

## DREAM WORKSHOP

GURURAJ: Shall we meditate for a few moments? We normally start like that. [PAUSE] Aum shanti, shanti, shanti. Now, how about all saying it together with me?

ALL: Aum shanti, shanti, shanti.

GURURAJ: Open your eyes slowly. And namaste. And namaste. And namaste. Tonight is going to be a fun night. Good. And, as a workshop, everyone, or most of you, would be participants. You know, it's not going to be just a talk from me. Fine.

Now, what is a dream, and what is the basis of a dream? What causes a dream, and why do you dream? Now, dreams are triggered off through many, many, ways, and for many, many reasons. You might have an experience during the day, which has not been totally digested in the mind, or gone to the deeper levels of the mind, and just floating on the surface mind, and it would express itself in that way. But the major dreams, and most of the dreams, do not only belong to the happenings in this life. Most dreams are a concoction of happenings through many, many lifetimes. You heard me say this before that the mind is...a section of the mind is a memory box. And it just requires a certain amount of triggering to bring things back into your last night's dream, for example, that might have happened ten lifetimes ago. Fine. Now, when you dream what happens that you have one central point, and that central point attracts to itself various kinds of happenings and forms a kind of a story. Now, sometimes the story in the dream could be totally disconnected, but there is an underlying connection. The apparent story might be disconnected, but the underlying connection comes from the impressions you have had through all kinds of experiences that you might have gone through. They are living in your memory box.

To dream is a great gift of God. If you had to live some of the dreams in your waking state of life, your life could become very, very miserable. People talk to me about nightmares that they have. Then I tell them, "Very good. Have more nightmares," because through that mechanism you are ridding yourself of a lot of samskaras. So in the process of evolution we have so much help, through dreams, daydreams and all kinds of other thoughts that just crop up whenever you're not even thinking about them, they just pass through the mind. Now, that is basically the constituent of a dream and how dreams are formed.

Now, what we are going to do tonight is this, that any of you can start and talk of any recent dream that you have had or a current dream that has been happening all the time. So without much ado let's get any volunteer to start off with. I know

there will be a silence before the storm, but if you want to save time then...oh, Iris. Now, would someone... Vidya are you sitting so far or...? Could you, whoever puts hands up would you...? Yeah, would you do that? Right. I think Iris put her hand up first. Tell us about your dream.

IRIS: This is a recurring dream I've had since childhood and it's changed. [????] nightmare. And years ago, [???] memory, it would be a tidal wave that would come and be huge and terrifying, and I would somehow, sometimes it would be an elevator that would take me down to the bottom of the water and the waves would go overhead. I knew the wave was overhead although somehow I was way down on the bottom. And it has changed through many [????]. And the last time I had the dream it was very interesting, because as the tidal wave came I was with other people, and it was the first time other people had been there. And I found a way in which [????????????] water, but we could still catch a breath in between and we would be okay. We had to hold onto these things and I [????] everybody [????] held onto them and we survived.

GURURAJ: You survived. Now, this dream has been recurrent. How many times do you think it has occurred?

IRIS: Oh, hundreds.

GURURAJ: Hundreds of times. We will... I will show you the technique how to resolve a dream and find the meaning of the dream, because no psychiatrist or psychologist could ever interpret your dream for you. You get these little booklets, if you dream of water it means this, if you dream of a frog it means this. That is all bull. Right. The only person that could resolve a dream for you is you yourself. And I'll be showing you how to resolve the dream, and how to find the meaning. Meanwhile, we want many, many more stories. They can be hilarious, and if they are hilarious all the better; we'll have a good laugh. So just don't be afraid.

VIDYA: Jeri, has [INAUDIBLE]

Jeri: I had a dream recently where someone walked up to my front door, and it was a combination of two people. I understood that. How is it that you can understand that in a dream? It was two people two people that I know, but it was both.

GURURAJ: Uh hm. Right. Have you got a notebook there, and a pen? Right. Iris; tidal waves. Jeri; two people coming at the same time.

JERI: They were the same person.

GURURAJ: Same person, but they appeared as two. Hm?

VOICES: Two people appeared as one.

GURURAJ: Two people appeared as one, right.

VIDYA: Vern, [INAUDIBLE]

VERN: Mine is a recurrent dream. And in this dream I've traveled back about fifteen years to the United States Naval Academy. And it's as if I'm going back to complete something. The dream will often take different forms. Sometimes I will go back and I will [re enroll?] and I will finish. And sometimes I will get to where I'm almost finished and wonder why I came back anyway and leave. Sometimes I will go back there and it's like I'm invisible, or like I'm walking around in a dream. And I will see people that I knew and lived with. And sometimes people from my present existence are in there. That's it.

GURURAJ: Good. Naval Academy you are visiting? Right, and recognizing people. Right. We'll do four at a time. Okay. Paul, I think.

