm levitating in a Buddha lotus position about three feet off the ground. I'm negotiating my way around tables and chairs (obstacles) testing my new skills. There is a guy (a co-worker maybe) who is sitting at one of the tables. I say to him, "Check this out man!" And he says, "Very good John" but he isn't surprised or amazed.*

The day previous to this dream I was having my walk and I had an awareness of what my functions of consciousness were: thinking is the awareness of things and the cause and effect of things (causality consciousness); feeling is the awareness of my feelings and the feelings of other people and how we affect each other (affective consciousness); sensation is the awareness of external reality through my five senses and the awareness of my bodily sensations; intuition is my insight of the interconnectedness of reality.<sup>16</sup> I had a very strong conviction that I was now awake and in contact with reality. This belief was confirmed by a synchronicity later in the day when my friend Michael, a Buddhist, sent me an email with the following quote:

One of his students asked Buddha, "Are you the messiah?"

"No", answered Buddha.

"Then are you a healer?"

"No", Buddha replied.

"Then are you a teacher?" the student persisted.

"No, I am not a teacher."

"Then what are you?" asked the student, exasperated.

"I am awake", Buddha replied.

Clancy is my wise old man. An encounter with a wise person in dreams is very significant and it's important to take note of what they say. This is our inner wisdom speaking to us. Clancy is a personal hero of mine who gave me tremendous hope in my life. I associate Clancy with wisdom, experience and insight (although I don't share all of his views). I take heed of his comments and take the dream seriously. The woman is my anima and I am my ego-consciousness. The three balls of magic are my now differentiated functions of feeling, intuition and sensation which my anima has brought into consciousness and have joined thinking in my ego-consciousness. A ball is a symbol of wholeness. These three functions of consciousness joining my ego-consciousness will complete me.

In the third scene I am experiencing a tremendous sense of liberation and freedom. Having an ego-consciousness with four differentiated functions of consciousness has empowered me and released me from friction. I can now orient my consciousness through each point (thinking,

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<sup>16</sup> This isn't a definition of the functions of consciousness. It is my understanding of my functions of consciousness at that time and the important factor being that I was able to differentiate thinking, feeling, sensing and intuition from each other.

feeling, sensing and intuition) of my psychological compass. My unconscious is not allowing my newfound gifts to feed my narcissism or the Buddha symbol to inflate my ego however, as I'm being brought down to earth by the non-glorifying attitude of my co-worker.

## ***The Mystical Music Car and The Transcendental Bomber***

20<sup>th</sup> January 2010

*I'm sitting in the front passenger seat of a car and being driven around by an unknown driver. The music playing in the car sounds like early Genesis (the progressive rock band) but with a modern production. It sounds both sophisticated and mystical. I reach to adjust the music player and the hand of the driver, lovingly but forcefully, tapped my hand to prevent me, letting me know that he was in command. The music is blissful and there may be some passengers in the backseat also.*

*I'm in a bomber plane releasing bombs on the houses below. One guy who has just left to go to work runs back into his house and ejects one of my exploding bombs. My bomb is not welcome in his house and I find this very amusing.*

The divine Genesis music is alluding to God as Genesis is also the name of the first book of the Bible. The driver is God and He's taking me on a journey, my life journey. I'm letting go and allowing God to steer my course. The music is reflecting the new rapport I have with God. God is in charge of my life and I trust Him to guide me. I am becoming aware of God as the infinite Tao, the Great Way, which is in harmony with the natural order.

In the second dream the bomber plane represents higher consciousness. The bombs are my mystical insights and the houses below are the minds and perspectives of other people. The dream is informing me that I shouldn't force my esoteric knowledge on people as they may find it disturbing and view me as being arrogant and hostile. I thought I was helping people whom I loved but I will need to learn to let go and allow people to be where they are.

## *Sacred Marriage*

25<sup>th</sup> January 2010

*I'm walking upstairs into a room on the first floor of a house where there is a double wedding taking place. A bride and groom are standing behind a circular table with a laptop computer on it. They are very pleased with this computer. Their best man is standing opposite them at the other side of the table. I take my place as the best man of the second couple who are standing aside the first couple. They are very chatty and tell me that they are marrying each other's ex and there is a great feeling of acceptance and harmony. I think the grooms are two of my ex co-workers and they are marrying each other's ex-girlfriend. I look at the best man of the first couple and he is holding out in front of him a silver double candleholder with two lit candles. I look down at his feet and he is standing in a pool of wax, which looks like a pool of water, accumulating from the dripping candles. I hold out my silver double candleholder with two lit candles, opposite my bride and groom.*

Yesterday I had the awareness that by accepting other people's views as being valid I had also resolved my inner conflicts. All of my functions of consciousness are valid and they are no longer garbled, each having its own distinct voice. Also, the day before yesterday, I spoke at a meeting and was comfortable speaking in front of people. I was happy with myself because I knew I had found my ability to extravert.

The house is my psyche and the wedding is taking place on the first floor which is consciousness. The dual wedding is a *hieros gamos*, sacred marriage, and is the harmonization of opposites in my ego-consciousness: the union of masculine and feminine functions of consciousness. Thinking and sensation are represented by the grooms. Feeling and intuition are represented by the brides.

The first wedding party represent introversion and thus their happy association with a laptop. Using my laptop computer is one of my favourite introverted activities. Their best man is standing in, what appears to be, a pool of water. The pool of water is a symbol of the unconscious therefore introversion is the introspective attitude of consciousness that relates to my inner life and the unconscious. The second wedding party are outgoing and talkative and therefore represent extraversion. The brides and grooms of both parties marrying each other's ex-partner tells me that my functions of consciousness are compatible, can easily pair with each other, therefore provide ego-consciousness with many different and flexible views which don't contradict and conflict with one another.

The best men represent the two attitudes of consciousness: introversion and extraversion. My coming up the stairs and joining the extraverted party confirms my having brought my ability to extravert into consciousness and now extraversion is part of my ego-consciousness. The two double candleholders represent the union of the diametrically opposed functions of thinking and feeling, sensing and intuition, which are now in balance and can be utilized by my ego. The flames represent the light or energy of consciousness. With introversion the light is directed internally and illumines one's inner world of thoughts, feelings and imagination; and with extraversion the light is directed outwardly giving one awareness of the external world of people and objects etc.

The dream doesn't show any specific functions of consciousness to be introverted or extraverted. That is to say, I don't know exactly which wedding party thinking, feeling, intuition or sensation belongs to. I infer from this that each function of consciousness has the ability to extravert and introvert and as we advance through our individuation our psychological typing becomes more flexible.

## ***The Outcast***

27<sup>th</sup> January 2010

*I'm running through a building site (a building under construction) and coming under attack from people on all sides and find refuge in a caravan (portable home). I am carrying a hurt distraught and dying baby. I lay the baby down onto a surface covered with an orange ointment. I watch as the baby regenerates, becoming healthy and beautiful and transfigured. The baby comes to life before my eyes and is a blessing. I am also feeling regenerated through the process.*

I believe the baby is my inner child and is dying through a lack of love and acceptance. Then it would appear that there is an inner child in us all who needs love otherwise we suffer. Just as the sun loves the earth and makes it grow, we need love to make our personality blossom. The orange ointment is a symbol of Spirit and may be a version of the *elixir of life* pursued by the alchemists. The ointment is like Tufenega: an orange industrial hand cleaner. This implies that there are impurities in my personality that need to be removed. The power of love is restoring me. Through the healing power of Spirit my personality will be transfigured. I feel a new hope.

## ***The Honest Car Salesman***

*January 2010*

*I'm starting a new job as a car salesman. Jim, a friendly guy I know and like, is going to show me the ropes and he's made me a beautiful lunch with succulent green vegetables.*

Jim is someone whom I enjoy being around. He is warm, friendly and a nice person in general. He has a lovely personality. Jim is revealing to me the qualities I need to aspire to. A car, for me, is a symbol of freedom and liberation and gives one independence. Therefore being a car salesman suggests I will help people to achieve freedom, liberation and independence in their lives. I'm anxious about being overweight and the dream is telling me to eat natural foods which are higher in nutrition and lower in calories.



## ***Return to Nature***

*4<sup>th</sup> February 2010*

*I'm walking slightly uphill and anticlockwise around a primordial valley. I'm walking through a heavy woodland area but can't see any treetops or leaves. I can just see the trunks and their roots. I'm walking on a huge root system. The ground is covered with giant roots. I'm feeling great walking through the woods and I say to myself, "Now I know why I do this." And a voice to the left of me and a little bit behind says, "I know it's great." There are trees between us but I recognise him. It's Mr Know-It-All. He's not a bad person but someone whom I don't care for very much. He isn't that special but likes to think he is important and is eager to give out unwanted advice. The tree and root he is walking on breaks off and speeds down the valley with him to certain destruction. I'm frightened for my life, thinking I'm going to be next! The scene ends with me hearing a GAME OVER video game tune, from Galaxians perhaps. I'm feeling relieved that it was only a game.*

Lately I've become aware that I'm not as popular with people as I thought I was. Mr Know-It-All is my shadow and is making me aware of my deeply rooted narcissism. I now realize and appreciate how much people tolerated me. By bringing my narcissism into consciousness I have reached the transpersonal (beyond the personal) level of my unconscious. Ego-consciousness (the conscious mind) is the personal aspect of the psyche and the unconscious (the unconscious mind) is the transpersonal aspect of the psyche.

The primordial valley is a symbol of my transpersonal unconscious which is vast and ancient and is one with Nature. The huge root system is indicating to me that I have reached the unconscious level of my psyche which is the roots of ego-consciousness. I also infer from this dream that ego-consciousness or self-consciousness is a relatively modern part of the brain as the unconscious appears ancient and primordial. It is definitely a time before culture and civilisation.

My walking anti-clockwise illustrates that I am taking direction from the wisdom of my unconscious (intuition) which is counter to my rational ego-consciousness. I have been repatriated with my unconscious. I have returned to Nature.

## ***The Dreaded Exhibition and The Dying Neurosis***

5<sup>th</sup> February 2010

*There is going to be an exhibition in my house. Two couples are preparing a room each for the exhibition. I'm very anxious about this exhibition and do not want it to proceed. My mother appears and takes me into inspect one of the rooms. I see Christmas decorations hanging on the walls close to the ceiling. There was nothing sinister and nothing to be embarrassed about.*

*I'm telling my father that I'm dying and I don't have long to live. He is very understanding and comforting.*

I was attending a meeting last night and my social anxiety reared its ugly head again. I was speaking in front of a group of people and my anxiety got the better of me. I had to cut short what I was saying and I felt like such an idiot. I came home thinking I'm never going to get over this and I'm tired of making a fool of myself.

In the first dream the two couples preparing a room each represent the introverted and extraverted sides of my personality. I am anxious about being put on show. My mother appears to give me reassurance. There is nothing to be embarrassed about. People don't see me the way I think of myself. This is my late mothers birthday today and therefore the appearance of my mother in the dream feels very significant. My mother is a symbol of my unconscious and represents the maternal side of my unconscious.

My dying in the second dream is my neurosis dying. My father is giving me emotional support. My unconscious is compensating my superego. The reins of my superego are being slackened and I'm becoming less critical and therefore less ashamed of myself. 'A very sensitive person may also be burdened with an over-severe conscience (the product, perhaps, of having a stern father).'<sup>17</sup> My father was indeed stern but could also be very caring and supportive.

