

Experts Seek to Interpret Dreams Through Hot Line

By Anthony Thornton
Staff Writer

You're being chased by a stranger for reasons unknown.

The pursuit leads you on foot to an alley, where your assailant begins gaining ground. As he catches you, he lifts his weapon and begins a fatal assault, you awaken, perhaps in a cold sweat.

Sound familiar?

It should. Dream experts say the scenario is among the most common dramas we experience during sleep every night.

The above dream, like all others, represents a subconscious message to our conscious mind, said

Denise Rodgers, field director for the Oklahoma School of Metaphysics.

This weekend, the school will stage a "dream hot line," designed to provide answers to commonly asked questions about dreams.

Instructors and students from the state's four branches will interpret individual dreams and provide universal symbols of subconscious thought.

Rodgers said the chase dream is one of several dealing with the theme of change.

The attacker and imminent death represent change, and running from it reveals that we are re-

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sisting making a change in our lives, she said.

She said change is the central theme of dreams, perhaps because most people fear it. Killing another person in our dreams usually signifies the elimination of undesirable aspects within ourselves, Rodgers said.

"God set it up so we'd have a way for the inner part of us to communicate with the outer part of us. That's what dreams are all about," Rodgers said.

Although we often dream about other people, places and things, every

dream signifies something about ourselves, Rodgers said.

Death is one of several universal symbols, according to School of Metaphysics believers.

Interpretation and application of dream messages is one of the school's main teachings, Rodgers said.

The school departs from Freudian belief and claims that few dreams revolve around sex. In fact, say adherents to the metaphysical model, not even sex dreams deal with sex.

Instead, Rodgers said, dreams of sex, whether with a spouse or someone else, represent the realization of our conscious desires.

Those desires could mean anything from changing one's career to buying a house or leaving a unsatisfying relationship, she said.

Recurring dreams and nightmares also deal with change, Rodgers said. She recalled one student had the same dream repeatedly over a 30-year period.

Without fail, she said, recurring dreams "mean

you're in the head space as the last time you dreamed, and you need to act on the information it's sending you."

"It's your inner mind telling you, 'Well there she is again at the same point. Maybe she'll get the point this time.'"

Nightmares are simply the inner mind's decision to send a stronger message to get the point across, Rodgers said.

Research has shown that all people dream for about 1½ hours each night. Those who have difficulty remembering their dreams usually do so subconsciously because they do not want to hear the

message, Rodgers said.

She suggested these tips for better recall of dreams:

- ✓ Keep pencil and a notebook near your bed. Before going to sleep, write down several times, "I will remember this dream."

- ✓ Upon awakening from a dream, write down as many details as you can recall. Include colors, objects and people you saw.

The dream hot line, which runs from 6 p.m. today to 6 p.m. Sunday, is the school's second. Instructors at two of the four branches received 300 calls during the first



Denise Rodgers

hotline last January, Rodgers said.

Callers can have their dreams interpreted by calling the branch schools in Oklahoma City (528-4310), Lawton (357-4606), Norman (364-1229) and Tulsa (918-582-8836).

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