

NYTS: MID-CAREER EXPLORATION.....Dream Interpretation

For several years we've used in M-C, group process, with multiple hermeneutics, to help each other milk persistent dreams--for self-understanding, personal guidance, and learning to help others in the nonverbal depths. The following is the frame Ann Faraday uses (160f, DREAM POWER, Coward Mc G/72). Use it now to write on your most persistent recent dream:

1. "Does it contain any objective truth?" (First-level insight: "about facts in the outside world which have been perceived below the belt....unassimilated into conscious awareness"--the LOOKING OUTWARD step):

2. No evidence of objective truth in this dream? Then what does it say about your "conceptions of life"? ("The dream as a distorting mirror which has twisted external reality according to the dreamer's inner attitudes and conflicts, giving a picture of his own unique inner reality"--thw THROUGH THE LOOKING GLASS step):

3. What does this dream say about your "deepest inner self?" (What images and themes "'feel' as though they have arisen directly from some deep layer"--the LOOKING INWARD step--"why we build up such attitudes" as we see in the how of step #2, "how we see ourselves, others and the world"--whereas step #1 is what):

Willis Witt
1971