PAUL: I have a recurrent theme. And the theme is this that I'm being chased by a group of people, and presumably, if they catch me they are going to kill me. And it takes place usually in some kind of unusual environment, either ice or ponds or overgrowth or brush or something like that. And I always find some way to exploit some feature of the environment and never get caught. And then I wake up.

GURURAJ: Um, hm. Right. People chasing, and not get caught up. Next. Let's have a humorous one now.

VOICE: I have a dream about this mother and her son, who were kept in this old house, old New England house, and they could only go so far. There was a certain perimeter around the house that they could not cross. And the ground that they lived on was just...had tunnels all through it. And they could not leave, and it had something to do with some religious group in the community. And they had been there for a number of years. Another couple came that day...happened to come that day when this religious community was having this ceremony. They...there's a little more to it...but they insisted on staying. The woman who stayed in the New England house made quilts, and they insisted on staying, and they wanted to buy one. And she kept trying to chase them away, and they wouldn't leave. And they were just [?????] busybodies. And so the people from all around the community came for the ceremony, they put on their black hoods. And the people came to watch...the two people stayed to watch the ceremony. The son was like the High Priest, and the mother was the Priestess, and they were kept captive to be that. And what the mother realized during the ceremony was that these people were sacrifices. And I woke up kind of laughing, because the sacrifice was not of death. The sacrifice was that they were going to change places with the mother and the son. And I found it humorous because they insisted on staying and be the busybodies. And when the mother and the son could leave, and they were standing there saying, "Well, what do we do," and she says, "Well, you could make candles." Because they couldn't leave. [LAUGHTER] "And to keep busy you have to do something." And she says, "Well, maybe they'll let you make candles." The people [GURURAJ: Glasses.] weren't hateful or harmful, they just wanted a High Priest and Priestess there and...

[INAUDIBLE]. ...crafty things she was going to get into.

GURURAJ: Mother, would you change seats with Vidya, so she could point notes out to me?

VIDYA: I didn't know you were going to read this. [I wrote it, didn't] print it.

GURURAJ: Right.

VIDYA: Tidal waves.

GURURAJ: Yah. Jamie you heard Iris's dream of tidal waves that were coming over her, and in the end when she was with a group of friends, she got them to hold onto something and they were saved. How would you interpret her dream?

JAMIE: Well, we could look at it as being the typical deluge dream, where [the world?] was coming to an end, and she happens to have a certain group of followers. And she's positioned herself correctly to [GURURAJ: Help.] go through the disaster and pull them all through based on her knowledge of the last [ending?].

GURURAJ: Now, let me add onto what you said. The human mind contains so many levels: you have the higher mind and you have the lower mind. The tidal wave represented the higher mind. Right. The higher mind was trying to overtake the lower mind, deluge it, wash it away, and she was resistant to it. Now, being resistant to it, that dream became recurrent. Now, the people that were saved with her was people of her category, people that she knew. You know, and when you have friends, they are more or less, you know, the same type of people. And she didn't want them to be taken over by the higher mind, because the lower mind was finding pleasure on the seashore. Hm. That's one way. Now, in the end I will tell you how this can be resolved, and played out. Fine. Jeri, the two people who, you know, that appeared as one...who would like to without me pointing out names...who would like to interpret that? Anyone. Say anything you like.

BALOO: Guruji, I can't interpret that but...

GURURAJ: Doesn't matter how. It doesn't matter.

BALOO: [INAUDIBLE] of the dual. We are [???] more than just one person, we are more than one person [????????]. And then we don't understand when it's coming through.

GURURAJ: Um, hm. Very good. Now, as far as I know, Jeri, we've met a few times and she always had interests in higher things, things that go beyond the mind. And this could represent, the two people merging as one, is the ego...

JAGRITI: [????????] say meditate for about fifteen minutes and let the dream play out. Don't try to influence it in any way. Should you do that as soon as you get up?

GURURAJ: Yes. Yes, as soon as you wake up. And most people wake up with an interrupted dream, so just in your thought, while you're still in that hazy state let it play out. Say, for example, you're having a recurrent dream of being

raped, and you wake up in that fright. So let it happen in that half sleep state, raped or whatever you know, the pain you feel or the scare you get. Right. Live it out and you'll find it will never come back.

JAGRITI: What if there's just a dream you've had, you know, that you want to understand? Should you do the same thing?

GURURAJ: No. I'll explain that to you. If you have a dream, then in your waking state, this is in the waking state, you think of the dream and let it play itself out. And then you'll understand the meaning of it.

JAGRITI: Should you do that though after you wake up, after you've gotten out of the hazy state.

GURURAJ: Oh, at any time. It's not important. At any time. It depends what time you have available. Many times you wake up and you've got to rush to the bathroom and do all the s's, you know, to go to work. You know all the s's: shave, shower, shampoo, you know... [LAUGHTER] ...something else.

