

RELATING TO YOUR DREAMS: MORE METHOD
ANIMALS IN DREAMS
(DR-102)

LESSON ONE

The purpose of this tape is to build your skill in applying THE METHOD you learned from the first tape and to increase your understanding of dream symbols by explaining the meaning of ANIMALS IN DREAMS.

READ THIS SECTION BEFORE WATCHING THE FIRST SIXTEEN MINUTES OF THE TAPE.

You will broaden your knowledge of dreams by listening to a brief history of dream work from the earliest recorded history through the methods developed by Sigmund Freud and Carl G. Jung early in this century.

Elizabeth Strahan will then review THE METHOD she developed with you on Tape One. This METHOD is based on the writings of Carl G. Jung.

The last eight minutes of this segment allow you to attend a workshop devoted to the meaning of ANIMALS IN DREAMS.

WATCH THE FIRST SIXTEEN MINUTES OF THIS TAPE.

Stop the tape at the end of the workshop segment. This is right before Dana reads her dream and works one-on-one with Ms. Strahan with her dream.

BEFORE YOU CONTINUE THE TAPE, DO THE FOLLOWING EXERCISE:

EXERCISE ONE

Now, write down a dream you have had which has an animal in it. The animal may be a creature of the land, the sea, the air, or an imaginal animal. If you cannot think of a dream with an animal in it,

write down any other dream you would like to analyze. Be sure to use present tense ("I am," not "I was").

LISTEN TO DANA'S DREAM (APPROXIMATELY 16 MINUTES)

As you listen to Elizabeth Strahan guiding Dana through the analysis of her dream, think about how you will apply each part of **THE METHOD** to your dream.

Pay close attention to the last ten minutes of the analysis. Notice how much time is spent on Associations and on connecting these Associations to your Life Context. These steps are necessary before you can Substitute Associations to find the meaning of your dream. Can you see how these steps weave together to give you the texture of your dream?

STOP THE TAPE AFTER DANA'S DREAM.

EXERCISE TWO

On your paper, apply **THE METHOD** to the dream you have written down.

1. IDENTIFY THE FEELING OF YOUR DREAM.
2. NAME IT.
3. LOOK AT THE DRAMA:
What is the setting?
Who are the characters?
What is the plot?
What is the resolution of the story?
4. UNDERLINE THE KEY ELEMENTS.
5. MAKE YOUR ASSOCIATIONS WITH EACH OF THE UNDERLINED ELEMENTS. Make a list of these elements and write your associations next to each.
6. EXAMINE LIFE CONTEXT. What are your daily concerns right now?
7. NOW RE-WRITE YOUR DREAM SUBSTITUTING ASSOCIATIONS

- FOR EACH OF THE ELEMENTS. This step reveals the message of your dream. Be sure to take your time with making associations. Use information from the tape to enrich the cultural and archetypal meanings of any animals in your dreams.
8. What does the dream tell you about yourself and the CONTEXT you have identified? Imagine that the dream has a message and let it speak to you.

You are now getting more comfortable with THE METHOD. The more you use it, the less time it will take and the more insight you will have.

POINTS TO PONDER

1. INSIGHTS ABOUT DREAMS

"The dream is the royal road to the unconscious."

- Sigmund Freud

"The dream is a little hidden door into the secret recesses of the soul."

- C.G. Jung

"In a dream, in a vision of the night, when deep sleep falls upon men, God opens the ear and seals their instruction."

- Job 33:15,17 (KING JAMES BIBLE)

2. ANIMALS IN DREAMS

When we dream of animals, we are in touch with the most basic instincts in our nature — the parts of us that are older and less "humanized." We are often separated from or at war with our "animal natures." Dreams of animals remind us of those connections that are so vital to our survival and sense of well-being.

CREATURES OF THE LAND

The animals which live primarily on land are closest to us since we also are land-born creatures. Land creatures live in the jungle (symbolic of the dark, entangled unconscious), in the wild (symbolic of the wild, untamed psyche), and in zoos (symbolic of our contained or imprisoned psyche). Lions, tigers, wolves, coyotes, monkeys and polar bears inhabit our dreams and show us our relationship to their particular instinctive energy — whether we are constructively related to that energy or out of touch with it in some way. These undomesticated animals symbolize the undomesticated parts of our psyche. Other creatures of the land are more related to human beings, are more domesticated. These animals live on farms and in our house: cows, goats, horses, sheep, dogs and cats. Each of these creatures symbolizes a particular instinctive force. Horses, for example, often symbolize sheer energy — horse power. How am I, the dreamer, related to the horse in this dream? How is my "horse" faring? Is it starving? Is it damaged? Is it running wild? Paying attention to these animal energies gives us clear direction about our basic psyche energy and how we are relating to that life force.

CREATURES OF THE AIR

The air symbolizes spirit, archetypally. "Spirit" is a difficult-to-define quality. Birds in flight remind us of our "soaring spirits." Specific birds may have significant meaning to you. Sometimes a bird (about which you know nothing at all) will appear in a dream; learning about that bird may inform you of a very important essence of your own spirit. "Taking flight" is a common metaphor for "flights" of imagination. Human beings, like birds, yearn to "fly" — to take flights of fancy and to soar spiritually. Birds symbolize that part of our nature.

