

Dreams

By

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The path to health and happiness is to make a bridge between our outer life and our inner life; between our conscious and our unconscious; between our ego and our Soul. This deeper center of consciousness is the Golden Key to our life's authentic program and purpose in this lifetime. One of the most convenient ways to make this bridge with our own depths is via attending to our dreams. Whenever our outer life becomes lopsided in superficial concerns, our dreams add depth, direction and a sense of Destination to our life journey. Whatever problems perplex us, dreams provide a Consultation based on the timeless wisdom of our ancestors stored in the depths of our Limbic Nervous System of our brain. It is as if you can Google two million years worth of human wisdom on every crisis, initiation, developmental challenge that may confront you. Dreams can provide you guidance on everyday matters to more serious challenges of parenting, professional decisions, relationship tangles, self assertion, claiming leadership in your life, finding your own voice to making a spiritual connection with your Source – the Spirit.

Dreams have been mentioned in the Old Testament where Daniel interprets Nebuchadnezzar's Dreams. Aristotle wrote about dream interpretation on 325 B.C. Sigmund Freud was the first to systematically study the interpretations of dreams in modern psychoanalysis postulating that the dreams are a disguised manifestation for a latent repressed sexual Wish. Later, Carl G. Jung deepened our understanding of dreams by emphasizing that the dreams compensate for our lopsided ego consciousness by adding the perspective of the Soul to our life's

equation. Dreams are the Personal Myth or program of an individual just as a Myth is the Dream of a culture. Dreams are a Whisper of our Soul guiding us on to our Spiritual Path and Purpose. In ancient Greece, Dream Healing was very revered in the Asclepiad dream healing tradition. Asclepius was the Greek God of healing. His sanctuaries were found throughout the known Hellenic world. This tradition was active for almost 2000 years from around 1300 BCE to 500CE. In times of illness and when the physician was unable to help, one would turn to Asclepius for healing. Healing would come about through a visitation of the healing God(or one of his totems – the dog or snake) in a dream. The dream would then result in a spontaneous healing or an indication of what had to be done or undone to bring about healing.

Dream Sleep emerged 130 million yrs. ago. It is a neuropsychic activity of great biologic significance. EEG records in sleeping decorticate cats and in humans with gross cerebral lesions reveal the REM sleep originates in the Limbic system of our brain. When centers responsible for immobility is removed, animals act out patterns of behavior necessary for survival during REM sleep. Theta sleep originates from hippocampus involved in memory storage. Hippocampus involvement indicates that humans and animals are updating their memory storage for survival strategy in light of new experiences

Jung defined dreams as spontaneous Self or Soul Portrayal in symbolic form of the actual situation in the unconscious. A dream compensates for the attitude of the Ego consciousness. Dreams have a causal and purposeful/ teleological perspective. Jung defined dreams as spontaneous Self or Soul Portrayal in symbolic form of the actual situation in the unconscious. A dream compensates for the attitude of the Ego consciousness. Dreams have a causal and purposeful/ teleological perspective. The process of free association was initially used both by Jung and Freud. Later Jung varied his practice based on his discovery of the Complex theory. He saw dreams as commentaries on personal complexes. He saw Complexes and not dreams as the royal road to the unconscious and the architect of dreams and symptoms. Dreams speak both to the complexes and the unconscious commentary about the complexes. To the technique of association, he added Amplification from myth,

history and cultural material. Jung distinguished between the subjective level in which the dream figures are conceived as personifications of the components of the dreamer's own psyche. An Objective level whereby we investigate human figures who may be known to the dreamer. Compensation was regarded as a fundamental principle, but what was compensated was not always immediately apparent. He believed that dreams have a Prospective aspect; an unconscious anticipation of future conscious achievement – a preliminary sketch rather than a prophecy. Dreams are a best possible expression of the still unconscious facts: dreams do not disguise but rather express the unconscious in the symbolic language.

When analyzing a dream, we must attend to the following four dimensions of the Dream Narrative

1. Exposition – setting, place, protagonists, the initial situation
2. Development – Action – complication of plot, tension development
3. Climax – Culmination – change in situation, something quite different happens
4. Lysis – Solution – outcome – the prescription of the Soul

I encourage my patients to maintain a daily dream journal and bring it to the session. I have maintained my personal dream journal over the last twenty five years. It has been a valuable source of guidance in navigating many a personal crisis and cross roads in life. It adds a dimension of the sacred to the mundane aspects of our existence. It makes for a value added life.



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Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty- five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India,

Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad &, Bangalore. He leads the annual “In the Footsteps of Carl Jung in India” study group to several centers in India under the auspices of the New York Jung Foundation.