In both of these dreams my unconscious is performing a supportive parental role. My unconscious is compensating my overly severe superego, which was the result of having a critical and judgemental father, by displaying feminine tenderness and compassion towards me. My unconscious is helping me to develop my Nurturing Parent. The Nurturing Parent is an ego state in Transactional Analysis. Eric Berne is the originator of TA and developed Freud's concepts of id, ego and superego into ego states. The Nurturing Parent and Critical Parent are dual aspects of the Parent ego state. The Nurturing Parent is supportive and accepting. The Critical Parent criticizes, prohibits and judges. My Parent ego state has an overdeveloped Critical Parent and an underdeveloped Nurturing Parent.

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<sup>17</sup> Eric Ackroyd, *A Dictionary of Dream Symbols*, p. 145

## ***Private Chapel***

7<sup>th</sup> February 2010

*I'm walking down a street and I see Amanda standing in front of her parents' house waiting for me. It's an upper middle class Victorian style building. She takes me into the garage adjacent to the house where we start kissing. I'm fired up and preparing to make some moves on her then she tells me I have to meet her parents.*

*I'm sitting with her parents in the private chapel of their house. I'm looking around and thinking they must be devout people, especially the man. We are all singing hymns together and experiencing great harmony. I'm sitting on a sofa, in the rear left corner of the room. The woman is sitting at the piano in front of me, in the front left corner of the room. The man is standing to the right of me, in the rear right corner of the room. The woman and man are diagonally opposite each other. The woman is adept and plays gracefully with such ease. The man is in wonderful singing form. On the front right wall of the room, diagonally opposite from me, is a window looking onto ground level.*

*I'm now sitting in another room with two of her brothers, I think. We may have been praying or meditating. After 15 minutes the young brother has to leave but I don't want him to go. I'm left sitting with the older brother for the next 15 minutes who is ages with me. He tells me about my future.*

I am sexually attracted to Amanda but I am also attracted to her personality. Amanda represents my anima in the dream and is my Helen. Helen is the second stage in Jung's four stages of anima development and represents intuition. My sexual desire is driving me to achieve wholeness and the integration of my anima with ego-consciousness. I have brought my cognitive function of intuition into consciousness. Intuition gives me insight into the character of a person.

The private chapel is a symbol of my unconscious. The woman and man diagonally opposite one another are anima and animus symbols respectively and represent the feminine and masculine sides of my unconscious which are balanced. I represent my ego which is sitting diagonally opposite the window. The ego is not the only perceiver. The window looking onto the ground floor is informing me that my unconscious has perception also. The ego and the unconscious are both perceivers. The ego is the personal aspect of the psyche which perceives subjectively and the unconscious is the transpersonal aspect of the psyche which perceives objectively. Intuition is perception via the unconscious.

The young brother is my youth which is now gone. The older brother represents maturity and foresight.

## ***Police Station Funeral***

*12<sup>th</sup> February 2010*

*I'm attending someone's funeral. The funeral is taking place inside a police station. I think he is a policeman but I'm also made aware he had been an engineer. I don't feel close to the deceased.*

Last night I was at a busy meeting which was full of strangers and I started to feel anxious before it was my turn to speak but I felt comforted by *the Dying Neurosis* dream I had the week previously, and so the anxiety left me and I spoke with ease.

The police station is my superego and conscience. The policeman is an aspect of my superego and I used to be an engineer. The inner policeman (superego) enforces taboos learned from childhood parenting and socialisation. The funeral is for the death of my self-critical attitude which is causing my fear of public speaking. Therefore I will be less inhibited, can talk more freely, and not care so much what people think of me.

## ***Elephants Appear***

*16<sup>th</sup> February 2010*

*I see a large blue elephant on an African plain, then a smaller one appears beside it and they stand as a pair.*

The elephants are animus and anima symbols, the masculine and feminine principles in harmony. Elephants are symbols of power and wisdom and I associate the colour blue with transcendence. The day before having the dream I was able to hold three seemingly conflicting ideas in my mind and I realized there are conditions in life that have multiple factors. I am a product of my genetics, upbringing and culture. I think I have achieved a level of transcendence that allows me to see myself objectively.

## ***Rescue From the Night Sea Journey***

28<sup>th</sup> February 2010

*I'm a submariner on a gruelling six weeks tour in the deep ocean. I'm working in the control room of the submarine and the officer is giving me impossible calculations to do in very little time and berating me for not being able to keep up. He was pulling a handle down on a wheel with large numbers in segments along the radius and I had to multiply these with other large numbers and provide the answer immediately. He is expecting the impossible and I find the situation intolerable. I'm really stressed and have an overwhelming desire to have a beautiful woman to write to and go home to.*

*We've surfaced and it's a beautiful day with glorious sunshine and a still calm ocean. I've been sent out to inspect a van parked in the middle of the sea. I swim in front of the submarine and inspect the undercarriage of the van. It's clean and in great condition so I give the submarine the thumbs up. Someone comes out and gets in the cabin of the van and tells the driver that he can't stay here and will have to depart. I look around me and we are now sitting on a partly submerged car park.*

*The van is driving away with me caught in the back of it. We are moving uphill. I bang on the back of the driver's cabin. He hears me and stops the van. I'm anxious about being separated from my ship and he's annoyed at having to stop.*

[The *night sea journey* is] an archetypal motif in mythology, psychologically associated with depression and the loss of energy characteristic of neurosis.<sup>18</sup> Mythologically, the night sea journey motif usually involves being swallowed by a dragon or sea monster...[or in my case a submarine]...In the language of the mystics it is the dark night of the soul. Jung interpreted such legends symbolically, as illustrations of the regressive movement of energy in an outbreak of neurosis and its potential progression.<sup>19</sup>

The submarine is my unconscious and represents the womb of my ego. The officer is my superego. He is a hard taskmaster and has been driving me relentlessly: in my waking life I am reading book after book, classic texts written by great teachers and masters, and I have been doing this as if there was no tomorrow! My 'six' weeks tour is my inner journey in my unconscious developing my sixth sense, my intuition.

The ocean is one vast interconnected system and so is reality. Reality provides information we receive through our five senses which our temporal mind perceives as the physical universe. Our sixth sense (intuition) informs us of a metaphysical dimension which interconnects the physical universe. Synchronicities or meaningful coincidences are a manifestation of interconnectedness. I now intuitively know *the universe is God*.

The beautiful sunny day and still calm ocean indicate a respite from my trials. The sequence between leaving the submarine and joining the van is a rebirth of my ego and a redirection of my energy. For many months my energy has been directed inwardly, taking the inner journey, but now my focus is being returned to my journey in the external world. My being abducted shows how powerful and fascinating the unconscious is. When one has been journeying in the unconscious and discovering its many secrets it becomes an obsession and is very difficult to let go of. My dream is ordering me to get back into the world. I think the van moving uphill is informing me that I haven't made it home yet and my struggles aren't over.

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<sup>18</sup> Daryl Sharp, *Jung Lexicon*, p. 90

<sup>19</sup> Daryl Sharp, *Jung Lexicon*, p. 91

## ***Riverbank Cottage***

*19<sup>th</sup> April 2010*

*I have a house next to the river and I'm very happy about this.*

The house is myself and the river is the Source that sustains it. My latest concept and understanding of God is being affirmed in this dream. I see God as the universe and Spirit as the Godhead. Spirit is a divine energy field which permeates the cosmos, it is the Source of multiplicity (the manifold physical universe) and is our essence. Everything in multiplicity is a manifestation of God.

## ***The Serpent***

*21<sup>st</sup> April 2010*

*I see a mass of standing sleeping people packed together and a giant snake is wriggling through them upon their heads. I see my friend Archie. His sleeping face is pushed to one side by the belly of the snake as it moves above him.*

This image appeared in my mind as I was thinking about all of the people in the world who are self-seekers. This was a vision of hell. The snake is a symbol of evil. The evil is selfishness. The people sleeping in hell represent unconscious people who are unaware of their self-seeking. Archie wronged me recently and I was shocked by his selfishness. I now identify him as a self-seeker.

With hindsight, Archie is my shadow. I couldn't see this at the time because it was too shocking for me to conceive. I am projecting my own selfishness onto Archie. I am asleep and unaware of my own self-seeking. The snake represents instinct and a deeply unconscious constituent of my psyche.



## ***Ergo Museum Piece***

*20<sup>th</sup> May 2010*

*A dark-skinned couple join and have sex. They are both very beautiful.*

*I'm in a room or section of a museum and I'm looking at a piece on a stand. It is the shape and size of one of my computer speakers. I used to be fond of it.*

The dark-skinned couple are shadow figures. Their union may be the connection I have made between my sensitivity and anger. Lately I've become aware of my sensitivity and how it makes me react intensely to stimuli and people.

The museum is my collective unconscious. And the piece on the stand being exhibited is an archetype of the collective unconscious. Yesterday I had the feeling that some part of me was coming into consciousness while I was contemplating my four cognitive functions of consciousness:

I am **thinking** about things and the cause and effect of things.

I am **thinking** about my feelings and the feelings of others.

I am **thinking** about my experiences.

I am **thinking** about the significance of my experiences.

But what is doing the thinking?

*Cogito ergo sum*, I think therefore I am. The ego by definition is a conscious thinking subject. I have brought my ego into consciousness. The room is my ego-consciousness. The speaker is the voice in my head, my thoughts. Museum pieces are things of the past therefore thought is a past identification for me. I am not my thoughts. Thoughts are produced in the neocortex of my brain. I am not my brain.

## ***Weddings***

*23<sup>rd</sup> May 2010*

*I'm in a hall where marriages are taking place. It is a very joyful occasion and I'm part of the crowd enjoying the merriment.*

Yesterday I was caught up in the joy of living and felt the time may be right for finding a partner. And a couple of days before this dream I had a wonderful feeling of being free from materialism. I had no idea how much advertising had brainwashed me into believing that happiness could only be bought and paid for with money. This is the poorest I've ever been and it is the happiest I've ever been. I no longer feel that God has forsaken me, but rather, He was removing the drug of consumerism.

## ***The Church of Myself***

24<sup>th</sup> May 2010

*I'm making frequent visits to a church where my friend is training for religious life. On this occasion I'm met at the front door by a girl or woman who leads me upstairs to join a congregation who are joyfully worshipping. I notice a dark-skinned man and woman and they are singing and joyful also. A guy to the left of me is playing on his acoustic guitar and when he finishes a guy with a small strange mechanistic looking guitar sprouts robotic arms from under his cloak and plays a solo in response with a clinical style.*

The church is a symbol of my psyche. Upstairs represents consciousness. The unconscious is the main body of the church and Spirit is in the tabernacle in the sanctuary at the front. I have achieved a significant degree of integration in my psyche.

I am visiting my unconscious frequently. By taking this inner journey and analysing my dreams my personality is being transformed by Spirit. The woman is my anima and is taking me, the ego, upstairs into consciousness. The dark-skinned man and woman may represent my anger and sensitivity which have come into consciousness. The guy playing the acoustic guitar is emotion and the robotic guy is reason. My functions of feeling and thinking have acknowledged each other and each take it in turn to perform. Therefore I can evaluate a situation from a logical and a feeling value perspective and weigh both in my mind before I consider any possible action.

Harmony and balance have been achieved in my psyche. The congregation are the elements of my ego-consciousness which are now organized into a harmonious whole, joyfully worshipping the unifying principle of the psyche: Spirit.

## ***My Shadow From Oz***

*25<sup>th</sup> May 2010*

*I'm attending church with my Australian friend who is a novice training to be a priest.*

My Australian friend is my shadow. I am being informed that I am serving my spiritual apprenticeship under the tutelage of Spirit. Australia is the opposite side of the world from me which is informing me that Spirit is the opposite pole of the ego in my psyche. The wisdom of Spirit is going to challenge my egocentricity.

