

MEN IN MEN'S DREAMS (DR-105)

The purpose of this tape is to discuss the most common patterns of men who appear in men's dreams and to demonstrate how a man can transform and enlarge his image of "what it is to be a man" by working with his dreams. He can learn to recognize and relate to his shadow by working with such dreams.

If you are a woman watching this tape, take special note of the different issues which men confront in their dreams concerning male identity as a result of their personal family history, as well as the current organization of our cultural system.

READ THIS SECTION BEFORE WATCHING THE TAPE.

The following common themes are discussed in depth on this tape:

1. The Masculine Itself
2. The Shadow
 - A. Positive
 - B. Negative
3. The Father
 - A. Suppressor of Development
 - B. Supporter of Individuation
4. The Eternal Boy
5. The Wise Old Man

As you watch the tape and observe the types of dreams grouped under each theme, WRITE DOWN by each theme sufficient notes to remind yourself of any similar dream you have had.

WATCH THE VIDEOTAPE IN ITS ENTIRETY.

EXERCISE ONE

Look at the notes you took during the tape. If you have not already started a Dream Journal, use these dreams to start one. If you have a Dream Journal, add to it any dreams you have remembered about men which are not already written down.

For the purpose of analysis in the following exercises, write down the dreams grouped by theme.

EXERCISE TWO

Write a brief sketch of how you see yourself as a "man" in this culture. How do you feel about your self-image compared to your idealized image of "manhood?"

Choose two men of approximately your age who have appeared in your dreams. Describe these men. How are they similar to you and different from you? What qualities do they have which you like and don't like?

Recognizing that each reflects a part of yourself, what qualities or behaviors do you see that you need to accept or change in yourself? Can you respectfully accept parts of yourself which you have previously rejected or denied, understanding that, with consciousness, you can choose which aspects of yourself are appropriate to express in your everyday life?

Answering these questions about men in your dreams gives you a glimpse into your shadow, both positive and negative. This is a first step toward enlarging your sense of acceptable masculinity and toward an experience of wholeness.

EXERCISE THREE

Was your personal father a suppressor of development or a supporter of individuation?

If you are a father, what kind of father are you?

Describe the father figures that have appeared in your dreams. Do they reveal to you aspects of fathering which have been neglected in your life? Or, do they reflect some destructive tendencies in your own "fathering" experience about which you need to become conscious?

EXERCISE FOUR

Have you had dreams in which you are a young boy? Or in which you are encountering a young boy? In what ways can you see this young masculine operating in your daily life? Is it constructive or destructive? Do you need to "grow up?" Or do you need to accept and allow more youthful ideas and feelings to enliven your life?

Write a page about your happiest moments as a boy. Write another page about your greatest suffering as a boy. Write a third page about an imaginal boy who can do anything he wants and be anything he wants. Write now about how this boy-energy effects your present-day activities and relationships.

EXERCISE FIVE

Choose a dream with a man in it who is older than you. Is he someone who could be a helpful mentor to you? If so, engage in an imaginal dialogue with him. Ask him for guidance and support about some question which is important to you at this time. If you do not have a question, ask him for direction in your life. Then listen to his answer: let your hand do the "talking," try not to think about it; try to let the wise older man write to you. Tell him how you feel about his guidance and advice. Question whatever does not feel right; but listen with respect. Write the dialogue as if you had a correspondence with just such a source of wisdom. Do what he recommends.

POINTS TO PONDER

The men in a man's dreams point to both your unrecognized Shadow and your deepest Self. By engaging with these figures, you can earn self-knowledge and a depth of self-confidence about your own unique way of being a man. These encounters enrich and enlarge your sense of masculinity by connecting you with the archetypal masculine as Father, Hero, Eternal Boy, and Wise Old Man.

RECOMMENDED READING

TAPE V: MEN IN MEN'S DREAMS (DR-105)

If you can read only one book, read:

MONICK, EUGENE. *Phallos*. Toronto: Inner City Books, 1987.

Recommended Books Are Available At

C.G. Jung Library & Bookstore

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