Group Dreamwork Utilizing

Computer Mediated Communication

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Abstract

GROUP DREAMWORK
UTILIZING COMPUTER MEDIATED COMMUNICATION

Personal experience has suggested that an excellent route to learning about the significance of dream metaphors is to discuss those metaphors in a group setting. Group dreamwork utilizing Ullman's "If it were my dream" protocol in face-to-face (FTF) environments is a matter of record. Since the expansion of electronic communications is changing the nature of community from geographic locales to interest-based groupings, the intent of this study was to determine if elements from Ullman's method could be applied to group dreamwork using computer mediated communication (CMC).

In a phenomenologically based pilot study using a single dream, I compared responses to the dreamer's statements of an FTF dream group with those from a CMC group. The pilot study was specifically limited to the consideration of the use of effective language. The computer group generated more *meaningful responses* (chi square, $\underline{N}$=23, df=2, p .001). I addressed the technical issues of electronic communication next, using 29 groups formed and tested on 5 Bulletin Board Systems. I used action research as a method while acting as a participant/observer, developing protocols for group dreamwork utilizing CMC on bulletin boards and e-mail.

Group members contributed to the design of the eventual format for online group dreamwork. Developmental dream group participants consisted primarily of members of America Online, Seniornet, or the Association for the Study of Dreams.

I developed protocols for CMC groups and utilized bulletin boards, e-mail, and combinations of the two. I modified the procedure as required, joinied Listserv type dream groups, and participated in real-time online dreamwork including electronic auditoriums, and public and private chat rooms. I included a thorough discussion of issues of privacy and confidentiality in this study.

Dreamers' feedback attested to meaningful dreamwork using computer mediated communication. Issues concerned with spirituality and right livelihood occurred frequently in dream metaphors. The increase of dream related Websites will add to the resources available to those searching for more understanding of their dream metaphors.

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Chapter One

In 1962 I started recording my dreams, and since then I have been developing an increasing awareness of how they relate to my ongoing life events. Furthermore, I have found that being able to understand my dream metaphors has provided very useful guidance. I am not alone in this interest in working with my dream content. Dreams have fascinated humankind for thousands of years, but within the last few decades there has been an accelerating interest in working with the dreaming process and with dream content. Hunt (1989, pp. 237-262), for example, cites 462 dream-related references with the following distribution of publication dates: 1867-1918 (20), 1919-1938 (20), 1939-1958 (23), 1959-1968 (67), 1969-1978 (126), and 1979-1988 (207). Van de Castle (1994) cites 560 dream-related bibliographic references, and as of September 1996 there were 370 available books in print related to dreams or dreaming (*Books in Print*, 1996).

What is a Dream?

Merriam-Webster Online (1998) defines a dream as "a series of thoughts, images, or emotions occurring during sleep." The implication is that these elements have been *reported* by dreamers, and not arrived at by external measurements. Although physiological factors associated with dreaming had been observed in the 1800s, the explosion of

sleep laboratory research occurred in the 1950s with the investigation of the rapid eye movement (REM) phase of sleep. Sleepers awakened during this phase almost always reported dream content.

We therefore have two broad paths with which to approach discussing dreaming activity: a physiologically based objective path, and a subjective route that is concerned with reported content and its meaning (versus a quantitative "counting" of themes or images). These paths are interrelated, rather like the horse and buggy: "you can't have one without the other."

Theories about the purpose of dreaming and the usefulness of dream content vary widely. Some believe primarily in physiological models of dreaming, attributing little importance to meanings associated with the actual dream content itself. Crick and Mitchison (1983) for example, consider dreams to be essentially meaningless.

Hobson (1988) supports a brain-based approach to dreaming, presenting an "activation-synthesis" hypothesis, but he acknowledges value in working with associations to the dream content.

Recent research is starting to link memory to dreams at a physiological level. Anthony (1999) presents a very interesting perspective in his article "Long Term Memories: Can dreams inscribe them on the brain?" He describes the work of Matthew Wilson, an assistant professor of brain and

cognitive sciences at the Massachusetts Institute of
Technology. Wilson created a unique probe "that can detect
which of 100 or more brain cells packed into a pinhead-sized
space are firing" (p. 9). Anthony continues:

Working with Nobel Laureate MIT biologist Susumu

Tonegawa, Wilson used the device to probe the cells of

the hippocampus. . . . "We could basically track where

the animals were [navigating a maze] by monitoring which

cells were firing." says Wilson.

Dream Discoveries: Wilson has since begun exploring

the extent to which dreams play a role in memory. "The

idea," he says, "is that we often dream about things

that are significant to us, and that can lead to the

formation of long-term memories." . . . He also notes

that the hippocampus actively communicates during dreams

with parts of the brain where long term memories are

lodged. There are signs at least that some of this

back-and-forth represents a sorting process that leads

us to retain some memories while letting others slip

away.

Wilson is quick to concede that finding patterns in

the way selected brain cells fire during sleep is a long

way from defining a specific role for dreams in memory.

(p. 9).

Symbols, Metaphors, and Interpretations

Merriam-Webster's Online Dictionary (1998) defines a symbol as: "(1) something that stands for or suggests something else by reason of relationship, association, convention, or accidental resemblance; (2) a visible sign of something invisible."

My use of *symbol* follows the first part of the dictionary definition. For example, a bicycle is something that is ridden by an individual or individuals; its path is chosen by the rider. The rider must also have a sense of balance and is usually travelling to a specific destination or riding for a specific purpose. A bus, however, travels a specific route and is used by many different people. I therefore consider a bicycle or a bus in a dream to be a *symbol,* albeit the former may refer to an individual travelling an individual path in life, and the latter may be concerned with a collective activity.

Authors of dream related subjects often use symbols, metaphors, and imagery in overlapping manners. *Merriam-Webster's Online Dictionary* (1998) defines a metaphor as: "a figure of speech in which a word or phrase literally denoting one kind of object or idea is used in place of another to suggest a likeness or analogy between them (as in drowning in money)."

Krippner and Dillard (1988) note:

Metaphors are figures of speech in which one object is

likened to another by speaking as if it were actually
the other. Metaphors in dreams use images to draw
comparisons emphasizing certain shared features. Usually
these images are visual in nature, and represent a
conceptualizing process using concrete imagery to arrive
at the abstraction. (p. 104)

In this discussion, I will use *metaphor* in relationship
to *idea*, but I also expand on *idea* so that it may also
include the dream message as a whole. The idea the overall
dream presents *is* the metaphor. My use of metaphor therefore
encompasses the gestalt of the dream content, which usually
includes several symbols. I will equate the dream to the
recalled and *reported* dream content.

Interpretation (the act of interpreting; explication;
elucidation) in dreamwork is usually associated with a
psychotherapeutic process involving an analyst who carries a
role and theoretically knows more about the dream than the
dreamer does, or that the dream, to be understood, must be
unravelled within a theoretical framework. In contrast to
this approach, Ullman (1988, 1996, Ullman & Zimmerman, 1979)
suggests that individual group members should pretend the
dream is their own and share thoughts and feelings about what
the dream might mean to them (see Ullman's Method, p. 12).
The dreamer may therefore be presented with alternative
perspectives for consideration, some or all of which may help
the dreamer understand the symbols or metaphors of the dream.

The benefit of using this method is that although each of us
has a unique life situation, we often are aware of similar
life issues.

A practiced dreamworker may respond with many more
possible associations to symbols than the dreamer does, and
may generate richer or more complete metaphors to present to
the dreamer for consideration. The underlying premise,
however, is that ultimately only the dreamer can take
responsibility for which of the associations are meaningful.

Rationale for Meaning in Dream Content

One cannot separate the meaning in dream content from
its cultural belief structure about what a dream is or what
it represents. In some societies, for example, dreams are
viewed as a reality of their own, paralling ordinary waking
reality; they are not to be interpreted, because "they relate
the adventures of the soul when it leaves the body during
sleep" (Derek & Parker, 1985, p. 18). Van de Castle (1994),
reporting on his research of the Cuna Indians on the San Blas
Islands off the Atlantic coast of Panama, noted:

> The Cunas believe there are eight levels of reality or
> existence beneath the surface of the land on which they
> live. One could thus vertically descend through eight
> levels of *kalus*, or kingdoms beneath the ground to
> discover the source of certain dreams. . . .
> Corresponding to the eight underground regions are eight

regions to which the *nele* [Cuna medicine men] may ascend for progressively higher levels of understanding and transpersonal functioning. (p. xviii)

Regarding the importance of dream content, Crick and Mitchison's viewpoint that dream content is meaningless could represent one extreme polar position. Middle positions might include physiologically based perspectives such as Hobson's or Wilson's, which introduce a link between memory association and dreaming. Ullman (1996) presents a position in which dream content is considered to have great importance, and he proposes a theory that dreaming is an evolutionary function associated with species survival (pp. 252-258). He further notes:

When we go to sleep at night our concerns are a bit more complicated than our nearest neighbors in the animal kingdom. We face the complex social world we have created for ourselves, a world that has both a cushioning effect but also presents us with its own array of danger, different from the predatory danger that confronts other animals but no less real. Phylogeny has provided us with a ready-made mechanism for confronting ourselves with the exigencies of this kind. A shift occurs from a state of physical vigilance focusing on predatory danger to social vigilance in response to tensions arising out of our daily experience. The result is

the unique form of consciousness known as dreaming.

(Ullman, 1999, p. 96)

His conclusion is that dream content is very important, and that it can comment on issues that are of vital concern to us. Ullman believes that early humanity needed rest but also had to be aware of the surroundings: being eaten by a lion in the middle of the night was not very adaptive. When societies developed, however, the dangers of survival shifted to having to deal with the pressures of society: how to get along with others, how to earn one's keep, how to meet spiritual needs, and the myriad complexities of daily societal living.

Ullman believes that the reason group dreamwork can be successful is that even though each of us has a unique life situation, we all have to deal with the same sorts of problems. When we associate to a dream metaphor, we are tapping into collective elements important to all of us.

With over 5,000 of my dreams stored in electronic word processing format, I have been able to relate my dream content to daily diaries, confirming that my dreams have commented on my physical condition, tracked changing attitudes, and occasionally have presented me with metaphors that provided guidance for a lifetime.

In one seminal dream, for example, I was standing on something reminiscent of the plank on a ship (walking the plank) that extended over water. Objects of all sorts fell

vertically from the sky, and I knew they represented all the various activities of "life." I wanted to experience *life* fully, so I put my arms up over my head at an outward 45° angle to catch and gather in as much of the stream of life as I could. In a matter of moments, I was crushed and swept into some form of oblivion. This same dream scenario was repeated a second night with the same result. On the third night, I decided to hold my arms up vertically, gathering only as much of the life stream as applied to me. I stood there, taking in what was allotted to me, and I let the rest stream by. I assimilated the flow in total comfort. In a flash, I recognized that I could not be all things to all people, and that I could not have any vested interest in the outcome of my endeavors. If asked for help I would assist where I could; I could share my knowledge and understandings, but the primary responsibility for each person's well-being would rest with that individual.

For me, therefore, dreams represent a tremendous gift, and a source of potential understandings. I resonate with Ullman's statement that "I view dreaming consciousness as a natural healing mechanism confronting us with information about the personal and social realities that have shaped our lives" (Ullman, 1999, p. 95). I have witnessed the power of new awarenesses, and if I did not accept the efficacy of group dream work, I would not have undertaken this study.

I believe that dream content can be important, that one person cannot interpret a dream for another, and that only the dreamer ultimately knows to what his or her dream metaphor might refer. However, others can contribute different viewpoints that can help a dreamer see the metaphor in a new perspective. It is this shift of perspective that can create an "A-ha" experience for the dreamer. This is the unequivocal position I take in presenting this study.

Three Realms of Dreamwork

When this study was initially proposed, there were three realms in which the meaning of dream content had been explored. These three realms are still being utilized: one is a traditionally clinical framework, primarily involving the dreamer in a one-to-one therapeutic relationship between the therapist-interpreter and the client-dreamer; a second is the individual dreamer analyzing his or her own dreams, perhaps with the aid of guidebooks; the third is outside the therapist's office in various workshops and local dream group meetings utilizing self analysis processes. A recent issue of the *Dream Network Journal*, for example, lists over 35 dream groups and 57 contact persons from whom information can be obtained (Networks/Dreamgroups, 1999).

These last two realms have been accompanied by a recent explosion of popular literature dealing with dreamwork, which is testimony both to the public's interest in dreams and to

the evolving techniques available for understanding dreams.
Krippner (1990) comments:

> [There is] a growing recognition that dreams are no
> longer the exclusive province of the shaman, the priest,
> or the psychoanalyst. There is an emerging awareness, in
> both the public and professional world, that dreamtime
> and its products properly belong to the dreamer.
> (p. xiv)

Ullman's Method

A technique for working outside the therapist's office
has been developed by Montague Ullman, M.D. (Ullman &
Zimmerman, 1979). This is a dynamic, evolving methodology;
updates to the original process can be found in the first
chapter of *The Variety of Dream Experience* (Ullman, 1988) and
in *Appreciating Dreams* (Ullman, 1996).

Ullman (1988) firmly believes that the ability to work
in a meaningful way with dreams can lead to a therapeutic
process and healing experience without "the formal trappings
of a therapeutic arrangement" (p. ix). He attaches great
importance to sharing the dreamwork process with interested
and concerned dreamers, a process that can be conducted
outside the traditional clinical framework.

Ullman identifies four stages in his process. Working
with Ullman's protocol, one member (the dreamer) volunteers a
dream for discussion. If there are any questions about the

dream content (not its meaning), they are answered by the dreamer for purposes of clarification. After the dream has been presented, group members have the opportunity to ask the dreamer questions to clarify specifics about the dream, but one cannot ask the dreamer what he or she thought the dream meant (Stage 1). In the Ullman process, after the exchange of information for clarification purposes, the dreamer essentially becomes a listener to the group members' comments. Other members of the group then take turns responding as if the dream were their own, sharing individual feelings, thoughts, and interpretations of the dream's meaning as though for themselves (Stage 2). The dreamer listens to the comments offered, and when they are experienced as relevant, they supplement the dreamer's understanding of the dream metaphors.

The remaining stages of the protocol are voluntary. Stage 3 has two parts: in 3(a), the dreamer is invited to respond and share the insights gained by hearing the group's projections and comments; then, if the dreamer requests it, 3(b) consists of a dialog between the group and the dreamer intended to further clarify how the dream metaphors relate to the dreamer's waking life situation. Stage 4 bridges the current group meeting and its next meeting; it takes place at the end of the current meeting and may continue at the next scheduled meeting, at which time the dreamer is invited to share any additional thoughts about the dream.

A very important aspect of Ullman's process is that the dreamer is under no obligation to respond to the group if he or she does not so wish. Occasionally a dream metaphor may bring up issues that are so sensitive to the dreamer that he or she prefers, at that moment, to defer dealing publicly with the revealed emotional content. Most of the time, however, the dreamer will begin to gain insight as a result of intuitive remarks made by the group members. Sometimes this awareness is abrupt and the dreamer is able to make an immediate connection to his or her waking life. In other cases, the dreamer will know that the metaphor is important but cannot quite relate it specifically to a current life situation. This is where the Stage 3(b) dialogue can be helpful.

In a professional therapeutic relationship, the therapist often knows enough of the dreamer's background and present situation that he or she might relate the dream content to the ongoing issues of the dreamer's life. In the "If it were my dream" format, on the other hand, it is preferable, during the early stages of the process, that the participants know nothing of the dreamer's personal life situation. The process depends, in part, upon each group member having the freedom to make projections from his or her personal associations. If the dreamer's life situation is known, it is possible that the other group members may make projections from that particular point of view only.

The value to the dreamer is in having new perspectives presented not the reinforcement of an existing awareness. These new viewpoints may lead to a shift in perspective for the dreamer, with accompanying new awarenesses of the possible metaphoric message of the dream. In Ullman's process, there is provision for the dreamer's life situation to be shared in a later phase of the process if the dreamer so desires. In chat or auditorium work, when a dreamer shares this personal information, the comments seem to change from general to specific, building on and expanding associations to the specific metaphors that the dreamer finds meaningful.

Ullman believes that this process is exceptionally powerful, because even though we each have a unique life situation, we all must deal with many universal issues like work, family, significant others, personal growth, aging, and death. When we can communicate and share our insights, mutual benefits can result.

It is important to remember, however, that while the group members share these insights, they do not impose them on the dreamer. Ullman's process therefore cannot be grouped with an authoritarian psychoanalytic tradition. It also differs slightly from a client-centered therapy such as that of Carl Rogers.

The essence of Ullman's method might be called cooperative projective. An individual group member, in taking the dreamer's dream as his or her own, shares personal

projections and offers personal associations about what the metaphor might mean within the framework of his or her specific life situation. The dreamer is presented with the opportunity to review these multiple contributions, and usually one or more of the offerings will have relevance for the dreamer.

There is no necessity for any group member to agree with or support the dreamer, and there is no obligation for the dreamer to share any feelings or insights with the group. The Ullman process is not therapy, but may be viewed as therapeutic by the dreamer.

Electronic Community

Expansion in the way people can meet and exchange information is taking place world-wide. This enhanced communication has resulted from the use of electronic meeting places and electronic data bases that can be accessed using computers, modems, and ordinary telephone lines.

While the genesis of group dreamwork has been the face-to-face (FTF) meeting, these meetings are under geographic constraints and may be under some scheduling limitations associated with the times and/or days. If it is possible to extend the dream group community via electronic communication and thus provide an electronic meeting place for group dreamwork, the geographical barriers will diminish. It will become increasingly popular to communicate

electronically.

A special report on the Internet and intellectual property (The Internet, 1996) notes the following:

In the past bricks and concrete were ways to organize space and transportation systems, connecting the built spaces for community. Now, it is possible to make those connections electronically. We need to think of the tradeoffs between physical space and virtual places, between transportation and telecommunication, between face-to-face contact and electronically mediated contact. The Internet sustains intellectual communities that are defined not geographically but by patterns of communication. (p. 5)

This has already occurred. P. Gallagher (personal e-mail communication, September 13, 1996), in referring to Dream Wheels e-mail (see page 88), commented, "I am an American citizen in my mid-50's [*sic*] living in Thailand, and have no other way of working on dreams with other people."

I see no reason why this electronic medium should not, and cannot, be used to create interactions that might enhance human experience and growth. I strongly believe that working with dreams is a productive and helpful process. Ullman has developed techniques that work very effectively in face-to-face groups, and one of the byproducts of working with dreams in the Ullman process is that the group members can learn a great deal about how dream metaphors are related

to life events. It is an educative process.

Ryback (1993), in describing stages of education from an Eriksonian perspective, lists the final stage of education as a cultural lifestyle:

> Education has not only become a lifelong process; it
> also integrates the individual's meaning of life as
> self-defined and therefore retains the basic tenets of
> humanistic education as defined by Carl Rogers: that
> learners are entrusted with the capacity for self
> direction. This final stage of education is humanistic
> because it is community oriented, based on the learner's
> own interests, fosters a continuing process of learning,
> and becomes pervasive in the learner's life. (p. 9)

I believe that combining specific strategies from Ullman's protocol for group dreamwork with the expanded communication possibilities of electronic access could be considered humanistic education. If so, it would, as a dreamer centered group process, follow in the tradition of Roger's humanistic psychology. It is important to note, however, that this although this process may be therapeutic, it is not therapy.

Computer Mediated Communication

Reid (1991) states:

> Computer-mediated communications systems (CMCSs) use
> computers and telecommunications networks to compose,

store, deliver and process communication. There are
three basic types of computer-mediated communication
systems: email, news, and chat programs. "Email," or
electronic mail, allows users of computer systems to
send messages to each other. "News" allows users to send
messages to a database divided under subject headings,
facilitating electronic mail between multiple users on
diverse subjects. These two types of communication are
asynchronous - messages, whether private email or public
news, can be created and received at widely separated
times, allowing time for reflection and deliberation in
response. The third type of CMCS is the "chat program,"
which does not store messages but transmits one person's
typing directly to the monitor of another person or
group of people. Chat programs deal in a form of
synchronous communication that defies conventional
understandings of the differences between spoken and
written language. (¶ 2)

The CMCs Reid refers to above should be expanded to
include the new virtual communities, theme parks, and other
new forms. The explosion of CMC has led to the University of
Southern California's Annenberg School of Communication
establishing the *Journal of Computer Mediated Communication*
devoted just to this subject.

My use of CMC includes the human-computer interface,
technical elements of computer to computer interactions, and

the dynamics of interactions when humans use computers in
communication.

Research Question

The research question posed was, "Is it possible to
utilize strategies found in the Ullman process of working
with dreams in a non-face-to-face environment, specifically
by utilizing e-mail or an electronic network bulletin board
conference as the meeting place? If it is possible, what
elements or characteristics are required for a successful
ongoing dream study group utilizing Ullman's 'If it were my
dream' approach? If it is not possible, what elements are
detrimental to the process or prevent practical use of the
electronic medium?"

In addition to the stages referred to in Ullman's Method
(see page 12), there are other considerations in the process.
First, the group has a leader with a dual role:

> The special role of the leader is to lead the group
> through the process, facilitate the transition from one
> stage to the other, and see that the group adheres to
> the structure. The other role is that of a participating
> member of the group, entering each stage of the process
> in the same way that the others do, including the option
> to share a dream. (Ullman, 1996, pp. 113-114)

Next, there are practical limits to group size in face-
to-face dream groups. Assuming that the group meets weekly,

Ullman notes:

> The optimum group size for an ongoing group is six to
> eight, including the leader. Above that number, there is
> too long a wait to present a dream. When it is less than
> six and a few are absent, the power of the group input
> is greatly diminished, and there is too much pressure
> felt by those who are present to come up with a dream.
> (Ullman, 1996, p. 202)

The specific additional questions to be answered are,
therefore: (a) What stages of Ullman's Method can be utilized
in the electronic environment? (b) Will the electronic
environment support the dual role of leader-participant?
(c) Is there an optimum group size in the electronic
environment? (d) Are ongoing groups possible? (e) Is the
process perceived to be a help to the dreamer?

Pilot Study

I conducted a pilot study that suggests dream metaphors
can be successfully shared utilizing electronic
communication, and that meaningful contributions result from
the exchange. The study was specifically limited to the
consideration of the use of effective language and utilized
elements from the first three stages of Ullman's protocol,
which consisted of (a) the dreamer posting the dream and
responding to questions for purposes of clarification, (b)
the group members taking the dream as their own and making

projections about the meaning of the dream's possible metaphors for themselves, and (c) the dreamer's responses to the group's projections. After the dream has been presented, group members have the opportunity to ask the dreamer questions to clarify specifics about the dream (one cannot ask the dreamer what he or she thought the dream meant, as this would interfere with the group members' projections).

I recorded conversations during a face-to-face discussion group utilizing a modified Ullman method of working with dreams. After transcription, I analyzed the record phenomenologically, utilizing methods derived from Giorgi (1985), for types and volume of, group members' responses to the dream metaphor presented by the dreamer, and the dreamer's comments about the groups' responses.

I presented this same dream to a number of persons participating on an electronic bulletin board about dream content and process. I forwarded the responses from the bulletin board participants to the dreamer, and analyzed both the participants' responses and the dreamer's comments. I was the sole rater. Utilizing a chi-square analysis in comparing the computer and the face-to-face groups, I found similarities in the issues discussed and in the judged accuracy of responses. The computer group, however, showed a greater volume of comments generated by both participants and the dreamer.

Because the dreamer was not online and participating by computer directly, it was necessary for me to act as a relay in submitting the computer postings to the dreamer and in posting the dreamer's comments back to the participants. When inappropriate questions were asked, I was able to advise the computer conference member that although the question may be an appropriate one, it should not be asked at the present time. These were commented upon at a later date. I did not, however, paraphrase any of the computer group's postings, which might have altered the results of the study.

Because the dreamer did not directly participate on the computer, there was no opportunity for stage (4) activity (direct communication with the dreamer). Feedback was limited to relaying the dreamer's comments back to the computer group. It was not limited operationally, but no members posted additional items for discussion by the group. In a chat room or on a regular bulletin board (see pages 100 and 84), the dreamer would have been an interactive member of the group. I believe there would have been more opportunity for additional communication, which might have increased the differences found (i.e., led to more favorable findings).

Processing transcriptions.

Hycner (1985) and Kvale (1987) provide guidelines for the phenomenological analysis of interview data which can be applied to working with workshop dream content (see pages 26

and 33). The transcription of the dream provided a text source for analysis. Phrases or sentences indicating specific thoughts or feelings were sequentially coded and identified as D-xxx. In the face-to-face group, verbal questions were identified as QM or QF (Question--Male, or Question--Female).

Following the question phase, group members shared their thoughts and feeling about the dream. A group member's communication was coded as a Response if it applied directly to some element of the presented dream. If it did not, it was coded as a Remark. In hand scoring the original text, non-meaningful comments were coded "\ .. ..\" and were not included in any analysis. The responses were identified as RM-xxx or RF-xxx. All questions, statements, comments, or responses of the face-to-face group were identified with an initial F-. Whereas the face-to-face group could communicate directly, computer-network group members were sent a copy of the transcription of the initial dream, and they responded by postings. Communications from that group were identified with an initial N-.

The final phase further identified responses from the dreamer in answer to the comments of both the face-to-face (FTF) and the computer network, resulting in a coding of F-D-xxx or N-D-xxx. The coding system presented in Table 1 therefore applies to the initial transcription.

Table 1. <u>Coding System</u>

\ .. .. .. \	Non-meaningful Comment
/ .. .. .. /	Meaningful Response or Remark
D-xxx	Original Dreamer Statement
F-RF-xxx	Face to Face Response Female
F-RM-xxx	Face-to-Face Response Male
N-RF-xxx	Computer Net Response Female
N-RM-xxx	Computer Net Response Male
R-F-xxx	Dreamer Response to FTF Posting
R-N-xxx	Dreamer Response to Net Posting

Questions, remarks, and responses were coded
sequentially, indicated by beginning and ending slash "/"
marks). Non-meaningful content (indicated by reverse slash
"\" marks) was not counted in any word count analysis.