## ***Spooky Happenings***

26<sup>th</sup> May 2010

*I'm attending my friend Mark's father's funeral. We are walking up a hill to reach the gravesite and I feel myself being pushed up the hill by a pair of invisible hands. I'm aware it is the ghost of the deceased. As we are lowering down the coffin, I tell everyone, "He's here! He's here! I know, I'm psychic!"*

*We're back at someone's house, for the wake presumably. We're having a meeting and we're using new technology to communicate with each other. We are speaking to each other without using our mouths. I'm listening to Jane even though she isn't speaking. It isn't working very well but once I get it tuned in it works great! Everyone is clearly audible but I don't see any equipment?*

Mark's father is a very successful businessman and represents to me someone who has made it in the material world. His funeral is the demise of my materialistic mindset. The ghost pushing me up the hill is my spirit. My identity is changing from my ego to my soul.

The second dream is illustrating telepathy which is a psychic ability and a form of Extra Sensory Perception which I associate with the soul.

## ***Meditation Negation***

*26<sup>th</sup> May 2010*

*I am not my physical body.  
I am not my physical senses.  
I am not my thoughts.  
I am consciousness!*

I felt moved to go into meditation and contemplate on my identity. And through a process of negation – removing what I'm not – I was left with awareness. By disidentifying with what I am conscious of, I am left with my true identity: consciousness. While I identified with my physical body and lower mind (brain) I was unconscious. I am the knower of my body. I am the knower of my senses. I am the knower of my thoughts. My brain is a function of consciousness. I am consciousness. I am awareness.

## ***Contact With Nature***

*1<sup>st</sup> June 2010*

*I'm attending a Rush concert and they are playing just for me. Backstage after the gig I'm talking to Neil Peart! as though we are old friends.*

I went out for a walk in the park yesterday evening and was aware of the pleasure I was obtaining through my senses: the leaves of the trees and the flowers in bloom: sensuality! My function of sensation is becoming conscious and it is as though I am experiencing the world for the first time. My mood was uplifted with the beauty of Nature. I'm a huge Rush fan. Their music gives me sensual pleasure and lifts my mood. Moreover, listening to Rush causes me to experience ecstasy and takes me out of myself. Each member of Rush – Alex Lifeson, Geddy Lee and Neil Peart – are a tour de force in the music of Rush. Neil Peart is the drummer and lyricist and is appearing as my shadow. His personality is similar to mine. We are both philosophical, analytical and deep. Neil's lyrics take me closer to the heart. He is a very gifted musician, lyricist and writer.

## ***Full Penetration***

*4<sup>th</sup> June 2010*

*I'm having sex with a woman. She sits on top of me and pushes hard on me for extra penetration. She gives me a camera. James, Adam and John appear and admire my camera. They are all happy and confident.*

I have achieved a significant degree of integration with my anima. James, Adam and John are people in whom I recognise the trait of neuroticism. The dream is confirming I have now identified that trait in myself. The camera is my perception which is no longer distorted by neurotic projection as I have given my sensitivity room in my consciousness. It is the denial of this trait that makes it troublesome. I have made the adjustment and my perception has been corrected. And my self-acceptance will increase my confidence.



## ***Darkside Recall***

*19<sup>th</sup> June 2010*

*A dark-skinned man and woman are making accusations. I try to proclaim my innocence but they remain indignant.*

The man and woman are my negative animus and negative anima respectively. They represent the darkside of my personality. I have been repressing and projecting my shortcomings onto others. This is caused by a moral conflict between my persona (ideal image) and my shadow. I can no longer repress my own faults. Now when I am experiencing negative judgemental thoughts and feelings toward someone who has offended me, I know that I have behaved just like them. I can't point the finger at anyone without the finger pointing back to myself. 'Everything that irritates us about others can lead us to an understanding of ourselves.'<sup>20</sup>

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<sup>20</sup> Carl Jung, *Memories, Dreams, Reflections*, p. 275

## ***Summer Solstice***

*21<sup>st</sup> June 2010*

*I see my mother and then wake up.*

Later on that morning I was thinking of a person who had wronged me and immediately I saw that I myself had acted just like him in the past. I can't see the faults in someone else without seeing them in myself. This is happening automatically and requires no conscious effort. I am not morally superior to anyone. Everyone has equal value regardless of their actions. People's behaviour reflects their level of awareness and their experiences in life. I had this insight at 11:28 am which coincided with the summer solstice. The sun had reached its highest elevation in the sky symbolizing the power of God the Son, the Golden Child archetype, who represents a union between ego-consciousness and the unconscious. God the Son and is now operative. I am humbled by the gift of spiritual poverty. My mother is a symbol of my unconscious. I have made a union with my unconscious.

God the Son is now my guiding light.

## ***The Horseman With a Magic Sword***

*30<sup>th</sup> June 2010*

*I'm seeing a man riding a horse, travelling from left to right across an open space. They stop and he swings a magical sword which takes them into the air and they fly upwards at 45° in the opposite direction, from right to left.*

Travelling from left to right represents the direction I have been taking since my inner journey began. I've been developing the right hemisphere of my brain. The horse is my dynamism and is illustrating where my energy is being focused and the development in consciousness as a result. The sword is a symbol of thinking which is associated with the left brain. The sky is a symbol of my higher Self. The horse moving from right to left and upwards towards the sky is my energy moving towards subtle or intuitive thinking.

## *Three Levels of Experience*

6<sup>th</sup> July 2010

*Tom Petty is in my mother's bedroom which is upstairs facing onto the front street of my childhood home. My mother comes home and asks him, "Did you watch the DVDs I left you?" He is filled with Joy and tells her, "I have watched them all." She replies, "I knew you would." She is so proud of him. He tells her, "My conflict is gone!" His mood is one of joy and accomplishment. His mental anguish is gone!*

*Tom is sitting at the rear of a stage smoking a cigarette while playing a show in a packed concert hall. He may have said he was just chilling. Another band member is singing and walking off the left side of the stage, completely uninterested in the audience. He isn't using a microphone and I'm confused as to how the audience is hearing him. I don't recognise him but he is confident, detached and unassuming.*

Tom Petty is my egocentric mind. My mother is my unconscious. The other band member is psychic and represents my atman. In Hinduism the atman is the individual soul which is one with Brahman the great Self and Universal Soul. Petty, atman and mother are representing three levels of human experience respectively: the physical world, the spiritual realm and the unconscious, each having its own mode of comprehension.

In the physical world objects and people are separated by space: material reality: the phenomenal: the seen. Reality is subjective and viewed from the perspective of the ego: self and other: duality. Time is linear and moves along a straight line from past to future.

The spiritual dimension is operating at a higher frequency than the material universe and is outside the range of the ordinary human senses. There is no separation in this plane. People are not encapsulated in their physical body and mental processes are not localized within the brain. This is the realm of energy: subtle reality: spirit: the unseen. Our spirit is an energy field which extends beyond our physical body and is part of the Universal Spirit which is an invisible (to the ordinary senses) energy field pervading the cosmos and connecting all things.

The unconscious is the wellspring of dreams, visions, myth, religion, song, art and poetry which can be highly symbolic and surreal. The symbolism and imagery constructed by the unconscious in dreams are formed using associations from our experiences but their application is not restricted by the laws of the world and literal fact. Dreams mainly communicate to us visually and metaphorically.

The DVDs are the dreams my unconscious and wisdom source has used to guide me in my inner journey. They have removed my conflict which was the illusion of separation of objects in the material world caused by my conceptualizing temporal mind perceiving with the ordinary senses. There is no actual separation in the physical world for the seen is connected by the unseen. Everything is connected. All objects in the material world that appear to be separate are actually connected by an invisible energy field. We are all One.

The first scene is taking place in my mother's bedroom which I associate with adulthood. This is in contrast to my *Cat and Mouse* dream that took place in the bedroom of my youth. I have been brought to maturity by following my intuition. My temporal mind is stepping down and my atman (spirit) is now taking the lead. Petty<sup>21</sup> is small-minded and is driven by desire and status. My spirit is operating in a higher plane above worldly desires and human emotions. He

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<sup>21</sup> I just want to say that the real Tom Petty is not being depicted in this dream. My unconscious is using the association of his surname only. The real Tom Petty is a phenomenal artist and musician and, from what I've seen of him on TV, he is a really cool guy.

is exiting stage left and doesn't need the attention. This is the guy I will now aspire to be like. I am being led into the higher spiritual plane and away from the lower material plane.

I believe that psychic ability or Extra Sensory Perception is an attribute of the soul but ESP can run in families and this would suggest that this is a trait that can be inherited through our genes. The right hemisphere of the brain is associated with intuition and psychic ability. Right-brainers are more aware of the spiritual dimension. Therefore the right brain plays a key role in the processing of Extra Sensory Perception.

## ***Full Moon Party***

26<sup>th</sup> July 2010

*I'm attending a party held by a royal family: King and Queen, princes and princesses. It is a joyful occasion and everyone is happy to see me. I'm at a prince's house. He is my friend and I'm very happy. I'm walking up some stairs and I meet a young woman. She is beautiful. I make a move to kiss her and hold her and the feelings are reciprocated. One of her younger siblings comes across us and brings us to our senses.*

*I'm in a city with a guy and we steal a car. We're then chasing after another car being driven by a beautiful woman. I'm going faster and faster and the speed is exhilarating! I'm going so fast now that I can feel myself starting to float out of the car. I feel a wonderful cohesion throughout my body and a feeling of mystical joy! I wake up and it's 2:38 am then go back to sleep.*

*Before I awake again in the morning, I'm dreaming about ghosts and spirits but don't remember any particulars.*

Yesterday I made the connection between my sensitivity and my spiritual nature. Spiritual types are more sensitive to, and therefore more aware of, the spiritual world: subtle reality: energy. The young woman in the dream is my anima and represents sensitivity. The libido from my arousal is driving me to achieve wholeness in my personality. I have integrated another feminine aspect of myself.

In the second dream the beautiful woman is my astral body and the car is a symbol of my physical body. The acceleration of the car is the increase in frequency required to leave the physical plane and enter the astral plane as the astral plane is operating at a much higher frequency. As I float out of the car I am a soul leaving my physical body and using my astral body. The next morning I found out that it was a full moon in Glasgow at 2:37 am. This is a powerful sign. I have integrated a psychic aspect of myself. The moon is a symbol of feminine power and intuition which is our sixth sense. Our sixth sense is also known as the Third Eye. The third eye is associated with intuition, precognition, telepathy and out-of-body experience.

I inherited my sensitivity from my mother who was a sensitive, compassionate and spiritual woman. This would suggest that sensitivity is a genetically inherited trait which will run in families. My dominant function of consciousness is introverted intuition. From my reading and research I have learned that Highly Sensitive People predominantly have introverted intuition as their dominant function of consciousness.<sup>22</sup> Therefore sensitivity has a high correlation with intuition. (Moreover, sensitivity is a characteristic of the right brain.) Introverted intuition is the cognitive function that directs our consciousness inward to the unconscious which has as its core Spirit. Our spirit is one with the Universal Spirit.

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<sup>22</sup> Elaine N. Aron, *The Highly Sensitive Person*

## ***The Industrious Cousin Gerry***

*21<sup>st</sup> August 2010*

*My cousin Gerry has a fishing boat and he has floats all over the sea with lines and hooks descending into the ocean. It's just a case of doing the rounds of his spots and pulling up the catches.*

*He also has a warehouse where he is recording from the media (cable television) and creating a television series. He shows me a storage device containing a series which is of special interest to me. The television series is of the Manga<sup>23</sup> and mystical genre.*

My cousin Gerry is an innovative person and he is an auto-electrician. The boat is my anima. The ocean is my unconscious and in this context represents my creative potential. The catches are the fish which symbolize the contents of my unconscious. My cousin is making fishing look easy therefore I am being made aware that I have a gift for bringing my unconscious into consciousness. Recording from cable television is my ability to recall and record dreams. The television series that is of special interest to me is my dream series.