CREATURES OF THE SEA

Water, particularly the ocean, is archetypally symbolic of the great Unconscious, the depth and source of all Life. Creatures of the sea

are symbolic of our relationship, or lack of it, to the vast Unconscious. Swimming with the dolphins or whales is a fascinating image, for example, of an easy and connected relationship with the Unconscious, with the source of Life. Fishing is a common theme in the dreams of people who begin to increase their consciousness with dream work: bringing up fish symbolizes bringing up contents of the unconscious. There are particular fish and sea creatures in dreams that suggest particular connections to the water of life. Some of these creatures can live on land and in water; they are particularly fascinating as symbols of our connection to the Unconscious. We, too, once lived in the "water" of the womb!

IMAGINAL ANIMALS

Dreams of children often are full of imaginal creatures who live on land, sea, and in the air — dragons, duck-dogs, winged horses, purple cows, people birds, and so on. These creatures show the rich capacity of the psyche to express itself in metaphors, which speak directly to the dreamer, and to the souls of others, in ways not yet differentiated, as well as instinctive energies, which transcend ordinary consciousness. The unicorn and the sphinx are two such imaginal animals of historical and universal appeal.

SACRED ANIMALS

Animals are often the connector between man and god in sacred ceremonies. Early civilizations treated the animals as gods themselves. In early religions animal sacrifices were required, perhaps symbolizing the need to sacrifice one's "animal" nature to advance in consciousness. Shaman practices include animal guides. The native American religions are centered in human-animal relationship. Perhaps the animal in our psyche is the carrier of our soul, which has not yet been too intellectualized.

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LESSON TWO

READ THIS SECTION BEFORE CONTINUING THE TAPE.

The last twenty-five minutes of the tape contain

1. Another look at ANIMALS IN DREAMS in a conversation between Elizabeth Strahan and another Jungian analyst, Charles Zeltzer,
2. Four dreams about animals,
3. Active imagination, adding Movement to the methods learned on Tape One.

WATCH THE LAST TWENTY-FIVE MINUTES OF THIS TAPE

It is helpful to hear how another Jungian analyst helps his clients analyze the animals in their dreams. Notice, again, the strong emphasis on personal associations before you look at the cultural and archetypal.

EXERCISE ONE

The purpose of this exercise is to show you how dreams can contain wisdom for individuals other than the dreamer.

Pick

1. One of the four dreams from the tape (40-47 minutes on the tape)
Woman's Bull dream
Bullfighter dream
Frog dream
Snakes dream, or

2. Any simple fairy tale that has an animal in it. Write down the dream or fairy tale as though it were your dream. USE PRESENT TENSE. Apply each step of THE METHOD to this "dream" as though it were your own dream. Pretend you just woke up and recalled this dream.
 1. Identify the Feeling.
 2. Name it.
 3. Look at the drama (setting, characters, plot, resolution).
 4. Underline the key elements.
 5. Make your associations (personal, cultural, archetypal).
 6. Skip the step of Life Context.
 7. Substitute the associations to find the message of the dream or fairy tale.
 8. DO ACTIVE IMAGINATION USING MOVEMENT.

Try to forget your inhibitions and self-consciousness. Move like the animal in the dream or fairy tale and feel into what this movement has to say to you on a deep body level.

Write several sentences to yourself that describe the differences you felt between analyzing a dream you actually dreamed and a dream or fairy tale you pretended was your own.

You are gaining more and more experience in applying THE METHOD to dreams. You should now start keeping a dream journal. Record your dreams every day. You may order a dream journal by calling 1-800-301-5553.

POINTS TO PONDER

IT IS IMPORTANT TO FORM THE HABIT OF DAILY RECORDING OF YOUR DREAMS!

Dream recall depends on your attending to the dream immediately upon waking. Repeat the dream in detail to yourself before even lifting your head from the pillow. Then write the story (in detail) or whatever images or pieces of story you can recall.

Remember that you can prepare yourself to receive these

messages from the unconscious by giving yourself this suggestion before you fall asleep: "I know that I will dream. I will remember the dreams with ease and openness."

Dream Inviting, Dream Catching, and Dream Weaving can become a self-enhancing and centering process of living a more creative and integrated life.

RECOMMENDED READING

TAPES I AND II: THE METHOD (DR-101)

If you can read only one book, read:

JOHNSON, ROBERT. *Inner Work*. San Francisco: HarperSanFrancisco, 1989.

RELATING TO YOUR DREAMS: MORE METHOD (DR-102)

If you can read only one book, read:

HANNAH, BARBARA. *Active Imagination*.

Recommended Books Are Available At
C.G. Jung Library & Bookstore
10349 W. Pico Boulevard
Los Angeles, California 90064
(310) 556-1196

Call 1-800-301-5553 to order the Dream Journal Workbook or more tapes in this series.