

What Do Dreams Mean?

Quite often people have asked me what their dream meant. My usual response is, “how should I know?” The world of dreams is a complex one that needs a little background that most are not aware of and accurately [perceiving \(link\)](#) the information contained in them is nearly impossible for most.



The dream state, when one is “sleeping,” is not what people think it is. Once your head hits the pillow your body begins a process of “winding down” and shutting off. Assuming you are not an insomniac, the body will send a little jolt through your system to check and see if you truly are asleep - tossing and turning is how we experience it. Occasionally we will feel real electrical jolt. Once the body feels that you are asleep, you are tossed out of your body. Yes, once you are “sleeping” on the earth plane you are awake on another plane, as you vacate the physical body for realities beyond. Your primary consciousness leaves the body while soul matrix recharges the body with energy.

The body is a battery for energy, energy that comes from your soul matrix. The body is a very weak mechanism in and of itself. Without food or water it dies rather quickly. Without energy, which can only be garnered through sleep, you go nuts and die even faster than without water - try not sleeping for a few days straight and see what happens to your consciousness. You need the process of sleep to recharge the capacitor known as your body and this happens during the eight hours you sleep and at no other time. The rest of the waking hours you exist in the energy you collected the night before as it is spent manifesting the reality you interact with. Our pattern is energy going in at night, energy spent going out during the day - or the opposite if you are night person and sleep during the day.***



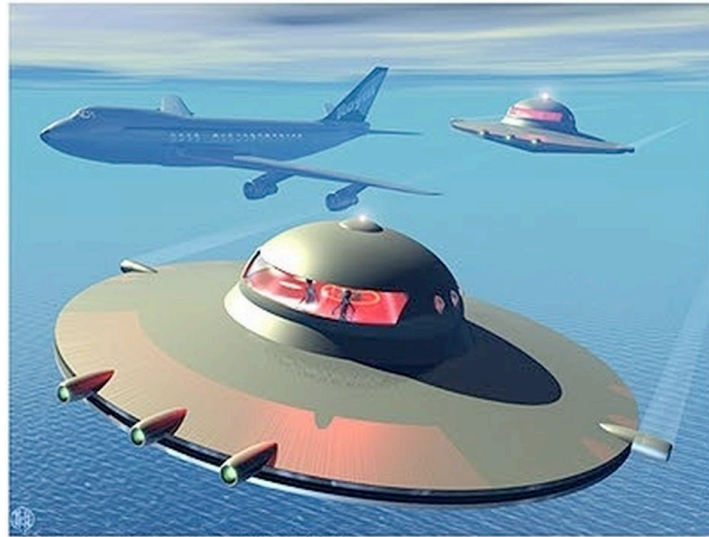
Once out of your body the body gets what is known as sleep paralysis. The body is kept in place, with a few moments of movement to keep circulation efficient, in order to keep the energy flowing into the body uninterrupted. Some folks have awakened during the sleep paralysis and find this disturbing, often freaking out because they can't seem to move their body for a few moments while they are in the paralyzed body. This is rare, but it does happen as the system isn't perfect. The other thing that can happen when waking up as the energy is flowing in is a feeling of being electrocuted, as the body feels the intense flow of energy while it is flowing rather than after the reloading is complete. While the body is locked in place, and the energy is flowing, you - your consciousness, is long gone. There is no reason to hang about why the body gets a fill-up, there are things to do, places to go, people to see. Note here, you, the you that is not your body, does not need sleep, it is solely your body, and all that this entails that needs the sleep and the energy provided during the resting period.

Once out onto the astral plane one is free to move about, and everyone does. Some consciously do this, most do not, but all leave the body when asleep. Here is where things get tricky. Life in the nonphysical world is not the same as the earth plane world, and while there are similar energies, the way in which we interact with those energies is not the same. Think about how it, how do you interact with a mountain when you have no body to prevent you from moving through it? We move differently, with thought usually, and we think differently, as the physical brain is not there to slow us down. We manifest differently, in an instantaneous fashion rather than the sluggish earth plane way.

