

WELCOME TO DREAM LAB

DREAM LETTERS

IN THIS EDITION

~ YOUR PERSONAL DREAM LANGUAGE
~ I DREAM OF FLYING
~ DECODING DAYDREAMS
~ DREAM EVENTS & WORKSHOPS

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Dear Dreamers,

*It has now been two months since the birth of Dream Lab, and six months since I ran my first workshop. The awakenings that have already taken place among participants are the most authentic and moving testaments I have to the power and potential of Dream Lab's approach. For me, this continues to be the most rewarding journey of my life. It is not only the meaning of our dreams that astounds me, but the implications of their vast intelligence and constant presence in both our waking and sleeping states. I feel I have found my life's work, and I sincerely look forward to sharing this journey with you. ~ Ilana Laps
Founder & Psychotherapist*

✕ Only You Can Interpret Your Dreams ✕

The first sentence workshop participants hear usually comes as a surprise: no one can interpret your dreams for you.

People may offer valuable insights, they may guide you, they may even be right about certain symbols.

However, you alone created your dream, and only you can know the deeply personal truth about what it means.

Every image in your dream is a perfect metaphor for an aspect of yourself, or an emotionally charged situation in your life. While some images may point to something similar in every

person ~ water, for example, often signifies unconscious emotions ~ the most powerful insights come from

understanding where in your life these emotions are being triggered, what behaviors they're causing, and what needs to be healed. Your dreams contain all this information, and only you can feel that "yes" sensation in your body the moment the right connection is made.



Because dreams point to our blind spots, they are easier to work on with trusted friends or analysts. However, in dream work, you must learn to trust yourself first. Always look for that "yes" in your body - that's what authentic truth feels like.

"Who looks outside, dreams. Who looks inside, awakens." ~ Carl Jung

I Dream of Flying

The key to your dreams is always in the details. If you often dream of flying, start paying attention to the way in which you're flying, and what emotions accompany your experience.

Flying is one of the most exhilarating experiences we can have in our dreams, and perhaps this is why so many people ask me about it. While the majority of dreams depict difficult or negative emotions, dreams of flying seem to break through our concerns and lift us up to feelings of freedom, empowerment and joy. In contrast, encountering difficulties while flying can be deeply unsettling, leaving us feeling powerless, detached or in danger. The key to understanding flying dreams is to pay attention to *the way* you are flying, and what emotion you're experiencing in the dream. Then ask yourself, "where in my life do I feel this way?"

Your flying dreams will begin to make sense when you can recognize their details as symbols for aspects of your life. Here are some examples of how to use questions to understand your own personal dream language:

Start here: Write down your personal *emotional* associations with flying. For example: freedom, escape, gaining perspective, being limitless. Now have a closer look at the details of your dream:

Image: Flying close to the ground

Emotion: Fear

In the dream, do you need to work hard to stay above ground? Are there many obstacles in your way? Are you afraid you're on a collision course with something? Where in your life do you feel this way?

Image: Flying at high or low altitudes

Emotion: Exhilaration & Joy

In the dream, are you at a safe distance from events below? What are you flying towards or



away from? Are you free to adjust your height, or happy where you are? Are there other feelings, such as relief, personal power or determination? Is there an opportunity for you to feel like this now in your life?

Image: Trying to take off but getting stuck

Emotion: Frustration

In the dream, what is stopping you from flying? Are you entangled in power lines (politics of power?), office buildings (work holding you back?) or trees (need for inner work before you can fly?). Do you need help getting off the ground?

As you can see, questions are useful in connecting dream metaphors to life events. Write some of your own questions and see how dreams communicate with you through their clever symbols.

Dream visionary, Carl Jung, felt flying dreams were expressions of our desire to break free of limitations and restrictions. Check in with yourself next time you lift off... is this a feeling you're craving? At this moment, do you have the potential to fly high if you make certain moves?

Your dreams are mirrors for how you truly feel, and who you really are. Why would you ignore the part of you who wants to fly?

p.s. For those interested in lucid dreaming, flying can also be a marker that you have entered a lucid state. As we can't fly while awake, finding ourselves airborne can alert us to the fact that we're dreaming. More on that in future Letters...

