

Those Pesky Recurring Dreams



It's vital to pay special attention to our recurring dreams!

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— Join Jerry at the Spring Seabeck Retreat in Wa., March 29-31, 2019.

RECENTLY, A MIDDLE-AGED MAN whose hobby is windsurfing told me that he has been having a recurring dream—and he shared it with me.

I'm surfing, and suddenly I see a shark in the water. Consumed with fear, I rush to the shore.

In a waking state, this fellow is going through a transition in his career, and it has been “scary” for him. The dreamer's feeling about the transition can be represented by the shark in the dream which causes fear and panic. Just as one would leave shark-infested waters to find safety on the shore, the dreamer ought to leave his fearful thoughts for that of a positive, constructive attitude. If he doesn't root out his fear, he may succumb to it, reminiscent of the biblical passage: “What I feared has come upon me; what I dreaded has happened to me.” (Job 3:25)

A few months later he had another dream.

I'm watching two teenage girls surfing. Suddenly, I see a shark lurking around.

Not having dealt with the condition shown in the dream, and still in the process of transition, the dreamer is continuing to have the same theme repeated in his dreams. This time the dream is showing his fears concerning his teenage daughters: he's concerned about providing for them. His financial uncertainty is causing fear—the underlying emotion which he needs to overcome.

A 31-year-old woman told me that she has a recurring dream in which she's wearing a hat. When she removes her hat, there's another one underneath it, and this repeats ad infinitum. These dreams came to her in her 20s, near and around times of great difficulties or changes. These situations evoked anxiety in her, resulting in some arguments and resistance to change. However, over time she became flexible and adapted to the changes.

These dreams are alerting the dreamer of upcoming situations that need attention. With preparation, she can meet them without anxiety and arguments. If she applies spiritual truths (ideals) and meets the conditions prayerfully, she can transform her mental patterns into constructive and positive ones.

A woman in her late 30s shared the following recurring dream theme with me. She first told me the context of the dream: “I had a pet iguana during my teenage years. I took good care of him. He hung out on my shoulder or in my room. I had a cage custom-made for him and fed him all kinds

of fruits and vegetables. I even supplemented his diet with baby food in the winter when I couldn't find a wide variety of fruits, and I wiped his mouth clean after he ate. Years after I had given him away, I started having a recurring dream.”

The dream changed locations, and the details were different, but the core imagery was consistent:

I suddenly realized that I hadn't fed my iguana for a long time. Weeks had gone by, and I hadn't remembered him at all. I panicked and ran to find him. He was still alive but was skinny and hungry. I rushed to find some nourishing greens or anything that would be good and juicy for him to eat. I felt just horrible that I had neglected him all this time.

This dream is telling her that she herself needs nourishment, not just in body but in mind and spirit. She told me that every time she had this dream she hadn't been doing “relaxing things,” or exercising, meditating, or eating well. Later in her life, she had become very sick and therefore unable to work. And, she couldn't eat many foods, as she had allergic reactions. Just as her iguana in her dreams, she was skinny and often hungry.

One of my recurring dreams is that, as I walk along, I suddenly see coins lying around. Wondering why others haven't seen them, I pick them up. Usually, they are dimes, quarters or dollar coins, and occasionally silver coins. I feel fortunate and joyous, especially when finding silver ones or coins of larger value. To me, discovering and picking up the coins represents attaining truths on my journey through life. Coins of larger value show greater lessons learned or greater strides made. These recurring dreams are blessing me and encouraging me to keep on my path. In some dreams, however, the coins have dirt on them that gets on my hands. My interpretation is that I'm not grasping a truth or I'm misapplying a truth and need to make a correction.

Recurring dreams can also be messages encouraging certain actions. Cayce told a 38-year-old man who had recurring dreams in which he saw the ocean and smelled salt that with proper preparation he may have the opportunity to serve overseas. (853-2)

It's vital to pay special attention to recurring dreams, as they are pointing out a recurring pattern that needs to be overcome, or signaling important changes or opportunities coming in our lives. 