



IN YOUR DREAMS

by Jerry Lazarus, MA

The Hulk Shall Be No More

VIVIAN, WHO HAS BEEN SUFFERING FROM A CHRONIC illness, shared a dream with me: “I was with the Incredible Hulk and needed to take the lead where previously the Hulk had always led us. I navigated through an area where I had to avoid people seeing us. We made our way through the hallways of a professional office building without being seen. It was very difficult to go unseen and to keep the Hulk under wraps. I finally realized we needed to exit the hallways. I saw what I thought was a men’s restroom and went in there to hide. A man handed me a set of headphones saying he was finished with them and I could use them. It turned out that it wasn’t a men’s restroom but a place to listen to guided meditations to better cope with stress. After I put the headset on and started the meditation, the Hulk was no longer in sight. It was just me.”

This was Vivian’s interpretation of her dream: “Well, as you know, the scientist who was Dr. Banner unwillingly turns into the Hulk whenever he experiences strong negative emotions like anger or fear. The dream is telling me that I’ve been led by these emotions, and even when I realized I could take control, I still couldn’t do so entirely on my own. The Hulk represents anxiety, stress, fear, anger, disappointment, disillusionment, which have been lurking under the surface and affecting me, especially when I get very sick. Through meditation, help will come.”


Vivian’s interpretation needs little commentary. In her waking state, she has been trying to follow the pattern of Jesus and the Christ ideal through prayer. As a result, this dream provides insights and instruction. When Vivian uses the phrase, “unwillingly turns into,” it indicates an unconscious reaction. Rather than give in to such habitual brute reactions and allow her lower emotions to lead while facing adversity, Vivian needs her “better self” to take charge. The headphones represent her tuning out negative emotions to listen to God in meditation.

Six months later, Vivian had another dream about the Hulk, and help came: “I was struggling not to turn into the Hulk, and someone else was struggling not to turn into the monster they turned into when they lost control of themselves. I was doing okay, but I couldn’t quite control myself all the way, and I ended up hiding under the covers because I didn’t want to hurt anyone. Then a man came into the room. I understood

him to be Jesus. His vibration lifted me and made the struggle disappear. It was so hard for me alone, but it was so easy with him there. I even said to him how easy it felt, how the struggle melted away when he was there. I asked what I was doing wrong. He said I hadn’t done anything wrong and that sometimes we just need his help.”

Vivian told me that she was struggling again with her illness, that she was overwhelmed with fear and felt like a failure. This pattern of fear had reached gargantuan proportions represented by the Hulk, but she was assured in her dream that she wasn’t doing anything wrong. When faced with adversity, she learned she could turn within where Jesus promised to meet her and remove her distress. Vivian can choose to replace her thoughts of fear and self-condemnation with Jesus’s promise: “In the world you will have tribulation; but be of good cheer, I have overcome the world.” (John 16:33) Vivian can also affirm another promise in place of fear: “It is I, be not afraid.” (John 6:20)

These dreams that came to Vivian six months apart demonstrate the importance of consistently recording dreams because themes unfold over time. Vivian’s sincere attempt to interpret and apply her first dream triggered the second, more potent dream with specific guidance on how to overcome the Hulk. Her prayers, meditation, and enlisting the help of Jesus after the first dream brought his healing presence to her in the second dream. As she relies upon the promises and learns to think constructively, Vivian will experience greater healing, and the Hulk shall be no more.

For, all might, all power in heaven and in earth has been given into His keeping. For, He—having overcome the influences of the world of matter, being endowed with the spirit of truth, and helpfulness, and hopefulness, and love—is able to keep thee from falling into the errors of materiality. (1877-1; Matt. 28:18) 



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