NIRMALA: Guruji, in these recurrent dreams that people have that they haven't finished out, would you say that the...it seemed to me many, many of these dreams, in fact most, were anxiety dreams. I means like the ocean coming over, and Paul being chased by people. Those are all anxiety dreams, I think, [????] my category. Would you say that having the dreams lessens the anxiety in the person having it? Does it sort of...does nature sot of work off or accentuate it [??????]?

GURURAJ: Right. Yah. Now, what happens is there, nature's fighting very hard for you, for you to get rid of the anxiety. But because the dream has been interrupted or stopped the anxiety has not been worked out. So, therefore, it recurs. But when you wake up and, you know, being chased and caught be caught! Then that...or if the tidal wave is coming over, get swamped, you know, get drowned. Fine. That will get rid of the anxiety. You see.

BALOO: Guruji, the dream I mentioned [????????] today, I was cleaning a floor or something. You came over to me and I remember I bowed down [????????] feet. And you touched me, somehow. Could you tell me what that is?

GURURAJ: Yes. It is that deep faith and love you have in you saying that I know my father will help me, which is true. Same thing happened with your car accident. Right, Balooji? It was his letter. Right. He sent me some photos. He went out one night to a party or wherever, and, of course, he only drinks cool drinks at parties, so he bumped against a...he bumped against a curb and his car, sort of, fell on its roof. And then he turned around again and went into a pole, landed on his roof again, and he just, you know, called out, "Father, you must help me." Something like that you wrote to me. Yeah. And he walked out of the car with just a few scratches and bruises. So you see, there is a force, or power, and when sincerely called upon it comes to your aid, always. I was shocked when I saw those photographs, ohhh. I don't know how you survived there.

VIDYA: Remind them about the midnight appointment tonight. That's tonight.

GURURAJ: Yes, oh, yes. A reminder. A reminder, therefore, we don't want to lengthen this too much. Do you remember me telling you that I've got a midnight appointment with you tonight? It's Friday night. Right. Well, of course, it's half past eleven. We're leaving now, twenty five past eleven.

VIDYA: There's some new people here tonight. You may want to go over that again. What we were talking about.

GURURAJ: Are they staying over? Right. Now I'll go over that. I wouldn't know if I... This... I wouldn't know what I would do if I didn't have this dream sitting next to me.

VOICE: [?????????] dream. [LAUGHTER]

GURURAJ: I'll be going to my bedroom now, and start meditating. And at twelve o'clock tonight be in your rooms. And you start meditating at twenty to quarter to twelve, and I shall be present in your rooms simultaneously tonight, in everyone's room.

VOICE: Shall we clean up our rooms? [LAUGHTER]

GURURAJ: No, you don't need to do that, but be decently clad, [LAUGHTER] because I am a very shy fellow, I get embarrassed. [LAUGHTER]

VIDYA: Guruji, Chetan was suggesting we synchronize our watches [CHETAN: With yours.] with yours. Did it stop again?

GURURAJ: No, it's working.

VIDYA: Twenty five past?

GURURAJ: Yes. Mine is twenty six minutes past.

VIDYA: Twenty six minutes past.

GURURAJ: It doesn't matter. It doesn't matter. It might come to you a few minutes later. I'll be meditating from quarter past...quarter to, till quarter past twelve. So do start meditating now. And, as I said, you know, I'm repeating this to the new people that are here this evening that I don't want to tell you what you will experience. I don't want to influence your minds. So many people with different kinds of temperaments will experience different things. I just did this a week ago in England and nearly each and every one had some kind of experience. It is just to show that the spirit is so universal, and one's thoughts could be so powerful that you can be in a million places at the same time. Good.

[CONTINUES]

GURURAJ: ...her in hoods, not to be recognized, because we normally try and wear masks. Everyone does. They never show their true selves. So in this religious community, because of her quest for something higher in life they, sort of, remained, she, remained in the two forms of mother and child, incognito, yet knowing that we would be sacrificed, and knowing that, it shows that she had no fear of being sacrificed. This could stem...go far away into certain childhood experiences, where she had to be sacrificed by force, perhaps. So this recurred in this state because if you are sacrificed into something which is not conducive to your nature, you would naturally, being brought up in a religious environment, naturally, revert to a religious order, and that order is within yourself. In other words, you are trying to find the higher self of yourself because of the experience of a forced sacrifice that was inflicted upon you, and therefore this dream comes around. Hm. Does that make sense to you?

VOICE: Uh, hm.

GURURAJ: Good. Fine. Alright? Let's hear more.

VOICE: I had a dream in which I couldn't get out of college...  
[LAUGHTER]

GURURAJ: You could not get out of college.

VOICE: I'm actually living in present day life, but I have to go back and finish an incomplete, where there's one more course I have to take. I've already been in school so long, it's such a depressing thought. That was my [??????????]

GURURAJ: Good. Let's have a few more.

VIDYA: Laura.