The non physical realms can be confusing to the brain, as there are a great many things the brain has no symbol for. Our world is a place where there are symbols for each thing here and words are our primary medium to share our symbols with others. In other realities, realities you can access out of the body, there are things, energies, which there are no words for and things there are no earth plane equal too. If you need to describe a shoe to a person you point, if there is none in sight, you describe using words like, "something you put on your feet to protect them." How, in simple terms, does your brain, which is working only partially, interpret a city on Saturn that you are visiting for the first time, out of your body, when said city is made of "that stuff...?"

While on your astral trip, the brain keeps a fleeting record of things, but only things it can translate into symbols it knows. Let us use a common example. Many have had dreams of being on planes that do not behave like a common airplane. I recall one such experience when I was young where the plane just drove down the street while it was on the ground and all I could think is, "we are going crash into everything." Once the "plane" took off, it flew wrong, the movement was totally off and all I could think of then was, "we're going to crash."

My brain only knew Boeing style airplane travel, so when flying in another type of moving craft, my brain just figured it was an airplane, and did the incorrect translation. So I have an odd memory of the plane that flew funny. Now, what does the plane that flew funny mean to me here on earth? Nothing, nothing at all. Astral travel experiences are often just experiences and nothing more.



During the sleep process we also regroup. The body discharges the build up of the day, the brain reorganizes some of the information collected and a refresh takes place. This is all standard stuff for most, but this can create some confusion. When we take computer and restart it to clean things up, the computer stops doing the tasks we use it for and starts to organize based on the programs that tell it to run efficiently. The process would look like gibberish if we decided to figure it out while it was happening. The reorganization that happens during the sleep process can be gibberish and isn't of much value, as things are going out, coming in and reorganizing all at the same time. In a sense it is organized chaos, and not meant to really be studied in any great detail.

We also get some useful information during the recharge process. Our soul matrix will download some things into us, but it isn't likely to be monumental. Life is as it is and is mostly just fine. It is rare, and I mean rare, that someone needs some life altering dream derived experience. For the most part the information and adjustments are minimal. Unless, and this is the big unless, you use your dream state actively as a tool.



The dream state can be a tool, can be. I say it can be because one cannot just decide one day to make a tool and then forget the tool the next day. This is common among folks, especially New Age folks who have some belief that dreams are visions. One day one may have a dream they win the lottery and this tells them to go play - they loose. Because the dream was favorable, the excitement was generated and attention was paid to the interpretation of the energy. Yet when the same person dreams they should leave their abusive mate they will ignore that because it isn't what they want and hasn't the exciting flare of the lottery win. Using the dream system as a tool is a skill, a skill that is developed over a period of time by being diligent, discerning and open. It is not a whim, but a skill that is to be developed in the same manner of becoming a pianist going to Carnegie Hall. I'm not going to go into detail on that process, as it is not my forte, but suffice it to say if you do not use the system as tool, and practice dream interaction as you would practicing the piano, don't use your dreams as a reference point for anything at all.

A rather unfortunate part of the dream experience is interference. Interference by folks who do not have our best interest at heart is an all too common thing. We can run into all kinds of beings who are not earthbound and who's intentions toward us are rather negative. We can be influenced by them in the form of thought forms being placed in us, or negative impressions being placed in us or even out right energy attacks while out of the body. Why does this matter? If you don't use your dreams as a tool, you are just as likely to get excited to win the lottery - and go play, as you are to listen to the idea that the neighbor is trying to kill you and you should attack him. Non physical influence while in the sleeping state is kind of sport for many, and discernment is super key to makings sure their influence is dismissed outright. There is a period where all influence should be dismissed - just before waking.

Waking is point where folks are highly suggestive. Several times folks have said to me, "I had a dream where I got in car crash on the way to your place, I shouldn't come, should I?" The dream is usually described in vivid detail. When asked if the dream happened right before they awakened the reply was always, "yes." Of the dozen who expressed this dream induced concern, not one person was involved in a crash coming to my place - not one. This area of influence should always be dismissed, unless you use the dream state as a tool and you are fully confident in your discernment and your dream interaction skills.

