

# WELCOME TO DREAM LAB DREAM LETTERS

## #3

April '12

### IN THIS EDITION

- ~ HISTORY vs. HOLLYWOOD
- ~ UNDERSTANDING YOUR DREAM SYMBOLS
- ~ DREAM INSIGHT IN FIVE MINUTES
- ~ A WEEKEND OF DREAM DISCOVERY



*Dear Dreamers,*

What a powerful Dream Circle we had last Thursday night. The theme was "What can dreams tell us about who we are becoming?" We discussed Tibetan Dream Yoga, Mayan Shamanic insight, and participants shared their personal experiences. Thank you for an illuminating night!

Next week I'm travelling to Australia's 1st **Dreams & Imagination: Healing Pathways Conference** in Sydney. There will be four days of morning-to-night dream exploration, international speakers, research, and of course, workshops and dream circles. I look forward to passing on the gems to you at our amazing weekend workshop on in May (see p.4). Book in soon to ensure your place!

Travel Far,

*Ilana Laps*

## ✧ A (Less) Dangerous Method ✧ *Separating History & Hollywood*



A Dangerous Method is a gripping historical film mixing sex and psychoanalysis, while depicting the demise of the most influential relationship in psycho-history: the bond between Carl Jung and Sigmund Freud.

The film shows Freud protecting his "authority" by not sharing a revealing dream, but omits the crucial importance of dreams in Freud & Jung's discoveries.

This, and a few other historical 'tweaks', make room for a sexier storyline, creating the controversy that makes this film so compelling.

Nevertheless, let's take a few moments to separate history from Hollywood, and call a cigar a, well...

### Jung & Spielrein:

#### Sex Heals vs. Sex Sells

Jung did have an affair with his patient, Sabina Spielrein, and he did lie to Freud about it. It's also true that Jung traced Spielrein's symptoms to sexual fixation on being beaten by her father. There is, however, no evidence that Jung spanked Spielrein for sexual pleasure, or that he considered this part of her "cure."

### Freud & Jung:

#### Death and Rebirth

The film focuses on Jung's respect for, and disagreements with, Freud's revolutionary contribution to psychoanalysis. But that's just the beginning of Jung's story. In reality, the friendship between Freud and Jung lasted only six years, during which time psychoanalysis underwent an intense transformation. Their fallout was tragic for both men, and precipitated Jung's nervous breakdown. However, now free to think in his own way (to "individuate"), Jung emerged to create an enormously influential body of work that has outlived many of Freud's ideas.

... Continued bottom P3.

# ✧ Get to Know Your Dream Symbols ✧

## *Association & Amplification*

Dream symbols are like reflections in water. They break up a solid self-image into quivering parts, each one reflecting an aspect of yourself, while hinting at the whole.

There is something fascinating about looking at our watery reflection. It's not quite the image we are used to, and yet it can feel even more true than a pristine mirror. An emotional truth lies below the surface, and this is what we see reflected in our dream symbols.

Even the strangest dream symbol or bizarre dream scenario will reveal itself to you when you take notice of its qualities. These are the clues that lead you back to your waking life.

Here are two highly effective ways to approach your dream symbols. Later in this newsletter, I'll show you how using just these two techniques opened up a dream for me within five minutes of waking up.

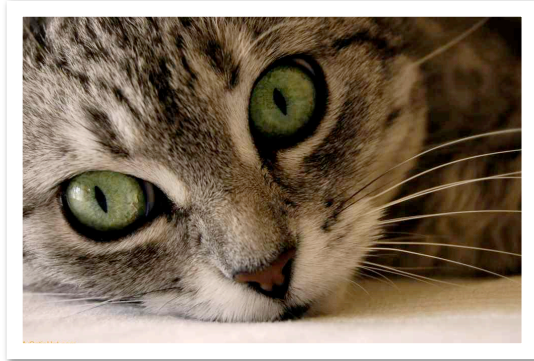
### **Free Association**

Free associate with your dream symbol, giving complete freedom to your thoughts and feelings. Allow yourself to be surprised by what 'clicks' or resonates, and let it be there. Always associate directly from the original symbol, as this is where the energy resides. For example: Cat > Couch > Pillows > Feather, strays from the dream 'Cat'. You'll get a different result by always returning back to your symbol: Cat > Couch, Cat > Mouse, Cat > Catherine, etc.

### **Amplification**

#### **Why, Where, What, When, Who, How...**

Amplification is a method of bringing out as much information as you can about a dream symbol. Amplifying the cat in my



dream, I'd ask myself what connection I have with cats, how do I feel about them, when did I last see one, where was I, who has one, why do I like/dislike them, etc.

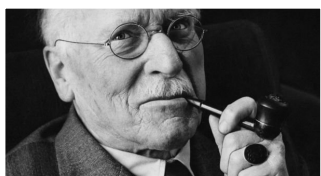
Here's an example of the different 'leads' that emerge using free association and amplification...

