



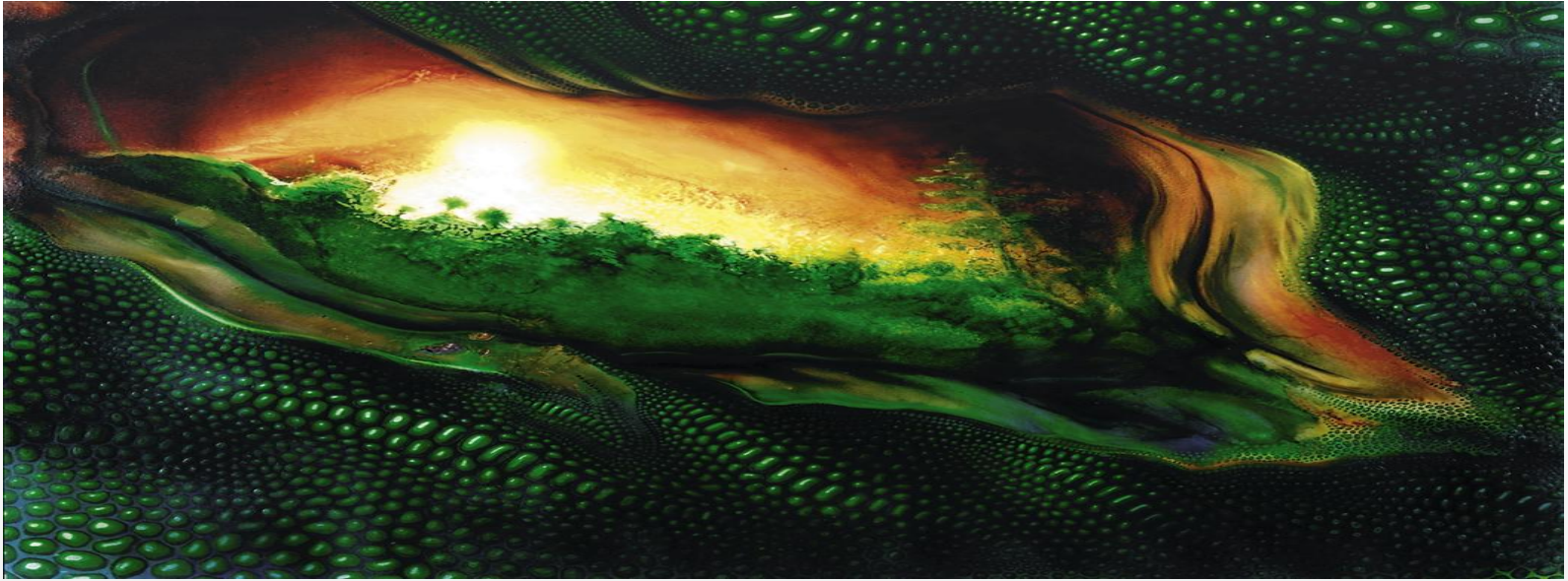
Unearthing the Rock of Our Psyche: Dream Work in the Coaching Process



Carl Jung discovered that “in sleep we awaken to who we are.”
He found that dreams are objective facts. “They do not answer our expectations and we have not invented them. We dream our questions, our difficulties. Our dreams are independent of our consciousness and are exceedingly valuable because they cannot cheat.”

* “To be psychologically free is to be confident in our own inner world, responsible for our own strengths and weaknesses, consciously loving ourselves, and therefore, able to love others. Dreams guide us in that direction, however crooked that path may be” Marion Woodman

Dreams



- When we remember, record and reexamine dreams, startling insights, creative ideas and a more conscious understanding of confusing emotions may occur.

