

THE GOLDEN MASK

Marie dreamed that she had given birth to twins. Though one of the infants was well-loved and healthy, the other had been forgotten. Not only was the forgotten child hungry and angry but its head had also, somehow, become completely encased in a seamless golden metal mask.

ANOTHER BEAUTIFUL HOUSE

I had another beautiful house as well as the one in which I normally lived and I wondered whether it was right to have one which I used so little and whether the rent was paid.

Dream of Caroline Myss:

AIRPLANE JOURNEY

I was the only passenger in a small but high-powered jet plane. My plane was still on the ground, idling in what looked like a stall in a barn that held a number of other planes in similar stalls. Each of the other planes took off in succession, as they were meant to, but my plane continued to wait for permission from the control tower, while I grew angrier by the minute. Finally, I relayed a message to whomever was sitting in the control tower, 'Hey! What about me?'

'Turn your motor off,' came the reply. 'We're holding you until the skies are safe for your journey.'

FINISHING THE HOUSE

Over a period of years I had dreams in which I was living in my house. At the beginning I was living in the basement, and the house was in a dilapidated condition. In later dreams the house was always in an unfinished state. There were exposed beams instead of floor boards; wiring was dangling; water didn't come out of faucets in the bathroom. More recently, the house has become finished. Furniture is now in place, and the house is now much taller.

RETIREMENT PLANNING

I dreamed I was back in high school at a dance and it was time to go home. I needed a ride home and I went around frantically asking everyone I knew for a ride. But no matter what I did, I couldn't get a ride home.

MISSING PASSPORT

I had packed lightly and was on my way to Kennedy Airport. Two thirds of the way there I realized that I had completely forgotten my passport! I had not thought of it at all in preparing for the trip. I had given myself my normal, long lead time in getting to the airport so there was a chance I could turn around, go home and get it and still get back to the airport on time.

I was riding to the airport with a traveling companion, another man, a friend. He had packed a lot of bags, and I thought to myself, he's going to have a hard time lugging all that baggage along with him. I woke up.

MANY ROOMS

I dreamed I went down into the basement of my home, a house I'd lived in for many years. There in the basement I was surprised to meet the architect of the house, who told me about many rooms in that house, rooms I had never even known were there. Then the architect told me that he himself would soon be taking on a new job-- giving tours to people to show them the many rooms that existed in the house.

This dream occurred six months before the dreamer's death:

ALONE IN THE HOUSE

I am at home but it's nowhere I've been before. I go into the pantry to get some food. The shelves are stacked with seasonings and spices, all the same brand, but there is nothing to eat. I feel I am not alone in the house. It is just turning dawn or is it the brilliant moonlight? I turn on the light but it comes from another room. Something creaks. I am not alone. I wonder where my dog is. I need more light. I need more light and more courage. I am afraid.

THE BOUNTIFUL OLD WOMAN

I was with an old woman-- gray, dowdy, frumpy. She opened her closet and showed me her beautiful fabrics and beads. They were all different shades and colors. They were beautiful! I asked her why she didn't use them herself. She said, 'Because I'm going to give them to you.' I asked her, 'Are you sure that you want me to have them?' She said, 'Yes, I want you to have them.' But I wasn't sure that I'd take them. I wasn't sure I'd know how to use them.

Dream of Brugh Joy:

EMBRACING THE ELDER

I am facing a deep, dark pool of water. Slowly, from its depths, rises the body of a man. At first, he is floating face-down and seems to be dead. He then becomes animated and I see that he is actually a healthy older man in his seventies or eighties. He stands on the water's surface, smiles, and embraces me as I smile and embrace him.

Helen Luke, *Such Stuff as Dreams Are Made On:*

A BURNING HOUSE

I dreamed of a house in which I was living, with other people living in other rooms of it. There was a fire in adjacent property and the firemen were at work, but it began to look as though our house was threatened. I was talking to a fireman and he asked whose house it was. I suddenly realized that it was not a place I had rented temporarily but my own house. I said so clearly, yet at the same time felt a kind of clarity and release, as though if it burned down no one but myself would be the loser, and it didn't matter to me much. There was no sense of danger to anyone's life in the dream, only to possessions.

