

WELCOME TO DREAM LAB

# DREAM LETTERS

#2  
July '11

IN THIS EDITION

- ~ THE DREAMER'S WATCHTOWER
- ~ THE LIVING IMAGE: FREUD V. JUNG
- ~ WHY DO WE FORGET OUR DREAMS?
- ~ DREAM EVENTS & WORKSHOPS



## Dear Dreamers

Perhaps it's the imminent solar eclipse, but recently my clients have been dreaming vividly, and bringing their dreams to therapy. Some dreams have depicted epic journeys, others meaningful cross-sections, and other still deliver evocative snippets so powerful that they hold the dreamer emotionally captive. Interestingly, it's often the small snippets that lead to the greatest breakthroughs. A boom gate down on a train that doesn't come; waiting at the post office to send a handful of birthday cards to one's self; a black and white collie running under the wheels of a red BMW. All of these scenes have lead to major insights and enabled movement in the psyche. Don't miss out... a snippet can be, literally, life changing.

~ Ilana Laps, Psychotherapist

## ✕ Getting to Know Your Selves ✕

*While you seek to get to know yourself in your waking life, 'the dreamer' sits in a watchtower overlooking the endless landscape of your psyche, with a perfect view of who you've been, who you are, and who you could be.*

One of the great paradoxes of the human condition is our inability to truly know ourselves. Why do friends sometimes have a more accurate sense of me than I do? Why is *my* experience of myself so different to *their* experience of me?

Psychoanalysts suggest that that within the psyche there is not one 'self', but many distinct 'selves', often in conflict with each other. When we're awake, we select 'selves' that get the best responses from our environment. But when we dream, there is no longer a need for these filters. All the contents of our emotional and psychological

lives become instantly available, and we come face to face with our full complexity as human beings. It is for this reason that the insight and direction that we crave is more accessible in our dreams than in our waking lives.



Of all your 'selves', it is the dreamer that knows the most about you. Your other selves tend to hide things from each other, but it's impossible to hide anything from 'the dreamer'. So if you are on a journey of self-knowledge, start making a nightly pilgrimage to the dreamer's watchtower. The view from there may be the perspective you seek.

***Dream Tip: When you wake up, you usually have around 2 minutes to start writing down your dream before it begins to fade.***

# Understanding Your Living Images Freud vs. Jung

*When doing dream work, we're looking for the hidden connections between a dream image and an experience in our waking lives. The battle between Freud and Jung proved that what you're looking for can influence what you find.*

Vivid dreamers have a lot to be grateful to Sigmund Freud for. It was he who gave credibility to our eternal hunch that dreams are more than they seem. Together with his protege, Carl Jung, Freud championed the radical idea that the objects in our dreams are in fact living images, just as energetically alive as you and me.

As Jung evolved as a psychiatrist, his own experiences led him to challenge Freud's views. Freud took this as a personal betrayal, and painfully, their relationship was doomed.

Perhaps we are the lucky beneficiaries of their strong mindedness. They left us with not one, but two legacies that have helped shape modern psychology and given birth to psychoanalysis.

Freud and Jung's work with living images in dreams has transformed our understanding of the psyche's healing process, and introduced into the mainstream the notion that our psyche extends far beyond the conscious mind.

What follows is an example of the central technique each man contributed to modern dream work. Try them both on your own dream images, and explore what feels true to you.

## **Freud: Association**

Freud believed that dreams are metaphors for latent wishes and repressed aggressive sexual desires too disturbing for us to encounter directly. In order uncover the material hidden in our



dreams, we free associate until we find the connection between a dream image and a past experience. For example, an association on a dream of a dog may look like this: Large dog, walk in the park yesterday, phone call to auntie, deep frustration with mother, sense of emotional abandonment. At this point I may sense in my body that my dream is connected to feeling emotionally abandoned by my family.

## **Jung: Amplification**

Jung believed that dreams depict more than our personal repressed material. They are informed by what he called "the collective unconscious": cultural forces that accumulate energetically over thousands of years, and that inform global myths, fairy tales and world religions.. For Jung, dream work is a process of discovering how a dream image connects to universal themes that have come alive in our own life experience.

Amplification with the same dream dog from above may look like this... Large dog: loyalty, pack animal, being guarded, companion, obedience, domestication. As I do this, one amplification may 'click' for me as personally relevant, filling me with conviction, and informing my interpretation of the dream.