Dreams



- The hidden source of self knowledge.
- “Dreams have an advantage over other techniques of self knowledge in that they give us a dynamic, continuous self diagnosis, and can clarify momentary erroneous attitudes or reactions to situations”. Maria von Franz
- "The images and ideas that dreams contain cannot be explained solely in terms of memory. They express new thoughts that have never reached the threshold of consciousness." Carl Jung

Healing and Wholeness



- Every Dream comes in the service of wholeness and the effort to harmonize interior and exterior life. Robert Johnson

Dreams in the arts & scientific discovery



* Robert Louie Stevenson dreamed the theme of *Dr. Jekyll and Mr. Hyde*

* Einstein recounted that a dream of a sled going faster and faster accelerating until it approached the speed of light led to his theory of relativity.

* Elias Howe - inventor of the sewing machine fell asleep on his work bench and dreamt of being stuck by natives with pointed spears having holes in their tips.

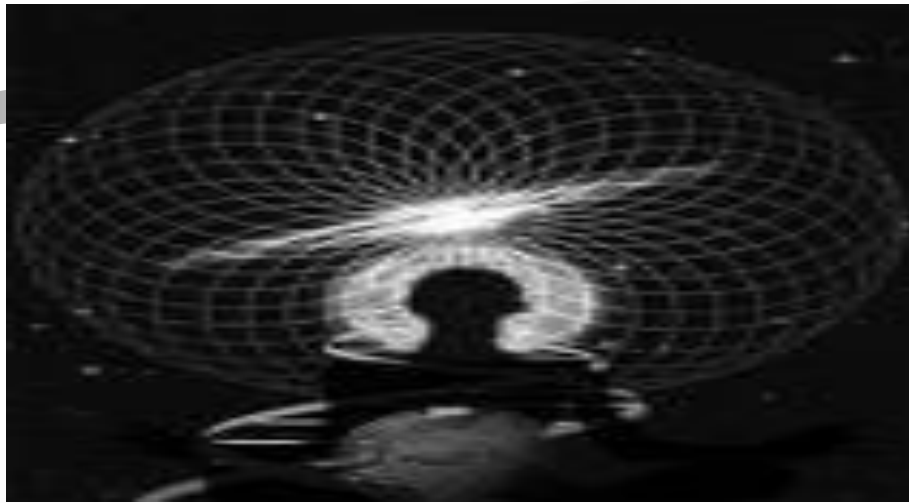


Our Shadow Self



Dreams show us the map of our psyches. They will show us all that is psychologically real but not conscious. If we reject parts of ourselves, they can become destructive. The term for this is “shadow” and can be seen in our dream life.

Marie Louise Von Franz



- * Dreams can be used to increase conscious self awareness around any issue and can release dramatic energies for growth and change.

Dreams throughout History

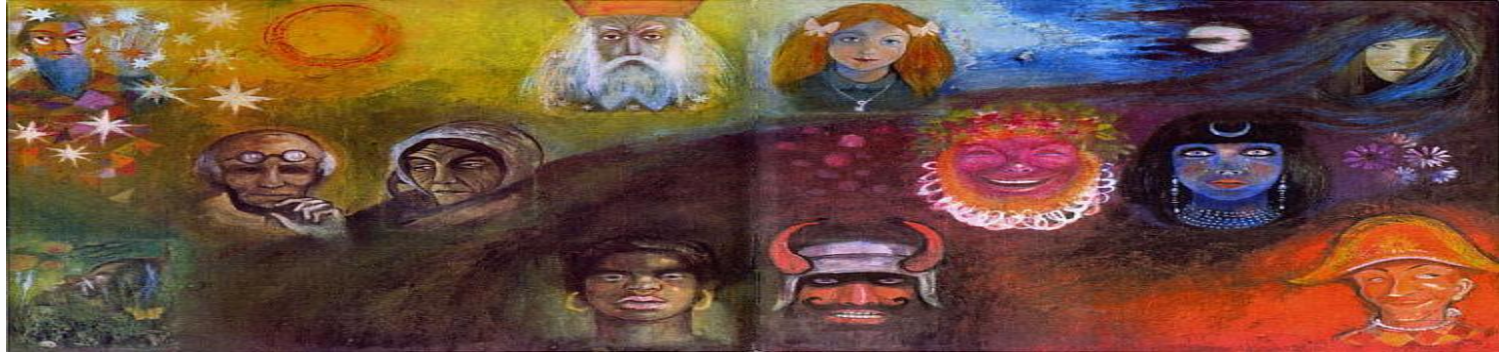


Religions all have ancient traditions of dream work woven into sacred texts and oral traditions.