<u>Assigning meaning units</u>.

The process of assignment is a matter of judgment and
perspective on the part of the investigator. The guidelines
that I established were as follows: Whenever a specific
paragraph, sentence or part of a sentence expressed one
integrated thought or feeling, I labeled it a "meaning unit."
If a meaning unit from the original dream transcript was
subsequently used by a member of either group, and that

sharing evoked a response from the dreamer, I considered it a "meaningful response." Thus, one could have a "meaningful original statement" resulting from responses deemed meaningful to the dreamer. With this coding it is possible to analyze the different types of content with reference to source, and it became possible to compare the number of meaningful original statements, the number of corresponding related replies, and the number of responses deemed meaningful to the dreamer. Appendix A contains the original transcription, the dreamer's statements broken down into meaning units, and the computer network postings.

Determining how much information constituted a "meaning unit" was a complex matter, and reflected the viewpoint of the investigator. If each unit was small in content, together they provided a larger quantity to work with statistically, but this made subsequent grouping of statements and responses more difficult. There were some obvious groupings, however, and the analysis process was started. Only after I attempted to group together the individual exchanges by keyword category did the difficulty of coding become apparent. The original breakdown into meaning units seemed to be much too fine: the segments seemed to be too numerous and without visible structure under which to group items. This necessitated going back through the whole series of transcriptions and expanding the content of each meaningful unit, thereby reducing the overall number of analysis units.

Hycner (1985) describes the process:

> This is a process of getting at the essence of the
> meaning expressed in a word, phrase, sentence,
> paragraph, or significant non-verbal communication. It
> is a crystallization and condensation of what a
> participant has said, still using as much as possible
> the literal words of the participant. This is a step
> whereby the researcher still tries to stay very close to
> the literal data. The result is a unit of general
> meaning. I define a unit of general meaning as those
> words, phrases, non-verbal or para-linguistic
> communications which express a unique and coherent
> meaning (irrespective of the research question) clearly
> differentiated from that which precedes and follows.
> (p. 5)

As I collated responses, however, it became apparent
that the meaning units were too coarse because small
subtleties, previously clear, had been assimilated into the
longer classification. It became necessary for the process to
be repeated a third time, returning to the format of a larger
number of meaningful units of a more detailed nature.
Although the third and final coding was very similar to the
first, the third coding was done from the perspective of
having worked with the overall material several times.
resulting in the ability to see how each statement could fit
in the overall analysis. Thus I was able to see more clearly

how each statement fit in the final analysis. If there were
nuances involving feeling, they were coded as a separate
meaning unit. In general, any specific thought or feeling
that was expressed was treated in this way.

An example of the difficulty of assigning comments to
specific classifications can be illustrated by considering
the following sequences (original coding references):

(N-RM-076) / Putting Mike, my "dead" ex-husband, in the
closet, reminds me of the expression "skeletons in one's
closet."

(N-RM-077) / I feel the emptiness of butchered
carcasses. There is nothing left inside Mike. I feel sad.
Mike is really dead. What's left is really a shell.

(D-N-208) / That's true, that's true and it's what needs
to happen, and it is also sad. And it's true that part of me
is dead with that, like with any long relationship. I think
the part of you that was in the relationship dies when the
relationship dies.

N-RM-076 was coded separately because the implication is
that there are past activities that have been or are being
hidden from view. Should such a remark be associated with
"Mike's death," "closet," or "relationships"? In N-RM-077,
what is missing? Why is he a shadow of his former self? Does
this comment belong under "Mike's death", "butchered
carcass", or relationships or emotions? N-D-208 not only
speaks to the presented comments, but also goes on to expand

on ideas that involve relationships. Does this mean that the prior comments should all be grouped together under relationships?

The net result was that iterative processes resulted in a different coding that recognized the individual elements as being specific meaning units.

Assigning content categories.

As the dream plot, group responses, and dreamer's comments were assembled, certain keywords and categories began to appear. If a specific statement engendered a direct matching response, there was little problem in assigning a category for the response. This category assignment process was also iterative. Sometimes the category was immediately apparent. At other times, although a keyword might seem to indicate immediate assignment to that keyword, the categories were so overlapping that the response might be assigned to a category other than indicated by the keyword. In three instances, a single statement properly fit two categories because it contains two ideas. Therefore the eventual coding and assignment was indicated in two places.

There were also many items that had to be assigned to a "General" or miscellaneous category where there were not enough references to constitute a separate group.
In contrast, the responses assigned to "Masculine" are few in number, but seemed to be an independent, important issue

because the dreamer used the specific words masculine or masculinity.

The dreamers' responses varied from high specificity to a particular group member's comments to a general acceptance or denial followed by other comments. It would have been very difficult to clearly outline all the key words for references without going through a distillation process, and it is doubtful that one would have had the ability to compare projections and dreamer comments on a one-to-one basis.

Comparison assignments.

It was to be expected that the projections of the individual group members would vary, although there were the obvious groupings referenced above. When a response occurred which bore a direct relationship to the initiating remark, it was immediately evident that these items were related, and the coded statements were paired together. As mentioned above, however, often the statement was one of general comment then followed by a stream of consciousness engendered by the prior remark. When comparisons were attempted between the group member's projection and the dreamer's responses, there may or may not have been a one-to-one relationship. In these many instances, the succeeding comments have been paired with the initiating remark, as they seem to have resulted from the initial coupled coding. Combined FTF and NET postings, sorted by assigned keyword, are located in

Appendix A.

Classification by keyword.

Eventually, after several iterations of comparing
responses and iterations of keyword classifications, it was
possible to summarize these responses in a table of
comparisons by Keyword (Appendix A). Statements were
classified sequentially, and their classifications were as
follows:

Code	Classification
F-xx-xxx	Face-to-Face conference
N-xx-xxx	Computer Network
x-Qx-xxx	Question
x-Rx-xxx	Response
x-xF-xxx	Female
x-xM-xxx	Male
F-DR-xxx	Dreamer Response to FTF posting
N-DR-xxx	Dreamer Response to Network posting

HIT/MISS: If there was an immediate matching comparison
that could be coded as a clear confirmation, it was coded as
a "Hit." Likewise a direct denial was coded a "Miss." In many
cases, although a keyword was mentioned., it was not
associated with a prior comment. Because a hit or miss was
not involved, no entry appears in the table. In a few cases a
"N/A" for not applicable applied. N-D-127, 178, and 179, due

to reassignment of response numbers during an iteration, did not contain a response.

INFO: During the iteration process, it became apparent that many additional valid items of information were being given by the dreamer. If a remark pertained to the initial telling of the dream, it was coded "Plot." If additional information was presented, a "Yes" coding was tabulated.

KEYWORD: This assignment was for the general category or cluster to which the comment or remark was assigned. In a few instances, there are multiple assignments.

M or F: Male or Female, was the gender of the individual group member's comment or gender of the initiating group member's comment resulting in a dreamer's response. If there was no identifiable sex identification, coding was "N/A."

The nature of the iterative process.

In processing the dream material, the one-to-one relationship between the dream plot as presented, the projections of the group, and the comments of the dreamer was not always clear. An element of particular interest to me was to see if the same types of responses to specifics of the dreamer's plot would be engendered by the face-to-face and the computer network methods. This required an initial breakdown of the dream plot into subject areas. The initial coding process treated each individual part of the dream plot as a meaning unit, but when the responses were compared, they

did not necessarily address a specific small meaning unit.
This was the factor that initiated the iterative process.

The building of the final comparisons was done by
sections, again in an iterative process. In the case of the
FTF transcription, all dream plot material, group
projections, and dreamer comments were in one block, which
could be coded and the individual meaning units assigned to a
tentative subject area. With the computer responses, each
individual's contribution was coded in sequence, individual
after individual, until all network projections were
assembled. Next the dreamer's responses were sequentially
coded, and the responses allocated to the appropriate
participant's projection that initiated the response.

Each participant's projection and dreamer's response was
then added to the proposed tentative subject area. After the
coded statements were all assembled under the proposed
subject areas, it was possible to see how and where
projections and answers either did or did not fit together.

It is only by detailed study of a condition that one
arrives at a perspective from which a second structure can be
built, and in this analysis the process was repeated three
times. The first attempt to construct meaningful units
resulted in their being overly detailed with too many
categories. The second attempt grouped ideas together in a
less detailed manner, but resulted in the loss of important
subtleties. Thus a third analysis was required to produce the

final coding, and this coding ensured that comments could be meaningfully evaluated, compared, and classified.

The selection of the categories for keyword also involved an iterative process of selection. It was often very difficult to assign a statement to a particular category, because of nuances in the imagery. The closet as a hiding place for private matters and the closet as a storage place for something you are finished with are two entirely different concepts; for classification purposes, this presented a problem. In this particular case, I believe the imagery was being used two ways, and if two different individuals referred to the two different meanings, both could be correct. There were, therefore, a few occasions where it was necessary to classify a given imagery under more than one category. Hycner (1985) anticipated this problem:

> It should be noted that at times it is difficult to clearly and unambiguously determine what constitutes the gestalt of a unit of general meaning. For example, in looking at the statement "[example of ambiguity given]," it could be argued that actually this constitutes one whole unit of general meaning rather than two as I have delineated it. The context is ambiguous and I would agree that this is a completely acceptable alternative decision. (p. 7)

The perspective I used in this case avoids the danger of potentially subsuming and therefore obscuring apparently separate meanings by choosing in all ambiguous instances to decide in favor of separate meanings.

Change of perspective.

An interesting result of this analysis was that while my initial intent was to produce quantifiable units of information that could be statistically analyzed, and that result has been accomplished, I saw a tapestry of a human story evolve with a richness that I might not have appreciated with the mere recording of the conversations. The very act of intense analysis, of pulling apart (deconstructing) the comments and re-cementing (reconstructing) them in a different order, produced, for me, a story that was possibly richer than the original.

Pilot Study Findings

This study was not concerned with comparing dream content against other standards, so was not classified utilizing Hall and Van de Castle's (1966) coding system. The parameters were chosen for the purposes of comparing the nature and quantity of participants' responses engendered by the original dream plot, and quantifying the dreamer's comments on the participants' responses. As has been mentioned, the final choices of parameters were based on

subjective decisions resulting from the iterative process of phenomenologically working with the data. Under ideal conditions, several different raters might have been used to code the responses, in which case their accuracy could have been checked using inter-rater reliability analysis. I do believe, however, that any other individual would have arrived at substantially the same conclusions following a similar process. Tables 2 and 3 summarize the comparisons found in Appendix A.

Table 2. <u>Tally of Dreamer's "Meaningful Responses" to</u>
<u>Previous Postings</u>

	Face-to-Face	Computer
Number of Participants	14	9
-------------------------	------------	--------
Questions Asked	21	4
Participants' Responses	58	117
Hits	36	64
Misses	5	9
New Dreamer Information	46	124

Table 3. <u>Classification of Responses by Subject Matter</u>

	Face-to-Face	Computer
Number of Participants	14	9
-------------------------	------------	--------
Closet	3	14
Ending	13	7
Exposed	8	8
Family	10	10
Feelings	13	58
General	22	21
Masculine	3	0
Sister	11	16
Ratio of Hits/Misses	7.14	7.11

One hardly needs statistical treatment to see that there are some substantial differences in the numbers of replies from the two different processes, but to analyze the extent of these differences, they were subjected to a chi-square distribution analysis.

Testing the null hypothesis of no difference between the way the two groups would respond led to the rejection of this hypothesis at the levels indicated in Tables 3 and 4. There are substantial differences in the quantities of responses of the two groups. There were many similarities in the nature of the items, as evidenced by non-significant chi-square values found for most of the categories. There was, however, a significant statistical difference in the subject area of feelings. The chi-square calculations are listed below and in Appendix A.

Table 4. <u>Chi-Square:</u>

<u>Tally of "Meaningful" Responses to Previous Postings</u>

	computed chi-square	critical value	Prob. (df=2)
Questions Asked	5.62	4.605	.10
Participants' Responses	56.48	13.815	.001
Hits	25.97	13.815	.001
Misses	3.72	3.219	.20
New Dreamer Information	81.59	13.185	.001

Table 5. <u>Chi-Square:</u> Classification of Responses by Subject Matter

	computed chi-square	critical value	Prob. (df=2)
Closet	13.34	12.02	.10
Ending	0.15		
Exposed	0.79		
Family	0.99		
Feelings	53.90	24.32	.001
General	1.71		
Masculine	1.92		
Sister	4.60		

The computer group's responses and subsequent elicitation of new information from the dreamer were substantially greater than those from the face-to-face group. More time to reflect on the dream metaphor before responding undoubtedly helped. From the number of Hits and from the number of responses classified as New Dreamer Information, it appears that the electronic communication was an effective (chi-square, p <.001) method for a group to work with a dream.

Quantity of responses.

It is apparent that there are different processes involved in responding to the two presentations (verbal and written) of the dream. One consideration obviously is the time constraint placed upon the face-to-face conference participants. With a specific agenda to be accomplished within the very limited time frame of the hour meeting, verbal responses were limited, as was the ability of the dreamer to share observations. With the computer network, however, participants had the opportunity to respond to whatever degree preferred, and a review of the actual postings (Appendix A) will show the wide variation in the length of postings made.

The one category that did not conform to this general trend was in the number of questions asked. There are several possible reasons for this. The first is a general propensity

to keep asking questions of the dreamer and not begin the phase of sharing projections. Ullman pointed out that this is a recurring problem with group dreamwork and the leader must be aware of this operational problem (personal communication, July 20, 1990). The second is that the posting to the computer network consisted of the dream and the initial FTF questions and answers. The network participants therefore had the benefit of this information. The third possible reason is that it might have been a little more difficult and cumbersome to get a question answered on the network, because the dreamer was not actually on the network and I had to relay the questions and answers to and from the dreamer.

     Hits and misses.

     If there was an immediate matching comparison that could be coded as a clear confirmation, it was coded as a "Hit." Likewise a direct denial was coded a "Miss." The ratio of Hits to Misses was virtually the same: 7.11:1 for the FTF group and 7.14:1 for the network. I interpret this to mean that the actual mental process of working with the dream content was similar. Even though the volume of network responses was greater, the quality of responses was the same.

     New information.

     One measure of the effectiveness of group members' comments was the number of responses elicited from the

dreamer. When the dreamer voluntarily presented additional comments, they were coded as new information. The dreamer's replies to the network were substantial and varied in content. A great deal of information was added, and there could have been two major reasons for this phenomenon. The first was associated with the time available for response, and the second may have been associated with the passage of calendar time. The replies to the FTF participants had to be made immediately after hearing the projections. With the network, the dreamer would not only have had the responses in hand as written comments and the opportunity to compose a leisurely reply, but also the benefit of reflection over a longer period of time. This was particularly evident with the remark made to one of the later network postings, where the dreamer commented that a subsequent dream had occurred that put closure on the issues presented in the dream being studied. This will be discussed more fully later.

These results must be interpreted with great caution due to the limitations in this study, but it appears that the electronic communication was an effective method for group dreamwork. The study did not proceed beyond the third stage of Ullman's protocol, because the pilot study's purpose was to compare the effectiveness of *Face-To-Face* versus *electronic* communication within the framework of group dreamwork.

Conference Topics

 When this dissertation was proposed, there were no known electronic conference formats using elements from Ullman's process. At that time, the current conference topics (see Appendix B) covered a wide range of specific aspects of dreaming and dream content. Most of the postings revealed that they were collections of comments about the given aspect and they did not pertain to working with dream content. A posted dream would often elicit a comment such as "I also had a dream like that last night." Occasionally a person would comment about the meaning of a metaphor, and there were some instances where a dreamer asked for comments about the dream. The exchanges, however, seldom worked with the metaphor at more than a casual level. The main differences between the then existing conferences and the one I proposed were related to depth of communication and to intent.

 Intent, commitment, and sustained involvement are crucial elements. For thoughtful, contributing group members, the electronic medium may provide adequate communication to work with dream metaphors. An example of this was the formation and continuation of a dreamworking group composed of members who met and became acquainted during the time that America Online (AOL) provided a meeting place for the discussion of dreams. This area was titled "Dr. Taylor's Dream Show." After the show was terminated, the members decided to meet periodically to continue dreamwork online.

At the time of this writing, core members of the group are still active, 22 months after start-up, meeting electronically in a private chat room on America Online for one hour on Wednesday mornings and for two hours Sunday evenings. They will sometimes e-mail the dream to be discussed a day or two before the meeting,.

Motivation is a major variable leading to differences in communication. If a posting is presented as a casual offering of communication, the responses will tend to be casual. If the posting is made to group members who have agreed to respond to the dream metaphor in a thoughtful manner, pertinent and personal communication results. The following excerpts are from the Association for the Study of Dreams (ASD) Dreamwork Ethics Statement:

> ASD supports an approach to dreamwork and dream sharing that respects the dreamer's dignity and integrity, and which recognizes the dreamer as the decision-maker regarding the significance of the dream. Systems of dreamwork that assign authority or knowledge of the dream's meanings to someone other than the dreamer can be misleading, incorrect, and harmful. Ethical dreamwork helps the dreamer work with his/her own dream images, feelings, and associations, and guides the dreamer to more fully experience, appreciate, and understand the dream. . . . A dreamer's decision to share or discontinue sharing a dream should always be respected

and honored. (Warner, 1997, ¶ 1-2)

In this research project I proposed to combine my interest in using computers for these more humanistic purposes with my interest in dreams, particularly in utilizing elements from the Ullman process. Several elements already existed: (1) the protocol for group FTF meetings had been refined to become a smoothly functioning process; (2) electronic conferences devoted to special interests (SIGs) existed on many networks; and (3) the pilot study suggested that dream metaphors could be effectively discussed using electronic communication via modem. Specifically, I proposed to find out if it would be possible to develop an ongoing electronic conference for group dreamwork that would utilize elements of the Ullman process. Attendance at a conference of The Association for the Study of Dreams (Taylor, 1993) reinforced my interest in pursuing this research.

Between the time I submitted this dissertation proposal and its completion, there has been an astounding increase in dream-related topics that have appeared on the Internet. Because change is accelerating on the Internet, this dissertation may be out of date by the time it is completed. However, I offer it as a demonstration of how dreamwork can be conducted using this powerful new medium.

Chapter Two

Review of the Literature

This study joins two major areas of interest: group dreamwork and electronic communication via computer and modem, using electronic bulletin board conferences. In reviewing pertinent literature, I will not review the vast field of dream interpretation, but will focus on the literature relevant to the computer-mediated communication aspect of dreamwork.

There is an extensive body of writing dealing with the biological, physiological, and psychological aspects of dreaming, and the various theories have generated not only different viewpoints on the importance and meaning of dreams, but also on how to work with them. If meanings are attached to dreams, there will usually be an underlying theory guiding the interpretation. Sigmund Freud (1900/1961) rekindled the fires of inquiry with *The Interpretation of Dreams*. Freud believed that "a dream is a disguised fulfillment of a suppressed or repressed wish" (p. 160) and that the latent content of the dream differed from the manifest content. Freudian analysis was therefore deemed necessary to uncover this content.

Since then there have been many alternative ways suggested for working with dreams and dream content. Two other major theorists, Alfred Adler (1968, 1969) and Carl

Jung (1974, 1984) held differing views and worked with dreams differently. From my perspective, Freud looked to the past, Adler to the present, and Jung looked in all directions.

Parsifal-Charles (1986) presents an excellent critical, encyclopedic, bibliography of over 700 publications treating the topic of dreams. Although she admits gross oversimplification, she comments, "Whereas Freud sought to discover what was symbolically disguised in the dream, Jung focused on the purpose of the dream" (p. 237). Likewise, she notes that "Adler's dream theories promote a kind of pragmatism in dealing with the patient, representing a radical departure from the approaches of both Freud and Jung" (p. 5). Krippner and Dillard (1988) cite 286 references related specifically to dreamwork in their book subtitled *How To Use Your Dreams For Creative Problem Solving*.

Many current dreamworkers (Delaney, 1979, 1991; Faraday, 1972, 1974; Garfield, 1974, 1991; Reed, 1985; Taylor, 1992; Ullman, 1988, 1996) suggest that dream metaphors can often be interpreted in a direct manner by considering the associations developed by the dreamer. Ullman's process supports increased dreamer awareness by sharing group members' reactions to the dream presented by the dreamer.

The language of dreams is generally metaphoric. Krippner and Dillard (1988) note:

Metaphors are figures of speech in which one object is
likened to another by speaking as if it were actually

the other. Metaphors in dreams use images to draw
comparisons emphasizing certain shared features. Usually
these images are visual in nature, and represent a
conceptualizing process using concrete imagery to arrive
at the abstraction. (p. 104)

There has been an increasing awareness of Ullman's
pioneering work in bringing dreamwork out of the analyst's
office, and a corresponding expansion of group dreamwork at a
grass-roots level. Hillman (1990) suggests that:

In the context of the current dreamwork movement, we
view as grassroots efforts all community-based,
nonclinical dream groups organized by and for lay people
(in the traditional sense). Among clinical professionals
encouraging and inspiring the grassroots movement,
Montague Ullman, in particular, stands out. (p. 15)

Even though the direction of movement has been primarily
from the analyst's office towards the general public, Ullman
(1996) believes that group work can be valuable in the
training of therapists.

Just as group dreamwork has expanded to rural
communities (Green, 1994), it has also expanded beyond face-
to-face meetings. There are sweeping changes occurring in
methods of communication which may now be utilized for
extending group dreamwork. Frederick (1992) notes:

What we call "community" used to be limited to face-to-
face dialogue among people in the same physical space, a

dialogue that reflected mutual concerns and a common

culture. . . . Today, of course, communications

technologies have woven parts of the world together into

an electronic web. No longer is community or dialogue

restricted to a geographical place. With the advent of

the fax machine, telephones, international publications,

and computers, personal and professional relationships

can be maintained irrespective of time and place.

Communication relationships are no longer restricted to

place, but are distributed through space. Today we are

all members of many global "non-place" communities.

(¶ 5-6)

Markoff (1993) reported the establishment of a new

medium of communication, a talk show on Internet. He quoted

N. Negroponte (Director of the Media Laboratory, a computer

research center at the Massachusetts Institute of Technology)

who estimated a global audience of more than 10 million

computer users in 1993, with the network growing then at the

rate of 15% per month.

Rickard (1995) indicated that in the period from

November 1993 through November 1994 World Wide Web traffic

experienced a 1,814% increase. This time period corresponded

to the November 1993 introduction of "Mosaic" for Windows, a

graphic program for accessing the Internet.

Since that time, Netscape's Navigator and Microsoft's

Internet Explorer have become the browsers of choice, and

Internet activity and the proliferation of websites has been
increasing. Rickard (1996) noted:

>The release of a Windows version of Mosaic sparked the
>real interest in the World Wide Web. From January 1995
>through January 1996 the web grew from 837 sites to some
>11,576. And it has grown further to the nearly 76,000
>this past January [1996]. (p. 56)

He reported that from July 1995 to January 1996, World
Wide Websites increased from 17,500 to 75,743, and that
during the calendar year 1995, the number of computers on the
Internet increased from 4,852,000 to 9,472,000. Weise (1998)
noted that "more than a third of the adults in the USA are on
line." According to a survey by Nielsen Media Research and
CommerceNet, released August 25, 1998, "Almost 80 million in
the USA and Canada are now online. Only 18 million were
online when Nielsen did its first Internet survey in 1995;
that's an increase of 340% in slightly more than 3 years."

The Internet has continued to grow at a remarkable rate.
Baguley (1998) writes:

>In case you hadn't noticed, the Internet is big and
>getting bigger. However, what you may not realize is the
>speed at which it is growing. . . . The latest survey
>shows that there are around 36.7 million hosts on the
>Internet, an increase of around 7 million since last
>January, when the last survey was carried out. This
>shows an increase in the number of hosts of around 23

percent. The first survey was carried out in 1981, when

213 hosts were recorded. (p. 114)

Time.com (1999) noted that The World Economic Forum's

1999 Conference at Davos, Switzerland (28 Jan. 1999 - 3 Feb.

1999) reported that the U.S. leads the world in Internet

usage with a July 1977 estimate of 54,675,000 users, or 54.7%

of the world total (¶ 1).

The expansion of the World Wide Web has been

astounding. It has become so large that over a thousand

specialized "search engines" have been developed to help

locate particular topics or keywords of interest.

Alta Vista indexes 150 million web pages and the full

text of 14,000 news groups. HotBot claims to have indexed

every word of 110 million documents. Northern Light indexes

100 million web pages, Excite Netsearch 60 million, and Lycos

50 million (Bertland, 1999). These search engines, however,

are not without problems (see Barlow's comments on page 78).

At the time I proposed this study, there were no

references to group dreamwork within this framework of

electronic communication, but as Godwin (1992) noted,

"Increasingly, Americans will be getting their information

from computer-based communications--electronic bulletin

boards, conferencing services, and networks." (¶ 1)

In the process of collecting data, I developed a

protocol for working with dreams in a bulletin board

structure (Herbert, 1995; Wilkerson, 1998a), which then

became a model for working with dreams using a form of e-mail. For an historical perspective of my early experiences in online group dreamwork, see Wilkerson and Herbert (1995).

The e-mail "Dream Wheels" developed by Richard Wilkerson also went through a developmental process and still function smoothly. Wilkerson (private e-mail communication, 3/9/99) noted that the successes of the format had led to the creation of a French version of the Dream Wheel, «La Roue du Rêve». (A description of the flow of a dream wheel group can be found in Appendix C.)

Communicating with others via the electronic meeting place has opened new horizons. People can now enhance experience and personal growth by communicating with other persons holding similar interests (See Appendix D for dreamers' feedback). Major commercial services such as America Online, Compuserve, Prodigy, the WELL, and The Institute for Global Communications now provide electronic meeting places or bulletin boards where people can communicate via exchanged messages, and the exchange of messages. The ability to communicate in real time by participating in chat rooms is provided on several networks.

