

## INSIDE STORY

# IN YOUR DREAMS

## 'Language of mind' offers key to deciphering dreams

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"Dreams are a form of communication from the subconscious to the outward physical conscious part of man," says Denise Rodgers, field director for the Oklahoma division of the school of metaphysics.

The metaphysical discipline operates 25 schools across the nation that try to teach people how to use more of their mind — to bypass their conscious and communicate with their unconscious minds.

The unconscious cannot communicate through 'normal' methods so it communicates in images called the "language of mind," Rodgers said. Like French or German, it is a totally different language, she says.

Dreams will tell you about your present state of awareness — this includes your attitudes state of mind and the health of your physical body just prior to having the dream. Dreams can also serve as prophecies for future events, she says.

The informative type of dream can offer a person a "pat on the back." It also may help the sleeper evaluate goals he has set by providing his subconscious a chance to objectively review the plans while he slumbers.

This type of dream may serve still another purpose — to give the dreamer a "kick in the pants" and show him that he is being passive or controlled by his habits.

Similarly, recurring dreams signify a person's reluctance to

change or act on information or feelings. They occur when a person is in the same state of mind he was the last time he had the dream. If a person continues to ignore — to act on — his dreams, Rodgers says, these recurring dreams will intensify until they are nightmares.

Nightmares are "the subconscious mind's way of screaming at you to get your attention."

A third type of dream recognized by metaphysicists, the health dream, may actually predict an illness.

"I believe, and the philosophy of the school is, that all ailments originate in the mind. The mind knows first when the body will be sick and the disease is just the final manifestation."

In a recent study, Robert Smith, an internist at Michigan State University, compared the frequency with which 48 men and women reported incidents of death or separation from loved ones in their dreams to the strength of their hearts.

Smith found that the participants with weaker hearts tended to have more troubled dreams and subsequently theorized that dreams involving death or disruption of personal relationships may

signal heart disease.

According to Smith, his study "goes a long way toward establishing that at least one type of dream has meaning."

The metaphysical discipline also supports the theory that mental attitudes cause illnesses. For instance, "the mental attitude behind a cold is indecision," Rodgers says.

Dreams that deal with blaming yourself or harboring guilt and refusal to release this guilt are indicative of an impending kidney or bladder infection she says because bladders and kidneys have to do with release.

"Everything in the physical has a symbol," she says. The symbol for the body is a vehicle or car. So if a car or other vehicle appears in a health dream, this means the person having the dream, to avoid illness, should make that decision he has possibly been putting off.

Rodgers warns if people look at the content of their dreams really literally the dreams will not make much sense. She adds that the players in a person's dream are actually aspects of the dreamer.

"If you dream about your best friend who is really happy-go-lucky and excitable the dream is talking about the part of that person in you — that is *like* you," she says.

Accordingly, if someone dreams about someone he does not know and this person is stealing something it may be a reflection

of a part of the dreamer that is dishonest and that he may not, as of yet, recognized.

She does not recommend the relatively new practice of lucid dreaming in which an individual — who drifts in a state somewhere between waking and sleeping — manipulates his dreams. She says only those who know the language of mind should attempt lucid dreaming because the dreamer may change things he needs to know about his subconscious — the harbor of honest, objective feedback.

For the dream language illiterate, lucid dreaming hinders accurate analysis, she says. "It would be like going to a psychologist and doing all the talking."

People dream every night, but whether a person remembers his dream or not depends on desire, how imaginative he is and how well he can concentrate, Rodgers says. She adds that people often think there is no reason to remember.

Rodgers advises someone who *wants* to remember his dreams to use the simple techniques of keeping a notebook by his bed and repeating "I will remember my dreams" 10 to 12 times a night before he goes to sleep.

The school of metaphysics offers classes in developing better concentration and memory skills, learning how to meditate to "heal and recharge" the physical body.

"We try to provide mental exercises that people can practice every day throughout the week to fine tune their minds to a laser beam rather than a light bulb."

