

The Hypnotherapy Report

Information on How Hypnotherapy Helps to Live a More Fulfilling Life

ISSUE 4



this issue

Trance Work for Dreams
Dream Journeys
Dream Hypnotherapy

Exploring Dreams through Trance work

Dreams have information for the dreamer that can give lessons or information about their lives or their life path. Dreams and the symbols contained in them are actually information your higher self wants you to have and so it downloads this information into your unconscious and then that information comes into our consciousness in dreams. Unfortunately, the process is imperfect. We often do not remember our dreams or do not understand the messages in them when we do remember. These messages are directed to us personally; they are unique to that individual and must be decoded. Our higher self cannot send messages verbally in an easy way to understand but it can download the symbols that our dreams are built around. This is why a book cannot decipher our dreams symbols for us – those books are just someone's thoughts about what the symbols might mean. Those thoughts come from our conscious minds but the true meaning of the symbols are stored in our unconscious.

The processes we use for dreams access that much deeper information and bring it forward and lead the dreamer through exercises that allow them to not only be able to bring up the symbols more clearly but also ascertain the meanings of those symbols. Once the symbols is processed and understood it is released from the dreamer's energy field and does not continue to be part of their dreams.

For those dreamers interested in these processes they should begin a dream journal. Writing down their dreams each night as soon as they wake up no matter what time it is.

DREAM SYMBOLS

Many Therapists talk about dreams and what they mean and there are many books that try to interpret our dreams and the symbols of them. Unfortunately, everyone's dream symbols are unique to them and there is no way for them to be interpreted through looking up symbols or themes in a book. These symbols must be processed through the unconscious to know what they truly represent for the time they are being dreamed by the specific dreamer. These symbols are processed through the unconscious during the trance and the meaning of the symbols and the dream become clear to the dreamer through this processing.

THE MESSAGES

Dream symbols hold messages from your higher self. This part of you cannot speak to you in words but it has guidance and messages for you in life so it sends them in dreams. It is important to recover those messages to understand what is being sent to you every night and to help you live more fully in life.

Dream Drama

Finding the Hidden Messages

Our nightly descent into dreaming is an initiation that can enhance our expansion, create new possibilities, open the mind and the heart, and reintroduce us to our soul. There are layers of meaning, personal and collective, to our dreams, both Little Dreams and Big Dreams. Dreams can provide a map of possibilities, with which we learn about the future and release our attachments through dreams.

Dream work starts with recording our dreams every night. When you go to bed intend to remember your dreams and have a journal and pen next to the bed. When you wake up from a dream, even in the middle of the night, record that dream in your dream journal as best you can. Understand that you do not need to remember every bit of the dream but that during the actual dream work more will be revealed to you and you can recover the entire dream.

Dreams Dramas are very similar to Psychodramas (See our Life Transformation Newsletter, Issue 1). They are done the same way with a group to play different roles when necessary and to support the Dreamer through the drama. The Dream Drama starts with the Dreamer relating their dream to their therapist. After an induction the facilitator uses the dream information to assist the dreamer in addressing the overt symbols of the dream. The dreamer enters the dream and begins processing the dream by looking around for more information. Once the dreamer is in a trance they have accessed the unconscious world where the dream symbols came from and now they have access to much more information than they did when they consciously related the dream. As the dreamer gathers more

information the symbols and the messages become clearer. Then much like Dream Hypnotherapy (discussed on the next page) the Dreamer may merge with different symbols from the dream to gather more specific information about those symbols. This is invaluable information that cannot be gathered consciously.

As the Dreamer gathers information from their dream symbols the messages from the Higher Self become clear. This additional information often leads the Dreamer to become conscious of other aspects of the dream that that did not know about before when they awoke from the original dream. This new information and new symbols are then explored by the Dream for the additional information that may come forward. An example may be that in a toll booth in the dream there are hidden symbols within the toll booth that were not apparent during the original dream. All the symbols are examined and turned over and looked at from all angles for deeper information that were not apparent in the original dream.

After all the symbols are uncovered and processed the Dreamer is then able to understand the messages those symbols and the dream in general had for them. Deciphering those messages is important work because there is information on what decisions to make in life and maybe what path to take or maybe whether the Dreamer is on or off their life path. There is no other way than trance work to get to the information our dreams provide us in our lives.



TYPES OF DREAMS

There are different types of dreams, the common and the rare and they fall into different categories:

Personal dreams: The content of some dreams is mundane, rehashing events of the day. Those events as portrayed in the dream are only thinly disguised, if at all. Such a dream may reveal one's uncensored feelings about those events or people, but they are clearly relating a personal narrative. "One doesn't always have big dreams or visions, one must dream small ones, too.

Somatic dreams: These dreams provide a means of expression for what may be otherwise inexpressible. The body speaks to the ego through symptoms, and also through dreams. The messages from our bodies are expressed as symptoms and sensations.