The most recent expansion has taken place on the Internet, with newsgroups devoted to special interests, the creation of web pages devoted to special topics, and with Internet Relay Chat (IRC) providing real time chat areas accessible to anyone on the Internet.

This movement is international. A headline on March 1, 1999 declared that "Spain Sees Net as Universal Right" (King, 1999):

Spain will join France in asking the European Union to consider Internet access a "universal right" . . . [Rafael Arias Salgado, Spain's Minister of Public Works and the Economy said] We think that the time has arrived, in the realm of community legislation, that Internet access as an absolutely decisive instrument-- particularly in sectors like education and health--must form part of what we consider universal services. (¶ 1)

Chapter Three

Definition of Terms

A number of terms needed to be formulated as part of the methodology. The following definitions were obtained from: [1]Netlingo; The Internet language dictionary (1999) and [2]Glossary (1995).

AOL – America Online: The largest internet service provider in the world, providing bulletin boards, chat, e-mail, and access to the World Wide Web.

ASCII – American Standard Code for Information Interchange.[1]

BB – Bulletin Board. An electronic bulletin board. A location for posting and reading electronic messages.

BBS – Bulletin Board System or Service. A dial-up computerized meeting and announcement system for carrying on discussions, uploading and downloading files, and generally obtaining online information and services.[1]

Browser - A program used to view, download, upload, surf or otherwise access documents (pages) on the World Wide Web.[1]

Chat – A form of interactive online communication that allows
     you to have real time conversations with others on your
     computer. Chatting on the Internet can take place in
     chat rooms or on IRC channels.[1]

Chat Room – A site on the World Wide Web where any number of
     computer users can type in messages to each other (chat)
     in real time, creating an online conversation.[1]

CMC – Computer Mediated Communication.

Dream Wheels – Dream groups conducted by e-mail using
     automated listserv or Majordomo software.

E-Mail – electronically transmitted mail. Linked by high
     speed data connections that create a global network,
     e-mail lets one compose messages and transmit them in
     seconds to one or more recipients anywhere in the
     world.[1]

False-Hit – A reference which meets the criteria of a search
     but which does not pertain to the subject under study.

Flame – To send nasty or insulting messages, usually in
     response to someone's having broken the rules of
     netiquette.[1]

Forum – An area set up as a mini-BBS inside the main BBS for
     the posting of electronic messages.

HTTP – Hypertext Transfer Protocol. The protocol that tells
     the server what to send to the client, so the client can
     view Web pages, FTP sites, or other areas of the net.[1]

Internet – A system of linked computer networks,

     international in scope, that facilitates data

     communication services such as remote login, file

     transfer, electronic mail, and newsgroups.[1]

internet – it usually refers to a group of local area

     networks (LANs) that have been connected by means of a

     common communications protocol.[1]

IRC – Internet Relay Chat. A live chat area of the Internet

     in which real-time conversations among two or more

     people take place via IRC software, ASCII commands, and

     channels. Each channel begins with a # and is dedicated

     to a different area of interest.[1]

LAN – Local Area Network. A network that connects computers

     in a small pre-determined area (like a room, a building,

     or a set of buildings).[1]

Listserv – An automatic mailing list server developed by Eric

     Thomas for BITNET in 1986. When e-mail is addressed to a

     LISTSERV mailing list, it is automatically broadcast to

     everyone on the list.[1]

Majordomo – A free mailing list server that runs under UNIX.

     When e-mail is addressed to a Majordomo mailing list, it

     is automatically broadcast to everyone on the list.[1]

MIME – Multipurpose Internet Mail Extensions. A protocol for
internet email that enables the transmission of
nontextual data such as graphics, audio, video and other
binary types of files.[1]

MODEM – MOdulator, DEModulator: A device that connects to
your computer and to a phone line, that allows the
computer to talk to other computers through the phone
system.[1]

Newsgroups – A part of the Internet which allows users to
"post" and "reply to" messages from other users. A
discussion forum similar to that found on local BBSs.
Broken into many different subjects (approx. 25,000),
newsgroup titles usually begin with a three or four
letter prefix followed by a ".", alt., soc., comp.,
misc., rec. and sci., just to name a few.[1]

NNTP – Network News Transfer Protocol – A protocol for the
distribution, inquiry, retrieval, and posting of news
articles.[1]

Server – A host computer on a network that answers requests
for information from it.[1]

Surf – To browse or "look at" information on the World Wide
Web by pointing and clicking and navigating in a
nonlinear way (meaning anywhere you want to go at
anytime).[1]

TCP/IP - Transmission Control Protocol/Internet Protocol. This set of protocols makes TELNET, FTP, e-mail, and other services possible among computers that don't belong to the same network.[1]

Thread Architecture - Each stored message is given a date and time ordered sequence number, which is also associated with a specific topic name.

Tree Architecture - Each stored message is posted directly in a topic heading, usually stored by date and time sequence.

URL - Uniform Resource Locator. Describes the location and access method of a resource on the Internet. All Web sites have URLs.[1]

USENET - User Network. One of the earliest networks of computers which exchange e-mail conferences via internet using UUCP and NNTP. Estimated to include over 70,000 nodes, 12,000 newsgroups, and 2 million readers.[2]

UUCP - Unix to Unix Copy Program. A series of programs and algorithms used to transfer files and electronic mail by dialup modem.[2]

Virtual - Simulation of the real thing. Means the same as "almost". One will see this term appear before various computer terms to indicate simulation technology that enables one to cross boundaries and experience something without needing its physical presence, as in virtual

sex, and virtual theme parks. The Internet is also seen

as a "virtual" world.[1]

WWW - World Wide Web. A network of graphical hypertext

servers linked by the Internet offering graphics, sound,

text, and in some cases video clips providing

information.[2]

Chapter Four

Methodology

The research question posed was: "Is it possible to utilize strategies found in the Ullman process of working with dreams in a non-face-to-face environment, specifically by utilizing an electronic network bulletin board conference as the meeting place? If it is possible, what elements or characteristics are required for a successful ongoing dream study group utilizing Ullman's 'If it were my dream' approach? If it is not possible, what elements are detrimental to the process or prevent practical use of the electronic medium?"

Asking such questions implies the need not only to consider the person-to-person interactions of the groups themselves, but also to look at the advantages and disadvantages of the electronic interface. There appeared to be no simple framework of inquiry or methodology to accomplish both tasks. Krippner and Combs (1998), for example, suggest that there are different types of scientists most suited for different phases of research. They also note "A balanced science is one whose frontiers are guided by the considerations of the purposes and goals of discovery" (p. 86).

Action Research

     Action research, however, did appear to be appropriate. It is an approach to research that is particularly well-suited for studying human dynamic activity when dynamic perceptions of a problem or proposed solution may change. It allows a researcher to be a participant in, and report on, the process of change.

     According to Tesch (1990), action research is one of the terms given to describe a brand of qualitative research (p. 57-58). She has produced maps showing the different research interests and necessary activity paths of many such styles (p. 63). She notes:

> Action research is explicitly geared toward the improvement of unsatisfactory situations [in education]. Its main characteristic, however, is the involvement of "practitioners" in research process that concern their own affairs. Action Research is meant to overcome the passiveness of the research process by turning research itself into a transformative activity. (p. 66)

     The starting point for action research can be traced back to "an organizational definition of 'system' as a complex grouping of human beings and machines for which there is an overall objective" (Checkland, 1981, p. 146). Checkland continues: "The origin of action research is usually taken to be Kurt Lewin's view of 'the limitations of studying complex real social events in a laboratory'" (p. 152).

He continues further:

The problem with action research arises from the fact
that it cannot be wholly planned and directed down
particular paths (p. 153). . . . In problems in human
activity systems, history always changes the agenda. The
contents of such systems are so multivarious, and the
influences to which they are subject so numerous that
the passage of time always modifies the perception of
the problem. . . .

     In formal terms the research proceeds on the basis
of the following definition of the word "problem:" A
problem relating to real world manifestations of human
activity systems is a condition characterized by a sense
of mismatch, which eludes precise definition, between
what is perceived to be actuality and what is perceived
might become actuality. (p. 155)

This is why I chose action research as the methodology
for this study. The perceived activity included the Ullman
method of face-to-face dreamwork; what might become actuality
was the conduct of group dreamwork in an electronic
environment utilizing as yet unknown portions of the Ullman
method. As a researcher who wishes to combine enquiry with
participation in solutions, it is the methodology best suited
to my needs.

There are many forms of action research, and different
procedures have evolved over a number of years. Checkland and

Howell (1998) describe the nature and validity of action research, and discuss guidelines for its use. "In constructing another 'ideal type' model of research, . . . we have to accept that the researcher will deal not in hypotheses but in research themes within which lessons can be sought" (p. 14). Figure 1 presents a model of the process of action research which applies to this study. "This covers entering a problem situation, declaring the epistemology in terms of which what counts as learning will be recognized, taking part in the change process, reflecting upon the experience, and recording the learning" (pp. 15-16).

Figure 1. <u>The Process of Action Research</u>

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                    ┌──────────────────────────────────┐
                    │ 1. Enter the problem situation   │
                    └──────────────────────────────────┘