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<sup>23</sup> Manga is a Japanese fantasy and science fiction genre of comic books and films.

## **Rocky**

23<sup>rd</sup> August 2010

*I'm watching Rocky train for his next fight. He is confident and training hard. He has it all: great people around him and a big stylish mansion. Nobody can imagine him being beaten.*

*I'm walking to Rocky's house along with his wife Adrian and many other fans to visit Rocky the morning after he has been defeated. I'm carrying a big bunch of green apples. I accidentally drop most of the apples but I'm left holding one. I'm first to meet Rocky, who is living in an apartment block, and he is sitting down and sobbing his heart out. I leave him and go back to collect the rest of the apples.*

I've experienced a setback. I'm feeling defeated and disillusioned with life at the moment.

Rocky is my shadow and Adrian is my anima. The fish from *The Industrious Cousin Gerry* dream have become the apples in this dream. I eat an apple every day and associate apples with health and vitality. Symbolically they are fruits of the unconscious and bring knowledge and wisdom to my conscious mind. I feel this is a good omen and my spirits are lifted. Rocky will rise again.

In the period following this dream I noticed that when I was writing, words would appear in my mind as if by magic for me to use. Of course I know now that the words were the creative fruits from my unconscious. The words felt significant. Therefore my anima is making me aware of words coming from my unconscious. This was illustrated by the fishing boat, representing my anima, in *The Industrious Cousin Gerry* dream.



## ***Divine Fecundation***

*2<sup>nd</sup> September 2010*

*I'm sitting in meditation and just as I am letting go, I experience a spiritual high and an erect penis appears in my mind's eye.*

The erect penis is a symbol of divine energy (Spirit) penetrating my conscious mind. I can expect a new growth in consciousness.

## ***The Martial Arts Philosopher***

*2<sup>nd</sup> September 2010*

*I'm watching a YouTube video about an eastern sage who is also a master in a martial arts school. He brings out a beautiful Chinese woman and she disrobes before us. She is voluptuous and I feel unbridled sexual desire for her. He gives a demonstration of having sex with her. He is wearing body armour which gives him the appearance of a dog.*

The sage is making me aware that I am a man in the world and have the right to defend myself against enemies if the need arises. His wearing body armour is illustrating the legitimacy of my employing the use of a persona as protection. His armour is in the shape of a dog to emphasise my animal nature. I am still part animal with instincts and needs. I feel the dream is warning me not to neglect or deny my masculinity.

## *The Matrix*

8<sup>th</sup> September 2010

*I see an array of minds connected to one another in a vast grid. They are generating predictable electrical impulses between each other. I'm rising above my mind and above the grid towards the sky. The electrical activity in my lower mind is considerably less than the others and is sporadic. I feel great freedom in my elevation above the Matrix.*

This was a waking vision I had just as I was coming out of a meditation. During this period I had been reading Deniz Tekiner's *Modern Art and the Romantic Vision* which is a very insightful book written by a wonderful mind. It opened the door to my understanding of art and raised me to another level of awareness. In particular I developed the ability to abstract and see through the veil of the phenomenal world.

The ideal type is analogous to Plato's concept of the Idea or archetype, which is a thing in its universal essence abstracted from the temporal qualities of particular things. Likewise, the ideal type delineates the essential features of a thing abstracted from the distinctive constituent features of any particular thing.<sup>24</sup>

In other words, the essential nature of a unique thing in the world is the same as other unique things of its type or class. For example, people may appear to be quite different when viewed primarily by the senses. However, when one analyzes the characteristics of people across the whole spectrum of people, common or essential characteristics are abstracted, and it is remarkable how similar people really are.

My vision, *The Matrix*, is an abstract view of reality. This is my modern art inspired by *Modern Art and the Romantic Vision*. Another obvious influence is the movie, *The Matrix*, which is an adaptation of the *Brain in a Vat* scenario used in philosophy which is itself a modern adaptation of Descartes' *Evil Demon* hypothesis and Plato's *Allegory of the Cave*.

When one apprehends people in the abstract their actions become predictable patterns of behaviour. Most people are bound by the illusion that they are free agents, thinking for themselves, when they are in fact confined by their cultural worldview. Scientism (scientific materialism) has become the dogmatic worldview of our age. Modern people are lost in the material world of illusion (maya) and believe themselves to be awake but they are really unconscious and unaware of their true identity. They are sleepwalkers dreaming they are awake.

I have broken free from the Matrix and risen above my lower mind (brain) by becoming aware of my true identity – I am a spirit. This is the key to release. Knowing who we really are sets us free. I am transcending the temporal and phenomenal world. My discursive mind is calmer. I am thinking independently and my behaviour is less typical.

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<sup>24</sup> Deniz Tekiner, *Modern Art and the Romantic Vision*, p. 6

## ***Children of Joy***

*3<sup>rd</sup> October 2010*

*I have a baby son and I've just become a father again with a baby daughter. I am overjoyed at having these children. They are a delight to me.*

The baby son is referring to the child archetype and the baby daughter represents a new development in my anima. Therefore another aspect of the feminine in my psyche is coming into consciousness. With hindsight I recognise this to be Sophia who first appeared as the beautiful woman in *Hasty Sacrifice*. The Sophia archetype is nascent, just coming into consciousness, at this stage of my individuation.

## ***Individuation***

*7<sup>th</sup> October 2010*

*I can't sleep so I get out of bed and try sleeping on my couch. I feel a burst of energy in my head and I'm forced to open my eyes. I look into the corner of my living room and see a beautiful Christmas tree with lights illuminating from the ends of the branches. I instantly know it is a waking dream and a message from my unconscious.*

I'm feeling stressed out with a girl I've just met. I don't feel ready to be in a relationship but she keeps pushing me and I think I'm going to get hurt.

A Christmas tree is an evergreen conifer and is a symbol of individuation. The tree is a sign of growth and personal development. The lights illuminating represent consciousness. Growth in consciousness and awareness. The Christmas tree is also a symbol of spirit: evergreen: everlasting. An evergreen is somewhat less affected by the seasons in that it retains its foliage all year round. People who are spirit-centred identify with their essential, eternal and spiritual self. Their personality blossoms regardless of situations and circumstances and like the evergreen are more impervious to the changing seasons and moods of psychological life than an egocentric personality.

In a dream I had earlier this year, *The Dreaded Exhibition*, my mother took me into a room with Christmas decorations on it. I couldn't work out the association with Christmas at that time but I know now that the dream was pointing to individuation. I am now certain my unconscious is guiding me to individuation and this vision is confirmation for me. My inner guru is leading me to wholeness along a path that is suitable for me. Human teachers can take us a long way, and there is indeed much we should learn from them, but eventually we need to follow our own path. I think it is also worth mentioning that I've been experiencing a lot of synchronicities in the past few weeks. This is a good indication that one is moving forward in the individuation process.

## ***Smooth J and Mr Angry***

*12<sup>th</sup> October 2010*

*I'm attending a party and I'm telling J I have been suffering from PAWS. He was very nice and couldn't do enough for me. He goes over to where a beautiful girl is standing and starts making out with her, with ease! I go to the toilet and accidentally spill some water on the carpet. Mr Angry appears and gives me a row.*

One of my favourite movies is *Groundhog Day* with Bill Murray. The more he tried to woo Andie MacDowell with insincere tricks the further he pushed her away. Women are more impressed with a kind and considerate man.

I was a functioning alcoholic for many years and I'm nearly six years in recovery. I am now convinced I have been suffering from Protracted Withdrawal Syndrome (PAWS) and not some other psychiatric condition with similar symptoms. PAWS is a form of clinical depression caused by tolerance, neuro-cellular adaptation, to alcohol. My brain reduced the manufacture of neurotransmitters which caused nervous tension, depression, tiredness, irritability and mood swings in recovery. Most alcoholics in recovery will recover from this condition within weeks or months and for some people it can take up to two years to make a full recovery. Unfortunately for me it's taking a lot longer but thankfully it is abating.

## ***Holistic Vision***

*23<sup>rd</sup> October 2010*

*I see a caterpillar standing upright on the branch of a tree and offering itself to the above. A bird descends and catches it then flies away again.*

I had this vision while I was taking my walk in the countryside and sending out a prayer to the universe, asking for help to find employment.

The first and most obvious interpretation of the vision is, I am the caterpillar and the bird is an employer and nothing more needs to be said about that. On closer inspection the caterpillar is a symbol of transformation and I am the caterpillar transforming into a bird.

A bird may represent the sweet directness and simplicity of Nature, unpretentious and contented 'is-ness'. In this case, your dream may be telling you what you need to make room for in your life and in your fundamental attitudes. For example, the bird may be seen (or, indeed, heard) as calling you to an uncomplicated but holistic state of being, in which consciousness and body – spirit and matter – are completely attuned. This call will undoubtedly come if consciousness (brain) has become detached from the more primitive or primal layers of being (body, instinct, Nature).<sup>25</sup>

A third interpretation could be that the bird is Lara, my new love interest, and I am her catch.

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<sup>25</sup> Eric Ackroyd, *A Dictionary of Dream Symbols*, p. 88

## ***Love is a Stranger in an Open Car***

31<sup>st</sup> October 2010

*I'm out having a meal with friends in a restaurant and Lara is there also. I think she is going out with Gordon. She leaves the meal and heads outside. I leave the restaurant to follow her. She is sitting in the front passenger seat of a car. I get in and sit in the backseat. She turns around and smiles at me. I'm gathering the courage to ask her out, and I wake up saying the words, "Will you go out with me?"*

Gordon is an ex co-worker. He is a cool guy and charming with women and is revealing these qualities in me. The car is going to take me on a journey and the driver is my unconscious. I think I need to ask Lara to be my girl.

That which is awake in us even while we sleep, shaping in dream the objects of our desire—that indeed is pure, that is Brahman, and that verily is called the Immortal.<sup>26</sup>

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<sup>26</sup> Katha, *The Upanishads*, p. 22



## ***Bonfire Night***

*5<sup>th</sup> November 2010*

*Myself and Lubo, my brother's dog, are watching fireworks from the living room window in my brother's house. Then just over the horizon, I see huge flames roaring into the sky.*

Lara lives over the horizon and I think the flames are her passion for me.

## *Jesus is Love*

22<sup>nd</sup> November 2010

*I am making love with Lara. I am caressing her and she is rubbing my back intensely. There is so much caring and affection.*

I wake up alone and go back to sleep again.

*I'm walking through the stations of the cross, around and above the sunken garden shrines, and as I'm turning right, I go blind and can't continue with my journey. I fall to my knees and pray, "Please Jesus come and help me!" My sight is restored and I'm able to get up and continue with my walk.*

Lara is my anima and represents another feminine aspect of myself coming into consciousness: empathy. Lara is my Mary. 'Mary [is] a figure who raises love (eros) to the heights of spiritual devotion.'<sup>27</sup> Mary is the third stage in Jung's four stages of anima development. I am sexually attracted to Lara and attracted to her personality but I'm also attracted to her soul. I love her body, mind and spirit. My sexual desire is being aroused and driving me to achieve wholeness and the integration of another aspect of my anima with my ego-consciousness.