LAURA: I had a dream which was...recently, which was a recurring dream. And in my recurring dreams I was always going back to my childhood house, but I was unable even to make it to the house or to...I never got inside it. Outside it was winter and [?????]. In the final [dream with it?] I had I got inside the house, my family was there, through the golden outside and inside, a greenish gold, [spring?] green. I had seen the house from outside and I saw... And the words came to me that the house was my father's. And it was a very wonderful dream. [????????????????????] the words also went through my head that this wasn't it. [??????] people think that this wasn't [completeness?].

GURURAJ: Or house of my father...

VIDYA: Yes.

VOICE: I've had a...my most recent dream was last night. And I dreamt I was flying in an airplane, and I don't like to fly to begin with. And this airplane was rather flimsy, you know, and it was more like it was floating. I really didn't have the protection I needed and I was a little frightened by it.

GURURAJ: Yes. You were a air hostess in the Wright brothers airplane.

VOICE: I guess so. [LAUGHTER] I think you have it.

GURURAJ: Afraid of flying.

VIDYA: Judy.

VOICE: I had this up two years ago, but it was kind of a weird dream in which I was being given a sort of a guided tour of some of my past lives. And it was definitely with something or someone was instructing me with this, I mean there was that feeling. And I was shown the lives, and then I was in them, living them. And there were a series of four, and they were quite detailed. Not to go into all the detail, the first life I was in was I was a man in the middle ages and I was sort of a musketeer, I was a swashbuckling musketeer, and I was, sort of, in all these battles and I was [sent?] to war and I was in all these fights and it was...it felt wonderful. It felt really exuberant. It was sort of raw physical energy. It was unlike anything I've ever experienced, as this person. And then I was shown a female life. It seemed like it was in Elizabethan England, and I was sort of a wench in a tavern. And I was being kept by the tavern owner. And I had a child and the child died, and then I had nothing to live for. And it was a very sad life, and it was totally constricted. And it seemed like that was what it was to be female, you know, it's just, there we no options. And then I had a couple of female lives that I went through...

GURURAJ: When was it you were with Marc Antony as Cleopatra? [LAUGHTER] Please feel free to crack a joke or something. Look, this is supposed to be a fun workshop. Okay.

VOICE: And then at the end the message was...there was this very clear message, which was, that this is the first time that I had the chance to be female and also to be free and to have that autonomy to have the definite feeling of being...that went with the female life, and the freedom and autonomy that went with the male life. The message was, "You can do it both."

GURURAJ: Beautiful. Combination of male, female. Regression to past lives.



when you are up and more at the surface level, then you're...there's a greater connection with your subconscious mind to your conscious mind. Right. But when you dream at a deeper level, when your sleep has gone much deeper, then what happens is this that your subconscious

mind, which is in the center, is more in connection with the superconscious level of the mind. Now, a person in that surface state of dream would dream of a name of a horse, and the next day he puts his underpants on the horse, because he's gonna win. He dreamt of number four. Alright, so he puts his all on the horse and the horse loses. But if that dream had to come via the subconscious, of course, that's the center, but if the subconscious... if the sleep was deep enough, and the subconscious was touching the superconscious level, and if that was remembered next morning that horse would have won. And that is what we call prophetic dreaming it becomes a prophecy. It depends at which level you dream, and at which level you can remember. So dreams could be true, and dreams, as our friend has said, could just be fantasies conjured up in the mind by wishful thinking. Freud said something to the effect, which I do not fully agree with. He said, "Dreams are but just an expression of a suppressed desire." But then he's only talking...

VOICE: Desire or fear.

GURURAJ: Yeah, but he mentioned desire especially. So the desires that are suppressed are of the surface level. Those desires are suppressed, and because they are suppressed on the surface level, they go, they sink a bit deeper into the subconscious, just to emerge up again to throw them out in the form of a dream, and those dreams could be fantasies. Good. Some more.

VIDYA: Jeri.

JAGRITI: Yes, I've had a recurring dream all my life, and the scenery keeps changing but the situation is the same, in that, literally, I am tied to this spot, and I try to get up and move and my legs are almost like molasses. And it's almost impossible to move, which I think is actually very common in dreams. One more [??????], very quickly. For a while I've had a recurring dream in that I was put on stage to play a part: sometimes the leading part, and I couldn't remember the lines.

GURURAJ: Um hm. Very good. That's very beautiful. There's a very deep connection between the two... How many have you got there, now? [VIDYA: Four.] You've got four, so let's go through the fourth. Sorry, [mom, ma'am?]. I had to, because I needed her to write down for me.

Melissa couldn't get out of college. The reason for this is that you want to get out of college, but you find that your security lies in the college, or else you would have to become more adventurous and venture out into another adventure. So you basically are seeking for security, for stability, where your problems and worries could be minimized. I think I talked about jobs during the week, um hm. That is the basis of this. Was there anything else Melissa said?

VIDYA: No, that's it.

GURURAJ: Meanwhile, the other thing is you are taking up another course. You want to get out of the college, but at the same time you want to progress further. So there lies the conflict. You want to get away, and yet you want to be in. And that causes the anxiety or the feelings of conflict that's there. So that is actually what your dream really means. Is this...