        ┌─────────┐ ┌──────────────────────────────────────────────┐
        │ Rethink │ │ 2. Establish roles                           │ ←┐
        │ 2,3,4   │ │ 3. Declare methodology and area of concern   │  │
        └─────────┘ │ 4. Take part in the change process           │  │
                    └──────────────────────────────────────────────┘  │
                                                                       │
            ┌────────┐                                                 │
            │ 6.Exit │                                                 │
     ←──────└────────┘                                                 │
                    ┌──────────────────────────────────────────────┐  │
                    │ 5. Reflect on experience and record learning │  │
                    │ in relation to methodology, framework of     │ ─┘
                    │ ideas, and area of concern                   │
                    │                                              │
                    └──────────────────────────────────────────────┘
```
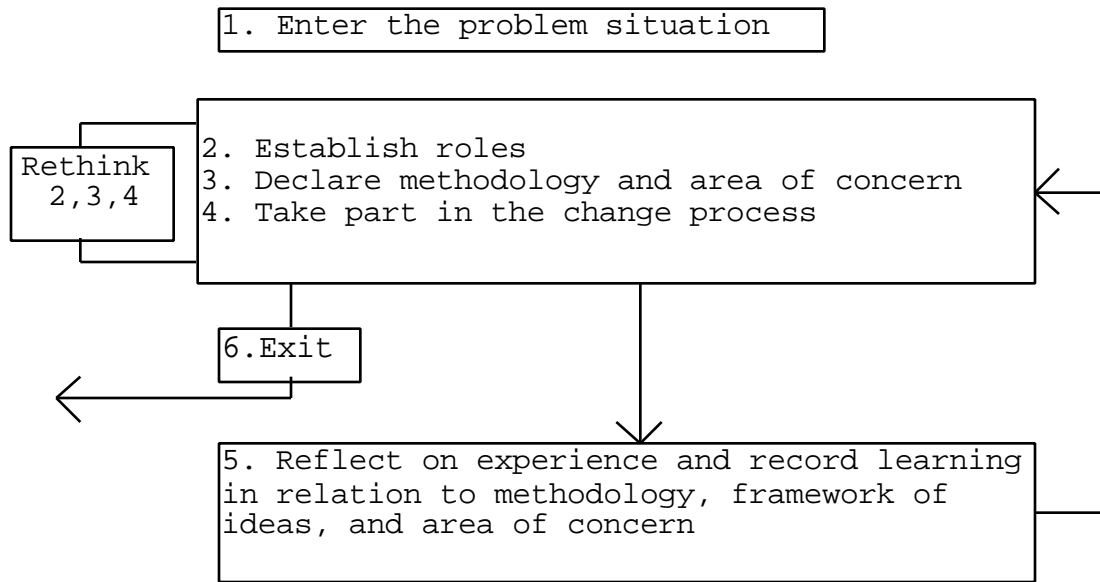
<u>Enter the problem situation.</u>

The problem situation of this dissertation is whether it would be possible to develop electronic conferences for group dreamwork. To undertake this, it was necessary to enter the electronic environment of several commercial services such as GEnie, Delphi, Prodigy, the WELL, Compuserve, and America Online to assess technical aspects of the interface between system and user. The services provided different environments and organizational structures of posting areas, and some were unsuitable for continued group dreamwork. As a result, the majority of the dreamwork was conducted on America Online.

In addition to assessing the technical aspects of the electronic environments, I also needed to consider the personal interactions which developed in the dream groups. The personal interactions included user relationships to commercial services and relationships within the group.

Establish roles.

I expected to assume several different roles during my research. First, it was necessary to present the idea of group dreamwork online, and given a positive response, I anticipated proceeding to the formation of the groups. These actions were proactive.

With the formation of the groups, however, my role changed slightly, as I believed formation should proceed with a great deal of input from the group members themselves. The roles of the participants were therefore twofold: not only as group members participating in dreamwork, but also as contributors to the design of subsequent groups. My role was that of a responsive group leader and participant.

When the actual group work began, my activities included, in addition to my role as group leader, a great deal of teaching. Underlying all phases of group dreamwork, I assumed the status of a participant-observer.

<u>Declare methodology and area of concern.</u>

As a participant-observer, I felt that even though leadership in certain specific phases of group dreamwork was necessary, the evolution of the groups proceeded with a minimum of imposed structure and should reflect a communal agreement about specific micro areas of concern. The group's concerns were my concerns.

In the macro area of concern, my interest was to develop ways of working with dream content in the Ullman group dreamwork framework.

<u>Take part in the change process.</u>

It would have been impossible for me not to have taken part in the change process. In fact, my activities in group dreamwork went far beyond what I originally envisioned. My initial focus had been on the various commercial bulletin board structures, where postings were public and organization of the postings (the architecture) was important. Improvements in proprietary software eased access problems, and AOL became the predominant commercial bulletin board service. As bulletin board dreamwork on the commercial services decreased, websites devoted to dreamwork increased. E-mail dreamgroup protocols were developed in several formats. Participation in group dreamwork in America Online's electronic auditoriums and chat groups was totally unexpected, and I learned that serious, real-time online

group dreamwork is very practical.

<u>Reflect on experience and record learning.</u>

The entire process of my research has required that I reflect, record, and then repeat (with modifications) the process. In starting any group, it was necessary for me to set up guidelines for the conduct of the group: choice of dream to be worked, time allocated to each phase, scheduling of phases, how to deal with drop-outs, how to respect the dreamer's privacy yet encourage feedback to the group, and possibly very important, trying to determine the amount of feedback with which the dreamer felt comfortable. I therefore had to be flexible and adjust parameters with each succeeding group. The issue of anonymity, for example, which initially I had felt to be most important, did not appear to be an issue for many members. The practice of reflection consisted of reviewing past performance, assessing result, rechecking goals, and adjusting the process. It's similar to target practice: shoot, check the target, readjust the sight, shoot again, and repeat the process. The process required reflection and reassessment in the times between virtually every group conducted on bulletin boards or by e-mail. The online real-time groups presented new challenges daily, and with time the group's functioning became more coherent. I documented these activities.

Exit: How do you know when to stop?

"AR as a research mode accepts that social phenomena are 'not homogenous through time'; this means that ending a piece of research in an organization is ultimately an arbitrary act" (Checkland & Howell, 1998, p. 17). I have chosen to terminate my research at a logical junction point. I have completed what I proposed to do. I have designed, developed, and reported on group dreamwork using bulletin boards of differing formats. I have conducted e-mail groups of my own and studied the dream wheel formats. I have participated extensively in online real-time group dreamwork.

I have not participated in Internet Relay Chat (see Definition of Terms) because I have not yet found simple, reliable software programs to accomplish my aims. I am sure that there will be such groups in the future.

The future will surely bring the ability to chat on private websites, and that meetings in virtual reality will be possible. There is much promise for different forms of group dreamwork, and the dynamic development of the Internet will present unbounded research opportunities.

Comments on Action Research

Action research is one of the alternative research approaches available to the behavioral and social sciences. Some of the traditional characteristics of research methodologies, therefore, must also be viewed in an

alternative manner. Salner (1986) notes:

> Human science researchers reject the claim that any form
> of research can lead to absolute certainty because the
> methodological goal of pure observation, free from
> theoretical, social, historical, or cultural bias has
> proven unrealistic. . . . Thus, one important dimension
> of validity in human science research is to identify the
> criteria by which we can decide between competing and
> fallible knowledge claims. . . . Second, human science
> researchers also reject the empiricists' habit of acting
> as though an observational "space" exists between the
> researcher/observer and the objects of study. . . .
> Third, the epistemological basis of human science
> research rests ultimately in the actualities of human
> experience. (pp. 110-111)

<u>Validity</u>

Validity therefore should be viewed as suitability of
the research method for the task at hand. Polkinghorne (1983,
p. 45) comments that "The final criterion for the validity of
the research is the clarity of insight of the phenomenon's
essence, for the insight is self-validating." Tesch (1990)
states:

> Qualitative research is to a large degree an art. The
> question of its validity does not depend on replicable
> outcomes. It depends on the employment of a data

"reduction" process that leads to a result that others

can accept as representing the data. (p. 304)

In the pilot study, the method by which the data was

classified was clearly stated, and the results were presented

in accepted chi-square format. In the body of the dreamwork,

I have based conclusions on dreamers' verbatim feedback (only

the names have been changed) which is presented in Appendix

D. This feedback is in the dreamers' own words and was not

solicited. I feel their responses were cogent, and any

researcher should be able to accept this data as valid.

Reliability.

The dictionary definition of reliability as "the extent

to which an experiment, test, or measuring procedure yields

the same results on repeated trials" (Merriam, 1998)

obviously does not fit this alternative research approach,

but the issue of reliability arises in a different dimension.

In the pilot study, (see page 21), I analyzed communication

phenomenologically. Utilizing methods derived from Giorgi

(1985), I chose meaningful statements, responses, or remarks

and tallied the classifications. An appropriate test of my

method would be for another rater or raters to perform the

same type of phenomenoligical analysis using his or her

choice of meaningful units and see if similar results were

obtained. It is my belief that although the chosen meaningful

units might have slightly different classifications, the same

conclusions would be reached.

Researcher bias.

I do have a predilection for group dreamwork, but I have tried to avoid bias in the collection and reporting of data. I have not, for example, chosen to include feedback favorable to my conclusions and excluded other data.

Limitations and delimitations.

Limitations in this study resulted from different activities initiated by America Online. During the phase of finding a home for the dreamwork bulletin board, AOL assigned a location then promptly changed it to an obscure folder that drew few members because they could not find it. When a good location (Arts and Entertainment) was found in the Seniornet forum area, it was initially plagued by multiple loss of postings when AOL's software made wholesale removals of posted topics in all areas. On several occasions, dreamers' feedback postings were also lost.

At one time the whole topic disappeared, and the only available location was in the Health and Wellnes forum, the members of which were oriented toward medical aspects. When space was available, the topic was moved back to Arts and Entertainment, a satisfactory location that was easily seen in the index, and this topic was still active as of September 1999.

Taylor's Dream Show was also troubled by electronic difficulties. Members, on signing onto AOL on were first greeted with a sign and hot link directing the viewer to the dream show posting area. Clicking on that link took the member directly to Taylor's posting area. Initially, when the signpost was present, daily auditorium membership averaged over 120, but one day the signpost disappeared. Members could not find the show, and participation dropped. The signpost came and went several times, and with each disappearance, participation dropped and never recovered to prior levels.

One very unfortunate limitation is the fact that participants may leave the network without warning, and if one does not know their real name, finding them is almost impossible.

One delimitation in the pilot study was that the dreamer was not using a computer to communicate directly with the online group. I acted as a relay, passing postings verbatim to the dreamer. There could have been differences in the dreamer's reaction if she had been online.

A possible delimitation was the choice of Seniornet as the network on which the majority of the group dreamwork was conducted. The Seniornet forum area was accessible to any AOL member, and the topics on the Seniornet forums were much more visible than on the AOL side. For several years before AOL instituted the same practice for all members, Seniornet allowed unlimited access time for a fixed monthly charge,

and this did help lower data collection costs.

Seniornet members are over 55, and it is probable that
the dream plots, dream metaphors, and personal issues might
differ from those of a younger age. The thrust of this study,
however, was not to compare dream content but to study the
process, which would be similar for most adult participants.

Informed Consent

I had always disclosed my student status and virtually
all participants were aware of my interests. I had wanted to
study and document the process and therefore did not consider
this participation as "an experiment" or involving "the study
of subjects."

Through a misunderstanding on my part, I did not realize
that an informed consent form would be required. After
deciding that I might wish to gather additional information
via a questionnaire, I contacted the Saybrook Institutional
Review Board and found that they were concerned that my work
may have included elements of unintentional deception.

I immediately suspended data collection, and we
negotiated a solution to the problem. Since all groups had
been conducted on e-mail, I sent each participant an e-mail
form, (see Appendix C) which could be acknowledged and
returned by e-mail to me. Only two participants did not
submit an informed consent form: one member just
"disappeared," having left AOL, and another member died.

Unfortunately, it is virtually impossible to trace someone who has never had profiled information posted and who just leaves. Inquiries posted on the missing persons topic led to no replies.

Chapter Five

Phases of Action Research: Problems and Progress

Choice of Network

When this study was proposed, network architecture was considered to be a potentially important factor in the conduct of computer mediated communication group dreamwork. To choose the network on which the majority of the group work would be tested, I subscribed to several different networks to assess their operating characteristics from a user's point of view. Networks included were The Institute for Global Communications (IGC), Prodigy, Delphi, GEnie, Compuserve, The WELL, and America Online (AOL).

Early problems encountered with thread-architecture (see Definition of Terms, p. 57) posting structures are no longer a problem, because the major networks now provide proprietary software that has removed the difficulties. Posting to bulletin boards has been simplified, but as activity increased on both commercial content providers such as AOL and on the Internet, different problems have arisen, primarily associated with reliability of access and topic location. I view the problems encountered in individual networks as being examples of general characteristics that may be encountered on any network.

Searching for Topics

Initially, Seniornet's online home was on Delphi, and this was the location of my first attempted group dreamwork. My initial post to Delphi was "I am a new user and have not received my manual. I am looking for discussions on dreams. Where can I find them? Thanks, jherbert." The response, "From the custom forum main menu, type 54. This is Forum 54 - Psychic Voyages. Their main thrust is 'the unexplainable', but they cover dreams to some extent," immediately points out one problem that I encountered with almost every network: cross-indexes were rare, and topics could be buried in inexplicable places. The only exception was The WELL, where conference topics were listed and easily found.

My first online experience had been with the IGC, and it may have been a suitable host for dreamwork, but access charges would have been very high. I also had joined Seniornet, an organization of computer users aged 55 and older. Their first electronic home was on Delphi, which had a New Age segment. Although the New Age principals were very supportive, they suspected that the structured group format would not work for them as they were well established in their communication framework.

I ruled out GEnie because it had a specific section devoted to clinically-oriented psychology and it did not appear that the members would support a dreamworking topic. I found the excess advertising and screen layouts of Prodigy

cumbersome and thought it might be very difficult to establish a group there. I did conduct several groups on the WELL, and comments about this experience will be found in the discussion section on page 113.

Seniornet moved their membership to AOL, and in Idaho, both Compuserve and America Online had local telephone numbers, which made a substantial difference in my cost of access. I tested groups on Compuserve, but the thread-type architecture created problems with continuity. If a member forgot the thread name, it was possible to miss postings. When Seniornet negotiated very good access rates with AOL, it became my network of choice.

Finding the appropriate location within a bulletin board structure was a complex matter, one which profoundly influenced the numbers of participants. Initially, group dreamwork was not successful on the site chosen by AOL, but was successful on the Seniornet site. As AOL developed other posting areas, greatly expanded sections became available for posting. The history of these posting areas will be discussed under the sub-heading "Real-Time Group Meetings: Dr. Taylor's Dream Show" (see page 97).

The organization of postings within a BBS has a major influence on the visibility of any given topic folder. Seniornet (SN) conducts its activities on America Online (AOL) within a special area used primarily by SN members but accessible by all AOL members. In discussing the "two sites"

of this network I will refer to the AOL site or the SN site.
Of the total postings, the AOL site occupies more than 99% of
the AOL disk space, and SN occupies approximately 1%.

The complexity of AOL, however, is remarkable. As of
March 3, 1997, there were 5,419 "keywords" that could be used
to jump directly to topic locations. One of those keywords is
"Seniornet," where there are 329 different topics located in
seven major boards. There were 17,121 postings to these
topics, and this represents approximately 1% of the total AOL
postings. Most of the initial research concerning the dream
groups was conducted on Seniornet, with recent postings
located on the Arts & Entertainment board, under the topic
"Dreams and Dreaming."

The HUB is also an area of AOL that contained, as of
March 3, 1997, 8084 postings associated with "Dr. Taylor's
Dream Show." These postings were all related to dream reports
and shared comments about the dreams. Using the "search"
function of AOL with "dreams" as a topic, however, a member
would find no referral to this or other dream content areas.
The complexity of AOL continues to increase. By March 1999,
keywords had increased to 13,684.

A search on the Internet presents the opposite problem.
Using the Yahoo search engine, a request for "Dreams" yielded
260,000 references. "Dream AND group" listed 60,000, and
"dream AND group AND sharing" listed 400. The majority of the
references, however, did not fit the search criteria,

resulting in an excessive number of false-hits. A dream, as noted in Merriam-Webster's Online Dictionary (1998) may also be "a strongly desired goal or purpose."

Another problem is disappearing or revised web pages. I retrieved the following 1999 quotation from a site hosted by Linda Barlow that discussed "How to use Web search engines." She noted:

> One of the questions we're focusing on is this: is search technology really getting any better in any significant way? Or are search engines being made increasingly obsolete by the exploding size of the document base that needs to be searched?

When I rechecked the original URL, the page and the specific quotation was not there. An e-mail to the author drew the following response:

> The url was http://www.monash.com/spidap.html. Trouble is, the quote is from as earlier version -- I've updated since the words you quoted were used, and they're no longer on the page. . . . People must be accustomed to the fact that website content is fairly dynamic. It was a rhetorical question, of course. Search engines simply can't keep up with the exploding volume of documents on the Web, and that's a problem that no search engine company has even come close to solving (personal communication, February 10, 1999).

A good overview of search engines is provided, however, by Barlow (1999).

A new member to a BBS or the Internet might initially face great difficulty in finding an actual location for group dreamwork, depending upon the architecture of the network. A reference obtained from a reliable dreamworker would seem to be a viable way to initiate a search for computer mediated group dreamwork. On the other hand, once an active Dream website is located, it may contain "links" to other Internet locations, and this would make further searching easier.

Network Problems

Finding participants.

I posted a notice, in all networks tested, in what I presumed to be the most appropriate topic, asking if anyone would be interested in joining a dream group. In general, there was an immediate enthusiastic response. The actual formation of the group took more time. Initial interest did not guarantee participation. After the initial AOL group was completed, the postings theoretically remained available for viewing by members. In several instances, however, postings just disappeared (see page 80) for technical reasons. With each disruption, some members failed to rejoin the subsequent groups, and others would disappear but reappear months later.

Protocol stages.

I felt that providing anonymity for the dreamer was a vital necessity for all stages of the group work, and requested group input to reach this goal. The group suggestions led to our use of "unprofiled" screen names.

AOL allows each member to choose four additional names under which they can log on and post messages. AOL has a "Members Profile" section where individuals can post information about themselves so that other AOL members will know who they are. By logging on and using an unprofiled screen name that is not their regular logon name, anonymity was maintained.

The different dreamwork protocol stages were discussed briefly in the Introduction, and in most of the groups stages 1, 2, and 3(a) were successful. I had planned to compare a group conducted on the bulletin board with a group conducted by e-mail (using the same dream), and this was done in one instance. Groups were conducted on the bulletin boards of Seniornet, in e-mail groups within AOL, and e-mail groups whose members also came from outside the AOL community.

Disappearing topics and guidepost buttons.

Seniornet had 6 major topic areas: Communities, Civic & Social, Arts & Leisure, Health & Wellness, Computers, Generation to Generation and World War II Memories. The initial group activity was conducted on Seniornet's Arts &

Leisure bulletin board. Topic and posting space, however, was
limited and subject to removal if activity decreased.
Postings to our group were frequent during the active part of
the process but decreased when we were between groups. At
this point the whole topic and all the contents were removed.
This happened several times, usually between groups, but once
a group was in the middle of the process when the postings
were removed.

There were many complaints from all segments of the SN
community about how AOL treated their postings. The SN side
had been promised a "new look" and increased topic capacity;
after a long delay in implementation, a new structure was
made available,and the group found another new home. With the
conference's frequent disappearance, and subsequent
relocation, several members lost track of just where the
group dreamwork was being conducted. It was impossible to
reestablish the group work on "Arts and Leisure"; the only
space available was located on "Health and Wellness," which
turned out to be deadly. Most of the postings in Health &
Wellness seemed to deal with illness, aches and pains, and we
gained no new members while located there. Eventually, an
additional bulletin board was established, and the dreamwork
was changed to a location on the "Communities" board.
Postings there eventually decreased until activity virtually
ceased. Space became available on the Arts & Entertainment
section (our original home), and dreamwork postings once

again became very active. Location clearly plays an important part in sustained activity.

A similar experience occurred on the regular AOL posting area. After requesting a topic location from management, I created a topic in close proximity to one on lucid dreaming and posted a notice of intent to conduct a dream group more accessible to regular AOL members. After the topic activity started, the AOL management moved the topic to the "Philosophical" subject area of the "Exchange." Such re-allocations were not conducive to helping new members find group dreamwork.

Technical reliability.

Any person using a BBS or even e-mail can encounter technical problems resulting from an overload of system activity. AOL in particular has had many problems, presumably associated with their rapidly growing membership base. Often, screen response will slow to a crawl and disconnects are frequent. This is particularly annoying on real-time conferences, but does occur even when one is just reading or making a posting on a BB.

There is a similar problem with the Internet in general. All members of a computer mediated dream group must exchange information with each other, and there are many components in this communication link. First is the individual's computer, which is a wonderful tool when operating properly but which

is subject to variable seizures. Next is the modem, then the
telephone connection leading to an internet "server." This
server is the gateway to the Internet, but it too must
connect with other servers. If the connection is to a BBS,
there may be software peculiarities influencing the
reliability. When the server is "down," all communication
stops.

On August 7, 1996, anyone trying to log on to America
Online was advised that the system was temporarily
unavailable and to try again in 15 minutes. As the day
progressed, the estimates increased. In fact, AOL was
unavailable nationwide for 19 hours.

Such an outage is, of course, extreme, but there seem to
be many low level problems that can be encountered at any
time. One is an absolute inability to access the network. A
second scenario is that one logs on and is immediately
disconnected. A third type of problem occurs when one
attempts to access some segment of AOL and is advised that
there are "too many requests" and to try later. Disconnect
may occur after being online with many other simultaneous
users. A very slow keyboard response (characters typed appear
on the screen after a long delay) may precede the disconnect.

This affects the online dreamwork. An e-mail from o
potential member states it well: "I have been experiencing
terrible problems trying to connect to AOL. I will probably
not be able to participate in the next round. I will try to

catch up with the group in late April" (personal
communication, March 30, 1996).

Group Dreamwork Using Bulletin Boards

Many steps were taken to establish a dream group.
Participants responded to an initial post asking if anyone
would like to join in a group working with dreams (See
Appendix B). Discussions were initiated to consider such
issues as choice of dreams, anonymity, learning the process,
estimating the allocation of time for posting each segment,
and other operational issues. The establishment of the first
set of proposed guidelines was very much a group effort.

Many of the characteristics of face-to-face dream groups
(Ullman, 1996, pp. 202-206) were encountered with the dream
groups formed on Seniornet. Group size averaged six to eight,
and there was some degree of homogeneity because most members
were over 55 years of age. The Seniornet topic boards,
however, are open to all AOL members of any age. Gender was
predominantly female, and none of the group members were
known to each other. Strangers are more prevalent in an FTF
group that is open to the public, whereas some members know
each other in closed groups that are established with
specific membership and organized for a specific number of
meetings.

One of the research questions asked was whether it was
possible to develop an ongoing electronic conference for

group dreamwork. The intent of this question was to find out if a series of computer mediated dream groups could be conducted which would be the equivalent to a closed face-to-face group's series: a specific number of dreams or sessions to be worked by the same group members. I found this was impossible to achieve. In general, work or travel commitments affected individuals' ability to adhere to a specific block of dreamwork.

It is possible that economics were involved. The face-to-face groups I was familiar with usually required a monetary commitment, often in advance. Online dream groups were conducted at no cost, relieving the pressure to attend.

Observing the membership patterns that developed was similar to looking out a rotating, moving window. Members would come into view, work with a few dream groups, then drop out of sight. Some members would then reappear, work a few more dreams, and then leave again. A few members became frequent dreamworkers, and one member presented several dreams that could be viewed as a series. These dreams will be discussed separately.

Anonymity.

I established the practice of sharing, within the group, the usual logon names as well as the unprofiled names used for postings. All participating members therefore knew the identity of their co-members. Anonymity within the group was

only required one time because a member requested it. The
unprofiled names were used in order to provide anonymity with
respect to the other AOL members.

Confidentiality.

Within the face-to-face dreamworking community,
confidentiality is a prerequisite to group dreamwork. No one
discusses material from the group to anyone outside the group
without the dreamer's and the participating group members'
permissions. With bulletin boards, everything was public and
anonymity therefore substituted for confidiality. Private e-
mail provided confidentiality for sharing feedback.

Disappearing members.

One repeating pattern involved members who would sign up
for a group, provide a screen name for anonymity, post
questions to the dreamer, but then make no contribution in
the sharing phase. This activity presented an ethical problem
for me, because if the dreamer's feedback was sent by e-mail,
I did not believe it was appropriate to share the groups'
work with those who had not contributed to the sharing phase.
As a moderator, I advised members of this policy beforehand.
Naturally, any AOL member viewing the postings could have
submitted a comment to the group, but this did not happen.

E-Mail Groups by Invitation

In order to preserve anonymity when utilizing a BB format, it was necessary for AOL members to log on using an unprofiled screen name. In several cases, members signed on (a) using the unprofiled name but signing the post with their regular name, or (b) using their regular logon name, but signing the post with their unprofiled name. This, of course, "blew their cover." As the groups progressed, the move to an e-mail format was a natural transition. Using e-mail, group members were not concerned with anonymity, because the record of the dreamwork was available only to members of the group.

In general, a group was formed by posting a call for membership. Then, after formation, a list of members' e-mail addresses was circulated, in order that each member could send simultaneous e-mail postings to all other members. Segments of the protocol were completed on an agreed-upon schedule, usually two or three days per segment. It was always the dreamer's choice to share feedback, but dreamers usually did after the conclusion of the sharing segment. In one dream group, however, the dreamer indicated that many issues had been raised by the dream, and that it would take her time to collect her responses. These responses were shared with the group two weeks later.

E-Mail Groups by Subscription

A recent form of working with a group utilizing e-mail requires access to a listserv. This is an automated e-mail function in which a member "subscribes" to receive all postings coded to a specific topic. The dreamer and participants first activate an automated mail location, "Majordomo@igc.apc.org" for example, with a message such as "subscribe dream-on jherbert@ micron.net." The Majordomo software accepts the e-mail addresses of all in the group, and any posting made to "dream-on" automatically will be relayed to all members in the group. The initial activation of the list is usually done by the moderator who established the group.

Dream wheels.

The term "Dream Wheel" or "Dream Circle" has been applied to dream groups conducted in this manner. The genesis of the current dream wheel was a process in which a dreamer presented a dream to participant A, who added a question about the dream and sent it to group member B, etc., until the dream was returned to the dreamer, continuing the cycle through the process. The following is quoted from Wilkerson:

In 1995 I was looking for some way to give more

attention to the dreams that we were sharing in the

Electric Dreams community and found (or did you find

me?) John Herbert's AOL Seniornet bulletin board groups

on dreams. He was using a variation of the Ullman/

Zimmerman process that is widely used by Jeremy Taylor

and many other groups and individuals in the Association

for the Study of Dreams. The process was a delight and I

imported it to Electric Dreams and modified it for e-

mail. . . . The first round robin series were very

popular, but an administrative nightmare.

In the round robin, we had one file which we passed

around and added comments, questions and replies before

passing it along to the next member. Take my word for

it, don't try this. Jay Vinton suggested simply creating

a small mail list where everyone would keep the whole

list and always mail to the whole list, thereby creating

a group feeling and effect. These work pretty well and

they are easy to start and very inexpensive to run.

(Wilkerson, 1996)

The Wheels were first moderated by Wilkerson, but

starting in 1996 the moderator's duties were assumed by

different volunteers, and YAHOO is the current (July 2000)

host (http://www.egroups.com/group/dreamwheel/).

The obvious advantages are that the group size can

change without any inconvenience to any group member. Dream

circles have evolved into the present dream-flow groups

sponsored by Electric Dreams and Dream Gate (dream-

flow@egroups.com).

<u>Bulletin board or e-mail.</u>

Initially I was more concerned about anonymity than were the dreamers. I felt it to be vital, however, to provide a protected space in which the dreamer can feel comfortable sharing dreams and personal issues. It is therefore necessary to be able to offer anonymity as a part of the process. In one particular instance a dreamer felt that, due to the nature of the dream content, total anonymity was necessary and important. I therefore presented the dream under a *nom de plume* and relayed all the dreamer's comments and feedback.

Bulletin boards provide an opportunity to educate others in the process of working with a dream. Others could see the postings and can be welcome "lurkers," persons who may join groups later. The negative side of the BB structure is that there may be the occasional person who posts a disruptive comment. In all the postings, however, the groups experienced only one such event, when one opinionated poster railed at the dreamworkers as being unworthy members of society. Rather than engage in a "flame" reply, I sent a private e-mail explaining the beliefs of the group members. No further postings followed.

E-mail provides privacy, and there is slightly more administrative work associated with the e-mail groups. In either case, however, a moderator is necessary for an active dream group to function. A notice announcing the formation of the next dream group must be sent to potential members, and

dreams to be shared are requested. A dream is chosen, and schedules are agreed upon. If any members are newcomers, their postings should be monitored until they are familiar with the process. The moderator oversees the stages of the dreamwork and guides the process.

Bulletin boards and e-mail both provide one very valuable characteristic to the process: time. Extended time to think about the metaphors in detail (and to respond in detail) is not always available in face-to-face groups, nor in real-time computer interactions.

Real-time Meetings.

Real-time participation brings mixed blessings. There can be a great deal of positive energy if all members are focused on the task at hand, but real-time interactions can be very disruptive if members do not know how to conduct themselves to optimize the dreamwork.

In the real-time chat and auditorium, there was less opportunity for extensive feedback, but it was obvious from comments made at the time (such as, "You guys are really great--I don't feel as worried and as intimidated anymore--thank you so much," or "Again thank you all for your comments, I still feel the 'residue' of this dream and you have all helped me a lot.") that meaningful interactive communication took place.

I found that working in real time was a challenging task, but I also found that I shifted into a different mode of communication when responding to the presented dream metaphors. I paid close attention to the dreamer's post, not necessarily in an intellectual mode, but trying to see if I could "feel" the dream. Perhaps it was intuition that came into play, but very often my response would elicit an immediate awareness in the dreamer that I had struck a resonating chord. This pattern was evident among all the posts of participants who were "working" the dream. Each participant would bring his or her perspective, encompassing broad areas of knowledge and expertise, and share them with the dreamer.

Almost every session ended with many questions still unanswered, because there just was not enough time to answer all requests for help with dream content. The extensive postings on the bulletin boards were testimony to both the interest in this subject and the viability of electronic communication.

One drawback of real-time dreamwork is that although there are dreamers located worldwide, a convenient meeting time is hard to establish. Dr. Taylor's Dream Show, for example, was conducted at 9 a.m. Eastern Time (6 a.m. Pacific Time), a compromise that was acceptable. Many people could attend and still be free to work the rest of the day, but it would be 3 a.m. in Australia and most people there would be

truly dreaming.

Disruptive Postings

Occasionally a participant, usually an individual not interested in dreamwork, will post a disruptive or offensive comment. In a live chat situation, an offensive participant can be electronically ignored, warned, or ejected from the room and immediately barred from participation if necessary. Most commercial services have statements that govern online behavior, and official helpers who can be contacted if necessary. Because postings to a BB are done over a longer period of time, postings may not be seen immediately. In a dream wheel such a posting would be highly improbable, and a moderated e-mail group would never have such a situation develop.

Internet World Wide Websites

There has been a tremendous increase in the number of websites devoted to dream-related topics. Viewing these websites requires the use of a browser, which is capable of jumping to the unique URL addresses of the websites. A convenience of a web page is that not only does the page contain the intended information, but it can also reference other "linked" web pages. When the viewer places the cursor over this linked address (usually displayed in a contrasting color) and "clicks" on it, the page being displayed is

replaced by the one located at the linked address.

The most comprehensive website for the dreaming community is Richard Wilkerson's DreamGate.com (http://www.dreamgate.com). This site is updated weekly and has links to over 300 current websites, presenting a broad range of dream related activities. Websites devoted to anthropology, archives, art, articles, books, film, Freud, Jung, history, lucidity, religion, research, and more are linked at that site.

The ASD site, (http://www.ASDreams.org), has 14 sections, including a bulletin board on which many dream-related current issues are discussed. Information about ASD conferences is presented.

(www.dreamweavers.org) is a website hosted by a group of Jungian dream analysts. A dream posted on their BB will be interpreted within a Jungian framework. All postings clearly identify the e-mail addresses of the persons posting the dreams, so there is no anonymity provided. This is not an "If it were my dream" approach. Dream interpretations are liberally sprinkled with suggestions about purchasing merchandise related to learning about dreamwork.

Linton Hutchinson (1998) has developed an active website located at (http://www.licensure.com/.dream), and as of 3/17/99 the site had been visited 18,056 times. The site contains 24 different posting or topic areas including an archive segment where a dreamer can post a dream, using any

"pen" name if he or she wishes. When anyone posts a

"translation" to the dream, the dreamer is notified by e-mail

and can check the board to see the reply. Anonymity is

therefore preserved. There appears to be little active

directing of the process, and anyone logging in to the site

can see the list of dreams and the responses to those dreams.

This area is cleared at the end of each month. Hutchinson has

been working with dreams for over 30 years. With a Masters in

Counseling and a Ph.D. in Psychology, he has taught dream

courses in four colleges or universities.

Dr. Hutchinson posted the following on the ASD BB:

Subject: Re: Dream Interpretation

From: Linton

Date: 10/25/96

E-Mail: hutchib@iag.org

At Dreamlink, we don't offer Interpretations. The

objective of our site is to offer TRANSLATIONS of dreams

not interpretations. The difference? A Translation as we

have defined it takes the dream that is submitted and

re-presents it to the dreamer from the translator's

perspective. In a way they "pretend" the dream they are

commenting on was a dream they themselves had. The

dreamer then has an opportunity to view the dream from a

different developmental view point, a different social,

economic, and gender point of view. Of course the

dreamer is the final authority as to what a dream means;

no attempt is made at Dreamlink to have anyone be the authority on a dream but the dreamer!!!

Although the "If it were my dream" approach has become a widespread approach to dream sharing, and many of the principles set forth by Ullman have been incorporated in practice, it is unfortunate that this suggestion was either not understood or not honored by the posters in this section of Dreamlynx. A survey of responses to posted dreams on 12/22/97 showed that 81% of the comments were phrased in the "I think your dream means" manner. At the end of February 1999, postings showed similar characteristics, but because they were removed monthly, the postings disappeared before I could tally the responses. This may have been a by-product of an open posting policy where there was little active moderator guidance of the process.

Hutchinson's site was an excellent example of the negative and positive aspects of Internet websites and links. Seventy-three links were provided on one page, divided into five categories. Of the 31 links in the Informational category, a negative aspect was that 39% of the links were no longer valid. A positive aspect, however, is that the list contained a link (*Dream Analysis)* that led to *Welcome to Lolie's Place* (http://www.flinet.com/~lolie/), one of the most delightful sites I have ever visited. The combination of design, music, color, animation, and thematic content made the visit joyful.

Dr. Dream (Alexander Randall, Ph.D.) has a useful website (http://www.dr-dream.com/) and an interesting background. He studied Psychology at Princeton under Henry Reed, and with two Master's degrees, gained his Doctoral at Columbia, where he was Dr. Margaret Mead's last tutorial graduate student. Randall now conducts his nominal fee-based dream practice exclusively via e-mail. His site contains a good deal of helpful information on dreamwork.

Another well-known dream researcher with a Website is G. William (Bill) Domhoff who studied dream research with Calvin Hall at the University of Miami, where he received his Ph.D. in psychology in 1962. He has been teaching psychology and sociology at the University of California, Santa Cruz, since 1965. Domhoff and his research associate (Schneider) are interested in building a data base of dreams, and their research utilizes Hall and Van de Castle's (1966) coding system.

Real-Time Group Meetings: Dr. Jeremy Taylor's Dream Show

America Online apparently conferred an honorary doctorate on the Rev. Taylor, because all advertising referred to "Dr. Taylor's Dream Show" (since that time he has been granted a doctorate in Theology). A history of the Dream Show highlights several technical, administrative, and economic factors that directly affected the ability to conduct group dreamwork on a real-time basis. Initially, the

show was scheduled Monday through Friday from 9 to 10 a.m.
Eastern Time, and was located in a section of AOL called the
HUB. This rather new-age activity area had music as a primary
focus, but a graphic menu provided ample opportunity to
advertise the show and made it convenient to access. The area
allocated to the Dream Show consisted of not only the "live"
main auditorium, but also a generous area to accommodate
bulletin board type postings. Advertisements for the Dream
Show were accompanied by a "button" that led to a sub-screen
from which one could reach the bulletin board areas
(available 24 hours per day), as well as to the live
auditorium.

Initial daily attendance during the weekday show was
approximately 100 to 120, until AOL redesigned the screens at
the main HUB level and omitted the guidepost button that led
directly to the Dream Show area. Those who knew how to
navigate using alternative menus or who knew the keyword
@mainstage managed to find the auditorium, but participation
immediately plummeted by over 60%. The guidepost buttons were
eventually reinstated, but they periodically disappeared.
With each loss of the button signs, attendance dropped and
seldom recovered. If there was no visible guidepost, it was
difficult to locate the group dreamwork. Participation varied
widely and seemed to consist of a core of skilled, interested
dreamworkers and a fluctuating number of visitors who spent
varying amounts of time during any given session.

Electronic auditorium.

The technical aspect of an AOL auditorium is such that as members enter the electronic room, they are sequentially assigned to rows (usually about 10 people maximum), and they can see the chat occurring among their own row but not others. They can also see the postings from the auditorium stage, which is visible to all rows.

The AOL software presented a screen with a special box for communicating with the host, in this case Taylor, the "DreamMC," with submissions classified as either a question or a comment. Taylor chose which dream he felt was most appropriate for the group to work on, and he then reposted the submitted dream so all rows could see it. Individual members from the different rows could send in comments which were then relayed for all to see.

Mickey Griffin and I were regularly invited on-stage by Taylor. The three of us could communicate with each other privately and conveniently. Although we had no official hosting duties, Taylor would usually comment first about a presented dream, Griffin would post next, I would follow, and then Taylor would relay comments from the audience.

Each day's activities differed according to the nature of the questions asked, the chosen dream, and the degree of response. Initially, questions were of a general nature. In the bulletin board area, Taylor quickly posted a short discussion of the most frequently occurring dreams, and the

bulletin board areas provided ample space for questions and answers.

The submissions therefore shifted from general to more specific questions about a given dream. Sometimes there were six dream snippets discussed during the hour; other days only one or two dreams were discussed.

Chat room.

For reasons presented below, the location of the Dream Show was shifted from the HUB mainstage auditorium to a chat room located in an area called ASTRONET, and the frequency was decreased to three days per week. A chat room is quite different from an auditorium. Any member can post, and any post can be seen. Chat protocol varied from very formal to a free-for-all. With a formal protocol, if a member wants to ask a question, he or she posts only a question mark. A cue keeper maintains a sequential list of permission to speak, and the host invites the question at the appropriate time. Taylor preferred not to use a formal protocol.

The DreamMC suggested that members feel free to post but not interrupt the posts of others, and to indicate when they were through sharing. Because the chat rooms were scheduled for specific topics hour by hour, it was initially difficult to establish order, as a great deal of personal cross chat would be in process when the Dream Show started.

Mickey Griffin's and my relationship to the show changed, and despite the much larger workload, we became official co-hosts. Not only did we want to respond to presented dreams, but I assumed the task of greeting new members and explaining the protocol, requesting them not to engage in personal chat and to abide by the semi-formal chat protocol. She became the official queue keeper, as there were always more dreams to be presented with which we could deal.

Despite limitations, however, I believe that some excellent dreamwork was shared in these real-time environments.

Economic reality.

Taylor's Dream Show, after a very successful period that lasted for 19 months, was further reduced from three shows to one show per week and then terminated in the last month, presumably for economic reasons associated with AOL's change to flat-rate pricing.

Before flat-rate pricing, AOL charged a specific amount for five hours of access, with hourly charges in excess of the base amount. When AOL shifted to a flat-rate policy, it was important to present different areas of interest that would draw members to AOL. Flat-rate pricing for unlimited access, which also included access to the Internet, led to massive growth. Worldcom bought Compuserve and sold its consumer division to AOL.

This expansion greatly taxed AOL's connectivity. It was nearly impossible to access AOL in the late afternoon or early evening if using their access numbers. Disconnects were frequent, screen response could slow to a crawl or totally freeze. All these factors were detrimental to the conduct of real-time dreamwork, but the show was terminated for economic reasons. Apparently the Dream Show did not generate enough of an audience to attract commercial backers.

However AOL has committed great resources to addressing technical problems, and membership has continued to grow. In 1997 Wang reported that "America Online led all online services with a total subscriber base of 9 million users" (p. 74). Wang (1998a) then notes:

America Online continues attracting new members while their former rivals (Compuserve, Genie, Delphi, and Prodigy) quietly fade into the background of oblivion. Recently America Online reported that it managed to service 675,000 users simultaneously without crashing the system, loosing their e-mail, knocking them offline, or interrupting them with a busy signal, which was the previous hallmark of AOL service.

Now total membership in AOL has surpassed 12 million members. AOL's membership has grown by approximately five million since it introduced flat-rate pricing in December 1996 (p. 92).

I noted further increases in membership reported in October 1998. In discussing an unusual temporary blocking of AOL's e-mail by Ameritech.net, AOL's membership was reported at 13 million (Wang, 1998b, p. 134). On April 14, 1999, AOL membership was reported at 17 million (Reuters, 1999).

Chapter Six

Results

Dreamers' feedback and my observation of the process confirms that important and dynamic dreamwork is possible using computer mediated communication. Using the "If it were my dream" approach, group members contribute their associations and comments about what the various dream metaphors might mean to them. These shared insights almost always result in some new awareness for the dreamer, and dreamers perceive the process to be of value.

Pilot Study

The study was specifically limited to the consideration of the use of effective language. In working with the dream content of the pilot study, the ratio of hits to misses in the FTF and CMC groups was nearly identical (FTF=7.2:1 and CMC=7.1:1). In some cases, both groups used almost verbatim remarks or comments. This indicates that the way both groups worked with metaphors was similar, but the quantity of meaningful responses of the computer group greatly exceeded that of the face-to-face group. As indicated above, I believe that the time to respond greatly influences the process.

Tables 2 and 3 (see p. 36) summarize the comparisons found in Appendix A. The chi-square calculations can be found in Tables 4 and 5 on page 38, and Appendix A also contains

the data analysis.

Utilization of the Ullman Process

The answer to the basic question "Is it possible to utilize strategies found in the Ullman process of working with dreams in a non-face-to-face environment" is *yes*. Regarding "specifically by utilizing an electronic network bulletin board conference as the meeting place?" the answer is also *yes*, although there are several other formats, such as private e-mail and private chat, that appear to offer additional advantages.

