

What Do Dreams Do?

1. Dreams help the dreamer know what she is really feeling - especially when that is different from what she thinks she is supposed to feel.
2. Dreams show needs that are habitually going unnoticed or even actively being demeaned or disowned by the dreamer's current attitude or value system.
3. Dreams show outdated versions of the dreamer he is still trying to keep alive - often revealing the conflict and the cost of the struggle.
4. Dreams will sometimes reveal what habitually goes wrong in a problematic set of encounters - the "anatomy of the complex." These are the kind of personal conundrums that can take years to "figure out," and the dream suddenly makes them clear.
5. Dreams kindly show us the self-defeating patterns that used to work, and how they work now. Sometimes dreams reveal the origin of these patterns.
6. Dreams tell the dreamer "the rest of the story." For example, revealing why such strong feelings are engendered by some innocuous person at work, or why the dreamer starts to avoid the new job she worked so hard to get. Dreams use "code persons" to depict what story from the past is currently going on beneath the surface. (Example: Coworker in dream looks like Uncle Mike who abused me.)
7. Dreams can fill in the blanks - showing the dreamer what he or she may have noticed peripherally and doesn't really know she knows.
8. Dreams compensate for one-sided attitudes with a broader view. Dreams can model a "way out of the woods."
9. Dreams reveal shadow aspects of the dreamer.
10. Dreams show options the dreamer may not have thought of until now. Some person, place, or event in the dream can kindle a new plan or career choice, or wake a passion for what one had denied or put away for too long.
11. Dreams are creative sources of energy for a new way - not only revealing what could be, but giving the jolt of energy to start moving in that direction.