A dream that has not been interpreted is like a letter that has not been opened”

Talmud

Archetypes in Dreams



- “From a survey of various traditions, comparing historical recorded dreams with our own, it appears that dreams speak a universal language of metaphor and symbol.” Maria Louise von Franz



Archetypes in dreams.

- Each of us while unique, share common structural patterns to the human psyche. These “Archetypes” appear in dreams and are reflected as both personal interior experience as well as collective patterns of history and culture.

Common Archetypes

- ***Persona***: the part that shows, the mask. Made up of how we wish or choose to be seen.
- ***Shadow***: the part that is denied, repressed, scary, immoral, unpredictable, and the unconscious part of ourselves.
- ***Light & Darkness***: quality of light in dreams is often a metaphor for the extent to which the main theme of the dream is not already known and acknowledged in waking life.
- ***Anima and Animus***: The man inside a woman and the woman inside a man. Figure representing our deepest intuitions and feelings about the opposite sex.
- ***Divine Child***: a figure representing new consciousness and self awareness.
- ***Animals***: often represent instincts and natural drives.

Archetypes cont.

- ***Great Mother***: Mother nature, Mother Earth, cyclic time, the divine perceived in feminine form. Feminine principles, dividing, nurturing, bringing forth of life
- ***All- Father***: The thunderer, law giver, linear time, the divine perceived in abstract form. The masculine principle.
- ***Wise old people***: figure representing the oldest and wisest and most loving possibilities of our being.
- ***Trickster***: represents human consciousness itself. Both knowing and foolish, overblown yet the source of gifts and culture.
- ***Perilous Journey***: often a sea journey or descent into the earth, or a labyrinth- the search for treasure, wisdom, immortality.
- ***Death and Rebirth***: Each dream death is a liberation of psychic energy from specific form and is linked with a new birth.

The Message of Dreams



- Dreams always come in the service of promoting wholeness.
- In over 65,000 dream interpretations Von Franz found no two dreams exactly alike.
- Jung and Franz believed that each unique individual dreams exactly what he or she needs in each particular life situation.

Working with Dreams



Coaching Questions for working with Dreams.



- What feeling did the dream give?
- Dreams speak in fairy tale mythology. How might this dream be a metaphor of waking life? (Dreams often speak in the language of the artist.)
- How might the elements in the dream represent a part of yourself?

Working with Dreams

- Have a notebook and pen beside the bed. Rapid movements and routines of getting up will make the dream harder to retrieve.
- Give each dream a title and date.
- Write in present tense. Use drawings too.
- You are the only one who can know what meanings & significance a dream may hold. Often it is that tingle or “aha” feeling that lets you know meanings.



Working with Dreams cont.

- Dreams have multiple depths and meanings.
- Give symbolic expression to images, ideas & energies.
- Re-experience dreams in vivid (active) imagination. Re-experience the dreams from points of view of characters and figures.
- Share dreams with people you trust and care about. Sometimes insights can occur from a friend with no training in dreams.



- Look for themes in dream series over time.
- Each dream depicts elements of the dreamer's personality, and interior life. They often represent waking life people, things and events at the same time.
- Every dream has an element of speculation with the future. i.e...: What might happen if I did thus and so?



“To myself I am only a child
playing on the beach, while vast
oceans of truth lie undiscovered
before me.” Isaac Newton





- “He who learns must suffer the agonizing pain which seeps drop by drop from the unconscious mind to the heart which brings wisdom against the will by the fierce grace of God. Inscription on the grave of Robert F. Kennedy in Arlington Cemetery

Bibliography and Suggested Reading

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