**Association:** Cat – couch, mouse, Catherine, tame, night vision

**Amplification:** Cat – comfortable in haunted houses, independent but easily frightened, last week crossing the road (bad luck!), taunting prey, love it when they purr.

One or more of these is likely to jump out at me as relevant to my waking life, and like pulling on a thread, the dream begins to unravel and make sense.

Association and amplification are a process of discovery. They help to surface the hidden connections and feelings behind your dream symbols. From one moment to the next, the water in which you are seeing your reflection becomes clear, and wisdom reveals itself in its dreamy ripples.



*The dream is the small hidden door in the deepest and most intimate sanctum of the soul, which opens to that primeval cosmic night that was soul long before there was conscious ego and will be soul far beyond what a conscious ego could ever reach.*

*~ Carl Jung, The Meaning of Psychology for Modern Man*

# ✧ An Open Dream Journal ✧

## *Five Minutes of Analysis on a Real Dream*

### **Dream Entry**

A sleek and confident woman is going about killing people who chat to me. We are on an empty rooftop parking garage. This rooftop has no boundary, and features a women's toilet stall. I do not go into the toilet, but another chatty woman does and is killed by the assassin.

**I awake**, and apply a dream work technique that allows me to speak directly to my dream assassin. I ask her a few questions, and blush as I recognize her as a rogue aspect of myself.

I need more information to understand her motivations, so I go back and look at the symbols in the dream...

### **Associating & Amplifying Symbols**

"Amplifying" the rooftop reveals it is for long-term parking. I also sense the building is approximately four stories high.

I free associate with long-term parking and get a 'click' for "long-term relationship or friendship". This rooftop feels to me like being 'above it all'.

### **Connecting to Waking Life**

Putting all the symbols together, I explore aspects of my life that have been "building" for four years, and that I am trying to rise "above", or thought I was above.

I look into where I feel a lack a "boundaries", and how this is effecting my relationships.



From here, I understand my need to 'dump' some hidden and 'building' feelings, which I associate with the rooftop toilet stall.

I noticed also that my dream assassin is comfortable in this environment, however I am not. This gives me another clue: where am I experiencing inner-conflict?

It doesn't take long for me to recognize my inner-assassin is actually an over-sensitive guard, and I immediately see her handy work in the days preceding the dream – previously quite unconscious for me. I certainly wasn't killing anyone, but I had been unconsciously ruthless in my self-protection.

The other dream symbols show me the origin of this pattern, and warn me that friendships might be at stake. I am relieved to have exposed a well-meaning but destructive pattern that certainly could have caused more trouble in days to come.

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## A (Less) Dangerous Method, cont.



*Sabina Spielrein*

### **Spielrein's Rise: A Shadowy Ascent**

As the film depicts, Carl Jung's therapy with Spielrein is highly successful, and she goes on to become an acclaimed psychoanalyst herself. Her rise, however, is both helped and overshadowed by her highly influential mentors. Some of Spielrein's powerful ideas are appropriated by both Freud and Jung in their own work, and her influence on them receives little acknowledgment until papers published well after her murder in 1942. [More on Spielrein](#)

### **Great Film on Jung, Freud & "the talking cure"**

This well made film accurately depicts the dynamics between Freud and Jung during this critical era of their lives, as well as the emergence of the now popular "talking cure". Perhaps it's also an entertaining reminder that replacing history with Hollywood can be a dangerous method indeed.



# 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.



## JOIN US FOR A WEEKEND OF SELF DISCOVERY

@ Ohana Yoga & Wellness, Albert Park

*Saturday, May 19th, 12 p.m. - 5 p.m.*

### **The Creatures in Your Mind**

#### **Working with Characters & Symbols in Dreams**

A snake enters the hut where you are resting. An owl stares into your eyes as it flies towards you. A stranger drives your car erratically. Your dreaming mind expresses itself through an endless variety of characters and symbols every night. Learn how to uncover the metaphors communicating through the creatures in your mind.

*Sunday, May 20th, 11 a.m. - 4 p.m.*

### **Individuality & Inner Conflict in Dreams**

#### **Looking Into Your Dream Mirror**

We are each individuals who have been conditioned by social forces to behave in similar ways. Our individuality is largely hidden, often even from ourselves. In our dreams, however, we naturally express our most subjective, most personal truths. How can we use dreams to understand the inner conflicts we face, and become the individuals we could be?

**Dream Weekend Price: \$180**

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

## *Testimonials*

"There have been few events in my life which have completely shifted my awareness. This day was one."

~ Sam

"I'm still on a buzz from last night's dream circle - I'm finding these workshops to always be insightful and powerful experiences - a great way to drop conceptual thinking and open up emotional experience."

~ Troy

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

~ Matt

"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

### *Stay in Touch*

Want to receive future  
Dream Letters?

Email "Stay in Touch" to  
[ilana@dreamlab.com.au](mailto:ilana@dreamlab.com.au)

Ilana Laps is a psychotherapist & counsellor at the Centre for Emotion Focused Practice