Turning right in the context of this dream signifies perception viewed from the ego's perspective. Egoic and judgemental perceptions lead one into victimhood, personalization, blame, separation, fear, anger and resentment. Going blind represents unawareness. Jesus represents unconditional love. When I'm praying to Jesus to assist me, I am inviting unconditional love into my perception.

Unconditional Love is the Holy Spirit who is present in the sunken garden which represents the deep unconscious and metaphysical level of my psyche. The Holy Spirit is pure perception and views people and reality unfiltered through the ego, seeing people as *they are* and not as *we are*. The Holy Spirit has compassion for all. Love and truth are inextricably linked. My blindness was caused by being in self and my sight and serenity were restored by the love of the Holy Spirit.

Lara's actions have been making me paranoid the last couple of weeks but we had a long talk yesterday and cleared everything up. I had the insight that she acts the way she does because she lacked love in her childhood. Lara has an extraordinary ability to sense other people's feelings and read their minds but she lacks emotional maturity. It was a full moon yesterday at 5:27 pm when I had this insight. I infer from this synchronicity that I have integrated another feminine and psychic aspect of my personality. My insight came from Spirit which is the mother of all and has compassion for everyone.

Jesus is a symbol of the sacred heart which in Hinduism and Buddhism is known as the anahata chakra or heart chakra. The heart chakra is a symbol of unconditional love and compassion. The sacred heart connects with all hearts and has compassion for all people. This is indiscriminate empathy.

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<sup>27</sup> Marie-Louise von Franz, The process of individuation, *Man and His Symbols*, p. 195

## ***The Einstein Prophecy***

*15<sup>th</sup> December 2010*

*I'm in the ground floor of a big old family house. Einstein and another famous physicist are there. I feel I have to warn them about the health dangers of the experiment they have been working on. I know they are going to become ill with cancer because of the radiation they have been exposed to but they already seem to be aware. Einstein is my father. I ask him if he really believes that time travel will be possible and he confidently assures me that it will. He said something like, "You'll be able to send back a plate of food in time and get more food on it." I ask him, "Will teleportation will be possible?" And he replied, "We tried it but in just half an hour we had too much information appear on our computer."*

The house is my psyche and the ground floor is my unconscious. Einstein is my unconscious mind. I associate Einstein with genius and his theory of relativity: time and space are not absolute but are relative to the observer. I feel the dream is telling me that my cognition will not be limited to real-time events. In the dream I knew that Einstein and his colleague were going to become ill with cancer. This was cognition of future events which was confirmed by them agreeing with me. This is the ability to see into the future and is known as precognition or second sight. [My actual father was diagnosed with cancer in 2011 and died in 2014] Food in the dream is an association with information as we assimilate food and information, food for thought, and may also be an association with energy as food provides energy. The inability to teleport is telling me that although my cognition is not fixed in space and time my physical body is. My physical body is a finite object in spacetime but my consciousness is nonlocal.

## ***Speaking Prohibition and Banged Up With Kevin***

*28<sup>th</sup> December 2010*

*There is a funeral or wake happening on the first floor of a house. A young guy wants to say something but he isn't allowed to speak. I'm sure someone said, "His father will do the talking."*

*I'm in prison with Kevin and he is outgoing, confident and friendly with everyone. He even gives advice to people pulling up outside the prison whose cars are in trouble. There's another expert beside us who knows everything about cars.*

Lara sent me a message yesterday implying she wasn't that interested in the relationship. I never buckled under the pressure but instead said goodbye and wished her well for the future. I wouldn't allow myself to be manipulated and was prepared to lose the love of my life rather than hate myself for being a coward.

In the first dream I believe the funeral is mine. John the people-pleaser is dying. The young guy is me as a child. As a child my father would never let me speak and would always interrupt me and finish my sentence.

In the second dream Kevin was one of my school chums who was a really nice, outgoing and friendly guy. Kevin is my shadow and is leading me to develop the outgoing and friendly side of my personality that was repressed in childhood. We take journeys in cars and therefore I think the people having trouble with their cars in the dream are people who are having trouble in their life journey. I have a desire to use my knowledge and help people.

## ***Twin Portrait and The Factory Bomber***

31<sup>st</sup> December 2010

*I am painting a double portrait with white paint and the images are barely discernible. I think about selling the painting but it's a masterpiece and priceless so I decide to make prints instead. Peter Hook of New Order is my friend and is assisting me.*

*I'm running out of a factory that contains a huge black bomb which is about to explode. I turn around with a bazooka and fire a missile at it. Everything starts to go in slow motion and I'm afraid I won't get out in time. I'm outside with spectators waiting at a safe distance for the explosion. It is an occasion and it's a nice day and we are all calmly waiting for the bomb to go off.*

I think the portrait is of myself and Lara. I can't sell the painting because I can't give up our relationship. Our relationship is priceless. Peter Hook is a spellbinding unconventional and original bass player with a band I love called New Order. He plays the bass with a melodic and rhythmic style which is powerful and captivating. Peter is my shadow and someone whose style I'm being led to emulate: he is unconventional and original. I'm being led to develop a style that is true to myself. Moreover, the bass guitar is tuned an octave lower than a lead guitar. I interpret this to be analogous to my tone or attitude. I need to tone it down and soften my attitude.

In the second dream the factory is a symbol of cultural consciousness in modern civilisation. The bomb is a symbol of cultural unconsciousness and repressed feeling in the modern psyche. My missile is my contribution from my unconscious which together with all the other contributions of people who are disenchanted with modernity will provide the necessary compensation to balance a materialistic culture which has neglected its inner life. In Jungian terms this is called enantiodromia. When conscious life becomes too one-sided a counterposition is built up in the unconscious in order to restore a balance.

## ***Return of Joy***

*8<sup>th</sup> January 2011*

*I see a white light, like a spotlight, rising from the depths of me and shining very brightly into my mind's eye and illuminating my interior.*

I'm experiencing enjoyment from the activities of my daily living for the first time in my adult life as my brain is now producing sufficient levels of dopamine for me to experience pleasure. For example, I now enjoy doing my shopping and feel excited before having my meals. Dopamine is a key neurotransmitter in the motivation and reward system in the brain and addictive drugs are known to increase levels of dopamine which produces a high. Alcohol was the drug that made me high but when one becomes dependent on alcohol one experiences a low when not drinking. Alcohol dependence is caused by progressive tolerance to alcohol causing a chemical imbalance in the brain. In technical terms this is neuro-cellular adaptation in the brain which reduces production of GABA and dopamine neurotransmitters.

It has now become very clear to me that alcohol addiction had stolen the pleasure from life. At six years in recovery my life has become bearable and I now realize that all of the best years of my young adult life have been taken from me by this terrible illness. The awareness of how lost and ill I was for all of those years has become apparent and is absolutely horrifying! Alcoholism and sugar addiction both run in my family and are two sides of the same coin. But inherited genes are only one factor among many which put people at risk from addiction. Carl Jung stated in a letter to Bill Wilson, co-founder of Alcoholics Anonymous, when describing one of his former patients Rowland Hazard: 'His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.'

## ***Donkeys and Aeroplanes***

*15<sup>th</sup> January 2011*

*I'm walking out the front of my house and into the garden. I'm apprehensive about finding scary creatures or monsters out here. I see a white picket fence and just over the other side of it is a beautiful donkey. It jumps over the fence and into my arms. We caress each other and give each other tremendous affection. It is beautiful.*

*I'm in my car and fixing my door locks. My Dad appears and I'm keen to show him my door locks working but he is desperate to drag me away to fix an aeroplane with someone.*

My apprehension of finding a monster in the first dream is reflecting my fear of what Lara may turn out to be. Lara appears as the donkey, she isn't a monster after all, and behind her stubbornness she really loves me. The white picket fence is a symbol of middle class suburban life and domestic bliss: settling down, getting married and having children.

In the second dream the door locks represent my boundaries and I am setting limits with my father. I think I'm being told not to shut my father out completely and journey alone. I think the dream is telling me that my father is the key to my spiritual liberation symbolized by the aeroplane which may also be a symbol of my father's liberation, and I may be his key. I feel that we both need each other to get free.

## ***Trapped Frog***

*17<sup>th</sup> January 2011*

*I see a spider running across an extremely shallow river and trapping a frog in the river.*

I'm feeling too restricted by Lara and very uncomfortable in the relationship so I finished with her. She is too controlling and manipulative. I'm sure the poor girl has issues but unless she discusses them with me there is no future for the relationship.

Lara is the spider in the dream. The frog in this context is a symbol of spontaneity. The spider is trapping the frog and not allowing it to hop. Lara is taking away my freedom and spontaneity and therefore restricting my emotional flow of libido represented by the almost dried-up river.



## ***Did You See That!***

*20<sup>th</sup> January 2011*

*I see a spider scurrying away rapidly, from right to left I think. And either I said or a man across from me said, "Did you see that!"*

An email I sent to Lara this morning:

‘If you decide to communicate your fears and insecurities with me instead of allowing them to control and manipulate everything, your soulmate will be waiting. I’ll even start the ball rolling and share some of my secret fears and insecurities with you.’

After sending this, I lay down for a snooze and had the above dream. My message has driven away the negative aspect of Lara’s character. There is still hope for us.

## ***Going Up in the World***

22<sup>nd</sup> January 2011

*I'm drinking cheap wine and knocking around with an alcoholic girl, she may even have been related. I arrive at my new flat and I tell her she isn't welcome to come in because I want to get off the booze. I go to the front door of my new flat and it has a type of lock I'm not expecting – an expensive and highly secure kind. I try my key, and to my joy, it fits!*

*A platform lifts me up from street level and, through a series of very sophisticated moves, I am directed into a complex hidden world which seems like a cross between a high-class hotel and an airport. I end up in what looks like a holiday resort. There is a Sainsbury's to shop in and a golf course.*

*I go to look for my accommodation and end up in someone else's. It is very cramped and the beds are close together. It is two properties joined together with a woman in each. I make my way out and wake up.*

The alcoholic girl is my alky<sup>28</sup> anima. She represents my emotional insecurity. Moreover, my years of literally drinking cheap wine and alcohol abuse had stunted my emotional growth making me selfish, emotionally immature and lack awareness. But after six years of abstinence and recovery work I have grown in maturity and about to begin the next phase of my emotional development which will also take me out of poverty. I am starting a new job in February after being unemployed for 18 months. My key fitting into the highly expensive and secure lock means that I am growing in self-worth and confidence.

Street level represents unawareness and ignorance and going up means that I am growing in awareness and sophistication. Hotels and airports are symbols of transition. My old life is coming to an end and a new one is about to commence. The complex hidden world may represent the emotional dimension of social interaction and human relationships of which I have lacked awareness and understanding.

The two properties joined together are myself and Lara's personalities bonding. The two women represent the feelings of myself and Lara. Her feelings are my feelings. Linked through our hearts, two minds becoming one. My getting out of the house is my ego (single self) leaving to make room for Lara in my life.

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<sup>28</sup> Slang term for an alcoholic.

## ***The Taming of the Shrew***

23<sup>rd</sup> January 2011

I'm attending Sunday mass and as I am kneeling with my eyes closed, *a shrew comes to me (in my mind's eye). I show it affection and it befriends me.*

A shrew is a small mole-like mammal known for its aggression. Women who are bad-tempered, headstrong and obstinate are associated with shrews. Lara is the shrew. She is headstrong, obstinate and wild like Katerina the shrew in Shakespeare's *The Taming of the Shrew*. And the dream is telling me not to be mean to her but instead to show her kindness. This gave me hope that Lara would be back in my life again, after another falling out, and later on that afternoon she came back to me.

