

INNER-CONNECTION

THE PUBLICATION FOR PERSONAL DEVELOPMENT

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SANDMAN

By Denise Rodgers



WHO ARE THOSE STRANGERS IN YOUR DREAMS?

Have you ever been chased by someone in your dream and found yourself in slow motion or unable to speak? Or perhaps you found yourself naked in a group of people. Or maybe you dreamt you were having sex with someone other than your spouse or lover. Maybe you've had dreams that eventually came true. So why do we find ourselves in these bizarre and sometimes embarrassing dream experiences? Could it be possible that the life that we experience in the dream state could actually have meaning? Yes, indeed they are highly significant and beneficial when one takes the steps to understand the language that the mind speaks.

Your dreams come from the inner you (subconscious mind) to the outer you (conscious mind) in the form of pictures or images. This communication, in the form of symbols, tells you about the present state of your conscious awareness. It is similar to having your own private counselor, with no waiting rooms, no exorbitant fees, and most importantly, no dependencies. The subconscious mind holds only truth and will be completely objective with the message it has to convey to you. Therefore, the subconscious mind will relate to you in the form of a dream how your thoughts and attitudes are affecting your daily life.

They'll tell you the mental abilities that you're using to get what you want in your life and they'll tell you what's holding you back from getting what you want. Your dream will also inform you of your next step to be taken towards manifesting what you desire.

As we learn to care for the growth of our inner Self, at least as much as we care for the growth of the physical parts of our Self, we begin to consciously direct our thinking toward those people, places, and things that will aid us in adding more understandings to our whole Self. This type of conscious action speeds our evolution and fosters the maturity displayed in wisdom. As the messages are heeded and acted upon, every part of our Self evolves toward peace and contentment, prosperity and wisdom. To think that we have the answers inside ourselves, what a valuable resource!

There are a couple of important rules to keep in mind when interpreting your dreams. The first is that every person in the dream is an aspect of the dreamer. Secondly, everything in the dream is about You, the dreamer, and is describing your present state of awareness. It is very important to record and interpret your dreams upon arising, for the dream message will directly relate to what has just occurred, or is occurring, in your life.

In interpreting your dreams you will learn a completely new language, which we will call the Language of Mind. This language is universal because it applies to anyone, anywhere, at any time. For anything physical, there is a mental counterpart. For instance, if you dream about a house, it is telling you how you look at your mind. If you were an Eskimo and lived in an igloo and dreamt of an igloo, this, too, would represent your mind. Furniture in a dream represents tools of the mind. If you dream that your house has beautiful furniture, then you are seeing beauty and value in the use of your mind. Likewise, if your house is stark and bare with little or no furniture, then you are not seeing the value in the tools that you do have.

A car is a vehicle that takes your physical body from place to place. The body is the vehicle your mind uses to experience our everyday life in the physical. If your car, in the dream, has two flat tires, you are having difficulty manifesting your thoughts and ideas into the physical. This difficulty could stem from an attitude of doubt, fear, or procrastination. These types of attitudes will ultimately manifest in physical body as an illness or ailment, thereby hindering your physical mobility.

When you refuse to act on information presented in your dreams, your subconscious mind will create a "nightmare" in an attempt to get your attention. In essence, to "shock" you into listening to what the dream is telling you.

When you have a recurring dream, your subconscious mind is telling you that the same message is still important and needs to be acted upon.

SEND IN YOUR DREAMS TO SANDMAN

In SANDMAN, I will interpret your dreams and help you to understand how to apply them in your everyday life. If you have a puzzling dream you want interpreted in SANDMAN, send your dream to SANDMAN, INNER-CONNECTION, P.O. Box 1288, Lewisville, TX 75067. The response will be published under a code name in the INNER-CONNECTION on a space-available basis. Send SASE for direct response.

Denise Rodgers is Field Director-in-Training for the Norman and Oklahoma City Schools of Metaphysics, a National non-profit service and education institute offering classes, lectures, workshops and readings to the community. There are presently 33 schools located in 16 states throughout the greater midwestern United States. Plans are currently underway to expand into Texas. Additional information can be obtained by writing to the School of Metaphysics, 815 Monnett, Norman, OK 73069, or by calling 405/364-1229.



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