

Dream interpretation goes back to ancient world



The Dream Lady

DENISE RODGERS

Dreams have intrigued humankind since the dawn of time. And there have always been those around to interpret them.

The Greeks had Aristotle and Plato to make sense of nocturnal visions that crept through the night uninvited into the minds of the sleeping.

One of the richest sources of dreams from the ancient world

is the Bible, with more than 20 documented accounts of dreams that offered divine guidance in the forms of warnings or prophecies.

Solomon slept and dreamed at the hill shrine of Gideon for divine guidance. Jacob dreamt of a ladder stretched down from heaven to earth. Joseph and Daniel were well-versed dream interpreters, as were many other Hebrews.

The most colorful and memorable of all biblical dreams are those of Pharaoh interpreted by Joseph, Jacob's favored son. Pharaoh was so impressed with Joseph's ability, he freed him from prison and placed him in charge of some of Egypt's affairs.

In Old Testament times,

dreams were held in such esteem they could steer the destiny of nations and often altered the course of history.

Dear Dream Lady:

I have had the same dream on several occasions over the past 10 years. In the dream, a beautiful angel gives me something special. Once, she gave me some type of message rolled up like a scroll and other times it was a small pearl-covered jewelry box.

I have such an overwhelming feeling of joy each time I have this dream. What does it mean?

Carolyn

Dear Carolyn:

Have you ever felt as if you have a mission or something special in life to fulfill? This

heartfelt urgency to do something important with your life comes from a very deep, spiritual part of yourself.

This spiritual aspect of yourself is what I refer to as the "superconscious mind," your direct link with God or a higher power.

In this dream, the superconscious mind is symbolized by the angel.

Receiving the scroll or jewelry box from the angel reflects the conscious acceptance of the communications, beauty and value from the deeper, spiritual self.

An affirmative dream indeed, you are becoming more in tune with what you feel is your destiny or assignment in life to fulfill.

Dear Dream Lady:

I often dream of swimming in a large ocean. Most of the time, I swim with great ease; however, there are other times when I feel a very strong undercurrent. I try to swim faster and faster but it seems as if I am not making any progress and I begin to feel panicky.

Douglas

Dear Douglas:

Remember that dreams are a reflection of the thoughts, feelings and attitudes that you were experiencing the day before you had the dream.

Water represents your experiences in life on a day-to-day basis. Swimming with ease means that you are moving

through and confronting these day-to-day experiences with ease.

If a struggle with swimming is experienced in the dream, then you are confronting some experiences in your life that you find very challenging.

You may even feel slightly out of control with some of the situations. When you have one of these dreams, know that the greatest potential for self-growth lies in those challenging situations we confront and solve.

To have your dreams interpreted in *The Tulsa Sentinel*, write to: *Dream Lady Productions*, P.O. Box 700534, Tulsa, OK 74170. Not all dreams will be interpreted. Personal replies cannot be made.

Dreams with some teeth in them



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DENISE RODGERS

Where do we go when we close our eyes and drift off to sleep each night? Do we ever stop to consider that we may actually go somewhere? That the mind is free to explore a vastness that seems too great to fathom?

Dreams are like a letter from the higher self to the conscious self. They awaken us to higher resources of knowledge within ourselves, giving us information on what is happening in our daily lives and how to meet and

move through challenges that face us.

The name of the game is self growth. In all our experiences, we either "go" through experiences or "grow" through them. If we just go through them, we repeat them again and again until we learn the needed lesson.

If we grow through them, we are free to move on to the next step in the learning process.

To effectively utilize our dreams, we must recognize that we control our own destiny through our thoughts, words and deeds. By understanding our dreams, we gain a greater appreciation for the wisdom we already possess and we will be on our way to greater peace, happiness and prosperity.

Dear Dream Lady:

I have had this dream on several occasions. In the dream, I am eating something and realize that all of my

teeth are falling out. What does this dream mean?

Sandra

Dear Sandra:

Of all the thousands of dreams I have interpreted over the past eight years, I find this one to be particularly common. Generally, people have this dream when they are overwhelmed with a certain situation occurring in their life.

Starting a new job, entering into a new relationship or going back to school often are experiences that provoke this type of dream. At times, these new learning situations can be quite overwhelming and difficult to handle.

When you have this dream, know that it is a message for you to be more patient with yourself and the new learning experiences you are confronting. Relax and know that in due

time you will be able to digest and assimilate the new information.

Dear Dream Lady:

I dreamt that I got into my car and suddenly found thousands of tiny spiders crawling all over me.

Benjamin

Dear Benjamin:

A car, small boat, plane or other vehicle is the symbol for the physical body. Small vehicles provide transportation from one place to another much the same way that the physical body transports the mind from experience to experience.

The spiders represent habitual ways of thinking regarding your physical body. Perhaps you compulsively view your physical appearance as being inadequate.

Maybe you know you should exercise

on a daily basis or eat a more balanced diet, but you habitually find excuses for not doing so.

During the holiday season, it is easy to succumb to overindulgences. Be honest with how you are caring for your physical body and take steps to be more in control of your health, whether that requires changing your attitudes about how you perceive your body or the physical care you give it.

We've often heard that the body is our temple, but do we actually give it the respect it deserves? Why not resolve to take better care of your physical body in 1993?

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