## *Almost Free*

25<sup>th</sup> January 2011

*My father is taking over my activities without my consent and not caring how I wanted them done. He put my shrimp eggs into water to hatch but it wasn't the way I wanted it done! And they never hatched. He was exasperating and impossible to reason with. I lost my temper with him but couldn't bring myself to attack him, maybe he was too frightening.*

*I'm being released from prison. I come to the platform of a train station and one of the screws (prison guard) tells me to stand where I am and not move. Eventually the ticket office closed for the day and I never received my train ticket. I tried to explain to the ticket seller about the screw but he kept looking at me blankly.*

In the first dream the shrimp hatchery (which was included in the science kit I received one Christmas) may be a symbol of transformation and therefore may represent my personality which never developed properly as I was denied agency by a domineering father.

In the second dream the screw is my superego which is restricting my freedom. The response from the ticket seller is informing me that my lack of freedom wasn't caused by the situation therefore it is a self-limiting attitude I have internalized from childhood.

Other people teach us who we are. Their attitudes to us are the mirror in which we learn to see ourselves, but the mirror is distorted. We are, perhaps, rather dimly aware of the immense power of our social environment. We seldom realize, for example, that our most private thoughts and emotions are not actually our own.<sup>29</sup>

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<sup>29</sup> Alan Watts, *The Book on the Taboo Against Knowing Who You Are*, p. 70

## ***A Vision of Love***

*31<sup>st</sup> January 2011*

*I see a numinous blue ball of transcendental fire gently emanating powdery energy.*

Lara thanked me for the prayers I said some time ago to help her eye. She was having trouble with her eye and was blaming the glare from the computer screen but she isn't used to computers. Later on I had the insight that it was my acceptance of her that took the stress away from her online interactions with me. I closed my eyes to take a nap and that's when I saw the Holy Spirit. It was the Holy Spirit – Unconditional Love – that was healing her eye. Unconditional Love took away her stress, allowing her to be comfortable with herself and her psychosomatic illness disappeared. My prayers had actually effected a transformation in me that brought forth Unconditional Love to help Lara. Love is a healer.

The image in the dream is a fountain of divine love and represents the Holy Spirit. I have reached the deepest universal layer of my unconscious which is the transcendental core and true centre of my psyche, the Source and Primal Energy: Spirit. The universal unconscious is the deepest transcendental layer of the collective unconscious and is universal. The collective unconscious was explained in *Stairway to Heaven*.

God the Holy Spirit is now my guiding principle.

## ***Loads of Fun and Forest Flying***

*9<sup>th</sup> February 2011*

*I'm having loads of fun in wonderful and positive dreams: I'm doing great work as an engineer; I'm building houses on other planets; my brother Tommy appears; I have to choose a name for work and I choose the name Ronnie.*

*I'm watching school chums walking and following a path anticlockwise around a small forest. I take a shortcut through the middle of the woods. I run with ease making great leaps and bounds as I go. I come to a large pool of water in the middle of the woods but I'm going too fast to stop or go around it. I leap up to jump over it but realize I'm not going to make it, so I will myself to fly. I clear the pond and make it to the school canteen before everyone else. I'm the first in the queue and order a big meat dish for breakfast.*

Myself and Lara have fallen out again but this time I didn't question God or think why me. I just accepted the situation. I had empathy for Lara while maintaining my boundaries. I never took her anger personally and tried to offer her some insights into her character without being judgemental. I did it with love and to the best of my ability.

The first dream is a montage of mini dreams reflecting my strong self-confidence at present and giving me hope for a positive future. Challenging Lara with the risk of losing her takes courage and strength of character. My brother represents for me someone who is outgoing and confident therefore I am becoming more outgoing and confident like my brother whom I've always looked up to. Ronnie may be an association with my first manager who had a warm and relaxed style.

In the second dream the forest represents the unknown. The children walking anti-clockwise are following the wisdom of the unconscious. It took courage for me to go through the forest alone but I wasn't afraid. The pool of water represents my unconscious and wisdom source. My fear of losing Lara never led me into a state of helplessness and confusion. I never had to seek the guidance of my Higher Power (on this occasion, but I certainly have since). I just knew that I would come through this trial eventually and my awareness would be increased. My flying in the dream represents my feeling of liberation. I am now able to detach from people, situations and outcomes. My fears no longer control me and I don't personalise other people's attitudes towards me. I am powerless over how other people view me and react to me but I am not powerless over how I respond to them. The meat dish for breakfast is my reward for having courage and letting go.

## ***Twin Rockets***

*20<sup>th</sup> February 2011*

*Five rockets are standing in a row on a launchpad. I've activated the illegal launch of two rockets. I am watching a miniature holograph of them in a control room. I watch them lift off and follow their trajectory into space. Their paths take beautiful sweeps and curves as they ascend completely in synch. There was a point just before they made it out of Earth's gravity where I thought they were going to stall but they motored on with total confidence and elegance.*

On the first analysis of this dream I couldn't understand what the meaning of the illegal launch was due to resistance. The dream was challenging my expectations. The illegal launch is telling me that I haven't given the relationship with Lara enough time to know if we are truly meant for each other. I think it takes about a year to really get to know someone and we have only known each other for five months. However at this stage me and Lara are getting on really well and all of my hard work and risks I took seem to be paying off. The two rockets that take off are myself and Lara. Our relationship is taking off and taking us into an exhilarating adventure. The most obvious association of the five rockets is the five senses which belong to my function of sensation. I'm an intuitive and my weakest function of consciousness is sensation which means I'm prone to being at variance with reality as sensation is the function that provides one with the awareness of reality. My unconscious is trying to compensate for my idealism and naivety. 'Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.'<sup>30</sup>

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<sup>30</sup> Carl Jung, *Memories, Dreams, Reflections*, p. 361

## ***Autumn Heaven***

*2<sup>nd</sup> March 2011*

*I have died and then woke up on a huge transporter spaceship. I think I'm in heaven but it is called autumn. I ask a man what is happening to us and he tells us we are going to war in the Matrix.*

I have died psychologically. That is to say, I am no longer a youth. The summer of my life is over and I'm happy. I am living in the present.



## **Victorious**

30<sup>th</sup> March 2011

*I meet Amanda and I tell her, "I've Slain the dragon!" I am overjoyed. I then find myself in a cubicle, in a row of cubicles, in a hall. I am standing but take a seat from the next cubicle and sit down. A large pack of dogs are playing wildly. One comes over to me and is very friendly. As the dogs play continues I become worried their play will break into a fight so I hide behind the door of the cubicle.*

I have conquered Lara and won her heart. My need to remain true to myself overcame my fear of losing a beautiful woman and I won her respect instead. I wouldn't allow myself to be manipulated by Lara's fears and insecurities even though I risked losing my princess. The dragon is a motif in mythology and indicates to me that I have won an archetypal psychological battle.

The dragon may represent the devouring aspect of (your relationship with) your mother. 'Slaying the dragon' may therefore mean putting an end to whatever in your attachment to your mother is detrimental to the process of finding your own psychic individuality.<sup>31</sup>

Lara is not my mother but she is a woman and constellates my mother complex. Defeating the dragon is my overcoming my fear of abandonment, and asserting myself. I achieved another victory recently, I stood up to my manager at work who is a known bully and yesterday he was really nice to me. My new behaviour frightened me however as I'm not used to being outspoken and confrontational.

The dogs are my animal instincts and in this context represent assertiveness. The dog coming over to make friends with me is my bonding with the animal in me. The cubicles are perspectives. My perspective has released the dogs of war – the aggressive confrontation with my manager. Taking a seat from the next cubicle and sitting is my contemplating the situation from another perspective. My friend at work, John, witnessed the incident and reckons that I overreacted and explained to me that my manager's behaviour was due to his concern with productivity and wasn't personal. Sitting behind the door with trepidation at the rough play of the dogs shows the power of this new force. My animal nature is playful and invigorating but could be dangerous if not controlled.

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<sup>31</sup> Eric Ackroyd, *A Dictionary of Dream Symbols*, p. 152

## ***Burnout***

*30<sup>th</sup> May 2011*

*Several men in quick succession walk over to Lara and she kills each one of them with a single touch. She just touches them and they fall down dead. I'm sitting with my head in my hands and I'm telling Lara that she's killing me.*

Yesterday I couldn't take any more of Lara's behaviour. She is really wearing me down. I am coming to the realization that Lara has burned out all of her ex-boyfriends and now I have reached burnout. I told her today that I need a break from the relationship.

## *Endgame*

4<sup>th</sup> June 2011

*I'm in a waiting area in an old folks care home or hospital or mental institution? Agnes is visiting her sick or dying mother.*

*Sam Neil is a wizard standing over a miniature castle or fortress and using it like a chess game. He tells Agnes that getting to hell is very complex and can take 20 moves.*

*A sorceress and four of her minions, the strangers from the movie Dark City, rise from hell and as they are coming out of the fortress two of the minions are barred from exiting. A rule appears, like in a video game, saying why this is not allowed. Therefore I know this is only a game. The sorceress confronts Sam and stabs him relentlessly in the jugular with her pointed wand. Knowing he is dying, he turns and makes his way to hell.*

I awaken and the first thought I have is that I need to attend a CoDA meeting.

Agnes is my anima and her sick mother is my unconscious. The unconscious is maternal, paternal and supernatural. Sam Neil is my wise wizard like Gandalf in *The Lord of the Rings* and is what Jung referred to as a mana personality representing the supernatural aspect of the unconscious and whose appearance in dreams is extremely significant. The abilities of the unconscious seem magical to the rational conscious mind. Sam, my unconscious, is providing me with an insight and giving me a warning.

Sam Neill is an actor who played the bewitched Dr Weir in the movie *Event Horizon* who is seduced by a possessed ship bent on taking him and the rest of the crew into hell. Lara is the sorceress who is killing the wizard and taking me into hell. The chess game is my relationship with Lara and my perception of her is being revised. 20 Moves may be referring to 20/20 vision which is implying that I have reached a stage in our relationship where my vision has been restored and I'm seeing Lara as she is. I have withdrawn my anima projections which made me idealize her.

20/20 vision is also informing me that my function of sensation is now developed and providing a balance to my idealistic expectations. I have a stronger sense of external reality and I am beginning to see things as they are instead of how they ought to be.

## ***Donny Takes the Lead***

*15<sup>th</sup> June 2011*

*Donny is taking me out in a car. He wants to take me to the pub, but I tell him I don't go there anymore. He takes me anyway. I tell him I used to like going here because it is cosy and has a pool table. We walk through a church and Donny kneels facing the altar showing respect. He gives me a CD to listen to.*

I've been made aware of another possible job opportunity, but it would involve working away from home and I'm not keen on hanging out in bars. Donny is my old foreman whom I admired in my apprenticeship. He was an outstanding tradesman. Donny is driving the car and taking control of this part of my journey. My unconscious is compensating for my hesitancy at going for this new job opportunity and reassuring me that I will perform well as Donny always did.

Donny is an animus symbol and represents my function of sensation which is now conscious. The church is a symbol of my psyche. Donny kneeling and facing the altar means that my function of sensation is now integrated with my psyche. The CD he gives me to listen to represents sensory experience. The pool table represents my ego-consciousness. The four sides are my four integrated functions of consciousness.

