

Dreams for Waking Life

Every night the same scene appears in her dreams: a bus, people getting on. She runs to catch it, with a heap of luggage. However, when she reaches the stop, the bus closes the door and leaves. Without her. Nearly every night, for several months, this dream repeats, turning into a nightmare. What does it want to tell her? Why does it repeat every night?

Maybe you also have such repeating dreams. And they surely bring important messages for your life so that you can move to where you wish to be, in your personal life or in business. Dreams are one of the gates to our subconscious and we are the owners of the keys to this gate.

The following text is a dialogue of two dream interpreters and coaches, Dana-Sofie Šlancarová (the Czech Republic) and Jane Teresa Anderson (Australia), about their journey to dreams, dreaming and working with dreams.

Dana-Sofie: Our Central-European, rational Cartesian culture seems not to care much about dreams and dreaming. Maybe we endorse psychoanalysis, but otherwise we give dreams little weight and little importance. On the other hand, when I start to talk about dreams and possibilities of their interpretation, it is a topic that very quickly catches everyone – everyone

spirits and ancestors shaped the earth and sang all forms of life into earthly being. Individuals or groups have different Dreamings – for example, Honey Ant Dreaming, or Kangaroo Dreaming – which they are born into. The Dreamings tell the stories of their origins, their connection with spirit, the beliefs and laws they must uphold. So the Dreamtime is more



Dana-Sofie Šlancarová & Jane Teresa Anderson

On Dreams and Dreaming



has a dream now and then. Is it different in Australia? As far as I know, original Australian myths are based totally on dreams; according to them, the world was created in the time of the Dreaming.

Jane Teresa: Indigenous Australians (Aboriginal Australians) believe that all life exists eternally in what they call the Dreamtime. It is the place from which all living things are born into the world, and the place to which they return upon death. The Dreamtime stories tell how, in ancient times, Dreamtime

about spiritual connection and guardianship of the earth, its plants, animals, and people, than about the time spent asleep and dreaming. Of course, on a deeper level, the Dreamtime can be seen metaphysically as our non-physical energy that we draw upon to manifest the physical, but I do not know whether the indigenous Australians would agree with this view.

In the sense that interpreting our dreams helps us to understand our conscious and unconscious beliefs and therefore helps us to understand the choices we make in the world (and therefore the life we create), we might say that we all dream our physical life into being.

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Australia is a multicultural country, and I imagine there are as many views on dreams and dream interpretation here as there are in Central Europe.

It is true that everyone lights up and gets very excited when the subject of dreams and dreaming comes up. Even people who don't recall their dreams know that they dream, and are often very curious to know why they don't remember their dreams and, more importantly, they want to know how they can remember them as they want to have that experience. Those who do remember at least some dreams are curious to know why they dream, curious to know if their dreams are meaningful.

We believe in our dreams while they're happening. We experience them as reality. On waking, whether or not we believe our dreams are meaningful, we want to know why those experiences seemed so real.

Dana-Sofie: My dream experience and practice leads me to distinguish several types of dreams. Most frequently, we dream dreams that I call "cleansing dreams". These dreams "clean" and put into some sort of order what happened in our waking life one or two days



ago. At the same time, these dreams contain very strong inputs from our subconscious regarding our behaviour patterns – especially the less functioning ones. Therefore they are very important for the dream work. (These are the dreams about buses leaving without us, about constantly cleaning someone else's house, or about being run over by a herd of wild horses etc.)

The other type of dreams I call "dreams of the soul". Very frequently, we are able to remember only feelings, colours, shapes or light from these dreams, but we cannot recall a concrete story, especially if we are not that experienced in remembering dreams. We can get important messages in these dreams that are, however, often lost on waking or seem very trivial to a rational mind. These dreams frequently abound in very strong and very

pleasant energy. I consider these kinds of dreams as a time our soul spends in other spheres being restored and also working in the non-physical.

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And, last but not least, there are the so called "prophetic dreams", in which we are able to see our future, the future of our relatives or friends, or the future of the whole planet.

Does your dream research reveal similar categories?

