

Flying a sign that dreams can come true



The Dream Lady

DENISE RODGERS

Through this column you will become aware that dreams contain profound and insightful meaning, certainly worthy of your contemplation and consideration.

You will see that by understanding your dreams and applying the information gained, you will begin to feel more in control of your life as well as more peaceful and contented.

You will realize that the subconscious mind relays a valuable symbolic message each and every night to give you an honest perspective about your thoughts, feelings and attitudes experienced the day prior to having the dream.

If you have difficulty remembering dreams, realize this is partially because most of us were never taught that dreams held any importance. We generally bounce out of bed in the morning and immediately give attention to our upcoming day. When this occurs, the dream,

much like an echo, begins to fade.

Keep a journal by the side of your bed. Before going to sleep, write down "I will remember my dreams" six to 10 times. Let this be one of your final thoughts before drifting to sleep.

This process presents a command to the subconscious mind before going to sleep. In addition to the messages received through the dreamstate, the subconscious mind holds great power to solve day-to-day problems. These mechanics will be discussed in later columns.

Dear Dream Lady:

I often dream that I find myself flying high above the city. I use my arms as wings to control flight. What does this dream mean?

James

Dear James:

All of you who fly in your dreams will agree that these are truly exhilarating experiences. Flying dreams reflect an attitude of opportunism and a positive state of mind.

This dream is telling you that during the 24 hours prior to having the dream, you saw nothing as a limitation in your life.

Free of doubt and restriction, you began to believe that you could have anything you desired.

True freedom can only be realized when you believe in yourself.

Dear Dream Lady:

I dreamed I was pushing my car up a very steep hill. I made it to the top but found myself totally exhausted. What does it mean?

Rebecca

Dear Rebecca:

In our physical world, vehicles are used as a means of movement from place to place.

Symbolically, a car or other vehicle such as a motorcycle or pickup truck will represent the physical body.

This dream means that you are pushing your body to the extent that it is becoming hazardous to your health and well-being.

It is very important that you ease up on the physical and mental demands you are placing upon yourself or are allowing others to place on you.

Begin taking steps to ensure that you have a balanced diet, proper nutrition and adequate rest.

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

Viewing own funeral better than it sounds



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own body in the casket.
Jay

Dear Jay:

Allow me to ease your mind — this is not a premonition!

Contrary to what you might believe, this is actually a very productive and affirmative dream. Death is the symbol for a significant change occurring in your life. This change could be a major change in attitude, a change in career, lifestyle or relationship.

The fact that you were hovering over the funeral scene, observing the entire event, means you are gaining objectivity and clarity with regard to this transition in your life.

Life itself is change in motion. And since nothing ever remains the same, change is always occurring. The most emotionally stable mind is one that adapts to change with purpose and grace.

Dear Dream Lady:

My husband and I do not desire to have children. However, I dreamed I had a baby daughter and was quite excited about her arrival.

Mary

Dear Mary:

You, likewise, can rest assured this dream is probably not precognitive.

Babies represent new ideas that are being created and manifested utilizing your creative imagination. This idea

could take the form of a new concept, development or way of thinking about yourself or your world.

Dear Dream Lady:

I dreamed we had a new copy machine at work. It was sophisticated and complicated to use and I was having difficulty getting it to work.

I made adjustments with the controls and changed the paper tray. It finally began working and produced full-color copies. What does this dream mean?

Alan

Dear Alan:

Your mind utilizes visualization much the same way that a camera takes a picture. This dream is saying that you have been placing your attentions on the visualization of your desires.

After experiencing some difficulty, you made some adjustments in your thinking that enabled the visualization process to resume.

This is a great dream to have because it indicates that you are willing to adjust your mental attitude in order to create what you desire in life.

A positive mental attitude is the most powerful tool we possess for the manifestation of our goals.

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Dear Dream Lady:

I dreamed I was observing my own funeral. Hovering over the entire scene, I could see my family and friends as well as my