



Tormented Dreamer

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We dream at every dreaming landscape simultaneously, yet we remember dreams in our own unique way.

The dreaming landscapes –where we go in dreams– are based on time: the Dreaming Landscapes of What Is, the Dreaming Landscapes of What Was, the Dreaming Landscapes of What Could Be, and the Dreaming Landscapes of What is Eternal, but it is only one aspect that helps us build a dreaming profile; what we do in the dreaming landscapes, how open the gate to these landscapes is and how we access them are the other three main factors.

Profile

The Tormented Dreamer may still have symbolic and projective dreams, and the gate to the dreaming landscapes continues to be somewhat closed, but the intensity of experiences in upper landscapes percolates to the waking state; the reason is that their dreams are nightmarish and very emotional.

Either in the Limbo Tunnels of the Dreaming Landscapes of What Is or in the Dark Jungles and Utopic Highlands of the Dreaming Landscapes of What Was, the emotional resonance drives them time and again to the same experiences.



Landscapes

The Limbo Tunnels have an inherent connection with our physical reality. Most humans reach the Limbo Tunnels at some point because it is where we meet with loved ones that just passed away. Here we also meet with the living in dreams, even if we don't know them in our waking state. And this is the landscape where ghosts live: energetic imprints, traditional ghosts, and ghosts with a mission –see The Dreaming Landscapes.

If we are Tormented Dreamers, we bump into these ghosts or tend to be drawn repetitively to the same places in the Limbo Tunnels. If we have any addiction or Earthly passion, we might recurrently visit the inns, taverns and bars out there.

The Tormented Dreamer also reaches the Dark Jungles and the Utopic Highlands. These are territories where dreams of the experiences of our past lives keep repeating, be it because of their magnificence or their atrocity. But if we encounter demons, they are most likely dis-integrated aspects of ourselves.

Tips

If you identify yourself as the Tormented Dreamer, your experience in dreams is consistently less than gratifying. We recommend that you do Aspectology, a core workshop from Crimson Circle that provides guidance to integrate aspects. No, we don't get commissions on it, but if it helps, let us know.

If you want to know more,

you can explore [The Dreaming Landscapes](#), the lands where dreams occur, or you can review [The Dreaming Profiles](#), where you will find the ten dreaming archetypes. Alternatively, you can get a comprehensive approach to dreaming in [The Essential Dreaming Workshop](#); there, you will be able to understand how the different cultures approached dreams in this era, you will see how movies have portrayed the dreaming landscapes, and yes, you will also have the possibility to open the gate of the dreaming landscapes and strengthen your connection to dreams.

And let us add that focusing on dreams-related information will help you expand your capacity to remember. Look out for [Aberdeem](#) on Medium; she writes about dreams in depth. And remember to always document them; A Thousand Dreams will help you make the most of them.