SEEING CLEARLY

In my dream I had lost my spectacles, and first my friend Jane offered to lend me a pair of hers but I could see nothing through them. Then my friend Else offered hers and, though I could have seen enough to read through them, they were otherwise no use to me. Then I realized that I had my own glasses all the time but had been looking through them upside down. As soon as I turned them the right way up, I could see perfectly well.

LOST NOTEBOOKS

I dreamed that I had discovered a pile of my old notebooks, hidden at the bottom of a closet. I thought to myself, I must put these with my other notebooks, which I had been carefully keeping in a safe place.

When I awoke I remembered another dream as well:

I dreamed that Bill Novelli [then CEO of AARP] was showing me a wonderful new design-- three tiny plastic dolls. He asked me if I could tell which doll was the best design and explain why. I pointed to the lefthand doll, noting that the images printed on it were too many, far too elaborate. He approved of my response, but did not yet tell me which doll was the winning design.

GETTING OFF THE BUS

I am on a journey, traveling by bus, but it's dark and I can't see out the windows. Still, I know I'm getting closer to my destination, so I ask the bus driver to let me out. After leaving the bus, I realize that I still have further to go, but I'm getting nearer. I've brought my bicycle, attached on a rack on the front of the bus, and so I take it down, getting ready to ride and go further to my destination.

MEETING THE STRANGER

I dreamed I was back at AARP, in a huge skyscraper building. They told me that the boss was out and I would have to chair the staff meeting. I protested that I didn't work there anymore, but I soon found myself among my old colleagues, then rushing to the meeting. As I moved through the building, I was pushing an empty shopping cart where I went. Suddenly I saw a guy standing on line in the cafeteria. He immediately recognized me and greeted me, but I was embarrassed that I didn't know him, so I gave a quick, polite greeting and kept moving on my way. But soon I met him again and he obviously wanted to talk. But I still didn't recognize him. So I made an excuse, asking him to help me attach my watch on my wrist, so he would have to bend over and I could

read the name-tag he was wearing. When I looked closely, I realized that his name-tag was on backwards, so I couldn't see his real name. Instead, I saw my own name written on the back of his name-tag.

In another dream I was being examined by a doctor, a woman. I explained to her that I had been Vice President of AARP, had traveled a lot all a over the country. As I mentioned these things her eyes widened with amazement. But I said let's not talk about these things, what about the results of the medical tests. She said I was perfectly healthy.

THE DIAMOND DENTIST

I dreamed that I had been to a dentist for many sessions and that he had now cleaned out all the decay hidden in my teeth, and each one awaited filling. The dentist told me that he was about to fill them with diamonds, but that this would take a very long time and would be exceedingly painful. I must tell him when I wished to begin. I was frightened of the pain and hoped I could wait a day or two, but I knew it couldn't be long delayed.

WALKING WITH GOD

In a dream I walked with God through the deep places of creation; past walls that receded and gates that opened through hall after hall of silence, darkness and refreshment--the dwelling place of souls acquainted with light and warmth--until, around me, was an infinity into which we all flowed together and lived anew, like the rings made by raindrops falling upon wide expanses of calm dark waters.

DIFFICULT TASK

I have been set a task nearly too difficult for me. A log of hard and heavy wood lies covered in the forest. I must uncover it, saw or hew from it a circular piece, and then carve through the piece a design. The result is to be preserved at all cost, as representing something no longer recurring and in danger of being lost. At the same time, a tape recording is to be made describing in detail what it is, what it represents, its whole meaning. At the end, the thing itself and the tape are to be given to the public library. Someone says that only the library will know how to prevent the tape from deteriorating within five years.

Conscious Aging and Dreams

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