

The meaning behind the well-dressed bear



The Dream Lady

DENISE RODGERS

"Learn from your dream what you lack."

W.H. Auden

This week I'd like to share a dream that one of our students brought to class for interpretation.

She prefaced it by saying she had been having "bear dreams" for more than 20 years. The

scenarios were always slightly different, but the common attitude prevailing throughout each dream was fear.

Just recently, her "bear dream" consisted of a bear who was dressed in a three-piece man's business suit. The nicely dressed bear caught sight of her and began chasing her. She frantically ran, dodging in and out of side streets, trying to elude the bear. She managed to wake herself just before the bear caught her.

I began to interpret the symbols of this dream by saying the bear represented a compulsive way of thinking that has become quite threatening. Clothing, specifically the three-piece suit, is the symbol for how she expresses her thoughts.

Therefore, this dream was telling her a particular way of expressing herself had become quite habitual as well as threatening to her well-being.

I went on to say that these recurring "bear dreams" were the representation of a compulsive pattern that had been a significant factor in her life for some 20 years.

As I spoke to her, she began to nod in agreement. She said the bear represented anger that had been suppressed since childhood. As a child, she had been taught to never express her anger; if she did, she would either be punished or rejected by others.

She said that for years she would avoid dealing with her anger at all costs. Habitually

refusing to address the anger had become the least line of resistance.

Thoughts are things. They have energy and substance. There is much talk today about the power of positive thinking. Negative thoughts are as powerful in a destructive way as positive thoughts are in a productive way.

When unproductive thoughts such as fear, anger and resentment are unexpressed, they build up and cause restrictions in the mind and body. Ultimately, negative thinking creates a vulnerability to disease.

The objective is not to avoid or deny negative thoughts but to find creative ways to express them. For instance, say you are

confronted by a situation with someone that leaves you furious. For various reasons you do not feel comfortable expressing your true feelings to that individual.

Instead of quietly seething with anger, write that person a letter. Honestly and in detail, communicate to that person exactly what your feelings are about the situation. When you are finished writing the letter, read it aloud several times the way you would if confronting the person.

Then, tear up the letter and toss it into the trash.

Know that through this exercise, you have released unproductive, negative thoughts. This in turn will create a balance within your mental, emotional and physical systems.

The same letter-writing technique is also beneficial for releasing thoughts of guilt and blame. Write out all the reasons you feel guilty and what you have learned from the situation that produced the guilt. When you determine the lessons learned, forgive yourself a hundred times, knowing you would conduct yourself differently if the same situation occurred again.

Then tear up the letter and toss it! The past is past and better left behind.

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.

A 'house' provides shelter for inquisitive mind



The Dream Lady

DENISE RODGERS

"And one day there will come a great awakening, when we shall realize that life itself was a great dream."

Chuang-Tzu (350 B.C.)

Dear Dream Lady:

For the past 20 years or so, I

periodically have different versions of the same dream. However, throughout the years, more and more pieces have been added, which have created a type of continuing saga.

The basic scenario is that I am in a very large, beautiful house with very tall white walls. The house contains beautiful furniture and antiques.

I go outside and realize the house next door is identical to the one I have just left, except there are dead trees outside. I am very curious about this house, so I go into it and find it empty and dusty.

As I explore the rooms I begin to hear strange noises. They turn

into footsteps and sound as if they are coming closer and closer.

As I begin to run, I sense that what is chasing me is the devil. I continue running and suddenly find myself falling into an endless tunnel of darkness.

As I fall, I gradually begin to see light and eventually a large, brightly lit city. The last time I had the dream, I landed in the front yard of a different large, stately home that had big, beautiful double doors leading into it. What do these dreams mean?

Danny

Dear Danny:

The fact that this dream has

come to you in such a way that a continuum has been created over the years tells me that you view life much the same way, as a continuum. You perceive that your life holds great wealth through the discovery process, that it truly is unfolding before your very eyes.

A house is the symbol for the mind.

The large, beautiful home where the dream begins is a reflection of the beauty and wealth of your mind.

Going to the house next door, curiously entering and finding it vacant means you are curious about the undeveloped parts of your mind.

Exploring the rooms and finding yourself being chased by what seems to be the devil means your curiosity is generally driven by fear. The devil represents the ego, the motivating force that propels us forward in life.

Falling into darkness means that during fearful times you feel out of control with situations occurring in your life. Seeing the light of the city and being dropped right in front of a different beautiful home with large double doors means that in spite of the fear and lack of control you experience, you always manage to land on your feet with a new perspective

about the value of yourself and your mind.

This dream has been telling you, step by step, how you typically respond to challenging situations in your life, but always find yourself ready, willing and able to open new doors within yourself and in your world. I'll be anxious to hear about what you discover beyond the double doors in the next dream!

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