Characteristics of Successful Dream Study Goups

In reference to the question about the elements required for a successful dream study group, intent is a most critical factor. It is important to the success of any online dream groups, that a member has ample time to reflect on the dreamer's metaphors before responding. As one dream group member commented, "I like being able to 'sit with' a response and ponder it at my own pace."

Detrimental Aspects.

The answer to the question "What elements are detrimental to the process or prevent practical use of the electronic medium?" is found in the technical requirements of CMC. Individuals' computers can malfunction; network delays

or outages can occur; proprietary software (such as AOL's) can be quite disruptive. These technical problems are primarily troublesome, only the breakdown of an individual's computer or the removal of the group's postings prevented participation.

Stages of Ullman's Method

In most of the groups, stages 1, 2, and 3(a) were sufficient. In a few of the groups, additional communication followed. Most of the dreamers, however, were able to relate the dream metaphors to their own life situation without the need for additional help.

Leader-Participant.

To the question "Will the electronic environment support the dual role of leader-participant"?, the answer is *yes*. The roles are quite separate, and one can act as a leader or administrator until it is time to post as a participant. I usually posted as a moderator using my normal jherbert logon when commenting on the process, but as a participant, I posted as a regular member of the group. I used an unprofiled screen name known to the group. This presented no operational problems. I do not know if this finding can be generalized to a group therapy structure. Private group activity on THE WELL, for example, was not successful (see the discussion section on page 113).

Group Size

Optimum number of participants approximates face-to-face meetings, but for different reasons. A practical minimum of four is based on one dreamer and three participants to share in the process. When there are only one or two people contributing, it puts quite a burden on them. It is entirely possible to have one person's feedback contribute greatly, but it does not feel like a group effort. Ullman's suggested upper limit of 8 to 10 members is based on the assumption that meeting once a week (a usual schedule for most groups) would mean that each member could present a dream at least every other month. Ullman (1996) has found this to be a practical maximum, as members may become disenchanted if they have to wait longer than that (p. 202). As a moderator, I found group sizes in the 6-10 range comfortable to manage.

Ongoing Groups

Online dreamwork seems to take on a different pattern. Usually, members joined for one or two (sometimes more) groups, but then dropped out and were replaced by newcomers. The drop-out members would usually rejoin later groups. Online groups therefore differed from most closed face-to-face groups in that none of the members agreed in advance to participate in a specific number of dreamgroup sessions. Usually work or travel requirements prevented a commitment to a block of dreamwork.

<u>Helpful Process</u>

The dreamers' feedback in Appendix D testifies to the perceived benefits of the group dreamwork. Every dreamer except one, who made no attempt to understand or work with her dream, found new awarenesses pertaining to his or her life situation, and judged those awarenesses to be helpful. Some examples of comments sprinkled throughout Appendix D are the following: "Your comments made me see that as a matter of fact there was a conflict that I had chosen to disregard. Thank you for making me see it. I am looking forward to the work on the next dream," or "It is quite surprising that every one of you have enlightened me as to the meaning of the telephone call - which part of the dream, strangely enough, since now it seems so obvious, had me puzzled - but you have made me see that of course it signified (temporary) missing communication with my husband," or "What amazes me even more is how the responses can be so on target. I felt that you were inside my skin. You seemed to understand so much. I really appreciated your questions at the end. They really helped me to think more deeply about the meaning of my metaphors. . . . I am truly grateful."

One member made an interesting comment about special dreams:

Every three to five years, I have what I call a "special" dream. It's usually long and detailed, and I never seem to forget it. I have come to understand that

these dreams are like maps. They don't foretell the
future, they just gently guide me on my own human
journey. It has taken me months even years to understand
my "maps." However, you lovely people have given me a
jump start on this one. The concepts you have fleshed
out are accurate and relevant to a few situations that I
have been "chewing" on for several months. I now know
the direction I need to take in order to be true to
myself. And I'll gratefully take your advice: relax,
play, and allow the natural process to flow. You have no
idea how freeing that feels!

Action Research

Action Research (AR) has provided an excellent platform
for the conduct of this study. The pilot study required a
phenomenological analysis of language used in dreamwork. AR
allowed me to enter the problem situation and incorporate
that analysis as part of the overall study. It provided the
impetus to use that data and then move on to other tasks.

In the early phases of working with networks, I deemed
the architecture of the bulletin board postings to be quite
important. As the proprietary software of the boards changed,
other factors became more important. AR accepts that change
may occur within the research environment and provides for
constant reevaluation of goals as necessary.

Throughout the whole study, the ability to assume different roles and take part in the change process was absolutely necessary. During the period of developing the protocol for the online dreamwork, change was constant. Adjustments to process were incorporated as necessary, and feedback from the group helped shape the protocol. AR provided the path for these changes.

AR also supports serendipity. After the dream groups were terminated, the opportunity to participate in Taylor's dream show materialized, which allowed me to study the electronic auditorium environment as well as public and private chat. All of these contributed to my understanding of electronic dreamwork. AR has therefore allowed me to use the methodologies most suited for the task at hand.

With the accelerating changes taking place on the internet, one would have a never-ending research project just attempting to keep current. The decision to terminate this study at this point also fits within the AR paradigm (see Exit, p. 67).

Chapter Seven

Discussion

Background

    When I first proposed this study, a grass roots movement
had already begun bringing dreamwork to the general public
(Hillman, 1990). In the realm of group dreamwork, the
pioneering efforts of Montague Ullman had given the public a
method by which working with dreams was no longer confined to
the analyst's office. Dreamwork was proving to be not only
beneficial to the dreamer but also helpful to the group as
well.

    At that time, electronic communication was just
beginning to expand. The Internet was used primarily for file
transfers and e-mail, and interfaces were text oriented.
Group dreamwork was only conducted in a face-to-face format.
Looking toward increased electronic communication, I proposed
to find out if it would be possible to use computer mediated
communication to conduct group dreamwork, and to determine
the advantages and disadvantages of this new medium.

    My early efforts were attempted to discover
if group dreamwork could be conducted via the internet, how
best to conduct it, and to determine the existing limitations
of the newly emerging communication medium. How does one
publicize the existence of locations in which dreamwork is
conducted? For face-to-face meetings, one can advertise in

selected publications such as the *Dream Network Journal*, and word-of-mouth references are usual.

Ullman's Heritage

Many of the principles contained in Ullman's protocol can be used in computer mediated communication, but the full process of extended interaction with the dreamer rarely occurred. Usually the process ended after stage 3(a). The purpose of the extended interaction in stages 3(b) and 4 of the face-to-face protocol is to help the dreamer make a bridge to his or her life situation. In the online situation most of the dreams presented in fact were very current, and dreamers made immediate connections to the issue at hand. If the dreamer did not have any clues at the time of presenting the dream, the contributions of the group often provided ways to help the dreamer connect the dream to his or her life.

In one of my own puzzling dreams, my Subaru Justy car was an important element in the plot. After I submitted the dream to a few fellow dreamworkers, one person, also a Justy owner, made a comment about what his Justy meant to him. His comment shifted my perception into a totally different framework. I became aware that I had been listening, over the prior few days, to a series of very provocative tapes on so called "human energy systems" (Myss, 1996). I realized that I had been challenged philosophically by the content of the tapes, and given my concerns, the dream content made perfect

sense from this new viewpoint.

It is this ability to experience immediate rediscovery that makes the combination of electronic communication and dreamwork so powerful. Concerns can be addressed in a timely manner, whether they be small or large.

The Electronic World

In the electronic world, there are different considerations. On a bulletin board system, one still needs to find a way to "advertise" one's interest or to be able to search for locations of interest. The first dream groups grew out of notices asking if anyone would be interested in joining a group to work on dreams. Initial groups were conducted by posting to a BB topic. Membership grew slowly. As e-mail address lists grew, dreamwork could be conducted by e-mail.

It is also important to find the right bulletin board service. I thought that the private conferencing locations available on The WELL would provide an excellent posting structure. The area should have been perfect, but I found that The WELL membership had an operational flavor of strong independence, and I did not set firm enough bounds on membership requirements. Some members would not accept the structure required for a coherent group. Several demanded to run the group "their way," and chafed at any suggestion of structure. The proposed group dwindled to three members. The

caveat, therefore, is to learn the characteristics of the electronic community to insure that the board will support one's aims or goals.

Within bulletin boards, the ability to find a suitable place to discuss dreams is influenced by the ease of finding the location. For example, on Compuserve, a search for the topic "Dreams" leads to four choices. One of these is the "Encounters Forum," and dreams are, indeed, a topic on this forum. On AOL, however, the "Search" function for "Dreams" yielded 14 choices, all false hits. On AOL one also has the ability to search by a "keyword" title, and while searching for "Dream" produces a false hit, the list did contain "Dream Show." Finding this requires searching the keywords by alphabetical index. Thus, for a newcomer to dreamwork, finding the correct location of a bulletin board is not always an easy task.

I envisioned electronic access as constituting a major shift in methods of communication, and this has been true in all areas of electronic connectivity, but the growth of the World Wide Web in particular has been astounding. This growth has also affected dreamwork, and there are now many sites with some form of dream posting activity.

Search engines on the Web, however, have been notorious for the number of false hits reported. Fortunately, however, many websites contain links or listings of other websites pertaining to the same area of interest, so it is possible to

find group dreamwork locations with some searching. There are also search engines that utilize multiple other search engines, reporting on common "hits." In general, the results so obtained are likely to be more useful.

Differences in FTF and CMC Protocol

In addition to the fact that CMC groups rarely went beyond stage 3(a) of Ullman's protocol, there are other operational differences.

Confidentiality.

In a face-to-face dream group, most members share their own names with the group, and it is understood by all that anything shared within the group stays within the group and will not be discussed outside the group without the dreamer's permission. With CMC, issues of confidentiality depend upon the format of the group's sharing.

If the dreamwork has been shared in a private chat room, usually everyone knows both the logon names and the real names of all participants. If the group has shared by e-mail, members are usually known to each other. Dreamwork in a public chat room or on a bulletin board presents other problems.

On America Online members have the ability to choose any of five names for logging on. There is also a segment where members can post information about themselves if they so

wish. Logon names, therefore, may be either profiled or not.

Before a bulletin board group could be formed, however, it was necessary to advertise for members, and profiled members usually chose another non-profiled name for dreamwork postings. For public chat, the postings are visible to anyone present during the allocated time, but the postings did not remain for others to see.

Responses.

The major difference in response time have already been discussed. In a face-to-face group, as in a public chat group, there is usually a very limited period of time for responding to the dreamer's metaphor. In any of the bulletin board or e-mail groups there is an extended period of time, usually a day or more. In private chat groups, dreams are often presented to the group by e-mail before the chat group meets, and if not, additional thoughts can be shared by e-mail after the private chat is over.

Usefulness.

Postings in appendix D testify to the usefulness of the *if it were my dream* sharing in the CMC environment. One would have to query FTF group members, but I would expect that the same awarenesses would be available to them. The Ullman protocol has additional steps to help the dreamer if he or she has not made an awareness bridge between the metaphor and

the life situation. All of the dreamers (except one) in this
study found the connection between their dream metaphors and
their concerns. Thus 25 of the 26 dreamers found the process
interesting and helpful.

<u>Relationships.</u>

In a closed FTF group, members generally learn something
about other members in their group. In groups that are
community-based and long-running, regular members usually
know each other. In an open FTF group, members may or may not
know each other.

One of the dreamers in this study commented "I can talk
to you because I don't know you, but can't open up to any one
and never have been able to do that." This appears to be a
case of disinhibition, which in this situation was
beneficial. But we must remember the basic premise of the
Ullman protocol: even though each of us has a unique life
situation, we all have to deal with the same issues. If group
members approach dreamwork in the spirit of supporting the
truth and sharing with the dreamer their individual
projections, the dreamer will often experience the necessary
"Ah-ha!" of recognition.

One dreamer summarized her experiences of the
differences in FTF and online dream groups as follows:

My feedback about using this on line format is that it
has given me a way to open up and be more honest about

what the dream would be for me in a much shorter period
of time. So, in that way, I am more honest than I would
be if I were having face to face interactions in an ever
changing group such as we have. It's like it helps me
pass through some of the early stages of group
development and reveal more sooner.

On the other hand, . . . I do miss the synergy that
can occur when a group of people are together in the
same place working with each other and building on the
interpretations. Somehow, I feel that I'd get more of
the archetypal patterns revealing themselves in that
type of format since we'd all really be able to see what
resonated for all of us during the group (personal
communication, June 2, 1994).

To Each His or Her Own

The revolution in electronic communication has totally
revised the process of interacting and exchanging dream-
related information. Letters provided the initial ability to
communicate at a distance, but were not very efficient when
multiple persons were involved. E-mail is the electronic
equivalent, and it has several advantages. E-mail, by
definition, implies the use of a computer, which offers the
ability to organize one's communication. Using text cut and
paste techniques, one can easily classify or modify content.
Speed, not only of transmission, but also of reply, shortens

the turn-around time. Simultaneous communication with multiple persons imposes only a minor inconvenience, that of adding multiple recipients' addresses to the outgoing note. Most e-mail programs provide for group mailings. The disadvantages of e-mail are that original copy can suffer typographical errors in transmission, or may be misdirected.

Face-to-face interaction requires the physical presence of group members at a specific time and place and requires them to travel to that location. Participants in real-time electronic interaction do not need to physically travel, but must be able to meet electronically at a specific time. To communicate in real time requires that a server be capable of providing this interaction; the participant's location can now be extended to any part of the world able to communicate electronically with the source location. Dr. Taylor's Dream Show, for example, was conducted in real-time in the "Astronet Conference Room," accessible worldwide to any AOL member.

In a live chat or auditorium situation, a specific dream will be under discussion during a specific time frame. Dreamwork using a bulletin board structure allows the communication to take place over a much broader time span, but there are operational problems that may affect the process. On a bulletin board, if the structure of the activity is such that only one dream at a time is discussed, the process will usually have one specific moderator who will

guide the timing of the postings. If the BB is totally free form, however, usually there will be many postings about different dreams, even though they may be grouped by general topic. The individual member still needs to log on and navigate to the specific posting location.

Participation in Dream Wheels takes place via e-mail; up-to-date postings are generally received any time an individual retrieves his or her e-mail. There are no membership requirements to participate. One does not have to belong to AOL, Compuserve, or other commercial service; one only needs to have an e-mail address.

A Dream Wheel type activity, however, requires special software that performs a LISTSERV function. Not every server has this capability; the organizer of the list must have access to a service that can provide this function.

Mailing lists may be moderated or unmoderated. With a moderated list, any posting to the list is first sent to the list caretaker, who then distributes the post to all members. If there is a problem with the intended post, the moderator can discuss it with the submitting party and it can be modified. Some, however, feel such actions border on censorship. If the list is unmoderated, any post sent to the list is automatically redistributed to list members without review. The potential problem with unmoderated posts is that they sometimes appear tangential to the intended thread of discussion. There are advantages and disadvantages to each

form. If a list is closely monitored, it will be reviewed more frequently. An unmoderated but well-monitored list may provide the best combination, because additional comments can be posted quickly in order to keep the discussions focused on the topic.

Lists can also be either open (public) or closed (private). A closed list usually serves a specific set of members, and permission to join must be obtained from the "owner" of the list. Open lists can be accessed by anyone who knows the e-mail address of the list.

Likewise, group dreamwork using e-mail is similar to participation in a Dream Wheel. The major difference is that a Dream Wheel may have multiple dreams under discussion at the same time. A dedicated e-mail group discusses only one dream at a given time.

The pattern of working with dreams has shifted substantially in the electronic world. America Online, for example, has a Seniornet community, within which bulletin boards address different subject areas of interest. The major bulletin boards still have postings associated with the discussion of dream content, but development of websites has led to a different patterning of "community."

The newly developing websites provide a rich environment for the sharing of dreamwork, and the existence of multiple player interactive games seem to indicate that development of a live dream-chat format on a website would be feasible.

Technically, however, chat taxes the resources on the server, and not every server might be willing to support the overhead. It would seem, therefore, that there are several ways of working with dreams within the electronic framework, and there is no single "best" method. What suits one person may not suit another, and the actual electronic structures of the servers greatly influence the viability of different communication architectures. YAHOO e-grops, however, hosts many specific interest groups, including several dedicated to dreamwork.

Even within the proposed protocol of Ullman's individual stages, which discouraged any communication about the dreamer's personal situation during stage one and two , some dreamers preferred to be asked about personal issues before the group's sharing (personal communication, July 14, 1995). If a dreamer chose to share personal information at an early stage, even though I preferred Ullman's protocol, I honored the dreamer's choice.

Electronic Gremlins

While communication in the electronic world can be very rapid, it can also be subject to capacity limitations. There are times in the live chat meetings when typing a response leads one to wonder where the words went. The screen will appear frozen, with no activity taking place, and in due time a flood of backlogged postings will appear, often so rapidly

that one must stop the process and go back to re-read what
flashed by the screen. This is a very frustrating situation,
as members never know what abnormalities will appear next,
and concentration on dreamwork is difficult.

Other distractions are multiple disconnects, often every
five to ten minutes, and occasionally a permanently frozen
screen or computer which requires a reatart. Not being able
to get back online can be a problem, compounded by the loss
of continuity in following and participating in the
discussion of the dream. AOL periodically suffers from a
customer base larger than the equipment in place to support
it, and it can be almost impossible to connect with AOL in
the early evening hours.

Occasionally, the signposts directing members to the
location of the Dream Show would disappear, and members
following those menu choices could not locate the show. The
hard-core Dream Show participants knew the keyword
(@mainstage) to get to the show, but the number of
participants was greatly influenced by the presence or
absence of signposts.

On the Internet itself there is a great deal of
variability in screen response. Accessing a given website can
be very speedy or very slow depending upon the design of the
web site andhow much overall electronic transfer is taking
place at the moment. Since the websites often involve
graphics, the differences in performance seem substantial.

If the Internet is busy it seems to take an inordinately long period of time for a page to appear. Even the time required to send or retrieve e-mail shows great variability.

These technical problems are a part of the online experience and they do effect dream work. As one participant commented, "I have been experiencing terrible problems trying to connect to AOL. I will probably not be able to participate in the next round. I will try to catch up with the group in late April" (personal communication, March 30, 1996).

Guideposts for Dreamwork

Ullman's process for face-to-face group dreamwork is the result of many years of fine-tuning, and its principles provide good guidance for electronically linked dreamwork. The Association for the Study of Dreams has put forward a Statement of Ethics (Appendix C) that applies equally well to face-to-face and electronically based dreamwork.

Unfortunately, many self-appointed "experts" do not adhere to these principles, and it is my opinion that they are doing a disservice to the community of dreamers. For example, a posting on Compuserve read as follows: "According to some experts dreaming of twins often signifies 'double trouble followed by double joy.' Usually dreaming of cats signifies that someone we trust (in this case two somebody's) [*sic*] is going to deceive us or misuse our trust. Have you found yourself having to decide between friends lately?"

Such a post is undesirable for several reasons. First, the definitions attributed to "some experts" appear to have originated from the earliest "dream dictionaries" which give specific equivalents for dream elements. A more liberal range of interpretations for a cat would incorporate both the range of possible cat-like characteristics and word plays, as well as the specific image in the dream: independent action, feline or feminine characteristics, cattiness, cool cat, let the cat out of the bag, etc. Also the phrasing of the "Have you found yourself?" question above implies that the questioner is the expert and borders on a confrontational statement.

During a period of over a year and a half, an unexpected and positive aspect of online group dreamwork developed. One member of the Seniornet group had participated intermittently and had presented several compelling dreams. During the process of reviewing all posted dreams on which the groups had worked, I saw a theme develop that spoke very clearly about the dreamer's work environment. The dreamer recognized the importance of these linked themes, and she quit her job, finding other employment where the stress level was acceptable to her.

This kind of work on a series of dreams would more likely be encountered in a therapeutic framework. The participant presented a remarkable series of dreams: one can see the progression of the metaphors reflecting the dreamer's

concerns, and the dreamer provided ample feedback to confirm how these images fit into her life. The feedback included very personal communication. These dreams are presented, with the dreamer's permission, in Appendix D.

<u>Optimum Dreamwork</u>

"Dear All: Responses were breathtaking! You don't know me or what my life is like, yet your relating to the dream as your own is amazing. I have much to think about!" (Nerys, p. ?).

Motivation, intent, and honoring the dreamer's uniqueness are probably the most important contributions that members can bring to a dreamwork group. The individuals who met on Taylor's Dream Show and subsequently formed a group (see page 42) are a good example of this.

Beneficial dreamwork can result when associations are freely shared without attachment to the outcome, without asking for agreement, consensus, or validation. Spectacular dreamwork can take place when a leader or moderator with a lifetime of working with dreams, counseling experience, and/or a sense of mythology can share his or her life experiences. At times a female can speak to female related topics with a directness that cuts right to the heart of an issue. Males, for example, may not readily relate to dream metaphors associated with pregnancy, and vice versa for females responding to males' physical issues. For those just

starting to learn the process, an awareness of one of Ullman's precepts is most important: even though we each have different and unique life experiences, there are some experiences with which we all have to deal. It is this communality that binds the dreamwork group. As one member commented:

> "Nothing, literally nothing, stated in the 'If it were my dream' phase of the dream work was irrelevant to my situation. . . . In this mix of my life, this dream arose. Why? I don't know but it moved me, and I'm not surprised it moved others. We are after all, brothers and sisters in the human race. . . . Xayla said it in so many words. We all share the same problems. Obviously, objectivising them in a forum such as this is a darned good idea. Thanks" (Carman, p. 242).

An important aspect of group dreamwork is that although members are working on a dream of another, this sharing of the same metaphor often benefits both dreamer and members. As one member, posted, "Camran, I wanted to add my thanks for such a powerful and provocative dream. It made me really look into some areas of my life that I had been avoiding. Thank you for sharing it with us" (Xayla, page 242).

New Horizons

The explosive expansion of the Internet, the availability of browsers, the convenience of working with

e-mail, and increased interest in computer-mediated dreamwork
has already led to several ways of working with dream content
not envisioned at the time I proposed this study. On a
section of AOL known as the HUB, for 15 months there was an
electronic auditorium (1 hour, Monday through Friday) and
extensive posting activity (over 8,600 messages) on a
Bulletin Board location. For economic reasons (see page 101)
the location of the show was moved, the show frequency
decreased, and eventually it was terminated. However, a
private group led by Taylor met once a week for approximately
six months, and is still in existence without a designated
leader.

In addition to specifically formed e-mail groups, e-mail
"Dream Wheels," and e-mail list distributions such as
dreamchatters@yahoogroups.com, personal and corporate
websites provide opportunities to create and maintain
environments supportive of dreamwork. Held's recent article
(March 1998) was subtitled "It May Be Easier – and Cheaper –
Than You Think to Create a Virtual Community." These
technological advances provide us with the tools that make it
more convenient for the user to communicate and share the
dreamworking experience. The MIME e-mail format (see
Definition of Terms, p. 53) allows the inclusion of graphic
or audio contents, as well as links to websites.

One member commented (see p.255) "Being highly visual, I
wish we could 'see' each other." I would expect that in the

future dreamwork could include attached photos or live web cam conferencing. Such advances are on the way. Robert Boznak is developing a very interesting website that outlines several new ways for groups to conduct dreamwork online. It is currently voice enabled, and the future may bring video links as well as integration with a BioMonitoring device which will be capable of displaying, for the group, physiological responses of the dreamer as he or she discusses the dream with the group (Boznak, 2000).

The Paradox of the Internet

Etzioni (2000) comments that "real communities foster intimacy as well as trust, as people get to know one another and form close warm bonds. . . . The current primitive virtual communities are stronger in several ways than the real thing" (p. D7). Whether group dreamwork was conducted within the confines of an electronic meeting place or via e-mail, a coalescence took place that bonded the dreamworkers. Membership was self-selecting, affinity existed, and members did not hide behind internet masks.

Cyber-intimacy has not been without cost, however. Norman Nye, a political scientist at Stanford University, "asserted that the Internet was creating a broad new wave of social isolation in the United States, raising the specter of an atomized world without human contact" (Markoff, 2000, pp. A1, C14).

The world of commerce on the Internet has also taken its toll. Sweden, ranked by International Data Corporation as the leader in information technology globally, now has developed stress-related health problems associated with the long working hours required to keep up with the flow of information on the Internet (Goldsmith, 2000).

Thus there seems to be a paradox of apparent, increased online cyber-intimacy versus social isolation, and also of increased usability versus greater stress-related health issues. The challenge of the availability of increased communication will be to use it wisely.

Future Research

During the course of this investigation, several incidents occurred that might be subjects for future research. Because there are multiple steps involved in online communication, some issues are associated with technology, while others are personal.

The sharing of dreams is a very personal activity, yet unusually frank disclosures have occurred even in chat activities. I wonder what is it about electronic communication that may help dreamers to make disclosures. Is it dreamwork that creates an atmosphere of trust, or is there a sense of protection afforded because from personal distancing? One member, for example, commented "I can talk to you because I don't know you, but can't open up to anyone and

never have been able to do that." Is this an example of disinhibition? I think the question of the importance of perceived anonymity would be an excellent future study.

Some participants had prior experience with an analytic model and were not comfortable being urged to use the "If it were my dream" approach. Although the ASD Statement of Ethics suggests that the dreamer is the final authority in determining the possible meaning of one's dream, are there situations in which a dreamer would be more comfortable not taking this responsibility and would prefer to be "told" the possible meanings of a dream? What characteristics would be associated with this preference? Action Research would provide an excellent methodology for such future research.

Technical aspects are interrelated: technology allows us to expand our sphere of communication, but technological glitches and complexity discourage or interrupt this communication. As the sphere of interaction expands, so does the necessity for more complex methods of communication. AOL and other commercial bulletin board sites provide chat, but currently, to expand the chat capacity worldwide one must participate in IRC (Internet-Relay Chat), and the current software is not very user-friendly. Is there an identifiable point where this technology discourages participants from further exploration in dreamwork?

How do dreamers rate the usefulness of their prior dreamwork? Is it related to their perception of whether the

dream was a "big" one associated with teleological aspects or is it related to the dreamers' perceptions of the then ongoing issues of their lives?

Technology will continue to develop, and the need to share will still be with us. Group dreamwork provides a remarkably personal platform for communication, and I expect that online dreamwork will continue to develop even if it occurs in different forms to suit different tastes. The Internet is rife with changes. In particular, virtual communities have sprung up bringing a host of advantages and disadvantages, which also may provide fruitful future research. *The Psychology of Cyberspace* (Suler, 2000) and *The Virtual Community* (Rhinegold, 1996) discuss several of these communities in detail.

The Internet is an astounding world of commerce and personal pursuits, and the myriad of potential interactions will present unbounded areas for consideration and study.

Concluding Remarks

This study has explored how dreamwork could be conducted within the electronic environment of the Internet, including public and private bulletin boards, dream wheels, e-mail, public auditoriums, and public and private chat rooms. It has developed protocols for conducting online dreamwork and explored elements that are conductive to electronic group dreamwork.

It has demonstrated that words used in both face-to-face and electronic dreamwork are similar, but that the electronic environment may be superior in providing more meaningful insights to the dreamer. It has shown that a series of dreams can address ongoing concerns of livelihood, and that different people at different times can contribute to a dreamer's understanding of the meaning of his or her dreams.

The study has also provided evidence that supports the conclusion that a dreamer's metaphors can provide insight into issues of the dreamer's life, and that outside viewpoints, as provided by the "If it were my dream" approach, can cause the dreamer to experience an "Ah-ha!" awareness that puts the dreamer in direct contact with the meaning of the metaphors. It also supports the conclusion that dreamwork in an electronic environment is practical, and given the expanding environment of the internet, this dreamwork will increase.

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Appendixes

Appendix A

Comparison of Face-To-Face and Computer Dream Group

Transcription of Face-To-Face Dream Group

Dream Table, Thursday, 6/21/90, Saybrook National Meeting
(Initials substituted)

DREAMER: DH (Female)

PARTICIPANTS: IF(F), WG(M), GG(F), HL(F), JH(M), OM(F),
SK(M), MN(F), GT(F), NT(F), SS(F), UU(F), QX(F)

    Researcher: Sometime during the morning, if you wouldn't
mind just signing in so I have a written record of who is
here, and all I'm going to do is, with the permission of the
dreamer, record the session and at a later date I will
transcribe the session and hopefully arrange to be able to
post the dream on the electronic network.
    I will, before I do any posting, take the dream back to
the dreamer as I have written it up and get that person's
approval. I'm not sure how this is really going to work on
the network. I'll just have to proceed and see, but I can
keep the person's name confidential, so that's not a problem,
and the only request that I have is that as you're speaking,
if you please speak clearly, that will help. I'll try and get
your voices as you identify yourselves this morning.
    Leader: Alright, before we hear from the dreamer, let's
just start with J, go around and introduce ourselves, because
we do have a couple of new people here.
    Group: I'm NT, DH, MN, JH, HL, ET, GG, OM, QX, SS, IF,
WG, GT, SK
    Leader: Alright, I think we're ready to go ahead and
hear from our dreamer.
    Dreamer: This dream I had about a month ago, and in the
dream, I was in my parent's house, upstairs in the bedroom
area. My parents were both there. My mother and father were

there, and my youngest sister, and in the dream it was as though my youngest sister was a lot younger than she is now. She's seven years younger, but she was like a young girl then.

In the dream, Bill, my ex-husband, had died, and he was laid out like on a table, like people get laid out when they've died, and I remember saying, "We can't leave him out here," (Saying this to my parents) "because it would be very upsetting for my younger sister to see that body." So I put him in the closet.

The closet, I remember, was in her bedroom, with sliding doors, and I remember standing in front of the closet with the door open, and he was hanging upside down in the closet, by his feet, with his clothes on, wearing a suit, a business suit, and it was as though he were a carcass in a butcher shop. It was horrendous, and what was even more horrendous was, I wasn't even upset at the image. I mean I was upset at myself not being upset as it were. So he was hanging up by his feet and his body was down and his head was sort of like that [THE DREAMER STRETCHED HER NECK BACK AND UP] and he had this huge like a [*sic*] smile, he was inanimate. It was like all his teeth were showing, like a smile, but it was like a mechanical smile and the other thing that was very weird was, you know when animals like pigs and calves and things have been disemboweled, you know, they're ribs are there and it's kind of empty. It was like that with him, except he was fully clothed. I could tell that in the dream.

So, that was the dream as I remember, and I tried to recall, I don't remember anything happening after the dream. I don't really remember what was going on, anymore than what I told you in the beginning, except it was a family situation. I only have mother, father and a sister.

Leader: Okay, thank you. Now, questions? Remember the questions can only be about dream content, they can not be interpretive.

Female: Who put him into the closet? Dreamer: I think I put him in the closet, but I don't remember putting him in the closet, but I remember saying, " We must put him away." I think it was me that put him in.

Male: Were you your present age? Dreamer: Yes.

Leader: When you were upset about not being upset, was that in the dream? Was that a part of the dream, or was that your feeling upon awakening? Dreamer: I think it was both in the dream and in awakening. I think I was not upset in the dream. There was a coldness that I felt in the dream.

Female: Did you see your sister in the dream, besides in the beginning? Dreamer: No. Yet, she was around, that's what I know.

Female: At the end I was trying to remember, I think it was just my memory lapse, of how your mother and father came into it in the beginning? Dreamer: They were there in the beginning. They were there in the house with me.

Female: Were they just sort of sitting there, or what? Dreamer: They were sitting there or standing there. They were there in that I was talking to them, and saying that we must get rid of this body. This isn't good for Ellen to see. We must put it away.

Male: In waking life, is your parents' bedroom on the second floor upstairs? Dreamer: Yes.

Male: And your sister's room, is it upstairs? Dreamer: Next to it.

Male: And it was that way in the dream? Dreamer: That room that was my sister's used to be mine, and that closet used to be mine. Being the older child, I first had that. It was a small bedroom in the house, and I first had it.

Female: What was your ex-husband's name? Dreamer: Bill.

Female: And your sister's?

Leader: That really is not pertinent, because that keeps us from projecting. I'm going to call a curfew on that until later.

Male: Were there any colors in the dream that were significant to report? Dreamer: Not significant. I do remember the color of the closet door was pale blue, and it was pale blue in real life. There was no vivid color in the dream.

Female: You said he was disemboweled or cut open when he was hanging in the air? Dreamer: Well, it was as though he was. He was fully clothed, you know like the ribs were sticking out and it was kind of caved in.

Female: Was he like that before you put him in the closet? Dreamer: Before he was just lying on the table with a thing over him.

Female: A sheet? Dreamer: Yeah, a sheet, but in the closet it was marked that he was wearing a business suit. He was in business, so that was normal, and he was a very skinny person, also.

Male: Any sense in the dream why he had died? Dreamer: It was like a matter of a factness about the fact that he had died. You know, that Bill died, and there was a concern around between me and my parents, mostly my mother. We were concerned that he had died. We were concerned about how it should be handled.

Leader: Any other questions?

Male: So the concern was more between your mother and you, not your father and you.? Dreamer: My father was a bit discontented(?), as he was anyway.

Leader: Well, fine. Now we will start to give our interpretation of the dream, as if it were our dream, and for this, Jane, would you mind passing your dream around, so people can sort of refresh their memory as we go along? Okay, whoever is ready can go.

Female: If it were my dream, it would relate to my dealing with the divorce and whether I really resolved putting the ex-spouse away somewhere, and then the image in the closet reminds me of the hanging man from the Tarot deck and the aspect of there's a certain balance there, but the out of balance is the main thing.

Dreamer: Is that what the hanging man means?

Female: I'm not sure I remember all that very completely, but somebody else might.

Female: It usually means initiation, seeing things in a new way. [MURMUR OF GENERAL RECOGNITION]

Male: If this were my dream, I think I would take it relatively straight forward for what it was saying. That this person was no longer a part of my life, and would almost perhaps be a confirmation of feelings that I already had about the separation, and almost a reminder of it for me of whether or not that person was still alive they were essentially dead, and I would be struck by the fact of the sense of disembowelment, the very life force for so many

people exist more in the belly than in the brain, some of the ancient things that the liver and various organs, and he was lacking into that substance and I would be struck by. It was just a reminder there really wasn't anything in there, then in real life and here is a reminder in death that there really isn't anything in there anyway and so it's all but natural that I don't have great feeling about the loss, because there's nothing there to have loss over.

Male: If it were my dream, I'd be struck by the play on words. What's coming to me is hang-up. He's hung up in the closet upside down. Something that is just a hang-up.

Female: If it was my dream, I would notice my mixed feelings about my sister, that I would protect her, but in fact I would hang this carcass right inside the sliding doors, which would be pretty scary when you opened the doors and saw him.

Leader: Well, if it were my dream, I'd be interested in the family dynamics. It's as if my family is concerned that I'm not remarried and I'm putting the corpse of my past marriage in the closet to say so that I can bring it out and say, "Look, I was married once, and this is what happened to it." So it's sort of a defensive maneuver on my part to protect my life style, my life decisions against any pressure from the family to maybe prematurely enter into another marriage, especially my mother, who shows a little bit more concern than my father does in the dream, and maybe to sort of warn my sister, "Look, don't you get mixed up with somebody like I did." If it were only about my ex-spouse, I personally don't have an ex-spouse so I have to talk epigraphically here. If it were basically about my or somebody else's ex-spouse, I don't see that it is important to bring the family in. I could just see putting that dead corpse in the closet of my memories, that's done, that's finished, that's over, but whenever I have something to learn from it, I can bring it out and remind myself, but bringing the family in really adds the unique dimension to the screen. It's the corpse itself that is unique, but doing it from the family setting just adds to the complexity.

Female: If it were my dream, I would be thinking about how responsible I feel for something that's dead.

Female: I think if it were my dream, I would look at the image of the younger sister and see that it's the child in myself maybe having to face death and another part of me not wanting to look at it and trying to hide it in some way.

Female: If it was my dream, I would see the younger sister as myself and that, although I, in my present state was I quite finished with my husband and could hang him up in the closet, and that the disemboweling or the lack of organs or whatever it is in the solar plexus area I would see as him losing all his power. He no longer has power over me in my present stage, but I would see my concern about my sister as that part of me that's younger still has not really finished with him, that my current self is trying to hide that away from her because she really hasn't processed that. She really hasn't processed the marriage and she really hasn't processed the divorce.

Male: If it were my dream, I would be aware of at least functionally the absence of the masculine.

Leader: If it were my dream, I would also be puzzled by that because one masculine image is dead and put in the closet , the other masculine image is distant and so I'm wondering if this is a positive or negative aspect of my life that there's this absence right now in the dream.

Male: If were my dream, I'd feel there was one element of masculinity clearly in there and that was the taking of essentially the carcass, a butcher's task, and hanging the body in the closet and viewing it almost like a butchered animal.

Leader: Okay, last chance, anybody else?

Female: If it were my dream, the very first thing you mentioned is that he was laid out on the surface. Surface sounds like an important word for me to look at to see if this is something that is surfacing or if this is just everything is concrete as is on the surface.

Male: If it were my dream, I'd look at the hanging again. When I said hang-up before, the other thing that's come to mind is topsy-turvy. It's an upside down kind of relationship when you hang something and put it away, so I question whether it's been put away properly.

Female: If it was my dream, I'd look at the fact that I put it in what is now my sister's closet and that would make

it clear to me that that part of myself had not processed the whole thing, the fact that he hasn't had a proper funeral and that she hasn't had a chance to participate in that funeral.

Male: If it were my dream, I would spend some time thinking about the second floors.

Female: If it were my dream, I'd also note that you said in the dream that you wanted to put him to rest in a proper way, but yet did not complete it in what is conceived to be a proper way, but the desire was there to begin with, to put something to rest.

Leader: Okay, any other comments? Okay, Dreamer, we will turn the dream back to you. Again, if there is anything you do not want recorded, you can request the recorder go off at anytime during the rest of the session, but it's up to you now to share what you want with us in terms of your current feeling about the dream after our projections.

Female: I'm sorry, I wasn't here when you told your dream and I had a little trouble reading it, but a couple of things that I was struck by and I don't know if people have already commented on this, but, the fact that, one, it was the closet, besides being your sister's closet, which I also think is highly relevant, the younger sister is also in the sliding door and that your ex-husband is hung upside down almost like the Fool in the Tarot, even though his leg isn't at that angle, but he's hanging by his feet. I was also very struck as I couldn't quite read what you wrote here, that the ribs were sticking out, even though somehow it was covered.
Dreamer: It was like a carcass.

Female: That part was big, but otherwise he was fleshed on his bones. There's that whole notion of sort of giving breath and giving birth also from the ribs. There's an ecology of that. I think it might be relevant to that. His carcass, you said, had like, you reiterated a couple of times, it was dead and inert, but yet it had this sort of ghoulish, mechanical smile on his face, which I think is something to pay attention to as well.

Leader: Okay, thank you, S. Now, we'll move back to the Dreamer.

Female: I was calling it the Fool, but it is the Hangman in the Tarot

Dreamer: In responding right now, is this the appropriate time to give some background?

Leader: Yes, now you can give the background.

Dreamer: Well, the relationship began in 1964, a long time ago and it ended nine years ago, and it was very amicable and the ending was very amicable. I just came back from England for six weeks and never saw him this time. We tried to talk on the phone and we didn't manage, and we tried to meet up, but it was never a really serious attempt, and in fact in the end, I just thought, "Oh, forget it. Hike! What does it matter anyway." That was on my mind. But I often had dreams about him . I often have dreams with my sister, although I think she is me.

Leader: And now you can tell us your sister's name.

Dreamer: Yes, Ellen. So, yes, I think what you talked about, it's very accurate. It hasn't really been put to rest, properly, clearly, because it keeps coming up in dreams. And I think the thing about the family being there is very pertinent and I think the talk about the masculine in my life right now is definitely an issue. Sometimes conscious, sometimes not so conscious, or parts of it are conscious, but how it relates to all this other stuff is less conscious normally speaking, and I think it's true my parents would like to see that I was remarried and could never understand why I ever left him, because they thought he was wonderful, so it brings all that up.

The disembowelment part, I think the comment about the feelings, how that relates to the feelings is very true. Not just that I have no feelings left for him, but that he has none left for me, and he did have for a long time after we separated, a lot. It was obvious. He's remarried and he's got two children now. I think that was a bit of a hurtful thing, actually. He no longer had that like it was always a bit after I left he liked to see me and my importance to him was a bit one-sided, and now it's like the shoe's on the other foot. It's like it's gone for him, and it's really gone for me, but I've not got used to that.

This about feeling responsible, I always did feel very responsible for him when I was married to him, and it took me a long time to leave him, and I mean there was a bit of (what I now realize) co-dependency, I now realize for me. I saw him