VIDYA: Laura: house of my father.

GURURAJ: Laura over there, right. Childhood house, couldn't get in...hm?

VIDYA: I just made some notes as she was talking. Childhood house; couldn't get in, then she finally did and the house was filled with gold.

GURURAJ: Yah, the house was filled with golden light, inside and outside. That house did not represent your father's house. That house represented, it represents, your inner self: the goodly, godly self. We always regard God to be Father, even in the Lord's Prayer, "Our Father which art in Heaven." So it represents that. And yet, although you have the cognizance or the faith or some form of knowledge that the Father is there, you know, so filled with gold. Yet, the ego self is stopping you from getting in. So what we have to do is break down that ego and walk right in, into that golden house, that golden mansion of Divinity. Good.

VIDYA: This one. I'm sorry, I didn't know your name. Carol. Okay, Carol, flying in an airplane afraid.

GURURAJ: There to is the basic sense of security. You want to be grounded. You feel more secure walking on the ground than flying in the air. Now, what the airplane represents is adventurousness, plunging into the blue skies, which is unknown to you, and you're afraid to take a plunge. Therefore, in your dream you felt afraid to fly. And really speaking, to emerge from this cocoon as a butterfly, you fly. You fly into the unknown. And there's no danger, really. It's just a sense of insecurity that one has, that is I go fly into the unknown what is going to happen? The plane might crash or this might happen, or that might happen. Things like that. So the dream basically represents, as every dream does, one's personal emotions and feelings, background, training, experiences. So we try to get away from the fear. Without venturing, nothing is gained. So whatever can happen, really? Nothing can happen. Nothing can happen. Even if you can't swim and you jump into a lake, you'll only drown so what? Yeah, why not? In any case, you can't get out of life alive, can you, sooner or later; perhaps, tomorrow; perhaps, two years later; perhaps, five years later, so that should be the least of one's fear. Be adventurous. And the person that looks for security will not progress. Go on, on, on, and accept what life brings, and accept it with joy and happiness. And you'd be surprised what happens. The more adventurous you are, the more joyous you become. Beautiful.

VIDYA: Judy. A combination of male female.

GURURAJ: Um hm. She was a musketeer, killing, ravaging, pillaging, raping... [LAUGHTER] That was during, that was during the time of the crusaders. Yes, because you had that ambition and you went and went and went. So in the next lifetime you had to become a woman, where you can't go, go, go. You have to stay, stay, stay. And what kept you staying with the child that was born to you? That kept you staying, and yet the child passed away, giving you a certain kind of freedom from responsibility. Right. When you were as a musketeer in the army, you had the freedom to kill. And in the following life you also killed, and found freedom by the death of the child. And yet, you realized that, I could not be free without having...become a female. Right. No person could ever become enlightened unless they experience a few female lives. They have to, because the male has certain qualities in life, and the female has other qualities. The male is aggressive: the musketeer, the fighter, the hunter, the breadwinner.

[END SIDE ONE]

GURURAJ: The wife, the woman, is a child bearer. And she would develop the qualities of love, and kindness, and patience, and if the baby's ill you'll sit up the whole night looking after the baby. That's a mother's heart: the love. So,

with these two lifetimes, shows you the combination of the male and female qualities that are necessary to reach enlightenment. You got to have the kindness, the patience, the compassion and all that. And yet, you still have to have that aggressiveness to move forward. [SINGS] Onward Christian soldiers, marching as to war. With the cross of Jesus going on before. Uh huh! That's the male. Do you see. A beautiful dream. It reflects both sides of your present personality. No wonder you are a writer. You're a writer, and a writer, for example, has to be forceful: has to go for interviews, has to do researches. You've got to show some of the aggressiveness, and yet, you are one of the most female females I've met. Yeah. Beautiful. Good. Next.

VIDYA: Jeri cannot move, was one dream...

GURURAJ: And she can't remember...

VIDYA: ...and she can't remember the lines when she's in a play.

JAGRITI: [INAUDIBLE]

VIDYA: Pardon?

JAGRITI: [INAUDIBLE]

GURURAJ: Aha, you [????????] them, yes. This does not mean you were stuck and you couldn't move in the molasses, where you became frozen. It does not mean that you cannot move, it means you did not want to move at all. The reason why you did not want to move is because you want to find stillness. You wanted to find that quietude through which movement is not necessary. Forgetting the lines, or not wanting to learn the lines, means that you don't want mental knowledge to find the stillness within. Because mental knowledge, things of the mind, can, and always do, become more confusing, and it stops your progress, or takes you away, rather, from the stillness you are in. So you could have moved, but you did not want to move away from the stillness. And you didn't want the mental ramifications that would take your stillness away from you and become unstill. Good. Let's get on with some more. And then we're going to start...ah, there. Whoever.

VIDYA: Amita.

AMITA: I have one...