As you can see, each technique can lead you to different places in your self and in your life. Rather than letting your mind decide which is true, trust your body to give you a sign when you've hit upon something that feels alive at the heart of the living image in your dream.



# Forgetting to Remember

*You'll forget around 1,500 dreams this year. Ever wonder why?*

You dream four to six times every night, and will have around 1,800 dreams this year. 90 - 95% of them will instantly disappear from your memory, and there's no final answer as to why.

While dreaming, our brain functions entirely differently to when we are awake. Our dream experiences are not encoded into memory in the same way our waking experiences are. Part of the reason, is that we are not 'paying attention'.

When we're awake and want to remember something, we automatically make a conscious decision to remember. This same technique is the most effective way to remember our dreams.

Studies of dream recall have compared people who remember several dreams a week, to those

who recall less than one dream per month. The biggest difference they found was in people's personal motivation to pay attention to their dreams. About people with the greatest dream recall, one study concluded, "for some reason, these people have decided that their dreams are worth remembering."

Recall is particularly increased in those who have had powerful experiences understanding their dreams. And those with low recall remembered more dreams after reading a book or taking a class on dreaming.

So if want to remember your dreams, the best advice is... get motivated! The more dream work you do, the more dreams you will remember.

## Jungisms

"From my encounters with patients and with the psychic phenomena which they have paraded before me in an endless stream of images, I have learned an enormous amount - not just knowledge, but above all insight into my own nature. ...My patients brought me so close to the reality of human life that I could not help learning essential things from them. Encounters with people of so many different kinds and on so many different psychological levels have been for me incomparably more important than fragmentary conversations with celebrities. The finest and most significant conversations of my life were anonymous."

~ Carl G. Jung, *Memories, Dreams, Reflections*

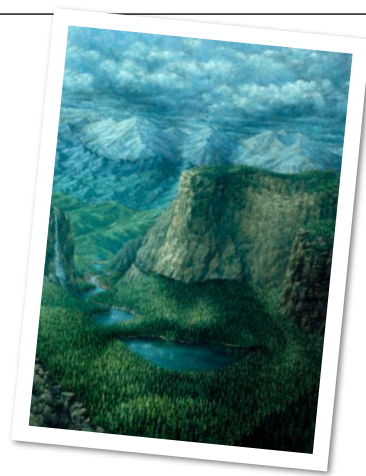




# Your Dream Calendar

**Dream Lab** is an organization dedicated to integrating the therapeutic and creative power of dreaming into every day life.

Dream Lab offers workshops, dream circles and public speaking events for exploring the forgotten language of dreams. We combine Jungian dream theory with dream science and research from around the world, and collaborate with musicians and artists to bring dreaming to life.



## UPCOMING DREAM WORKSHOPS

**JULY 7TH**

Dream Circle and Knowledge Sharing  
6.30 p.m. - 9.30 p.m.  
\$35  
(Pre-requisite: Level 1)

**JULY 31ST**

Level 1:  
Awaken to Your Dreams  
10 a.m. - 5 p.m.  
\$120

Begin your journey here.

This is an eye-opening, thought provoking and comprehensive introduction to how and why we dream. Combining Jungian dream theory with dream science and personal dream work, this full-day event is packed with practical tools for how to understand your dreaming mind. After this one day, you will begin to understand your dreams... and they will enrich your life.

**Enquiries/Bookings:**  
[ilana@dreamlab.com.au](mailto:ilana@dreamlab.com.au)

## *Testimonials*

Ilana has the insight and nurturing of a great teacher. Her ability to allow others to unfold without judgment and explore their own inner consciousness, is a testament to her pure intentions. I recommend Ilana's workshops to anyone wanting to experience inner wisdom in a safe, fun and nourishing environment, imparting tools of awareness and joy. ~ Sean

"The dream workshop was such a beautiful and energetic experience for both my intellect and body. I felt safe and relaxed in the group as we were guided in a clear and inspiring way throughout the whole day. Great experience! ~ Camilla

Truly transformative experience. Ilana facilitates her workshops with wisdom and love. Highly recommended. ~ Matt

## *Stay in Touch*

Want to receive future  
Dream Letters?  
Email "Stay in Touch" to  
[ilana@dreamlab.com.au](mailto:ilana@dreamlab.com.au)

**WWW.DREAMLAB.COM.AU**