at Christmas very briefly, and I saw him at the same time as I saw another man that I had known since I was eighteen when I knew them both. I married Bill and the other man married my friend. We met at Christmas and we met in a pub and it was just for lunch and I found myself really being (they're both called Bill) drawn toward the other man. Not sexually, but personality wise, we had tons in common. It was Bill really. I felt obliged to bring Bill into the conversation. It was hard work like it always had been.

There was this animation going on between me and the other Bill and then in the end I thought, "Well, God, I don't need to look after him anymore," but I still had this guilt thing because Bill was a little introverted and shy and he was always on the fringe, but then I didn't need to care anymore because I wasn't married to him, but I still did, actually. I felt guilty. I felt guilty, so there was that side.

So, and this thing about not really being dead and buried properly, I still don't really know what to make of it. It was a childhood, he was a childhood sweetheart. We were really close friends all through our twenties and early thirties and then we just - I moved on and he's always been a dear person to me and I've never really known what to do with him, the fact that he's out of my life, so it hasn't been a proper ending, there's never been a proper ending, really. I mean, I left him, a year later I came here, and we didn't get divorced for about four years, and by default we got divorced. I realized I might need to get married to get a green card. I didn't actually. I thought, get this divorce through as fast as possible. I might need my options opened here, and that's how it actually happened.

Leader: Does it make you sick to your stomach?

Dreamer: What part is that, M? Are you thinking about?

Leader: Did you ever feel like you ripped your guts out or you wanted to rip his out?

Dreamer: No. Not consciously, never. I always had sweet feelings for him and a bit of guilt thrown in, toward him, basically, for leaving him.

Possibly, I always felt he was more, I mean, we had a sexual relationship, but it always like he was a brother. He was always like, our friendship was like friends.

Psychologically, he's not anything like as strong as me, I don't think.

Female: Is the protectiveness of him similar to your protectiveness of your sister. Were you with your younger sister, was she at all shy?
Dreamer: No, she wasn't shy, but she was young.

Female: Were you, in fact on some level her protector?
Dreamer: Not so much in real life, but in my dreams. She's often been in my dreams. In fact, she once had this illness where she was going to die in the dream, and I think it was me, actually. I don't have children. She has two children now and she's thirty seven or something and she's grown up with children of her own. She's like even more grown up than me and yet she's got children.

Leader: We're having the discussion phase, so anybody can ask questions or offer further interpretation, if they'd like.

Male: I guess one of the things that I just wonder about in hearing some of this is if in your dreams, your sister is the new opportunities for you. As you said she followed along in your room and I just wonder if in your dream, that little sister doesn't represent the potentials to follow what you've already done that are now available. Dreamer: Yes, that could very well be.

Female: If you are resolved to end this relationship and put a closure on it, how would you like to do it? Dreamer: I don't know. It's hard for me to say. One thing he said which I thought was the most ridiculous thing he ever said was when he first remarried about three years ago, he said, "Oh, you must come and stay with us." The wife he married, apparently, she was acrophobic, she didn't like to go outside. When she got the child, she could hardly look after the child. I think she was psychologically a little disturbed. It's my own opinion. But it was Bill's opinion too. That was his like fantasy of life would go on, like I'd go and stay with him.

Leader: But that is what a brother would ask a sister to do. [GENERAL AGREEMENT]

Female: You always take care of everybody.

Female: You know what struck me in the beginning, when he was laid out. I know a lot of times when people go to funeral home to view a body, it doesn't seem quite real, that

they are dead. They look like they are asleep, but there's no question about a hanging carcass whether that's dead or not.

Assigning Meaning Units and Keywords

Dreamer's initial remarks are coded (D-xxx). For other codes see page 30.

(D-001) This dream I had about a month ago, K:GENERAL

(D-002) I was in my parent's house, upstairs in the bedroom area. K:FAMILY

(D-003) My parents were both there. My mother and father were there, K:FAMILY

(D-004) and my youngest sister, it was as though my youngest sister was a lot younger than she is now. She's seven years younger, but she was like a young girl then. K:SISTER

(D-005) Bill, my ex-husband had died, and he was laid out like on a table, like people get laid out when they've died, K:ENDING

(D-006) and I remember saying, "We can't leave him out here." (Saying this to my parents) "because it would be very upsetting for my younger sister to see that body." K:FEELINGS

(D-007) So I put him in the closet. The closet, with sliding doors, I remember,was in her bedroom, and I remember standing in front of the closet with the door open, K:CLOSET

(D-008) and he was hanging upside down in the closet, by his feet, with his clothes on, wearing a suit, a business suit, and it was as though he were a carcass in a butcher shop. It was horrendous, K:EXPOSED

(D-009) and what was even more horrendous was, I wasn't even upset at the image. I mean I was upset at myself not being upset as it were. K:FEELINGS

(D-010) So he was hanging up by his feet and his body was down and his head was sort of like that [JANE STRETCHED HER NECK BACK AND UP] and he had this huge like a smile, he was inanimate. It was like all his teeth were showing, like a smile, but it was like a mechanical smile. K:FEELINGS

(D-011) and the other thing that was very weird was, you know when animals like pigs and calves and things have been disemboweled, you know, they're ribs are there and it's kind of empty. K:EXPOSED

(D-012) It was like that with him, except he was fully clothed. I could tell that in the dream. K:EXPOSED

(D-013) I don't remember anything happening after the dream. I don't really remember what was going on, except it was a family situation. I only have mother, father and a sister. K:FAMILY

(F-QF-001) Who put him into the closet? K:CLOSET

(F-DR-014) I think I put him in the closet, but I don't remember putting him in the closet, K:CLOSET

(F-DR-015) but I remember saying, "We must put him away." K:CLOSET

(F-DR-016) I think it was me that put him in. K:CLOSET

(F-QM-002) Were you your present age? K:GENERAL

(F-DR-017) Yes. [present age?] K:GENERAL

(F-QM-003) When you were upset about not being upset, was that in the dream? Was that a part of the dream, or was that your feeling upon awakening? K:FEELINGS

(F-DR-018) I think it was both in the dream and in awakening. I think I was not upset in the dream. K:FEELINGS

(F-DR-019) There was a coldness that I felt in the dream. K:FEELINGS

(F-QF-004) Did you see your sister in the dream, besides in the beginning? K: SISTER

(F-DR-020) No. Yet, she was around, that's what I know. K: SISTER

(F-QF-005) [I forgot] how your mother and father came into [the dream] in the beginning? K:FAMILY

(F-DR-021) They [parents] were there in the beginning. They were there in the house with me. K:FAMILY

(F-QF-006) Were they just sort of sitting there, or what? K:FAMILY

(F-DR-022) They were sitting there or standing there. K:FAMILY

(F-DR-023) They were there in that I was talking to them, K:FAMILY

(F-DR-024) and saying that we must get rid of this body. This isn't good for Barbara to see. We must put it away. K:FAMILY

(F-QM-007) In waking life, is your parents' bedroom on the second floor upstairs? K:GENERAL

(F-DR-025) Yes. K:GENERAL

(F-QM-08) And your sister's room, is it upstairs?
K:GENERAL

(F-DR-026) Next to it. K:GENERAL

(F-QM-09) And it was that way in the dream? K:GENERAL

(F-DR-027) That room that was my sister's used to be mine, and that closet used to be mine. Being the older child, I first had that. It was a small bedroom in the house, and I first had it. K:GENERAL

(F-QF-10) What was your ex-husband's name? K:GENERAL

(F-DR-028) Bill. K:GENERAL

(F-QM-11) Were there any colors in the dream that were significant to report? K:GENERAL

(F-DR-029) Not significant. I do remember the color of the closet door was pale blue, and it was pale blue in real life. There was no vivid color in the dream. K:CLOSET

(F-QF-12) You said he was disemboweled or cut open when he was hanging in the air? K:EXPOSED

(F-DR-030) Well, it was as though he was. He was fully clothed, you know like the ribs were sticking out and it was kind of caved in. K:EXPOSED

(F-QF-13) Was he like that before you put him in the closet? K:EXPOSED

(F-DR-031) Before he was just lying on the table with a thing over him. K:EXPOSED

(F-QF-14) A sheet? K:GENERAL

(F-DR-032) A sheet, but in the closet it was marked that he was wearing a business suit. He was in business, so that was normal, and he was a very skinny person, also. K:GENERAL

(F-QM-15) Any sense in the dream why he had died?
K:ENDING

(F-DR-033) It was like a matter of a factness about the fact that he had died. You know, that Bill died, K:ENDING

(F-DR-034) and there was a concern around between me and my parents, mostly my mother. We were concerned that he had died. We were concerned about how it should be handled.
K:ENDING, K:FAMILY

(F-QM-16) So the concern was more between your mother and you, not your father and you.? K:FAMILY

(F-DR-035) My father was a bit discontented(?), as he was anyway. K:FAMILY

    * NOTE * The first segment will also be used in the
computer analysis segment so that the dreamer's coding will
be consistent. * END NOTE *

                    [SHARING FROM GROUP]
    (F-RF-001) It would relate to my dealing with the
divorce and whether I really resolved putting the ex-spouse
away somewhere, K:GENERAL
    (F-RF-002) and then the image in the closet reminds me
of the hanging man from the Tarot deck and the aspect of
there's a certain balance there, but the out of balance is
the main thing. K:GENERAL
    (F-DR-036) Is that what the hanging man means? K:GENERAL
    (F-RF-003) I'm not sure I remember all that very
completely, but somebody else might. K:GENERAL
    (F-RF-004) It usually means initiation, seeing things in
a new way. K:GENERAL
    (F-RM-005) This person was no longer a part of my life,
and would almost perhaps be a confirmation of feelings that I
already had about the separation, K:FEELINGS
    (F-RM-006) and almost a reminder of it for me of whether
or not that person was still alive they were essentially
dead, K:ENDING
    (F-RM-007) and I would be struck by the fact of the
sense of disembowelment, the very life force for so many
people exist more in the belly than in the brain, some of the
ancient things that the liver and various organs, and he was
lacking into that substance. K:EXPOSED
    (F-RM-008) It was just a reminder there really wasn't
anything in there, then in real life and here is a reminder
in death that there really isn't anything in there anyway and
so it's all but natural that I don't have great feeling about
the loss, because there's nothing there to have loss over.
K:FEELINGS
    (F-RM-009) I'd be struck by the play on words. What's
coming to me is hang-up. He's hung up in the closet upside
down. Something that is just a hang-up. K:GENERAL
    (F-RF-010) I would notice my mixed feelings about my
sister, that I would protect her, but in fact I would hang
this carcass right inside the sliding doors, which would be
pretty scary when you opened the doors and saw him.

K:FEELINGS

(F-RM-011) I'd be interested in the family dynamics. It's as if my family is concerned that I'm not remarried and I'm putting the corpse of my past marriage in the closet so to say, K:FAMILY

(F-RM-012) so that I can bring it out and say, "Look, I was married once, and this is what happened to it." K:ENDING

(F-RM-103) So it's sort of a defensive maneuver on my part to protect my life style, [to protect] my life decisions against any pressure. K:GENERAL

(F-RM-014) [pressure] from the family to maybe prematurely enter into another marriage, K:FAMILY

(F-RM-015) especially [pressure from] my mother, K:FAMILY

(F-RM-016) who [my mother] shows a little bit more concern than my father does in the dream, K:FAMILY

(F-RM-017) and maybe to sort of warn my sister, K: SISTER

(F-RM-018) "Look, don't you get mixed up with somebody like I did." K: SISTER

(F-RM-019) If it were only about my ex-spouse, I personally don't have an ex-spouse so I have to talk epigraphically here. If it were basically about my or somebody else's ex-spouse, I don't see that it is important to bring the family in. K:FAMILY

(F-RM-020) I could just see putting that dead corpse in the closet of my memories, that's done, that's finished, that's over, but whenever I have something to learn from it, I can bring it out and remind myself, K:EXPOSED

(F-RM-021) but bringing the family in really adds the unique dimension to the screen. It's the corpse itself that is unique, but doing it from the family setting just adds to the complexity. K:FAMILY

(F-RF-022) I would be thinking about how responsible I feel for something that's dead. K:FEELINGS

(F-RF-023) I would look at the image of the younger sister and see that it's the child in myself. K: SISTER

(F-RF-024) maybe having to face death and another part of me not wanting to look at it and trying to hide it in some way. K:FEELINGS

(F-RF-025) I would see the younger sister as myself,
K: SISTER

(F-RF-026) and that, although I, in my present state I
was quite finished with my husband and could hang him up in
the closet, K:ENDING

(F-RF-027) and that, the disemboweling or the lack of
organs or whatever it is in the solar plexus area I would see
as him losing all his power. K:EXPOSED

(F-RF-028) He no longer has power over me in my present
stage, K:FEELINGS

(F-RF-029) but I would see my concern about my sister as
that part of me that's younger still has not really finished
with him, K: SISTER

(F-RF-030) my current self is trying to hide that away
from her because she really hasn't processed that. K: SISTER

(F-RF-031) She really hasn't processed the marriage and
she really hasn't processed the divorce. K:FEELINGS

(F-RM-032) I would be aware of at least functionally the
absence of the masculine. K:MASCULINE

(F-RM-033) I would also be puzzled by that [absence of
the masculine] because one masculine image is dead and put in
the closet, the other masculine image is distant and so I'm
wondering if this is a positive or negative aspect of my life
that there's this [masculine] absence right now in the dream.
K:MASCULINE

(F-RM-034) There was one element of masculinity clearly
in there and that was the taking of essentially the carcass,
a butcher's task, and hanging the body in the closet and
viewing it almost like a butchered animal. K:MASCULINE

(F-RF-035) The very first thing you mentioned (D-005) is
that he was laid out on the surface. Surface sounds like an
important word for me to look at to see if this is something
that is surfacing or if this is just everything is concrete
as is on the surface. K:GENERAL

(F-RM-036) I'd look at the hanging again. When I said
hang-up before, the other thing that's come to mind is topsy-
turvy. It's an upside down kind of relationship when you hang
something and put it away. K:GENERAL

(F-RM-037) I question whether it's been put away
properly. K:ENDING

(F-RF-038) I put it in what is now my sister's closet and that would make it clear to me that that part of myself had not processed the whole thing, K:CLOSET; K: SISTER

(F-RF-039) he hasn't had a proper funeral and K:ENDING

(F-RF-040) she hasn't had a chance to participate in that funeral. K:ENDING

(F-RF-041) I would spend some time thinking about the second floors. K:GENERAL

(F-RF-042) you wanted to put him to rest in a proper way, K:ENDING

(F-RF-043) but yet did not complete it in what is conceived to be a proper way, K:ENDING

(F-RF-044) but the desire was there to begin with, to put something to rest. K:ENDING

(F-RF-045) One, it was the closet, K:CLOSET

(F-RF-046) besides being your sister's closet, which I also think is highly relevant, the younger sister is also in the sliding door, K: SISTER

(F-RF-047) and that your ex-husband is hung upside down almost like the Fool in the Tarot, K:GENERAL

(F-RF-048) even though his leg isn't at that angle, but he's hanging by his feet. K:GENERAL

(F-RF-049) The ribs were sticking out, even though somehow it was covered. K:EXPOSED

(F-DR-037) It was like a carcass. K:EXPOSED

(F-RF-050) That part was big, but otherwise was fleshed on his bones. There's that whole notion of sort of giving breath and giving birth also from the ribs. There's an ecology of that. I think it might be relevant to that. K:GENERAL

(F-RF-051) His carcass, you said, had like, you reiterated a couple of times, it was dead and inert, but yet it had this sort of ghoulish, mechanical smile on his face, which I think is something to pay attention to as well. K:GENERAL

(F-RF-052) I was calling it the Fool, but it is the Hangman in the Tarot. K:GENERAL

[DREAMER STARTS TO GIVE BACKGROUND]

(F-DR-038) The relationship began in 1964, a long time ago and it ended nine years ago, K:GENERAL

(F-DR-039) and it was very amicable and the ending was very amicable. K:ENDING

(F-DR-040) I just came back from England for six weeks and never saw him this time. K:GENERAL

(F-DR-041) We tried to talk on the phone and we didn't manage, and we tried to meet up, but it was never a really serious attempt and in fact in the end, I just thought, "Oh, forget it. Hike! What does it matter anyway." That was on my mind. But I often had dreams about him. K:GENERAL

(F-DR-042) I often have dreams with my sister, although I think she is me. K: SISTER

(F-DR-043) Barbara [is my sister's name] K:GENERAL

(F-DR-044) So, yes, I think what you talked about, it's very accurate. It hasn't really been put to rest, properly, clearly, because it keeps coming up in dreams. K:GENERAL

(F-DR-045) And I think the thing about the family being there is very pertinent, K:GENERAL

(F-DR-046) and I think the talk about the masculine in my life right now is definitely an issue. Sometimes conscious, sometimes not so conscious, or parts of it are conscious, but how it relates to all this other stuff is less conscious normally speaking, K:MASCULINE

(F-DR-047) and I think it's true my parents would like to see that I was remarried K:FAMILY

(F-DR-048) and [my parents] could never understand why I ever left him, because they thought he was wonderful, so it brings all that up. K:FAMILY

(F-DR-049) The disembowelment part, I think the comment about the feelings, how that relates to the feelings is very true. K:FEELINGS

(F-DR-050) Not just that I have no feelings left for him, K:FEELINGS

(F-DR-051) but that he has none left for me, K:FEELINGS

(F-DR-052) and he did have for a long time after we separated, a lot. It was obvious. K:FEELINGS

(F-DR-053) He's remarried and he's got two children now. I think that was a bit of a hurtful thing, actually. He no longer had that like it was always a bit after I left he liked to see me and my importance to him was a bit one-sided, K:FEELINGS

(F-DR-054) and now it's like the shoe's on the other foot. It's like it's gone for him, K:FEELINGS

(F-DR-055) and it's really gone for me, K:FEELINGS

(F-DR-056) but I've not got used to that. K:FEELINGS

(F-DR-057) This about feeling responsible, I always did feel very responsible for him when I was married to him, and I mean there was a bit of (what I now realize) co-dependency, I now realize for me. K:FEELINGS

(F-DR-058) I saw him at Christmas very briefly, and I saw him at the same time as I saw another man that I had known since I was eighteen when I knew them both. K:GENERAL

(F-DR-059) I married Bill and the other man married my friend. K:GENERAL

(F-DR-060) We met at Christmas and we met in a pub and it was just for lunch and I found myself really being (they're both called Bill) drawn toward the other man. Not sexually, but personality wise, we had tons in common. K:GENERAL

(F-DR-061) It was Bill really. I felt obliged to bring Bill into the conversation. (It was hard work like it always had been.) K:GENERAL

(F-DR-062) There was this animation going on between me and the other Bill, K:GENERAL

(F-DR-063) and then in the end I thought, "Well, God, I don't need to look after him anymore," K:FEELINGS

(F-DR-064) but I still had this guilt thing because Bill was a little introverted and shy and he was always on the fringe, K:FEELINGS

(F-DR-065) but then I didn't need to care anymore because I wasn't married to him, but I still did, actually. K:FEELINGS

(F-DR-066) I felt guilty. I felt guilty, so there was that side. K:FEELINGS

(F-DR-067) So, and this thing about not really being dead and buried properly, I still don't really know what to make of it. K:ENDING

(F-DR-068) It was a childhood, he was a childhood sweetheart. We were really close friends all through our twenties and early thirties, K:GENERAL

(F-DR-069) and then we just - I moved on and he's always been a dear person to me and I've never really known what to

do with him, the fact that he's out of my life, K:GENERAL

(F-DR-070) so it hasn't been a proper ending, there's never been a proper ending, really. K:ENDING

(F-DR-071) I mean, I left him, a year later I came here, and we didn't get divorced for about four years, and by default we got divorced. K:GENERAL

(F-DR-072) I realized I might need to get married to get a green card. I didn't actually. I thought, get this divorce through as fast as possible. I might need my options opened here, and that's how it actually happened. K:GENERAL

(F-QF-17) Does it make you sick to your stomach? K:FAMILY

(F-DR-073) What part is that are you thinking about? K:GENERAL

(F-QF-18) Did you ever feel like you ripped your guts out or you wanted to rip his out? K:FEELINGS

(F-DR-074) No. Not consciously, never. K:FEELINGS

(F-DR-075) I always had sweet feelings for him and a bit of guilt thrown in, toward him, basically, for leaving him. K:FEELINGS

(F-DR-076) Possibly, I always felt he was more, I mean, we had a sexual relationship, but it always like he was a brother, He was always like, our friendship was like friends. K:FEELINGS

(F-DR-077) Psychologically, he's not anything like as strong as me, I don't think. K:GENERAL

(F-QF-19) Is the protectiveness of him similar to your protectiveness of your sister. Were you with your younger sister, was she at all shy? K:SISTER

(F-DR-078) No, she wasn't shy, but she was young. K:SISTER

(F-QF-20) Were you, in fact on some level her protector? K:SISTER

(F-DR-079) Not so much in real life, but in my dreams. K:SISTER

(F-DR-080) She's often been in my dreams. In fact, she once had this illness where she was going to die in the dream, and I think it was me, actually. K:SISTER

(F-DR-081) I don't have children. (She has two children now) and she's thirty seven or something and she's grown up with children of her own. She's like even more grown up than

me and yet she's got children. K:GENERAL

    (F-RM-53) your sister is the new opportunities for you. K:SISTER

    (F-RM-54) I just wonder if in your dream, that little sister doesn't represent the potentials to follow what you've already done that are now available. K:SISTER

    (F-DR-082) Yes, that could very well be. K: SISTER

    (F-QF-21) if you are resolved to end this relationship and put a closure on it, how would you like to do it? K:ENDING

    (F-DR-083) I don't know. It's hard for me to say. K:ENDING

    (F-DR-084) One thing he said which I thought was the most ridiculous thing he ever said was when he first remarried about three years ago, he said, "Oh, you must come and stay with us." K:GENERAL

    (F-DR-085) The wife he married, apparently, she was agoraphobic, she didn't like to go outside. (When she got the child, she could hardly look after the child.) I think she was psychologically a little disturbed. It's my own opinion. But it was Bill's opinion too. That was his like fantasy of life would go on, like I'd go and stay with him. K:GENERAL

    (F-RM-55) But that is what a brother would ask a sister to do. K:GENERAL

    (F-RF-56) You always take care of everybody. K:GENERAL

    (F-RF-57) You know what struck me in the beginning, when he was laid out. I know a lot of times when people go to funeral home to view a body, it doesn't seem quite real, that they are dead. They look like they are asleep, K:ENDING

    (F-RF-58) but there's no question about a hanging carcass whether that's dead or not. K:ENDING

All Computer Network Postings

    All postings are verbatim. Typographic errors in computer mediated communication are common, therefore [*sic*] will not be displayed.

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Topic 14 Network dream study   jherbert
alt.dreams   5:07 pm Sep 1, 1990

     This is the first time I have looked in on UseNet. I
have a major interest in dreams and was surprised to find
this conference. I have a project to conduct, and if there is
support from other participants, I could try it here.
     I am a student in a graduate psychology program at
Saybrook Institute in San Francisco, an accredited education-
at-a-distance institution. My primary interests are systems
and dreams. I conduct group dream meetings in Idaho and
Florida using the Ullman/Zimmerman protocol (see "Working
with Dreams," Ullman and Zimmerman, 1979, Los Angeles: Jeremy
P. Tarcher or "The Variety of Dream Experience," Ullman and
Limmer, 1988, New York: Continuum) and have received approval
to do a pilot study to see if I can extend the U-Z protocol
from a face-to-face format to an electronic conference
format.
     A simplified description of the process is that a
dreamer presents a dream to the group, then other members of
the group take that dream as if it were their own and tell
the group how they feel or what they think about the dream,
and are free to make projections about what they think or
feel the dream might be about. The dreamer can then respond
to the group, telling the group how he or she responded to
their comments, sharing what they wish to share about the
dream and its pertinence to his or her life.
     It would be ideal if dreamers familiar with the U-Z
protocol would be willing to join in, but all it really takes
is a sincere and honest interest in working with dreams, and
a willingness to take someone else's dream as you own and
make projections about what you think or feel.
     Since this is a study, I am under certain constraints. I
would have to present the same dream to the electronic
conference as the one presented at a face-to-face workshop,
so I would be able to compare group comments made under both
types of presentations. For the purposes of the study, I have
recorded and transcribed a dream presented at one of the
Saybrook semi-annual national meetings, where we have a table
that meets each morning for breakfast to conduct a shortened

version of a U-Z workshop. There were eleven participants in
the original group, and since neither the dreamer not I would
be making projections about the presented dream, the ideal
number of active electronic conference participants would be
nine.

    This would, therefore, be an experimental, experiential,
electronic conference, dream workshop. To my knowledge, it
has never been done before, so this would be a first.

    If this activity is of interest, please respond by using
this topic, e-mail, snail-mail, or phone. I will send or post
additional information. Many thanks, John

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*************************************************
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*   IGC networks:     jherbert                   *
*   APC networks:    igc:jherbert                *
*   UUCP:     uunet!pyramid!cdp!jherbert          *
*   Bitnet:   cdp!jherbert@labrea.stanford       *
*   Internet: cdp!jherbert@labrea.stanford.edu   *
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Topic 2   Network dream study   Response 1 of 1 jherbert
alt.dreams 10:46 pm Sep 5, 1990

    Help! I am a dreamer not a routing expert. If you write
me directly, please indicate your mailbox name and network,
so I can reply. S.Nicholson and Peter Raymond, how do I reach
you?

!when!I!get!mail!with!a!total!bang!from!address!
I!don't!always!know!how!to!decode!it!Thanks!John!

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*   APC networks:    igc:jherbert                *
*   UUCP:     uunet!pyramid!cdp!jherbert          *
*   Bitnet:   cdp!jherbert@labrea.stanford       *
*   Internet: cdp!jherbert@labrea.stanford.edu   *
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Topic 2   Network dream study   Response 2 of 2   jherbert
alt.dreams 10:34 pm Sep 10, 1990
NETWORK DREAM STUDY: THIS IS THE DREAM THAT WAS PRESENTED AT
THE FACE-TO-FACE GROUP DREAM MEETING AT SAYBROOK.

        Jane: This dream I had about a month ago, and in the
dream, I was in my parent's house, upstairs in the bedroom
area. My parents were both there. My mother and father were
there, and my youngest sister, and in the dream it was as
though my youngest sister was a lot younger than she is now.
She's seven years younger, but she was like a young girl
then.
        In the dream, Bill, my ex-husband had died, and he was
laid out like on a table, like people get laid out when
they've died, and I remember saying, "We can't leave him out
here." (Saying this to my parents) "because it would be very
upsetting for my younger sister to see that body." So I put
him in the closet.
        The closet, I remember, was in her bedroom, with sliding
doors, and I remember standing in front of the closet with
the door open, and he was hanging upside down in the closet,
by his feet, with his clothes on, wearing a suit, a business
suit, and it was as though he were a carcass in a butcher
shop. It was horrendous, and what was even more horrendous
was, I wasn't even upset at the image. I mean I was upset at
myself not being upset as it were.
        So he was hanging up by his feet and his body was down
and his head was sort of like that [JANE STRETCHED HER NECK
BACK AND UP] and he had this huge like a smile, he was
inanimate. It was like all his teeth were showing, like a
smile, but it was like a mechanical smile and the other thing
that was very weird was, you know when animals like pigs and
calves and things have been disemboweled, you know, their
ribs are there and it's kind of empty. It was like that with
him, except he was fully clothed. I could tell that in the
dream.
        So, that was the dream as I remember, and I tried to
recall, I don't remember anything happening after the dream.
I don't really remember what was going on, anymore than what

I told you in the beginning, except it was a family situation. I only have mother, father and a sister. (End of dream)

IN THE FACE-TO FACE CONFERENCE, THE FOLLOWING QUESTIONS OF CLARIFICATION WERE ASKED TO, AND ANSWERED BY, JANE:

?: Who put him into the closet? Jane: I think I put him in the closet, but I don't remember putting him in the closet, but I remember saying, " We must put him away." I think it was me that put him in.

?: Were you your present age? Jane: Yes.

?: When you were upset about not being upset, was that in the dream? Was that a part of the dream, or was that your feeling upon awakening? Jane: I think it was both in the dream and in awakening. I think I was not upset in the dream. There was a coldness that I felt in the dream.

?: Did you see your sister in the dream, besides in the beginning? Jane: No. Yet, she was around, that's what I know.

?: At the end I was trying to remember, I think it was just my memory lapse, of how your mother and father came into it in the beginning? Jane: They were there in the beginning. They were there in the house with me.

?: Were they just sort of sitting there, or what? Jane: They were sitting there or standing there. They were there in that I was talking to them, and saying that we must get rid of this body. This isn't good for Barbara to see. We must put it away.

?: In waking life, is your parents' bedroom on the second floor upstairs? Jane: Yes.

?: And your sister's room, is it upstairs? Jane: Next to it.

?: And it was that way in the dream? Jane: That room that was my sister's used to be mine, and that closet used to be mine. Being the older child, I first had that. It was a small bedroom in the house, and I first had it.

?: What was your ex-husband's name? Jane: Bill.

?: Were there any colors in the dream that were significant to report? Jane: Not significant. I do remember the color of the closet door was pale blue, and it was pale blue in real life. There was no vivid color in the dream.

?: You said he was disemboweled or cut open when he was hanging in the air? Jane: Well, it was as though he was. He

was fully clothed, you know like the ribs were sticking out and it was kind of caved in.

        ?: Was he like that before you put him in the closet? Jane: Before he was just lying on the table with a thing over him.

        ?: A sheet? Jane: Yes, a sheet, but in the closet it was marked that he was wearing a business suit. He was in business, so that was normal, and he was a very skinny person, also.

        ?: Any sense in the dream why he had died? Jane: It was like a matter of a factness about the fact that he had died. You know, that Bill died, and there was a concern around between me and my parents, mostly my mother. We were concerned that he had died. We were concerned about how it should be handled.

        If there are any other questions of content that need to be answered, please ask now and I will relay the questions and get answers. If not, take this dream as your own, as if you had dreamt it, contribute and share your thoughts, feelings, concerns, etc. About this dream. Take the dream as a metaphor and project what you think what issues or life situation you think the dream is concerned with. It is helpful to start comments with "if this were my dream," or "in my dream," and share the interpretation you have. Feel free to make as many comments as you like, and if someone else'S comment sparks something, build on it. This is the group'S free-for-all time.

        Let's post to this topic so everyone can see everyone else's replies. Thanks, john.
<<< END OF THIS POSTING >>>

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Topic 1   Network dream study   Response 3 of 3   stephens
alt.dreams 7:55 pm Sep 11, 1990   (From News system)

Firstly, a couple of questions:
- Do you still think of your younger sister as being a little girl? I am wondering if you would not have wanted her to see the body of Bill if she was her present age.
- Does the room featured in the dream, your old room, still have importance to you now?

- What do you honestly think of your ex-husband now?
- What do you parents and your sister currently think of
Bill?
Some preliminary comments:
    If this was my dream, then hiding my ex-husband in a
closet would seem to suggest that I am hiding some important
feelings towards Bill, even though I consider our
relationship to be "dead." I can also see an analogy between
Bill's body hanging gutted in the closet and the old saying
of "skeletons in the closet." The condition of the body (the
mechanical smile, the business suit, the lack of animation)
could be revealing my current feelings towards him. Perhaps I
see him as been without much personality, smiling when he
does not mean it, without any "guts" perhaps to be himself.
He is in his business suit, so perhaps he pays more attention
to his work than me.
    I don't want my younger sister to see the body. Am I
trying to protect her from seeing what Bill is really like;
perhaps I feel the need to set an exterior of goodwill
towards Bill in front of her? [I can't speculate too much of
this, since I know so little about Jane's sister and her
relationship with her. Ditto for the importance of the
bedroom].
<\/>
< Philip J. Stephens   ><   "Many views yield the truth.">
< Hons. student, Computer Science ><"Therefore, be not alone>
< La Trobe University, Melbourne>< Prime Song of the viggies>
< from   AUSTRALIA   E ENGIMA SCORE by Sheri S Tepper >
<\/>
<<< END OF THIS POSTING >>>

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Topic 1 Network dream study Response 4 of 5   jherbert
alt.dream   7:58 am Sep 12, 1990

Thanks, Philip, just the way the replies should be posted.

Comments on the process:
> Firstly, a couple of questions:
> - Do you still think of your younger sister as been a
little girl? I am wondering if you would not have wanted her

to see the body of Bill if she was her present age.
     GOOD QUESTION, BUT NOT NOW. AT THIS STAGE, YOU CAN ONLY
ASK QUESTIONS TO CLARIFY SPECIFIC CONTENT. AFTER DREAMER GETS
A CHANCE TO RESPOND, THERE IS TIME TO ASK HER THIS.

> - Does the room featured in the dream, your old room, still
have importance to you now?
     VALID QUESTION, I WILL ASK.

> - What do you honestly think of your ex-husband now? What
do you parents and your sister currently think of Bill?
     SAME AS FIRST QUESTION, WE WILL ASK JANE ABOUT IT LATER.
THANKS, JOHN.
<<< END OF THIS POSTING >>>

+++
Topic 1   Network dream study   Response 5 of 5   kris
alt.dreams 11:26 pm Sep 11, 1990   (From News system)

Another question: Is Jane and her ex-husband on good terms
now? Bad? Receiving alimony or not? Not sending the money?
kris
<<< END OF THIS POSTING >>>

+++
Topic 1   Network dream study   Response 6 of 6   kris
alt.dreams   11:26 pm Sep 11, 1990

     KRIS, technically, these types of questions can not be
asked of the dreamer (at least not now). The only questions
allowed by the protocol are ones to clarify the content or
plot of the dream itself. We are really data bound. If the
subject has not been specifically presented, we can not ask
about it. If the subject of alimony were mentioned in the
dream, it might not even be ok to ask about the current
status of alimony. We are only supposed to work with the
specific metaphor of the image the dream presents.
     You are totally free to make any speculation you wish
to, because it is your dream, but you can not ask the dreamer
anything about his or her life with direct questioning. The
only exception to this rule is that it is ok to ask

specifically when (the exact night) the dream occurred. In
our case it is a meaningless question, as we can not isolate
any significant event that might have occurred on that date,
because we were not given a specific date.

In the face-to face-workshop that we had at Saybrook,
due to time constraints, the full Ullman process (as
described in "The Variety of Dream Experience") was not
available to us. The full process has a segment where, after
the group has presented their projections or interpretations,
the dreamer may invite further dialog from the group, and
your questions would be perfectly ok to ask, although the
dreamer has a perfect right not to answer if he or she
prefers not to.

PHILIP, I asked Jane about the importance of the room.
Jane's reply: Not really; it is just a memory. Two years ago
I visited the house and knew it would be the last time I saw
it. I hope this clarifies the process a little. Thanks, John.
<<< END OF THIS POSTING >>>

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Topic 1   Network dream study   Response 7 of 9   ASG102
alt.dreams   12:29 pm Sep 12, 1990   (From News system)

Just a few comments on the Jane's dream.

Mike dying could represent our relationship dying. I
feel that it is totally over and there is no going back
although I miss him. We can't leave him out in the open
because seeing him constantly would hurt too much. I had
better put him away permanently and get on with my life.

When I put him in the closet, all I can remember is how
fake he was and how he would use people with that plastic
smile to get ahead. When we were married, I could see him
doing this and it didn't upset me as much as it should have.
I knew what he was doing and never said a word about it. I
could see how empty he was (disemboweled) and I'm a little
upset that I couldn't have seen through him sooner.

Well, that's my $0.02. Keep in mind that I don't know
Jane personally and that I feel that she is the best person
to interpret her dreams.   ASG102, also known as 'Evil'.
<<< END OF THIS POSTING >>>

+++
Topic 1   Network dream study   Response 8 of 9   helen
alt.dreams 1:36 am Sep 12, 1990   (From News system)

If this were my dream. . . . .
       It seems that I'm hiding a lot of feeling about my ex. I
always hide things that I don't want others to see in my
closet. I think he is "inanimate" and "mechanical." He's been
disembowelled implies that he has no heart, thus no feelings.
He's in business suit and being mechanical also go along the
line of having no feelings. I wish he were dead and
butchered. But I feel guilty about feeling this way.
Helen Qian   <<< END OF THIS POSTING >>>

+++
Topic 1   Network dream study   Response 9 of 9   emmo
alt.dreams 6:34 pm Sep 12, 1990   (From News system)

In article <1164200003@cdp>, jherbert@cdp.UUCP writes:
> NETWORK DREAM STUDY: THIS IS THE DREAM THAT WAS PRESENTED
> AT THE FACE-TO-FACE GROUP DREAM MEETING AT SAYBROOK.
       Well, this is my gut reaction to Jane's dream, it's as
sketchy as a newspaper horoscope, but all my instincts point
in the same direction, so I'll post before I read *anything*
else, and see how it rates.
       Overwhelmingly, I get the impression that Jane is trying
to make sense of her life, and finding it difficult to handle
more than one thing at a time, while the world conspires to
confuse her, or distract her from the important issues,
somehow she can't quite get a grip on her life.
       It seems over-simplistic, but nevertheless, I'll venture
to suggest that she's only now beginning to come to terms
with her divorce, and put all of that behind her,
symbolically killing Mike off, and seeing him as an empty
shell, but still afraid that he will come back to 'haunt'
her. Her emotional confusion (why aren't I crying, I should
be), seems fairly natural, a kind of guilty feeling about not
feeling guilty. A final long shot, I'd guess she has nobody
special in her life at the moment, doesn't feel ready for it,
and 'protects' her family from her anguish by not turning to
them for support when she needs it most.

Poor Jane, somebody give her a cuddle for me please. :-(
What? I'm wrong? Ah well, give her a cuddle anyway :-)
Anybody got any change? I'm nearly out of 0.02s   Dave E.
<<< END OF THIS POSTING >>>

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Topic 1   Network dream study   Response 10 of 11   davisd
alt.dreams   6:46 am   Sep 14, 1990   (From News system)

        I was talking to friend of mine and he suggested the
closet in this dream could be where the monsters are. He said
when he was young that is what he thought was in his closet,
monsters. He said the man could be a monster, he is rather
gruesome, and he is in the closet cause that's where he
belongs.
        I like my ideas better.   davisd at PSB
<<< END OF THIS POSTING >>>

+++
Topic 1 Network dream study   Response 11 of 11 davisd
alt.dreams 3:27 am Sep 14, 1990   (From News system)

DREAM STUDY RESPONSE:
        I would like to start with the third paragraph of the
dream in which I describe the body in the closet and my
feelings.
        The term "dead meat" comes to my mind at this time. For
violating our marriage contract by divorce Mike is dead meat.
This expresses his position in my current life. He is no
longer a part of my life, i.e. he is dead to me. It also
expresses my feelings toward him. In my anger towards this
violation if I could confront him I would tell him, "you are
dead meat mister." I tie this into a neat package by hanging
him up like a side of beef.
        This explains my lack of emotion in this paragraph, and
my revulsion. My anger and feelings are soothed but I realize
a gruesome experience like this is not right.
        Mike doesn't care about my feelings now. I hang him up
like a side of beef, I tell him graphically he is dead meat
and all he does is grin at me. Look at his expression in the
fourth paragraph. Now I realize he has no feeling for me, he

is empty, gutted, he has no heart. . . .their ribs are there and its kind of empty."

     This a family situation, I am coming to terms with my feelings with Mike not being there, with his lack of emotion. It is on the table for discussion. My parents are there with me looking at the corpse, the remains of my marriage. My concern is my sister, she is too young to be involved in this. I feel she is a young girl and not able to understand all that has gone on. I've got to hide the body from her. So I stuff him in my closet, but its her closet too. She'll find out, she'll find him eventually and maybe I'll be ready to explain it then.

     When I first reviewed this dream the song, "Mrs. Robinson" by Simon and Garfunckle popped into my mind. Specifically the lines, "It's a little secret just the Robinson affair. Most of all we've got to hide it from the kids."

     The meaning I gave for the closet incident was not my first choice. My original gut feeling was it was a childhood closet. A place where things can be hidden safely and never found. That blue door is a healing door, that hides the pain. I saw it as keeping a happy face for the younger sister who not allowed to see the remains. I changed my mind, my first interpretation was correct.
David Davis OSU - davisd@ucs.orst.edu
<<< END OF THIS POSTING >>>

+++
Topic 22   Interpretation of cdp!jherbert's posting   lhn
alt.dreams 11:37 pm Sep 13, 1990
(at athertn.Atherton.COM)   (From News system)

     This "dream interpretation" is in response to the dream account from Jane, posted by cdp!jherbert. What follows are my own responses and interpretations.
     House, immediate family members - this dream probably deals with a very personal matter.
     Putting Mike, my "dead" ex-husband, in the closet, reminds me of the expression "skeletons in one's closet." I feel the emptiness of butchered carcasses. There is nothing left inside Mike. I feel sad. Mike is really dead. What's

left is really a shell.

I also feel dead around Mike. It is as if part of me is dead, the part that was involved with him, that was married to him. Somehow my feelings about Mike are like, dead, I feel kind of stiff and empty about Mike and our past relationship. Although part of me is upset because I feel nothing, or because I am putting Mike back in the closet, I feel it is necessary so my younger me does not get traumatized by the way our relationship/marriage has turned out . My inner self, the young, innocent core of me must be protected from this hurt.

As I let the dream images settle, I realize that although my relationship with Mike is dead, somehow I am still hanging onto it. Am I denying that the divorce happened? That we had loved each other, had gotten married, and had ended up in divorce? It probably has not sunk in yet; I am probably in a state of denial at some level. . . Being divorced makes me feel like I have failed myself, my parents, and Mike. Being divorced makes me wonder: Am I incapable of love, or am I unworthy of love? Le Nguyen (lhn@atherton.com) <<< END OF THIS POSTING >>>

+++
Topic 1 Network dream study Response 12 of 12 cwailand
alt.dreams 7:51 pm Sep 15, 1990

Here are my comments on Jane's dream.
    If it were my dream, the important aspect would be that it is a "family" affair. Just as my younger sister inherited my old room, I don't want her follow in my footsteps and see the "deadness" of my relationship with my ex. So I must hide the corpse. Because the corpse is a mechanical looking "thing" I am not upset emotionally, but I think I should be because I remember that there was once a person (or I hoped there would be).
    On a deeper level, I see the younger sister as a metaphor of the younger Jane who actually "inherits" a room with a dead "husband" hiding in the closet. Everyone in the family knew except her and out of concern of how it would look, conspired to hide the corpse. She even cooperated and actively participated in this deceit. I would feel that, if I

was Jane, that I got stuck with this empty shell of a husband and I was not told about this "hidden" ugliness and hollowness of life.

Jane seems to have paid the price of having shut off her feelings and becoming cold for doing what is proper with the family for the sake of appearance.

Well that is my nickels worth. I enjoyed going through this process and hope all these ideas help Jane to heal and actually "bury" the past by letting go.   Christine
<<< END OF THIS POSTING >>>

+++
Topic 1 Network dream study Response 13 of 13   jherbert
alt.dreams   9:44 pm Sep 17, 1990

One of the Saybrook group is out of the country and can not participate as she had planned. I have presented the posted dream to a friend and asked her to respond as if she were on the network, and this is her reply:

<<<<< START >>>>>
If this were my dream, I would be disturbed at first that I didn't seem to feel more shock or grief about Mike's predicament. It's weird, because normally I'm pretty sensitive, quite squeamish actually. So I would assume that this unusually calm reaction is a message from my unconscious. I'd want to know more about that.

I would look at my need to protect my younger sister from seeing the dead body. Maybe I really do feel responsible for her in waking life. But if not (or even if so) I'd think about what qualities she embodies in me. Next I'd probably view her as representing a younger me. She is a young girl in the dream, and her room was mine when I was a young girl. So the dream might involve a belief, a feeling state, or a world view I developed at that age, and which I still carry. My desire to protect my sister from the unpleasant truth in the dream may be related to my desire to protect the vulnerable, little girl part of me. I seem to feel that this part of me couldn't deal with the fact that Mike, or what he represented to me, is totally dead and gone. A caretaking part of me is trying to "protect" my own youthful sensitivity or idealism

or immature thinking from reality.

The closet metaphor is pretty irresistible -- some part of me wants to keep unpleasant facts "in the closet." Lately I've been exploring the ways in which I experience shame -- what triggers it, how I react to it. Maybe there are secrets about this man or our relationship, or a feeling of shame about its failure, that I would like to bury, along with him. I'd want to think about whether I have forgiven myself for my part in the failure of our marriage, or owned my opinions of men in general and this one in particular.

Coming at the closet image from a different angle, I would want to see if there were any skeletons in the family closet which might date back to when I was a young girl still sleeping in the room in the dream. Because my parents were present when I hid Mike's body in the closet, I'd try to remember what their relationship was like when I was that young girl. Is there anything about that I don't want to uncover? Or perhaps I simply feel shame for breaking a family rule about divorce and incurring disapproval.

My ex-husband's mechanical smile even though he's dead shows me I think he's someone who's not what he seems: an imposter who puts forward a false front. He wears a business suit but there are no guts or heart inside his ribcage, which brings to mind expression "empty suit." I used to call people empty suits if they seemed to exhibit no character, integrity, heart or soul (that pretty much covers it, I'd say!) beneath their outer appearance of "having it all together." They might have been dressed for success, but seemed to have not a clue about anything below the surface. It was the worst indictment I could muster.

So my opinion of this man doesn't seem to be very high. I don't feel respect for him in my dream. It's no surprise to me that he's come to this end. I don't think I would have this unfeeling reaction if I hadn't almost expected him to end up this way.

<<<<< FINISH >>>>>   Response Posted BY JOHN.
<<< END OF THIS POSTING >>>

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Topic 1 Network dream study Response 14 of 14   jherbert
alt.dreams   11:05 pm   Sep 17, 1990

To the System Operator for alt.dreams (and to those who
responded):
     Thank you for keeping Topic 1, the Network Dream Study,
active long enough for all signed-up members to participate
in posting replies. If we do not get any more responses
within the next few days, it will be ok to remove the topic,
as I have to send these replies to Jane (the dreamer) for her
comments.
     I will be travelling for two weeks starting 9/28/90, so
will probably post the replies in mid October, unless I hear
from Jane very quickly. Thank you for your support, and my
thanks to all those who took the time and trouble to reply to
this topic.
     Regards to all, John.
****
*   John W. Herbert, P.O.Box 479,   *
*   Ketchum ID 83340, 208-726-9448.   *
*   IGC networks: jherbert   *
*   APC networks: igc:jherbert   *
*   UUCP: uunet!pyramid!cdp!jherbert   *
*   Bitnet: cdp!jherbert@labrea.stanford   *
*   Internet: cdp!jherbert@labrea.stanford.edu   *
****
<<< END OF THIS POSTING >>>

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Topic 33   Jane's replies to the dream group   jherbert
alt.dreams   8:18 pm Oct 22, 1990

TO RESPONDENTS OF JANE'S DREAM WORKSHOP GROUP:
I sent Jane copies of all the postings of "If it were my
dream," and a few days ago I received a tape with her
dictated replies. Her comments are posted as responses to
this topic:
T.0 Jane's replies to the dream group
T.1 Jane's reply to Philip
T.2 Jane's reply to ASG102 aka Evil

T.3 Jane's reply to Helen
T.4 Jane's reply to David E.
T.5 Jane's reply to Davisd
T.6 Jane's reply to Le Nguyen
T.7 Jane's reply to Christine
T.8 Jane's reply to Lane
I hope Jane's comments prove interesting to you.
     Thanks to all those that replied. Regards, John.