The idea that a universal system for dream interpretation exists is rather ludicrous. Many believe the lion is a symbol of nobility, to me the lion is the ultimate leech, as he's a handsome, occasionally loud and lazy cat. The female lions are resourceful, cunning, tough, and excellent parents. While nobility may have taken the lion to symbolically represent their reality, for me that symbol does not mean the same thing. To see a lion in my dream, were I to use my dreams as tool, would mean something different then to a member of the nobility. This example isn't quite the same, but a psychic once told me how she saw me with a great tree, with strong roots and that mean to her, her not me, that I was in a good strong financial position - I spent the next ten years broke. For me the tree would have meant unyielding, inflexible and stuck in one place. My symbols are for me, your symbols are for you, the communal symbols can only be in place if we all agree. There was a point where I would hear folks attempt to adopt the Native American form of symbol medicine to their lives on a whim. They'd say, "I saw a crow on my car

today, in Cherokee medicine that means..." This is beyond silly, the only way the crow means something to you if you have a lifelong meaning for that symbol, the fact that the Cherokee established a system of agreed upon meanings of crow sightings has no connection to Alice White in the Bronx in 2012. You have totally different symbols to tell you things than the Native Americans because you live in a totally different form of the earth plane reality than they did. (See my book harmonizing statements to understand you waking symbols with more clarity)

Dreams are a complex system of experience that are influenced by so many factors we have no control over that to use them willy nilly is foolish at best. The sun's energy influences our dream process. The earth's geomagnetic variations influence our dream process. Wifi influences our dream process. Hormones, DMT levels and where and whom you are sleeping with influence your dream process. TV greatly influences the dream process. I read where a person tested his dream experience by watching fear mongering news programs prior to bed for a week. Then not watching TV for a week. The first hand report was the news night's sleep was full of negative stuff. If a night of TV can influence the dream experience, I hardly think deciding to interpret one dream a month is a useful process.

What You Can Do To Increase Your Awareness

- 👉 Use the sleep process to recover. Eight hours in comfortable bed, in a comfortable dark, quiet room is needed.
- 👉 Pay attention to your bed, if your pillow is poor, switch. If your bed is poor, get a new one - both can act like a capacitor for energy so if the energy is distorted you'll sleep poor. I prefer the memory foam mattress and pillows, after being aired out of course, but find something that works for you. Coiled box springs are not recommended as the coils act like antennae, drawing in all manner for stray frequencies. Stick with what works until it stops working and then switch.
- 👉 Find an alarm that wakes you up gently - shouting alarms are torture. A CD player with a soothing neutral word free composition gradually getting louder is excellent.
- 👉 Animals should not sleep "with" you, they are animals.
- 👉 Bed should be used for intimate experiences and sleep; no eating, no parties, or anything else - I don't even recommend reading in bed.
- 👉 One should never, I mean never, under no circumstances, ever, ever have a TV in the bedroom. If you have a TV in your bedroom you will never sleep well, ever.
- 👉 Never sleep with the dumbphone by your bed, and especially not next to your head.

For what it is worth, I would suggest that when you are "asleep" you are far more awake, more the real you, than you are when you are "awake." The limitless you in the dream, the non physical state, is more the truth of you than the you contained in the body for 16 hours a day.

***What time you were born determines whether you are a night owl or morning person. The birth hour is your “wake up” hour. So those born at 7 AM will be a morning person, those born and 12 midnight will suffer as our world isn’t set up for a 12 midnight wake up hour. Keep this in mind when you yell at your kids for being sleepy.

The article are not meant to the answer to everything, or even an answer to anything. It is meant to be an assistant to increasing your awareness. It is my sincere hope that at least three people will increase their awareness about themselves and their reality through the self reflection stirred by what I have written. Please do not take what is written as absolute fact about anything, investigate through your own inner system of reflection and see what happens.

This article is copyrighted, all rights are reserved. The article may not be published in part or in its entirety, without permission from the author. This page, or site, may be linked freely. Any images or links contained in this site are here via fair use, should you wish these to be removed, please contact me and it shall be done without issue.