***Dream Tip: When doing dream work, always ask yourself this question:
Where in my life do I feel this way?***



Decoding Daydreams

Are your daydreams merely innocent flights of fancy? Evidence suggests otherwise. Day dreams seem to fulfill an important emotional function, and can tell us a lot about what we're longing for, what we're repressing, and what emotions our psyche is trying to process.

Daydreams help us to release built up emotional tension without having to 'act-out', just as night dreams do. Daydreams also create a slightly altered neurological state, where we are less aware of our surroundings, and are entirely engrossed in an inner 'imaginary' world.

If you notice a repetitive daydream, pay attention to the emotion at its core, and be aware that this emotion is operating strongly in you at that time. For example, you may have a repetitive daydream of an intense conversation where you experience

the satisfaction of having the last say, or saying something profound that gets heard. The emotion at the core may be a feeling of invisibility, helplessness, or a deep desire to be acknowledged. Be aware that these emotions are likely to be influencing your behavior in other areas of your life as well.

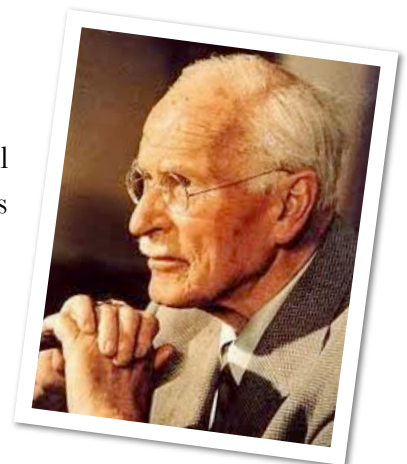
Get proactive, and make time to daydream more consciously. Create healthy day dreams in which you safely explore your feelings, bring hidden emotions out of shadow, and reinforce positive emotions.

The principles behind daydreaming and night dreaming are similar, so try greeting your daydreams with the same curiosity you do your night dreams, and see what timely insights you to discover about yourself.

Jungisms

"Most people confuse "self knowledge" with knowledge of their conscious ego personalities. Anyone who has ego consciousness at all takes it for granted that he knows himself. But the ego knows only its own contents, not the unconscious and its contents. People measure their self-knowledge by what the average person in their social environment knows of himself, but not by the real psychic facts which are for the most part hidden from them."

~ Carl G. Jung, *The Undiscovered Self*

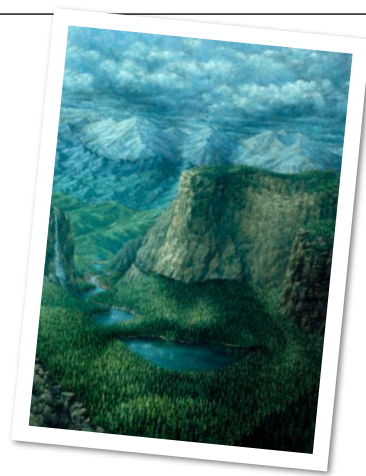


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Your Dream Calendar

Dream Lab is a Melbourne-based 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 SERIES

MAY 22

Level 1:

Learn to Understand Your Dreams

10 a.m. - 5 p.m.

\$120

JUNE 19

Level 2:

Individuality & Inner Conflict in Dreams

1 p.m. - 6 p.m.

\$80

JULY 24

Level 3:

Mythology, Symbols & Archetypes

10 a.m. - 5 p.m.

\$150

~ Series Now Running ~
April 2, May 7 & June 26

Dream Lab's 1st Year Special:
Full Dream Series: \$300

Enquiries/Bookings:
ilana@dreamlab.com.au

Testimonials

"I am struggling to put into words what happened for me during the workshop, as it was quite remarkable and I doubt whether I can give justice to how amazing the day was for me." ~ K.M.

"I just wanted to send you a quick email to say thank you so much for yesterday's workshop. I got so much out of it... It was as if a light had switched on, and my dreams, which for a long time have been largely forgotten and ignored, were clear and easier to recall. Just amazing!"
~ L.F.

"Ilana distills the complex into the understandable. Her passion for dreaming is now ours, as we begin to realize the gems on offer to us each night, which we simply never had the language or tools to navigate. A deeply inspiring and life-affirming day."
~ J.M.

Want to Stay in Touch?

To receive future Dream Letters,
email "Stay in Touch" to
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[Ilana Laps](#) is also a psychotherapist at the Centre for Emotion Focused Practice