```
**************************************************
*   John W. Herbert, P.O.Box 479,                *
*   Ketchum ID 83340, 208-726-9448.              *
*   IGC networks:      jherbert                  *
*   APC networks:    igc:jherbert                *
*   UUCP:     uunet!pyramid!cdp!jherbert         *
*   Bitnet:   cdp!jherbert@labrea.stanford       *
*   Internet: cdp!jherbert@labrea.stanford.edu   *
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<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group Response 1 of 6
jherbert alt.dreams 8:20 pm Oct 22, 1990

TO RESPONSE 3, PHILIP STEPHENS
     This is my first response to Philip Stevens on my dream.
About having the body in the closet, I think there is for me
something about putting him in the closet for my little
sister not to see was about not really being totally ready to
accept the fact that it is over. Knowing it is, but wanting
to hide it. I found it difficult to accept the relationship
dead, because more that I find it difficult to accept that
anything is completely finished rather than that I would want
that relationship back, because I actually was the one who
chose to leave it, and I have never actually regretted my
decision, given the way we were together. I wish the marriage
could have worked out differently, but given the people that
we were, it couldn't have.
     It's now (been) nine years since I left him and soon
after I left him I came to America from England. Every time I

visited, which has been approximately every two years, until now I haven't seen him or talked to him not for very long but for some time.