## ***Renaissance Man***

*6<sup>th</sup> July 2011*

*I'm talking to Robert and telling him that I don't have any desire to go back to school. I can't be bothered with all the note-taking and I don't need to anyway because I am a Renaissance Man. I tell him I have developed both hemispheres of my brain and feel comfortable with both the arts and the sciences. He replies saying something like, "You'll do for me" while moving his hand up and down at his breast.*

I'm feeling relieved that I am no longer being driven to seek knowledge to develop myself. My thirst for knowledge and drive to learn has brought both hemispheres of my brain to fruition and now I can just learn enough to complete tasks and achieve goals in my work etc. I don't have to do my usual and enquire so deeply into everything. I can now enjoy a balance in my life and not be so driven all the time. Robert is a really nice and caring guy I knew from my college days. The breast is an association with motherly love and sustenance. I am being prompted to become more caring.

## ***University Obscura***

*6<sup>th</sup> August 2011*

*Myself and a bunch of goofy friends are hanging out together and learning from each other in a university. I'm called into a classroom where children, or very young students, each have written a wonderful and identical report. An old man and old woman, who are tutors I think, tell me I have a fine intellect but I'm still not very good at public speaking. It may be the old woman who is telling me this. I am feeling elated but feel the need to defend myself over the public speaking.*

The university is Facebook and my goofy friends are my Facebook buddies. I think the wonderful and identical report is their appraisal of me. The old man and old woman are my wise old man and wise old woman and, in this context, are animus and anima symbols personifying the left and right hemispheres of my brain which have both come to fruition and first appeared as the cat and mouse in *Cat and Mouse*, then the man and woman in *Private Chapel* and the elephants in *Elephants Appear* which are all variations of the syzygy motif. The syzygy is a paired opposite symbol representing the animus and anima. It is my wise old woman – feminine wisdom – that keeps my feet on the ground by telling me that I still have an issue with public speaking. I am still in recovery.

## ***Graduation***

*30<sup>th</sup> August 2011*

*I'm attending college and I have won back the heart of Agnes. She tells me there is something lacking in Rangers fans. They are lacking emotionally. I'm so proud of her and shout out in front of everyone, "She is my girlfriend!" My friend Brian joins us as we are leaving. He is jubilant and I explain to Agnes that he has just graduated.*

Agnes is my anima. I have regained ownership of my feelings. We should love people unconditionally by understanding them but we need to be careful not to disregard our own feelings no matter how much insight we have gained into their behaviour.

I grew up in an industrial town not far from Glasgow during the 70s and 80s. We were divided by our religion, the troubles in Northern Ireland and the football team we supported. Catholic boys who went to catholic schools supported Glasgow Celtic and protestant boys who went to the other schools supported Glasgow Rangers. Sectarianism divided us and created an ideal opportunity for projection. Celtic fans projected the worst of themselves onto Rangers fans, and Rangers fans did likewise with Celtic fans. We saw the best of ourselves in our own fellows and the worst of ourselves in our rivals. The madness was that people would like you or hate you depending on what football colours or uniform you wore, without even knowing you.

I have become aware that Lara is emotionally unavailable. She is unsupportive and doesn't appreciate me. However, there is a twist in this revelation, my unconscious is using the association with Rangers fans to make me realize I am projecting my own deficiency: I am also lacking emotionally and unaware of the emotional needs of others.

Brian is my friend who recently graduated with a degree and is an inspiration to me. This association in the dream means that I have graduated. I have recovered from codependency. The law of attraction was definitely at work with myself and Lara. Part of my attraction for her was because she is emotionally unavailable like myself and my father. I grew up trying to change my father so he could validate me and have been repeating this pattern until I achieved self-validation. The only person I can change is myself. The only power I have to change others is by example.

I am, and always have been, entirely loveable. I am free.

## ***The Great White Shark***

*25<sup>th</sup> September 2011*

*A man sets a trap for a huge great white shark. He is a giant of a man with superhuman strength. He pulls the shark out of the ocean with his line and onto the beach.*

*I'm calling people up and telling them what a great victory I've had. I'm telling my aunt Anne that I had been very ill and only made it through the grace of God.*

I see a shark as a lone predator and a creature who operates from the pleasure-pain principle, seeking gratification of needs and avoidance of pain. This is a characteristic of the id. And my character is being revealed to me. I am self-centred and concerned with my own needs and lack awareness of the needs of others.



## ***Compassion***

*27<sup>th</sup> September 2011*

*I am dying and I'm complaining to Mr Angry that I'm too young to die. I'm now walking around on a sunny day squirting water from a tube. I'm squeezing out little squirts, knowing I could give this to people who are thirsty. I see Simon with his little dog on a lead. It pulls at the lead with excitement when it sees me. It wants a drink of my water.*

My personality is undergoing another rebirth. The old John is dying and a new John is being reborn. My anger is subsiding and my compassion is rising. I resented Simon in the past for always wanting me to do things for him. I never knew how much he needed me. I've been a horrible person.

## ***To the Bottom of the Ocean***

*10<sup>th</sup> October 2011*

*My new girlfriend is rowing towards me on the ocean. She is dark-haired and beautiful and I've never seen her before. We are rowing to the bottom of the ocean to meet her parents. When we reach the bottom her parents' ship is sitting on the ocean floor with streams of fire coming out of it. The ship isn't actually on fire. I reckon it's a research vessel burning off some kind of gas while mining the ocean floor.*

Yesterday I asked God when will I be free from this suffering. I'm tired of being the underdog and never achieving lasting success or happiness. This dream was my answer. The girl is my anima and she is taking me down into the depths of my unconscious. My anima becomes the research vessel which is exploring and transforming the depths of my unconscious and personality.

Fire – which can change liquids and even some minerals into air – may symbolize purification and transformation. (The Hindu custom of burning the dead is a symbolic purging.) If, therefore, what is being burned in the dream can be seen as a symbol of yourself, the message will be about getting rid of whatever has been blocking the way to a fuller realization of your true self.

What we think we are is usually all those habitual responses that have been conditioned by past events and experiences. What we really are is eternal – that is, not conditioned by the past. So, to find our true self we have to 'burn' the past. Fire, like floods, is a fertilizer, making new things possible by destroying the old.<sup>32</sup>

The cause of my never achieving happiness is my personality. My fate is determined by my character. I need to change and put the past behind me.

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<sup>32</sup> Erick Ackroyd, *A Dictionary of Dream Symbols*, p. 175

## ***Release the Kraken***

*22<sup>nd</sup> October 2011*

*I'm at sea and a huge monster, like the kraken in the movie Clash of the Titans (1981), rises from the deep and towers above the ocean in front of me. I'm not especially afraid but I'm eager to get away from the creature and catch up with a boat heading towards the horizon. I am hovering above the water and speeding off in pursuit of the boat.*

Yesterday the national service manager had a word with me over the phone about something I didn't do. After I explained my side of the story he apologised and told me he was misinformed and now everything is fine. For an instant though I was overcome with fear and thought I may lose my job.

The sea is my unconscious and the kraken represents fear. Hovering above the water is my ego-consciousness in relation to my unconscious. The research vessel in *To the Bottom of the Ocean*, my anima, has found fear in my unconscious and released it into consciousness. My fear has been brought into consciousness and now begins the process of integrating fear with my ego-consciousness.

## ***Alien Nightmare***

*23<sup>rd</sup> October 2011*

*It's like a scene from the movie Alien. There is a human body cut open and a little alien is inside. I have a little flamethrower and something sharp, a knife maybe. I'm advancing toward the alien with the thought of dislodging it and killing it. I'm apprehensive and when I'm just about to attack it, I wake up and my first thoughts are, "What if I showed it love instead?"*

The kraken in my dream *Release the Kraken* has become the alien in this dream. Fear is coming in the form of the alien because it feels unnatural, unwanted, evil and threatening to my ego-consciousness. I always hoped that one day I could destroy fear in myself and be rid of that horrible feeling forever and proceed unrestricted, behaving the way I wished to behave instead of my actions and freedom being restricted by fear. The alien is in the body therefore fear is an intrinsic part of myself. Fear is a legitimate emotion and showing it love means giving it existence in my conscious life.

## ***Aslan***

*6<sup>th</sup> November 2011*

*I'm on a journey and I'm standing on a mountain. A beautiful great lion has come to take me home. He is big and strong, beautiful and aloof, but allows me to put my arm around him as he walks by me.*

Aslan represents power, courage and emotional stability. By validating fear I am embracing the animal in me and overcoming fear. The Great Lion is now leading the way in my individuation.

## ***Individuation***

*30<sup>th</sup> December 2011*

*I am standing about 30 feet off the ground and looking down on a fir tree.*

I was feeling angst and struggling to get to sleep and had the dream as I started to doze off. I've come a long way in the process of individuation illustrated by the height I have scaled on the fir tree and symbol of individuation.

The aim of individuation is nothing less than to divest the self of the false wrappings of the persona on the one hand, and of the suggestive power of primordial images on the other.<sup>33</sup>

My personas allow me to function in the external world and the primordial images (archetypal images) are the personas wore by the components of my psyche which function with my ego. Just as one can wrongly identify with one's personas, one can wrongly identify with and become inflated by the archetypes in one's inner world. I did indeed experience inflation at different stages of my inner journey but now I am coming back down to my right size, psychologically speaking, and becoming my true self.

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<sup>33</sup> Carl Jung, The relations between the ego and the unconscious, *Two Essays on Analytical Psychology*, para. 269

## ***The Garden of Eve***

*10<sup>th</sup> January 2012*

*I'm in a girl's garden and I am a bear. The girl tells me she has a bird that is frightened and is trying to fly away. I go to see the bird and it looks like a brown chicken. Its feet are tied to a rope preventing it from escaping. I think there is something wrong with its feet and that's why it wasn't safe to release it. I take the bird in my arms and try to comfort it.*

The garden is a sanctuary, a safe and protected place like the Garden of Eden, and is a symbol of the unconscious. The girl is my anima and her youth may be revealing my immaturity. The alien in *Alien Nightmare* has become the bird in this dream. The brown chicken represents anxiety and my desire to escape from this inner journey and dark night of the soul. The damaged feet of the chicken represent my inability to settle. The bear is a mother symbol and represents my maternal side. I am being shown how to comfort myself and contain my anxiety. My unconscious is reparenting me and I am learning how to parent myself.

## *The Face of Evil*

12<sup>th</sup> January 2012

*A numinous evil apparition appears on the black screen of my laptop. It is a menacing face. Right away I know it is a warning and I sense I need to stay away from my computer and, more specifically, leave Facebook alone.*

It was a ghostly evil spirit with a menacing humanoid face. But was the evil something to do with Facebook or was it something to do with me? Is it me that's evil? I wrote an article on Facebook defending a spiritual book but for some reason one of my esteemed Facebook friends didn't agree with me and I felt he was being antagonistic towards me.

Evil manifestations in dreams will nearly always represent something in yourself. Don't be offended: there is evil in everyone... Since we are all in process of evolution, we cannot properly expect perfection in ourselves or others. An unbending perfectionism is a neurotic condition. The essential thing is to be aware of the evil in ourselves. Only thus can we control it; otherwise, it will control us. Beware of the person who thinks he or she is perfect! Self-knowledge is the first step towards solving the problem of evil.<sup>34</sup>

[A complex] is the *image* of a certain psychic situation which is strongly accentuated emotionally and is, moreover, incompatible with the habitual attitude of consciousness.<sup>35</sup>

It still doesn't feel like it's something in myself that I need to integrate, but it could be an autonomous complex.

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<sup>34</sup> Erick Ackroyd, *A Dictionary of Dream Symbols*, p. 163

<sup>35</sup> Carl Jung, A review of the complex theory, *The Structure and Dynamics of the Psyche*, para. 201



## *Individuation*

23<sup>rd</sup> January 2012

*I see a glorious Christmas tree with beautiful lights and decorations and colours. It is a glorious and happy site.*

The Christmas tree / fir tree / evergreen is now an established motif in my dreams. I know it is a symbol of individuation and a sign of growth.