GURURAJ: Oh, by the way excuse me if you guys want to relax and light up a cigarette, or so, I don't mind at all. Please do. Your welcome.

VIDYA: There are no ashtrays.

GURURAJ: Just relax. What do you mean, no ashtrays?! Look at this big floor. Just relax. That's the whole idea.

AMITA: [?????] I have one that used to come back a lot, it hasn't been recently. I'm walking in an absolutely beautiful field of flowers: bright poppies, and green, green grass, and dressed in just a beautiful white dress. And walking with such a lovely, lovely, [?????]: just walking. Just a total sense of freedom, walking along. [?????]

GURURAJ: Um hm. Very beautiful. When last did you have this dream? Recently? A couple of weeks ago? Thirteen, fourteen days ago, I think. Yeah. Very good. I'll explain you that. Next. Yeah, Gina.

GINA: I had this dream awhile ago. And I was flying and I came to my husband, and I said, "Come on and we can fly." So I carried him in my arms, and we were flying, and he was really frightened. And I said, "Don't look down. Don't look down. Everything's okay. You're alright." And so we were flying together, and we were having a good time. And then I said, "You can fly yourself." I said, "Just relax, just come on." And so he started to fly by himself, and we were flying together alone together. And all of a sudden he started to get frightened, and I said, "No, no don't." And he started to look down and I said, "Don't look down! Don't look down!" But he couldn't stop, you know. So he started to fall. So I hurried up and I flew down to the ground, and I stood there, like this, to catch him. And he fell to the ground, right past my arms. And I missed him, you know. And I stood there... [LAUGHTER]

GURURAJ: She stood there... She stood there and said, "Thank God." [LAUGHTER]

GINA: And I picked his shirt up and I said, "Oh, God!" [LAUGHTER] [INAUDIBLE] And I said, "Well," and so then I decided... I said, "Well, we'll just have to start all over again." I flew up to the rotating mausoleum [LAUGHTER] It's true.

And I was inside this thing, looking for him. [???] You know, trying to find him. And it was really big, and I wasn't finding him. And then I woke up, you know.

GURURAJ: He's done. [LAUGHTER]

VIDYA: Jamie.

VOICE: I mean, you tried.

VIDYA: Yeah, you tried.

JAMIE: This one occurred a couple of weeks ago. And what happened, it happened on two levels: the conscious level was experiencing the dream, and it was also experienced, or taking place, on the superconscious level, or conscious, whatever. And the conscious was like, the consciousness was the tool. And what happened was the superconscious wanted the consciousness, the body, to make a phone call. And it wouldn't...the consciousness did not know what the number was to dial. But the superconscious [INAUDIBLE] So the phone call was made, and I announced to this woman who picked up the phone that I didn't know why I...

GURURAJ: Was she pretty?

JAMIE: Well, I don't know, I couldn't see her. But I recognized her voice, so I said, "I don't know why I'm calling you, but I [need you]." She said, "Oh, no problem. I know who you are, and [?????????] time for you to wake up." [LAUGHTER] And... [And it's so true.] You know, the consciousness was enraged because it knew the superconsciousness knew exactly who she was, but it wasn't telling. So that's when I woke up.

GURURAJ: Beautiful. Very good. We've got three. We'll have another, then I'll start.

VIDYA: Yeah, we have three.

GURURAJ: Over there.

VIDYA: Steve.

STEVE: This is a dream that has a lot of different story lines. It's recurred as long as I can remember. The story line in whatever play I'm playing out, varies with the contemporary situation, normally. The aspect that recurs is the players in the dream change. Currently I'm married, and the person who is my wife changes... [LAUGHTER] ...to the point where I'm...

GURURAJ: Where is she?

STEVE: [INAUDIBLE] ...at the end of the dream, right.

VIDYA: When he wakes up, he's surprised.

STEVE: [INAUDIBLE] [LAUGHTER]

GURURAJ: Yes, over there.

VOICE: I had a dream about two weeks ago, and I was [sitting?] on a rock. And it seemed to be in a cave, and there was a turtle. And the turtle moved them around and some [????????????]. Some were big and some were little, but according to their size they had candles on their back. I wasn't counting them, I was just watching them go by. [LAUGHTER] It's a [????????????????]. Three months ago I had the same dream, and that's when [INAUDIBLE]. I'm always where there's dripping water. [It seems to be in a cave, mushy.?] [INAUDIBLE]

GURURAJ: And thousands and thousands of them.

VOICE: They just keep coming, and they're big. Some of them have black shells, and some of them brown. And the bigger the shells seems like the bigger the candle is. And the little ones have little cute... [LAUGHTER]

GURURAJ: Very good.

VIDYA: Amita: flowers, walking with a man.