Prophetic Dreams: Dream consciousness exists outside of time. Events in a dream may be a reflection of past events portrayed in the timeless now of dreamtime, or they may be a reflection of future events. Dreams certainly offer opportunities to research the consequences of potential courses of action, like a chess player mentally playing out all the possible moves each time before he selects one move as the best one. And energetically exist in that very timeless now of dreamtime, they may be sending us messages about the future, from the future. Indeed, your dreams are the school ground where you learn about the future that you are evolving to.



Dream Hypnotherapy

Dream Hypnotherapy has the same purpose as Dream Dramas. The difference is that in a Dream Drama, like Psychodrama, the information in a Dream Drama is often externalized and has the participation of a group to facilitate the process. This is hugely powerful and can make the difference in the level of information and healing achieved during the process. Dream Hypnotherapy is an internal process that happens within the Dreamer in a different way. Many aspects of Dream Hypnotherapy are the same. The Dreamer relates the dream, they enter the trance, they look around the dream and identify the apparent symbols and anything new they find at that level and then they begin working with the symbols. Entering each one and gathering information about what the symbol represents and messages from the individual symbols.

Also, like Dream Dramas as the Dreamer works with the symbols other symbols can be revealed and deeper messages can be found or other symbols may be revealed.

When working with dreams and their symbology there is no substitute for accessing the dreams and symbols through the unconscious during the hypnotic trance. The symbology becomes apparent to the Dreamer and the messages can become clear as more information is revealed.

THE MULTI-DIMENSIONAL SELF IN DREAMS

Dreams are experiences of the multi-dimensional self. They are opportunities to purify, strengthen and mature the subtle energy body that will become our long-term residence after we complete all our earthly lives. Meditation, spiritual practices, and death experiences as well as dreams are processes that teach us how to function in our most natural state of being; that state being light and consciousness that is encoded with eternal existence without the presence of a physical body.

The activity inside a dream is communication or feedback from the subconscious mind and Higher Self. Most people do not have the ability to talk to their soul or Higher Self directly; consequently, the soul uses dreams as one of the ways to communicate with us. Most of our dreams are created by the subconscious mind until the ego-personality begins to awaken spiritually. It is at this time that the doors to the unconsciousness and superconscious minds open for the purpose of spiritual communication.

Within each person is a whole troupe of performers that lead the way to purification, enlightenment and transformation of consciousness. Often we do not meet these parts of ourselves in waking consciousness unless we submit to trance therapy.

TYPES OF DREAMS - CONTINUED

Archetypal dreams: We will be studying the source of these dreams at depth. Suffice it to say here that what walks through my dreams is not actual, other persons or even their soul traits mirrored in me, but the deep, subjective psyche in its personified guises. A dream presents me subjected to my subjectivity. I am merely one subject among several in a dream.

Nightmares: These dreams could be any of the other types of dreams, but have negative emotional intensity that sets it apart. They: involve features such as intense fear, harm avoidance, vivid olfactory and auditory phenomena and physical metamorphoses.

Lucid dreams: These dreams are special in that they offer a unique interface combining conscious and unconscious mentation. The lucid dreamer is aware of being in a dissociated state, and may be actively or passively participating in the dream but in either case is aware of the capacity to choose.

Existential dream: involve features such as intense sadness, separation and loss, the emergence of strong and clear bodily feelings and spontaneous feeling change.

Transcendent dreams: involve features such as feelings of awe, magical accomplishment, extraordinary sources of light and shifts in visual-spatial orientation.

Recording Your Dreams

To work with your dreams you will have to begin recording them. This is a process and the more you do it the better you will get at remembering your dreams and the details and the symbols in your dreams.

First when you go to bed set the intention of remembering your dreams in the morning. Put a journal next to your bed and use it only for your dreams.

Next when you wake up do not move initially and recall the dream.

Then when the dream is clear write it in your dream journal which must be next to your bed.



Upcoming Events

Dyad Nights

These nights are an introduction to the Enlightenment Intensive and a way for those who have attended Intensives to continue their practice.

Enlightenment Intensives

The Enlightenment Intensive is a modern answer to the question, "Where can I go to directly experience the true nature of life, others and myself?" With one foot rooted in the ancient tradition of Rinzi Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core.

Life Transformation Intensives

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

Master Sessions

Spend an evening with The Masters bringing in their information for our members to enjoy. We have invited Friend; a Master that has been channeling through since 1983. Friend will speak about future times and special spiritual theories. He'll then bring in other Masters that will guide us through our special evening. The topics will range from developing businesses to personal growth and metaphysical issues. Friend also guides us in an adventure meditation. The Masters then go into a more esoteric range of topics on the paranormal and prophecy. Our members always walk away from the experience with wonder and excitement for their own and the planet's future.

Next Issue

The Victim Triangle and Escaping Codependency

The Benefits of Hypnotherapy

The Hypnotherapy Newsletter
Issue 4

**Robert Keller, M.A., LMFT,
LMHC**

**Advanced Clinical
Hypnotherapist**

PO box 12015
Olympia, Washington 98508

360-754-4607
Fax: 360-867-1328

www.healingthepast.com

All Photographs are the property of
Robert Keller