Jane Teresa: While I can point to a dream and call it a cleansing dream, a healing dream, a problem-solving dream, a spiritual awakening dream, a stuck-in-a-pattern dream, a telepathic dream, or precognitive dream – to name a few – I tend not to categorise. My dream research leads me to approach each dream as a reflection of the dreamer's conscious and unconscious experiences of the previous 24–48 hours, as the dreaming mind (or self, or soul) processes those experiences and compares them to all past experiences and 'files' them accordingly. In this way, the dream continuously updates the dreamer's mindset, in particular her beliefs about the world and her place in it.

Commonly our dreams reinforce our beliefs, as we tend to perceive the world according to our already existing beliefs. Interpreting a dream allows the interpreter – at a more objective distance to the dreamer – to identify the dreamer's conscious and unconscious beliefs – her mindset – by observing the way her dreaming self processes her experiences.

As dreams help us to bring what is unconscious into consciousness, they help us to awaken and evolve at every level.

Occasionally our dreams capture transitions, when an old belief is released or overwritten by a new belief, when a new attitude or behaviour pattern or way of seeing the world and our place in it settles tentatively into place. These dreams tend to be more surreal,

colourful, or emotional, as the dreaming self searches for ways to express new concepts and release the old. We can wake from these dreams with new insights, anything from a practical solution to a long-term problem to a whole new way of sensing our spiritual nature, divine connection, purpose and meaning in life. While respecting this process – and always standing in awe of it – I still approach such dreams from the perspective of what it reveals about the dreamer’s mindset (her understanding at every level of her world and her place in it), as I believe this encourages the dreamer’s evolution on every level – physical, emotional, mental, and spiritual.

I see every dream, whether it presents as a prosaic story, a precognitive dream, or a deeply spiritual transformative experience, as a reflection of the dreamer’s journey through life, a journey that can be understood at whichever level one chooses to interpret – physical, emotional, mental, or spiritual – since we exist at each of these levels simultaneously whether or not we are conscious of this. As dreams help us to bring what is unconscious into consciousness, they help us to awaken and evolve at every level.



Jane Teresa Anderson

An internationally acclaimed dream analyst, dream therapist, dream alchemist and personal development life coach. The author of six books on dreams (eg. *Dream Alchemy* or *101 Dream Interpretation Tips*).

Born in England, now living in Brisbane, Australia. Originally studied zoology and specialized in neurophysiology. She has been researching dreams since 1992, developing a number of dream alchemy



techniques that allow her clients to shift their perspective and transform their unconscious limiting beliefs. As a dream coach, she helps her clients to see their unconscious mindset and how it affects their waking life, helping them further to change and transform it for more enriching outcomes.

She is a frequent guest of Australian television and radio shows. For her monthly podcast series see thedreamshow.tv. More information about Jane Teresa Anderson, her work, books and services can be found at www.dream.net.au.

Dana-Sofie: I have now a more personal question: How did you get to working with dreams? You originally studied zoology, so what was the turning point?

Jane Teresa: I’ve been fascinated by my dreams since I was a small child, and although my honours degree is in Zoology, I specialised in developmental neurophysiology because I was interested in how the brain makes sense of our world. The turning point came sixteen years after I graduated. I simply crossed the threshold between being fascinated by my dreams (and leaving it at that) and feeling a calling to follow my passion. Suddenly people were mentioning their dreams, and while I noticed that I had a natural feel for their

meaning, I just knew that I needed to read and explore, no matter where it would take me.

Within months of accepting this path, I was on radio on a regular basis interpreting callers’ dreams, and then, one day on air, I heard myself announce that I was going to write a book on dreams and needed people to volunteer to take part in my research. The audience responded, and I had a book contract with HarperCollins three months later, based on an outline proposal. The research began!

In hindsight the turning point was hearing the call (recognising the passion), making the commitment (to myself), and then responding as doors quite magically opened to welcome me onto the path. I have been on this path for

nineteen years now, and my dream interpretation skills are light years beyond where they were that first year on radio, but

every journey begins with a first step, and that was mine.



Dana-Sofie Šlancarová

A dream coach, dream interpreter and dream interpretation lecturer.

She studied English and Czech at Masaryk University in Brno, Czech Republic. She started her career as a university teacher of translation and corpus linguistics.

Later on she worked as a freelance translator, proof-reader and photographer. Recently, she founded a company called OSULE that publishes books and audiobooks “with the potential of changing people’s lives”, and organizes personal development courses



focusing especially on conscious business, conscious womanhood and conscious dreaming.

