

Workshop teaches dream interpretation

C.R. presentation focused on learning common symbols

By Andy Karr

Free-lance writer

CEDAR RAPIDS — Jan Leubke wasn't sure what the dream about her dead mother meant until she attended a presentation Sunday on interpreting dreams. Now she has a clue into what her dreams might mean.

Leubke of Cedar Rapids, and others curious about the meaning of dreams attended the workshop "Wisdom of the Soul" hosted by Denise Rodgers at Unity Center, 3791 Blairs Ferry Rd.

Rodgers, 46, of Tulsa, Okla., bills herself as a healer, spiritual teacher and dream expert.

She created a two-year self-empowerment program that helps people get in touch with their spiritual side through visualization, meditation and understanding dreams. Her seminar on Sunday focused on dream interpretation.

Rodgers said dreams are the subconscious mind's way of telling people about themselves. Understanding dreams leads to understanding what the subconscious is trying to say, she said.

"Dreams are particularly telling you about the state of your thoughts, feelings and emotions from experiences in the past 24 hours," she said.

AT THE workshop, Rodgers talked about what symbols in some dreams might mean, stressing that dreams are rarely literal and need to be viewed symbolically. "You have to look at how (each) symbol would manifest in your life" she said



Denise Rodgers

Dream expert

WHO TO CONTACT

■ Anyone interested in taking Denise Rodgers' full program in Cedar Rapids should call Dermot Kerin at (319) 431-0525.

Death can indicate transformation, she said. People dying in their dreams may see themselves as ready for big changes.

Hearing about the symbols gave Leubke insight into what the dream about her dead mother might mean. In the dream, Leubke would go to her mother's former home and then feel bad about being where another family now lives. "I think that I need to release my mother emotionally and spiritually," she said.

Leubke's 11-year-old daughter, Sara, attended the workshop as well. Sara Leubke said she often dreams she is flying through the air, a type of dream that Rodgers says is common.

Rodgers said flying indicates affirmation of feelings experienced during the day. People having this dream may feel that nothing is holding them back and they are free to do what they want in life.

Another common dream, Rodgers said, is about being naked in a public place, which symbolizes being honest. How one feels about being naked in the dream likely mirrors how they felt during the day about being honest with someone.

Rodgers is working with the University of Texas on a program for breast cancer survivors and hopes to institute a program in Texas schools in which troubled adolescents can learn to focus their attention to reduce anger and anxiety using her techniques.

"It's really the scattering of attention that creates stress," she said. "If people can learn to focus their attention well enough to remember and interpret dreams, they can help to reduce stress in their lives."