

Making Sense of Bizarre Dreams



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"Dreams are a natural expression that unfolds in every individual."

IN WORKING WITH DREAMS of individuals and in group settings, I often hear: "I had this totally weird dream!" I am not at all surprised with this comment. I too thought dreams were confusing—that is, until I began to study them and understood their impact on my life.

Have you wondered why symbols, situations, places and people show up in your dreams, out of place, unannounced, and unexplained? Have you seen yourself and others in various settings such as shouting at workplace, naked on a bus, driving on the wrong side of the road, writing without a pen, or planting a tree upside down? Waking up from our "weird" dreams, we wonder if there is a hint of reality in them. For sure, dreams are seemingly baffling, difficult, amorphous, or even paradoxical—but they are not without meaning. Dreams are natural expressions that unfold in every individual.

Quite skillfully, Cayce made sense out of bizarre dream imageries. A man asked Cayce to interpret his dream: "A dummy with a blue lady's suit and no head was sitting on our day bed." This dream referred to the dreamer's questionable associations with certain individuals. Cayce told the dreamer that it was a warning message, remarking, "Rather seek the association, the counsel and advice, of those who are not as dummies." (137-97)

In a dream, another man heard, "Don't get off while the car is moving!" This dream warned the dreamer not to jump to quick conclusions. (900-160)

A woman named Adeline submitted the following dream for Cayce's interpretation.

"I was going in to swim from a rickety platform—very unsubstantial in its structure. As I jumped in or tried to dive in, I made a belly whopper—i.e., landing on my stomach—it hurt." (136-22)

Adeline could have dismissed this dream as senseless and bizarre, as the imagery would lead one to believe, *prima facie*. But Cayce showed her how she could make sense out of this: The entering or diving into the water and the desire to swim symbolically represents

Adeline's desire to become a mother or enter into motherhood. The belly whopper that hurt her signifies a warning to Adeline that she is not physically prepared to become a mother yet. The dream warned Adeline to take special care of her body if she is to become pregnant. Three months after this dream, she reported a miscarriage.

Her subsequent dreams showed her how to care for her body. Adeline also dreamt of having a baby and motherhood. These dreams, Cayce pointed out, went beyond the obvious message of the dream—announcing the arrival of a child—to instruct Adeline about what is important to the arrival of a healthy child: the mother's preparation, and her attitude surrounding the imminent pregnancy and childbirth. Approximately a year later, Adeline gave birth to a healthy boy.

FROM THESE EXAMPLES, we can see that dreams with seemingly unrecognizable patterns do indeed have meaning. Honoring our free will, dreams do not dictate to us what we ought to do. Instead, they merely point out a condition. The dreamer's task is to study this condition, then change by applying the highest principles he knows. Consequently, the correct application of the dream message can indeed elevate us physically, mentally, spiritually, morally or financially. In the above dreams, certain conditions are revealed by the dreams—one dreamer's questionable associations; another man's tendency to jump to quick conclusions; and a woman's lack of physical preparedness. It is now up to these dreamers to make the appropriate changes in waking life, which will bring positive outcomes to their lives.

Since we may not be accustomed to the higher reasoning of the subconscious, dreams look distorted to us. Therefore dreams are easily rejected as absurd or meaningless. Just as a stick held in water appears to be bent, dreams too look distorted if we view them strictly from the lens or reasoning of the waking mind. (900-59) We must go beyond this familiar, material viewpoint to yoke the true meaning of seemingly jumbled dream imagery. Only by undertaking a deliberate study of dreams can we begin to appreciate their tremendous capacity to aid us. 