She also takes part in the *Moon Inside You* project (www.mesicvnas.cz), working with the potential and wisdom of woman’s menstruation cycle. She teaches courses of conscious female time management.

She has been working with dreams for more than ten years – being led and taught by her dreams. She is also a pupil of Jane Teresa Anderson, an Australian dream coach. She is interested especially in the possibility of utilizing the dream messages for everyday life and business decisions.

For more information about Dana-Sofie Šlancarová and her work and courses see www.sneni-a-duse.cz and www.osule.cz.

Jane Teresa: And what was your turning point, Dana? Like me, you have an academic background, so what enticed you to work with dreams?

Dana-Sofie: Recently I’ve realized that I still do what I studied. I studied Czech and English and specialized in translation. And what is interpretation of dreams? Translation of the meanings of dreams symbols coming from the subconscious into the language used by our conscious mind. So I only changed languages I translate from.

For me, dreams are a great source of wisdom and inspiration, and also a source of loving and caring energy to which we have direct access.

I was fascinated by dreams from my early childhood. I can remember many dreams from that time (often dreaming about the Cold War, sic!). Then I met one lady who could remember a dream every night, maybe two. And I wanted

to develop the same ability. After a year or so I started to remember not one, but three or five dreams. And dreams started to prompt me to begin to work with them.

I searched the Internet and found your articles and free books. Read them, applied the principles described, and it worked perfectly. I started to talk more about dreams and people started to ask me for interpretation. But I felt it was important to teach them to interpret their dreams for themselves, therefore I started to give lectures and courses on dream interpretation.

What the dreams indicate to me now – and I follow the call – is using their messages and wisdom for daily decisions both in life and business.

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Our dreams reveal the unconscious beliefs that result in the waking life we experience, whether that is our private, our business, or our career life.

Dana-Sofie: You also work with people in business. Can you describe how you use the dream work when working with people in companies?

Jane Teresa: I make no distinctions. I work with each client by exploring their dreams, as their dreams reveal the unconscious beliefs that result in the waking life they experience, whether that is their private, their business, or their career life.

When working with people in companies (or whose employers fund their sessions with me), we focus on business or work issues that the client wants to address, or goals that they want to achieve, and then explore their dreams with this in mind.

The reason I say there are no distinctions, is that I work in the same way with clients who consult me for personal reasons, i.e. we focus on the issues they want to address, or the goals they want to achieve, and then explore their dreams with this in mind. In reality, of course, whichever outer world level we focus on simultaneously relates to all other levels, so we actually address everything, but we do this by focussing on what the client wants to achieve.

Also, when I work with companies, they usually choose Life Coaching, which is a series of weekly sessions in which I combine dream interpretation, dream therapy, and dream alchemy, with working with (and interpreting) the symbolism of their waking life experiences. With Life Coaching, clients are accountable each session for doing the previous week's dream alchemy and implementing agreed steps towards their goals. In weeks where clients have no dream recall, we work directly with their waking life experiences. (Life Coaching is also a popular option for private clients, and a favourite for those who prefer the continuity of discussing their dream alchemy results and waking life outcomes.)

Dana-Sofie: And last question: Do you prepare anything for Czech readers or clients? Australia is far away, but not that far away in the time of the Internet...

Jane Teresa: Around half of my clients do not live in Australia. My consulting work is largely done by Skype or phone, so distance is no barrier. I consult in English, so my clients need to be fluent in English.

My 'Dream Spa Indulgence' eCourse will soon be available in Czech, thanks to your translation skills, Dana.

She realized that the cause of her missing the bus is the amount of luggage she constantly carries with her. As part of the dream alchemy practice she created a different version of the dream: She walks – slowly and surely – with one stylish handbag to the bus stop. She reaches the stop before the bus comes. Then she gets in and departs.

Changes in her waking life followed. She was able to put away her luggage of old thoughts and beliefs that prevented her from living in true freedom and following her inner truth. She lost twenty pounds, quit the job she did not like and started to make a living in a profession that gave her joy and fulfilment.

If you have the same feeling that you carry your luggage of old thoughts and beliefs with you all the time and the bus of your life leaves without you, and you want to change this situation, visit our websites www.sneni-a-duse.cz and www.dream.net.au.

The text was prepared by Dana-Sofie Šlancarová.