GURURAJ: It's a pity I know you Amita, so it's very hard to interpret this for you. But you want beauty in life, you want greenery, you want the flowers to be in your life. But circumstances are such that you do not have the right person to share the beauty of life that you want, that you need, that you appreciate so much. So here you are walking through the field in white, as a bride, which signifies, you know, making a change... It's an inner desire, does not need to be practical. Wanting to make a change, and you are walking through this beautiful garden's greenery and the flowers, the poppies that glow as fire red. And you want someone to share that joy and beauty that you experience. And you are walking down as a young bride. And that desire, that dream, has not been motivated from now, the day before, couple of months before, it was a inner desire from childhood. Good.

VIDYA: Gina: flying, husband looks down, falls, drops him. [LAUGHTER]

GURURAJ: This dream signifies that Gina is a very protective person. In other words, the husband was like a child to her. You know, you do find many wives mothering their husbands. You do find that, and most men like to be mothered at times. Yeah, that's true. It's quite natural, as all of you married and unmarried people know, like to be mothered at times. Good. So you encouraged him to soar the high heavens with you, but he was afraid he would not want to soar beyond his present limits. Meanwhile, you were trying to show him that, look, this is very limited and there is so much far ahead that you could travel to. But having that fear in him, he kept looking down: how far am I away from the ground, and if I should fall, how many feet will I fall? And having that fear he really fell, he really fell and cracked his skull. And yet, the love, the motherly love, she had for the husband made her fly back again to search for him and she couldn't find him. She couldn't find the baby at all. Because he, I don't know your life story, wanted more to be mothered than to be a husband. True? Good.

VIDYA: Jamie: the consciousness phones and he's told it's time to wake up.

GURURAJ: Time to wake up, yes. This comes from, this comes from worry. You're worrying about work that is to be done. Although, perhaps, not consciously, but unconsciously you say, "I've got to see to this contract or that contract." So the unconscious self of you is waking...trying to wake up your conscious self. Right. But your conscious self feels lazy.

You're a lazy bloody B. [LAUGHTER] So your conscious self doesn't want to wake up. So your unconscious self takes over, because you don't want to wake up. Therefore, you couldn't remember the phone number. So the unconscious self puts you through to the contract or the work that's to be done. In these various offices that you go and supervise and do their computer planning, it's not necessary for you to recognize the other person's voice, but all those workers there know you. So they recognize...this person recognized your voice. And what, actually, she was trying to say, "This is," you know, "whole big plan to be done up, you better get up and come." So you see, now this is a very, very good example how the superconscious mind could be made to cooperate with the conscious level of the mind, even in dream state. The self awakened man, the enlightened man, the self realized man, never sleeps. He's totally aware all the time, because the superconscious level of one's self is awake all the time. It never sleeps. And it is always trying to infiltrate the conscious, smaller mind, smaller level, trying to wake it up all the time, but we, of course, create our blockages. Hm, good. Very good.

VIDYA: Steve: the players change in his dreams, the wives change.

GURURAJ: Who's Steve? Oh, Steve, over there. The players change...?

VIDYA: Yeah, he'll be having the dream and then it's a different person. Like your wife will be one person, and then she changes to another person.

STEVE: Within the same dream. Say something, turn around, turn back, and it's a different person in the same role: child, wife, friend. It's a different face, different body.

GURURAJ: Oh, you dirty man. [LAUGHTER] He has desires to have more than one wife. Go and live in Arabia. [LAUGHS] No, I'm joking, of course. Just trying... [LAUGHTER] Just, just, just, just trying to make fun, of course. I told you it has to be fun: to have some laughs and laughter. What this means is this, that you find so many facets in your wife, that you find her changing all the time. In other words, you are getting greater and greater recognition of your beloved. You're seeing so many different facets of her. You know, like a diamond it has thirty two facets, and each and every one has to be polished in order for the diamond to sparkle, so your inner desire is to see all the inner facets of your wife that you love so much. And you are seeing them, that's the meaning of the dream. Yeah.

And, of course, mother sitting over there. The turtles with the candles, and the dripping water, that's a beautiful dream. And it is actually a desire to travel the entire universe. Inwardly you feel that at may age I don't know how many more years I'm going to see. Look, it's not in my hands. I might be talking to you now and just walk up the steps and have a heart attack, or I might, or you might, live another fifty years. But when we reach our age, you know, we gray haired people we do have some thoughts in the mind that, "Look, we don't know." And all those turtles that you saw, with the candlelight you saw, was as you are traveling away from this earthly existence, through the heavens with all its beautiful stars, and that glory of God. And that is the significance of your dream. And as I said before, the water dripping; that forms seventy percent of the essence. In other words, you are swimming through the sea into the other existence of Divinity, and on the way, you are seeing all these lights in the form of turtles, because turtles are associated with water. You're swimming and you see all these lights ahead of you, and admiring the beauty and the glory. Yeah, so it is... Everyone unconsciously, never consciously, perhaps, but unconsciously, has the thought of, you know, leaving this body they do not recognize it but everyone, even the young person, too: that you never know how long I'm going to be around. It's a beautiful dream. It's a dream that... It's a desire, you know, translated through a dream that wants you to go to the higher and higher states of God's Heaven. Very beautiful. Very beautiful, indeed.

