DREAMS AND LUCID DREAMS

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Dreams and lucid dreams

There are many different theories about dreaming. I presume that dreams are some kind of echoes coming out of our unconsciousness. In our everyday life we sometimes face situations that we don't like. We meet people with whom we have troubles. Because of this all kinds of feelings surface that we do not like. We store many negative feelings away into our unconsciousness. If we do so, we don't experience them so conscious anymore, so they cannot hurt us anymore. Those experiences become like shadows, to whom we don't pay much attention. We put those shadows away and think we do not have to deal with them anymore. But in fact we hide a part of our self away from our self, because we can't accept that part or we do not know how to deal with it.

But as a human we can only be completely our Authentic Self when we have dealt with all the shadows that we hide in our unconscious mind. We must unify our conscious and unconscious mind, become one with our shadows. But unification with our shadows is complicated when we don't know that they exist and what they really are. While we grew up we learnt to automatically store a lot of shadows away in our unconscious mind, without really knowing them. But there are tools to investigate and get to know our unconscious mind and shadows. Dreams are a tool. Because in our dreams the shadows that are locked in our unconscious mind surface. When we study our dreams we learn more about who or what our shadows are. What we hide in our conscious mind.

You have to have some courage when you start doing dream work, because you are going to search inside yourself for your weakest and ugliest spots. Those can appear in dreams as monsters, wild animals,
murderers or other creatures that normally appear in nightmares. They symbolize our dark side, our dislikes, negativity or failures. But if you learn to know your ugly and weak spots and look at them and accept them for what they really are, than you can transform them into something better. The will make the unconscious conscious again. You bring some light into the dark. And while doing so, you become more whole, you will become more the one that you really are.

Dreams come from out of our unconscious mind. And our unconsciousness speaks in symbols. If you unravel the meaning of the symbols, you learn more about yourself. It is like looking into a mirror. But instead of seeing your reflection, you see a story in the language of symbols. This also seems to happens in our everyday life. We encounter many times the same kind of situations into our lives, that seem to tell us something about our self. Unfortunately we do not always see the message. In a dream those messages are easier to unravel.

There seem to be particular themes that appear in all our dreams. They seem to have the same meaning for many people. They are describe in many dream dictionaries, which you can find online.

I think that life is some kind of school. We learn to become more aware. How more conscious we live in our everyday life, the more conscious we will be in our dreams as well.

Lucid Dreams

This bring us to the lucid dream. In a lucid dream you are aware that you are dreaming. This can be a flash or recognition or longer periods of clarity. Once you know you are dreaming you can influence your dream. I presuppose that these dreams take place in a other world (dimension), in the astral world. This world is quite different than our material world.

This astral world is the same as the physical world, but it appear very different. When we go there we are no longer in a physical body, so we perceive the world different, so it appears different. We are in a world of the mind. While he physical world is also a world of the mind, but in the densest way, experienced with a physical body, because without it there is no physical world to experience. And since we live in a body we can only perceive the densest part of the world of the mind, only the physical part. All other parts of the world of the mind
are not visible with our physical eyes. But if we are no longer in a body, when we dream, astral travel or when our body has died, we can perceive a much bigger part of the minds world than we can while being in a body.

Lucid dreaming opens new gates of possibilities. The possibilities are big, but have a limit. Also here accounts that our own restrictions, our own fears, feelings, beliefs and thoughts are the only limit. In the world of the lucid dream, your beliefs, thoughts and feelings become reality. It seems that our negativity, our shadows, our beliefs and our fears are our only restriction. This also accounts for our everyday live, but thoughts and feelings do not have the same effect here, than that they do in a lucid dream. In a lucid dream your fears will become real. For instance if you are afraid of a angry dog and you think about this fear, there will appear an angry barking dog, and it will hunt you down, just because you were fearing it.

The art of lucid dreaming is to become conscious. We can already do that in our everyday life, by living your live more conscious. To try to be aware of every single second of your live, instead if living on an automatic pilot lost in dreams and activities.

**Astral traveling**

Then there is something called astral traveling. This is also known as an out of body experience. About this there are also different theories. I think that astral traveling is almost alike lucid dreaming.

With astral traveling the spirit separates from the physical body and travels without the body into a astral world. This is the same world where when becomes aware or where one wakes up, when one has a lucid dream (or normal dream). I assume that there is only one world, with different levels you can focus on and perceive. There is a physical world we see and experience when we are in our everyday live. And there is a non-physical world, where we travel in our dreams, lucid dreams or astral travels. I also think that this is the world were we go, after we die.

The difference between dying and astral traveling is that with astral traveling we are still connected with our body and we can go back to it. When we die, this connection has broken, so we cannot return into our body.
The origin of dreams

Do we dream our dreams and do we so create the dream world? But is then our world not one big dream too, dreamed by someone? Perhaps we all play a part in a play in someone else’s dream.

Imagine that somewhere (outside time and space) there is a being. A being made of consciousness. This being fell asleep and is dreaming. In his dream there are a lot of different creatures. These beings are different but have one thing in common, they all stem from this one consciousness that is dreaming all beings into being.

All beings, human, animals etc. are parts of the whole. They live separate lives but they all stem from the same origin. So we play this cosmic play, in which all of us are a parts of this one consciousness that lies dreaming somewhere. Maybe one day all parts become one again, maybe when this being wakes up? But when it wakes up, shall we then still exist? Or are we all gone, because we are no longer imagined into being?

Twin souls, soul mates and groups souls

A different theory says that we have a soul that is incarnated into a body. The consciousness of a godlike figure is divided into groups. These groups are again divided into smaller groups. Then we end up in the soul group of the humans. This groups is divided into many different groups of souls.

I used to belief in this theory. That there are many different spirits and each individual spirit incarnated in an individual body. But one moment came that I had to let this belief go. I had found many times someone I wanted to label my twin soul. But each time I realized that it was my ego that wanted to possess someone and label it my other half to feel whole.

But I learnt that I am whole on my own and I do not need someone else to make me whole. This idea to be whole with the right partner or twin soul, is an illusions. But if I belief this illusion, it will appear real and true, and it will chain me to someone else and to a false belief that will influence my reality. I create my own prison cell and become its prisoner. Which is very useless and will cause me to suffer.

I do belief we meet people in our life that can help us. We attract the people we need in our life, not the ones we want. They can help us...
see through a false belief we have about our self, others and the world.

I now believe there is only one Self, one consciousness and each incarnation of each individual is the same one Self incarnating.

This one Self experiences all human but also all other incarnations that are possible, at all times, past, future and present. But the moment I incarnated I forget about all lives I have had before.

- It is the one Self that creates the whole universe.
- It is also the same Self that creates all animated bodies in this universe.
- And in the end it is also the same one Self that incarnates into all animates bodies into the very universe it created (human, animal, plant, tree bacteria and maybe even those we label aliens).

It is an complicated game Self is playing with itself. Anyway Self is enjoying itself and keeps itself busy.

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