

## MEN IN WOMEN'S DREAMS

(DR-104)

### LESSON ONE

This tape shows women how to interpret the men who appear in their dreams. When a man is one of the key elements that a woman has underlined in a dream, this tape teaches how to explore him in terms of what he is doing, as well as who he is and how he is relating to the dreamer. These considerations add depth to the associations.

If you are a man watching this tape, approach it as one of the most important sources of information that you can obtain about the inner life of the women you know: about how the inner masculine colors their perception of men and the world. It will be very interesting and helpful for you to discuss it with a woman after she completes the exercises. You can be an agent of objectivity for her by helping her stand against the negative forces in her unconscious. You can also be helpful in not identifying with her inner masculine figures.

#### WATCH THE FIRST FORT-FIVE MINUTES OF THIS TAPE.

Stop after Elizabeth Strahan reviews Emma Jung's four ways of viewing the masculine, just before she discusses Active Imagination.

#### EXERCISE:

Elizabeth Strahan describes a number of ways men appear in women's dreams. Go through the following list and write down by each any dreams you remember where that kind of man has appeared.

#### A MAN WHO IS

1. Moving Against
  - A. Breaking in
  - B. Raping or killing
  - C. Chasing
2. Moving Away
  - A. Separation from

- B. Extreme loss
- C. Abandonment
- 3. Moving Toward
  - A. Complete identity: sexual intercourse
  - B. Making love
  - C. Helping, giving gifts
- 4. Moving With
  - A. Driving your car
  - B. Being with, in a kindly or helpful manner
  - C. Dancing with, or engaging in a cooperative activity

A MAN WHO IS PERFORMING A FUNCTION:  
MEN WHO ARE

- 1. Unknown
  - A. Stranger
  - B. Group of men
  - C. Eternal boy
  - D. Baby boy
  - E. Old man
- 2. Known Men
  - A. Personally known
    - 1) Father
    - 2) Grandfather
    - 3) Husband
    - 4) Lovers
    - 5) Sons
  - B. Cultural Figures
    - 1) President or king
    - 2) Actors or Performers
    - 3) Religious leaders

Now group the men you have listed as

- 1. Men of Physical Power
- 2. Men of Action
- 3. Men of Words
- 4. Men of Spirit

After looking back at the listing of your dreams in the various

categories, write a couple of paragraphs describing the images of the masculine that have appeared from your unconscious.

How does this image differ from what you have learned in our culture about the masculine?

Does this image reflect or compensate for the men in your waking life?

Does this image control how you treat the men in your life?

How does this image effect how you respond to the men in your life?

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LESSON TWO

WATCH THE REMAINDER OF THE TAPE

The purpose of these exercises is to help you transform the masculine to be more positive and helpful in your waking life.

**EXERCISE ONE:**

Choose the most negative man that has appeared in your dreams. Talk to this man.

Ask him:

1. Who are you? Listen carefully to "his" answer. Write down his answer faithfully.
2. What do you want from me? Listen carefully again; let your hand write whatever comes through it. (Sometimes you can use the alternate hand to write from an unconscious figure.) Tell him how you feel about what he has said. Have it out with him. Write down the dialogue.
3. What can I do to get your help? If there is something reasonable and appealing to you requested, then agree to do it . . . and DO IT. If the request is unreasonable, do not "sell your soul to the devil," as it were, say NO. If he continues to bully you, face off with him, and tell him to "GO AWAY!" "LEAVE ME ALONE!" Stand up to him. Write down your conversation in detail.

**EXERCISE TWO:**

Choose a helpful man who has appeared in a dream. In a written or verbal dialogue, ask him

1. Who are you? Listen carefully to his answer and record it. Tell him who you are and how you feel about having his help.
2. What do you want from me? Are you willing to do what he asks? Would it be good for you? Let him guide you toward greater creativity, greater health. Express appreciation for his guidance.
3. Continue a daily dialogue with him, as you would a trusted friend. Listen to his questions and to his advice. Judge for

yourself the merit of it and let him guide you toward your own self-direction and self-expression. Let him be your inner companion. See how he changes as you change: watch for new male figures in your dreams.

### EXERCISE THREE:

Each time you dream about a man, add him to one of the categories listed in Lesson One. Put a date by each entry.

### EXERCISE FOUR:

Calendar a month from now to look back at the men who have appeared in your dreams since the above Active Imagination dream work. Write a paragraph comparing these images to those in the paragraphs you wrote in Lesson One.

### EXERCISE FIVE:

Calendar six months from now to repeat Exercise Four.

### POINTS TO PONDER

The men in a woman's dreams both reflect and color her perceptions of men in her daily life and her attitudes toward the world of work and creativity. As a woman engages with these inner figures in Active Imagination, she develops a sense of her ability to encounter the masculine while holding her own perceptions and judgements. The masculine figures in her dreams respond by changing their behaviors, by becoming new kinds of men, and by becoming more positively related to the dreamer. The Unconscious is very responsive to Inner Work.

## RECOMMENDED READING

### TAPE IV: MEN IN WOMEN'S DREAMS (DR-104)

If you can read only one book, read:

LEONARD, LINDA. *On the Way to the Wedding*. Boston: Shambhala, 1987.

Recommended Books Are Available At

C.G. Jung Library & Bookstore

10349 W. Pico Boulevard

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