VIDYA: Quarter to eleven.

GURURAJ: Have we done an hour of this, or shall we get some more?

VIDYA: We've done more than an hour, actually. Oh, I've got quarter past eleven. Can't read your watch. Your watch is slow.

GURURAJ: Is it? I just...

VIDYA: I have quarter past.

GURURAJ: Quarter after.

VIDYA: Your watch stopped. [TAPPING GURURAJ'S WATCH.] Stopped at quarter to. Oh, we've done more than an hour. We've done an hour and a quarter.

GURURAJ: Hour, and a quarter hour. Let's do the finals, how to resolve dreams and how to find the meaning of dreams. Look, the interpretations I have given you are just surface interpretations. But to find the real meaning of your dream, you can only find it yourself. And no psychiatrist or psychologist can ever tell you that. And I have good grounding in psychology, psychiatry, metaphysics, philosophy and blah, blah, blah. And, of course, I have still a greater grounding in love. Now,... (What were you saying the right time is?)

VIDYA: Quarter after, Guruji.

GURURAJ: Quarter... Quarter... Speak English.

VIDYA: Fifteen minutes...

GURURAJ: Quarter past.

VIDYA: Qwarter pawst eleven. [LAUGHS]

GURURAJ: Quarter past. And if it is... Not quarter of, quarter to eleven. Thank you.

VIDYA: Your welcome.

GURURAJ: Right. Now, you have a dream, any one of these or anything, now to...dreams always end without fulfilling the story. You wake up, some noise, this, that, and it's never...very seldom is it complete. Now, you sit down quietly, meditate fifteen, twenty minutes where your mind becomes more quieter, and you are more in tune with the higher levels of the mind. Now, you allow that dream to play. Don't force any thought, or don't direct the thoughts. You would just allow thoughts to play. Say, for example, you go over your dream, you think about your dream, and you...say the car stuck, ran out of gas we call it petrol in England you can out of gas, fine. So let the story build up itself, without you forcing it. Just let the mind flow. Right. you ran out of gas and let the mind just flow and see what will happen. Don't try and think that, oh, another motorist is going to come along there and help you out with a gallon of gas he has in his boot. You know, don't plan it. Just see what happens. You might be stranded there the whole night, you know, it's a lonely road, whatever. Or you might be attacked by some hoodlums on this dark, lonely road at night or whatever. Don't plan it

to the good or the bad. Just let the thought flow. Just let that dream build up, and when that culminates you will immediately find the meaning of your dream. And that is how one handles dreams. You... You know, I did a series of three sessions at the Cape Town University on this subject and I was quite surprised. Would any of you like to dream tonight? Hm? Right. Now, dreams can also be directed. Now, here what you need to do is meditate to bring your mind to a quiet state; not on the surface level. Bring it to a quiet state, right, in meditation, and then just give, towards the end of your meditation, a direction. Right. You want to dream of being in a poppy field, hm, whatever. Just give it one slight direction. And if the direction is strong enough, your subconscious mind will pick up that suggestion. And while you are asleep that being in the poppy field will associate itself with various other experiences and create a dream for you. Try it, it works.

VOICE: Are you saying that this meditation is to be done just before you fall asleep, or in the afternoon when you're meditating or whatever?

GURURAJ: No, no, no. You need that... You need to be more in touch with the inner level of the mind, so you meditate and then you just direct a thought of what you want to dream about and see what happens.

VOICE: You do this just before you fall asleep?

GURURAJ: Yeah. Yeah, before you fall asleep. You meditate, and then you direct your mind to a certain thing and see what happens during the night. And then... Everyone will dream, whoever

directs his thoughts. But then, of course, we've got to be able to remember it the next morning. Yah.

VIDYA: [INAUDIBLE] told me something about a dream. [????????] horrifying dream. He told me to just lay there and finish it out. And if I did that it would stop, and it did. [INAUDIBLE] you know, with a recurring, terrifying dream, [????????]. And I'd always wake up before it happened.

GURURAJ: Um, hm. Right. And then you would just let it go on while you're awake.

VIDYA: Yeah, unless I'd finished the dream and then it stopped.

GURURAJ: And then it stopped. Here's something which Vidya reminded me of some kind of dream that was very, very recurrent, and it was nasty. So when she spoke to me about it, it's about two years ago, isn't it?

VIDYA: Yeah, several years ago.

GURURAJ: Yeah, and so I told her that when she wakes up, you know, from this dream, just let the mind float on the dream, finish off the dream; see what happens. Whatever happens. Right. Finish off the dream, and after she did that a few times, she just reminded me now, I'd forgotten, that that dream never came back again, because you have completed it. See, that is the way to get rid of recurrent dreams, especially unpleasant ones. If it's pleasant dreams, ah, have them over again. You know? [LAUGHTER]

\*\*\*\* END \*\*\*\*