The more consciousness gains in clarity, the more monarchic becomes its content, to which everything contradictory has to submit. This extreme state has to be reached, despite the fact that the climax always presages the end. Man's own nature, the unconscious, immediately tries to compensate, and this is distasteful to the extreme state, which always considers itself ideal and is moreover in a position to prove its excellence with the most cogent arguments. We cannot but admit that it is ideal, but for all that it is imperfect because it expresses only one half of life. Life wants not only the clear but also the muddy, not only the bright but also the dark; it wants all days to be followed by nights...For these reasons, too, the king constantly needs the renewal that begins with a descent into his own darkness, an immersion in his own depths, and with a reminder that he is related by blood to his adversary.<sup>36</sup>

I have recognized and begun the integration of my shadow and therefore effected the deflation of my ego. I identified with my newly acquired Christ-consciousness in *Jesus is Love* and became inflated by Spirit. The evil apparition in *The Face of Evil* was the devil – the archetypal shadow and the antithesis of Christ-consciousness. The shadow of Spirit is the devil. The devil represents absolute evil and is dissociated instinct in a personality inflated by Spirit. This is the hardest to take ownership of as when one becomes inflated by Spirit one becomes extremely self-righteous and oblivious to one's lower human emotional nature which appears evil and threatening as compensation for perfection. Perfection must be compensated by imperfection. Imperfection is incompatible with an inflated ego and therefore hostility is projected onto anyone who threatens one's moral high ground.

With a little self-criticism one can see through the shadow – so far as its nature is personal. But when it appears as an archetype, one encounters the same difficulties as with anima and animus. In other words, it is quite within the bounds of possibility for a man to recognize the relative evil of his nature, but it is a rare and shattering experience for him to gaze into the face of absolute evil.<sup>37</sup>

Wholeness requires the integration of every aspect of ourselves, including evil. I have been brought back down to earth, literally, and reacquainted with my human nature. **I am now aware that periodically my ego will try to separate me from my fellows and the restoration of my humility will be an ongoing perennial process.** King John has been brought down to earth once again. Long live brother John, for a while at least.

The tendency to separate the opposites as much as possible and to strive for singleness of meaning is absolutely necessary for clarity of consciousness, since discrimination is of its essence. But when the separation is carried so far that the complementary opposite

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<sup>36</sup> Carl Jung, *Mysterium Coniunctionis*, para. 471

<sup>37</sup> Carl Jung, *Aion*, para. 19

is lost sight of, and the blackness of the whiteness, the evil of the good, the depth of the heights, and so on, is no longer seen, the result is one-sidedness, which is then compensated from the unconscious without our help. The counterbalancing is even done against our will, which in consequence must become more and more fanatical until it brings about a catastrophic enantiodromia.<sup>38</sup>

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<sup>38</sup> Carl Jung, *Mysterium Coniunctionis*, para. 470

## ***Transcendence***

*24<sup>th</sup> January 2012*

*I see a serene Indian guru.*

I associate the Indian guru with transcendence. I have transcended good and evil. I'm no longer experiencing conflict between Spirit and instinct which are opposites in my psyche. I no longer identify with being good or bad. I can love people unconditionally and acknowledge my own personal feelings without experiencing any conflict. I can love people without liking them.

## ***Darth Vader***

*7<sup>th</sup> February 2012*

*I see a white mist or smoke and out of it appears the head of Darth Vader with black helmet and skull mask on.*

I had this dream while dozing off to sleep on the couch after work. At work today my supervisor asked me what was happening with the job I was on and he wasn't very polite. I was furious and wanted to kill him but I contained my anger. Darth Vader is a symbol of evil for me. Therefore my unconscious is revealing to me more of my darkside. I am truly shaken by this revelation. Well on the bright side, last month I was the devil so I suppose Darth Vader is an improvement.

One of the archetypes that is most invariably met with in the projection of unconscious collective contents is the "magic demon" with mysterious powers.<sup>39</sup>

The Great Man archetype has a shadow. Darth Vader is the "magic demon" representing my collective shadow and the darkside of my unconscious mind. Vader has become synonymous with evil in popular culture and is a collective shadow symbol. We all have a capacity for evil which is inherent in the human psyche. For example, one only has to remember how many people came under the spell of Hitler and the Nazis and committed terrible acts of evil on their neighbours on whom they projected the evil that was unconscious in their own psyche.

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<sup>39</sup> Carl Jung, On the psychology of the unconscious, *Two Essays on Analytical Psychology*, para. 153

## ***My Father is Suffering***

*22<sup>nd</sup> February 2012*

*I see a drill boring into my stomach.*

I had just woken up in the afternoon as I had been on night shift. I was sitting at my computer and the above vision kept repeating itself. I kept seeing a drill boring into my stomach. My first thoughts are that this is some form of empathy for my father who is fighting cancer and had a stomach operation on Monday. He must be in pain. I think I may be having a psychic experience. I say a prayer for my father and offer him comfort. I went to visit my father that evening and he was indeed experiencing serious pain in his stomach. He had been acting the hero and ceased taking his painkillers earlier in the day and was now paying the price.

This is a confirmed case of Extra Sensory Perception. This is a psychic ability which involves the faculty of intuition. I had suspected there was a psychic link between myself and my father but had always put it down to coincidence because of my ingrained cultural materialism, but not anymore, there is definitely a subtle energy field connecting human beings which the ordinary senses cannot observe directly.

## ***He is a Psychiatrist***

*10<sup>th</sup> March 2012*

*Someone is walking around with an alien inside him. I hear a voice saying, "He's walking around with an alien in him." And then I hear another voice saying, "He is a psychiatrist."*

Fear is the alien inside me. I am a psychiatrist in the dream because I am now observing my anxiety in a detached and clinical manner. And I am genuinely fascinated by the psyche.

## *The Horse Whisperer*

9<sup>th</sup> September 2012

*I'm standing in front of a horse and next to its handler. I haven't had any experience with horses and so I ask, "What am I supposed to do?" I rub the horse's snout and face and rub above his eye and he is so calm and relaxed. I feel a bonding between us.*

This was a daydream I had while attending a gathering on Sunday evening. I was feeling anxious about being called upon to participate in the proceedings. In the afternoon previous to this I was in Glasgow and thought it would be nice to go to Waterstones book shop. I had a desire to go to the psychology section and see what psychology was interested in these days and was pleased to see a healthy interest in Jung. I was leafing through a general psychology textbook and was drawn to a section on the amygdala.

The amygdala is situated near the base of each temporal lobe in the brain and is associated with emotional processes including fear. The function of the amygdala has been linked with controlling the experience of emotion and therefore affects how one experiences situations. The Amygdala determines whether we perceive a situation as being potentially dangerous or harmless.

The horse represents my emotions and in this context, more specifically, my amygdala. I associate horses with intense emotional reactions to stressful and fearful situations, and moreover, horses can be trained to cope with these situations and control their emotional responses. By stroking the horse I am acknowledging my fear and integrating my amygdala with my conscious life. I'm bonding with the animal in me. The horse's handler is my prefrontal cortex. The prefrontal cortex is the region of the brain that plays a key role in impulse control and managing emotional reactions.

Lately I've been making an effort not to react to situations that I perceive to be problematic and I've become aware that the negative emotional responses to these events are internal to me. I'm reacting less to perceived stressful events and using my negative emotions to say more about me than my external world thus not allowing my fear reactions to colour my perceptions. I can now suffer without suffering the loss of reality. What we are aware of we are in control of, what we are not aware of controls us.

My fear first appeared as the kraken in *Release the Kraken*, then became the alien in *Alien Nightmare*, then the bird in *The Garden of Eve*, and now it's a horse that I'm bonding with. The character of fear has become less threatening and easier to manage the more I have accepted and acknowledged it and therefore integrated my amygdala.

## ***Individuation***

*21<sup>st</sup> December 2012, Winter solstice*

*I see a large Christmas tree covered in beautiful decorations.*

The decorations on the tree were vivid and beautiful and my attention was drawn to them. The decorations are the persona of the Christmas tree. The Christmas tree is an evergreen conifer and a symbol of my spirit or soul and the decorations are my personality. I am an eternal soul. My personality is the attire worn by my soul in this incarnation. We don't have a soul, *we are a soul*. We are a soul with a transient human persona.



## ***The Philosopher's Stone***

23<sup>rd</sup> December 2012

*I see, from an aerial view, a golden open-air stadium with a round blue swimming pool as its centre. There are people seated in the golden stadium and there are people swimming in the pool.*

The stadium is a symbol of my psyche and is a mandala, a quaternity containing a circle, which is a symbol of psychic wholeness and first appeared in *Anima and the Trinity* as the wall in the basement with the circle of blue holy light as its centre. The four sides of the golden stadium represent my four functions of consciousness (intuition, thinking, feeling and sensation) which are all conscious and differentiated. The pair of longer sides represent my dominant functions of consciousness (intuition and thinking) and the pair of shorter sides represent my auxiliary functions of consciousness (feeling and sensation). The round blue swimming pool is a symbol of the Self which is my spiritual essence. The blue water represents the *lapis philosophorum*: the philosopher's stone: the Primal Energy from which all things originate: Spirit. I found the philosopher's stone in *Anima and the Trinity* and my union with God (Spirit) activated the alchemical process of purification and transformation in my personality and has brought me to self-realization.

## ***Individuation***

8<sup>th</sup> January 2013

*I see a lovely fully grown tree in the middle of a field.*

[A tree] may symbolize the fulfilling of your destiny by surrendering to inner forces of growth and the guidance that comes from your unconscious, as distinct from such things as conscious planning and the will to achieve.<sup>40</sup>

Lately I've been feeling a sense of completion and fulfilment. I have a very strong feeling that my dark night of the soul is over and now I can be released to live my life and pursue my goals at a more reasonable pace.

The field is my unconscious and the fully grown tree is a symbol of my integrated personality. Moreover, the tree is not an evergreen and therefore represents my lower mind brought into consciousness, my developed and integrated brain. I surrendered my will to my unconscious and have been brought to fruition.

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<sup>40</sup> Erick Ackroyd, *A Dictionary of Dream Symbols*, p. 291

## *Selfhood*

14<sup>th</sup> January 2013

*I see a black human figure in a blue sky.*

It was like a drawing in the sky. The abstract human figure is a symbol of the human mind and a sign of self-realization. The sky represents higher consciousness and is a symbol of the Self which is my spiritual essence. My identity is shifting from my lower mind to my spirit. 'We are not human beings having a spiritual experience. We are spiritual beings having a human experience.' I am a spirit having a human experience. I'm an idealistic person living in a materialistic world. I have found myself. I am my own person with my own values and I am aware of my strengths and limitations.<sup>41</sup> I am no better or worse than anyone else but I must remain true to myself.

We always think we are now at the end of our discoveries. We never are. We go on discovering that we are this, that, and other things, and sometimes we have astounding experiences. That shows there is always a part of our personality which is still unconscious, which is still becoming; we are unfinished; we are growing and changing.<sup>42</sup>

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<sup>41</sup> 'Individuation is a process informed by the archetypal ideal of wholeness, which in turn depends on a vital relationship between ego and unconscious. The aim is not to overcome one's personal psychology, to become perfect, but to become familiar with it. Thus individuation involves an increasing awareness of one's unique psychological reality, including personal strengths and limitations, and at the same time a deeper appreciation of humanity in general.' (Daryl Sharp, *Jung Lexicon*, p. 67)

<sup>42</sup> Carl Jung, *Analytical Psychology*, p. 22

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