This particular occasion I was there for six weeks and made three attempts to get together with him. I wasn't desperate to do it (see him), it was more out of duty like seeing someone I had known for a long time - how could I not be there for six weeks, and we could never get it organized and I felt that unlike the past times, when he had obviously wanted to see me a lot, obviously the interest is completely gone on his side. It had been gone on my side for years. I had been used to him having the interest in me. I suppose it was just a realization that it is over in every way, and that was difficult, because as I said earlier, I find it hard to really think something is over in every way. I had known him since I was 17 and now I'm 44.

In response to Philip's questions "Do I still think of my younger sister as a little girl?", in a way yes, and yet she's 37 and has two children of her own and is pretty grown up. She certainly could have handled seeing his body in this stage in life, very much so.

The thing about that dream, when I think about the closet, that closet was built by my father, and it was a tiny little room and he made this very nice little blue doored closet for me. I was quite sentimental about visiting that place for the last time when two years ago I visited that house and knowing it was on the market to be sold and subsequently was.

I think that closet and that little room was definitely symbolic of my childhood, my very early childhood, and Michael was in that closet also. He was also - I met him when I was 17 in high school - I think it was also him saying goodbye to the past.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group Response 2 of 6
jherbert   alt.dreams 8:20 pm Oct 22, 1990

TO RESPONSE 7 - ASG102
     About the relationship dying. Yes, I think definitely
him being dead is about the relationship dying if it hadn't
died. I think I was angry with him on my last visit in May of
this year when he wouldn't - you know he really didn't have
the guts to really - he never took initiatives, he never
really said what he wanted, he never took hold of things, and
he was always in a reactive mode. And yet having said all of
that, he was also a very responsive person too, he would
react to whatever I would want, and he would always respond
responsively.
     This particular time when I saw him, I felt he hadn't,
although I know now I left a number that was a wrong number
and he didn't get back to me because it was a wrong number.
There was something very half-hearted in my attempt to see
him and his attempt to see me, so it was a mutual thing, and
of course what was upsetting was that we never ever talked
about that - how it just evaporated - we never really talked
about our relationship, we never really could talk about it.
     I think that is what I am angry about, and in the end
all I could do, since we could never really talk about it and
finish it off, have it really complete, my reaction to that
was I just have to accept an incomplete, and cut it off, and
then be cold, because I can't have any more frustration about
wishing it could have been talked through better. To take
this cold attitude was the only one I think I could find that
would work for me, although it didn't feel very good either.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group Response 3 of 6
jherbert   alt.dreams 8:21 pm Oct 22, 1990

TO RESPONSE 8: HELEN QIAN
     I don't know that I have a lot of feelings about him. I
don't know that he really was inanimate and mechanical and
that he had no heart or feelings. In fact he was a very

sensitive and warm person. He was very emotional, although on the surface he seemed analytical. He was introverted, basically.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group response 4 of 6
jherbert   alt.dreams 8:22 pm Oct 22, 1990

TO RESPONSE 9: DAVID E.(EMMO)
     That doesn't connect with me at all: >"Trying to make sense of her life, and finding it difficult to handle more than one thing at a time, while the world conspires to confuse me."
     That doesn't connect with me at all. I feel I am in charge of my life, competent in my life. It doesn't trigger anything.
     Having said all that, I am not very satisfied with how the relationship with Michael ended, but I don't see that as a sign of being confused or distracted in the rest of my life.
     There is truth in "she's only now beginning to come to terms with her divorce." Not just beginning to come to terms with my divorce, I am finally getting complete on coming to terms with it. I started to come to terms with it about six or eight years ago, and I am beginning to come complete on it now.
     And why there were no tears, I think a lot of what I hold on to has been the fantasy of what it could have been and how wonderful it was when it really never was or in many ways wasn't. I think it has just been a fantasy that I have hung on to about when I was married he was this or he was that. I think that was how I wanted to think it was, and it wasn't like that at all. And that's what feels cold, since I am a feeling kind of person it seems very cold to state that as a fact, but actually it is a fact.
     The comment >"A final long shot, I'd guess she has nobody special in her life at the moment." I don't have anyone in my life at the moment who now plays the part that he played for me when I was young and got married, and I don't know that I want anyone to have that kind of part

anymore, because I am a much more fully developed person, and
I have come into my own, I'm my own person. Then he was big
because I was like a response to him and just a very immature
me feel dead inside even that it would be like that. In fact
I have had some rewarding relationships in the last few
years, and the one thing I am really scared of having is one
that's dead like that was.

Maybe I am protecting myself a bit but I am not
protecting my family, even though it is a bit of an anomaly
to be single in your 40s and attractive and not be married in
England. When I go back there I am a bit of an anomaly, but I
don't care two hoots.

My mother has these romantic fantasies about marriage,
even though she has had a pretty bad marriage herself and she
is still married, and that sort of irritates me and this
whole romantic sentimentalism that there is around marriage
that many people hold when their marriage is really not
something that I would really want. I would rather be single
any day rather than have those, so I made a stand to be
single and feel good about it, and I really do, although that
is not to say that I would not want to ever be married again.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream groupResponse 5 of 6
jherbert   alt.dreams 8:22 pm Oct 22, 1990

RESPONSE TO Le Nguyen (lhn@atherton.com)
>"Mike is really dead. What's left is really a shell."
    That's true, that's true and it's what needs to happen,
and it is also sad. And it's true that part of me is dead
with that, like with any long relationship. I think the part
of you that was in the relationship dies when the
relationship dies.

And it does feel weird to think "how could I have been
so involved at one time and now feel empty." And to know that
it doesn't necessarily mean it never meant anything, but in a
rational way it implies that. Sometimes I do wonder; on the
one hand I really do not want that kind of romantic fantasy
kind of relationship, and on the other hand sometimes I think
maybe these kinds of feelings are still viable but somehow I

can't have those kinds of relationships. Some of the times I
think it is not realistic or even desirable, and other times
I think maybe it is but not for me.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group Response 6 of 6
jherbert   alt.dreams   8:23 pm Oct 22, 1990

RESPONSE TO LANE
     This particular interpretation speaks a lot to how I
feel, certainly in the first two paragraphs.
     >"My desire to protect my sister from the unpleasant
truth in the dream may be related to my desire to protect the
vulnerable, little girl part of me. I seem to feel that this
part of me couldn't deal with the fact that Mike, or what he
represented to me, is totally dead and gone. A caretaking
part of me is trying to 'protect' my own youthful sensitivity
or idealism or immature thinking from reality."
     I think that really feels true, and it is to do with the
protection from the reality that I mentioned earlier that I
experienced growing up, and that has me put those feelings
about the past into more of a sense that they were more of a
fantasy and a wish to think of marriage as an attempt to play
house or whatever. It wasn't really a very delightful
relationship.
     The next paragraph, the closet metaphor, does not ring
true. Maybe there are secrets about this man or our
relationship, but I felt there were none, in the sense that I
think she means. I am disappointed about his failure, but I
don't feel shame. I certainly want to put it behind me,
because it is history now.
     I just sometimes wonder to what extent I can have
something that is meaningful and alive with someone without
loosing my identity and keeping my independence. Can it
really be alive and fun without getting into the rituals of
marriage that I want to avoid, where you are just sort of
doing things for a - you know, you cook dinner every night
because you are a wife, even though I have my own business
and I've always been a career woman. That part of being
married, that was like carrying out a role of being "wife."

And I still, even with the person that I am sharing with right now, a man, I see myself going into (the role?) from time to time and liking it and then also knowing it could be deadening because the form of the relationship can get more important than the actual relationship.

The comment on the final page about Mike's mechanical smile and his empty suit, he was a real person but he was whimpy I would think. It's the best American expression - he wouldn't stand up for what he really believed in. He would just complain inside, and he was a passive-aggressive type of person. Even though he was warm and kind and had integrity, he had this other piece of him that was not fully there and taking responsibility. He was extremely responsible for or towards everybody else but not for himself.
<<< END OF THIS POSTING >>>

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Topic 33 Jane's replies to the dream group Response 7 of 7
jherbert   alt.dreams 8:25 pm Oct 22, 1990

RESPONSE TO CHRISTINE
There is a paragraph "Jane seems to have paid the price of having shut off her feelings and becoming cold for doing what is proper with the family for the sake of appearance."

I'm not quite sure what that means, but I have never done anything proper with my family for the sake of appearance. If I had, I would never have divorced, or I would have remarried again if I were doing things for appearance. This may be an appropriate time to mention that a week or two after I had this dream, I had another dream where I was in the dream with my mother's sister who has just recently died in her 60's. In the background there was a church and a coffin was being carried into the church. She and I were talking and it was clear that it was Michael's coffin being taken into the church for what looked like a proper burial.
       ++ END of All Computer Network Postings ++

Combined Postings Sorted By Assigned Keyword
    If a posting has been coded with multiple keywords, the
additional keyword will be shown in brackets.

K:CLOSET
    (D-007) So I put him in the closet. The closet, with
sliding doors, I remember,was in her bedroom, and I remember
standing in front of the closet with the door open,
    (F-QF-001) Who put him into the closet?
    (F-QF-001) Who put him into the closet? [CLOSET]
    (N-RM-002) hiding my ex-husband in a closet would seem
to suggest that I am hiding some important feelings towards
Mike, [K:FEELINGS]
    (N-RM-004) I can also see an analogy between Mike's
body hanging gutted in the closet and the old saying of
"skeletons in the closet."
    (F-DR-014) I think I put him in the closet, but I don't
remember putting him in the closet, K:CLOSET
    (F-DR-015) but I remember saying, "We must put him
away." [K:CLOSET]
    (F-DR-016) I think it was me that put him in.
[K:CLOSET]
    (N-RF-026) I always hide things that I don't want
others to see in my closet.
    (F-DR-029) Not significant. I do remember the color of
the closet door was pale blue, and it was pale blue in real
life. There was no vivid color in the dream. [K:CLOSET]
    (F-RF-38) I put it in what is now my sister's closet
and that would make it clear to me that that part of myself
had not processed the whole thing, [K:SISTER]
    (N-RM-043) I was talking to friend of mine and he
suggested the closet in this dream could be where the
monsters are. He said when he was young that is what he
thought was in his closet, monsters. He said the man could be
a monster, he is rather gruesome, and he is in the closet
cause that's where he belongs. I like my ideas better.
    (F-RF-45) One, it was the closet, [K:CLOSET]
    (N-RM-067) So I stuff him in my closet, but its her
closet too. [K: SISTER]
    (N-RM-072) it was a childhood closet. A place where
things can be hidden safely and never found.

K:CLOSET

(N-RM-073) That blue door is a healing door, that hides the pain.

(N-RM-076) Putting Mike, my "dead" ex-husband, in the closet, reminds me of the expression "skeletons in one's closet."

(N-RF-094) some part of me wants to keep unpleasant facts "in the closet"

(N-RF-096) Maybe there are secrets about this man or our relationship,

(N-RF-100) I would want to see if there were any skeletons in the family closet.

(N-RF-101) which might date back to when I was a young girl still sleeping in the room in the dream.

(N-RF-102) Because my parents were present when I hid Mike's body in the closet, [K:FAMILY]

(F-DR-014) I think I put him in the closet, but I don't remember putting him in the closet,

(F-DR-015) but I remember saying, "We must put him away."

(F-DR-016) I think it was me that put him in.

(N-DR-103) About having the body in the closet, I think there is for me something about putting him in the closet for my little sister not to see was about not really being totally ready to accept the fact that it is over. [K:ENDING]

(N-DR-122) The thing about that dream, when I think about the closet, that closet was built by my father, and it was a tiny little room and he made this very nice little blue doored closet for me.

(N-DR-206) So Michael is a thing of my past and maybe being in the closet was my childhood closet.

(N-DR-226) The next paragraph, the closet metaphor, does not ring true.

(F-RF-038) I put it in what is now my sister's closet and that would make it clear to me that that part of myself had not processed the whole thing, [K:SISTER]

(F-RF-045) One, it was the closet,

(N-RM-002) hiding my ex-husband in a closet would seem to suggest that I am hiding some important feelings towards Mike, [K:FEELINGS]

K:CLOSET

(N-RM-004) I can also see an analogy between Mike's body hanging gutted in the closet and the old saying of "skeletons in the closet."

(N-DR-122) The thing about that dream, when I think about the closet, that closet was built by my father, and it was a tiny little room and he made this very nice little blue doored closet for me.

(N-RF-026) I always hide things that I don't want others to see in my closet.

(N-RM-067) So I stuff him in my closet, but its her closet too. [K:SISTER]

(N-DR-206) So Michael is a thing of my past and maybe being in the closet was my childhood closet.

(N-RM-076) Putting Mike, my "dead" ex-husband, in the closet, reminds me of the expression "skeletons in one's closet."

(N-RF-094) some part of me wants to keep unpleasant facts "in the closet"

K:ENDING

(D-005) Mike, my ex-husband had died, and he was laid out like on a table, like people get laid out when they've died,

(F-RM-006) and almost a reminder of it for me of whether or not that person was still alive they were essentially dead, [K:FEELINGS]

(F-RM-012) so that I can bring it out and say, "Look, I was married once, and this is what happened to it."

(F-QM-015) Any sense in the dream why he had died? K:ENDING

(F-RF-026) and that, although I, in my present state I was quite finished with my husband and could hang him up in the closet, K:ENDING

(F-DR-033) It was like a matter of a factness about the fact that he had died. You know, that Mike died,

(F-DR-034) there was a concern around between me and my parents, mostly my mother. We were concerned that he had died. We were concerned about how it should be handled.

                            K:ENDING
     (F-RM-037) I question whether it's been put away
properly.
     (F-RF-039) he hasn't had a proper funeral
     (F-RF-040) she hasn't had a chance to participate in
that funeral.
     (F-RF-042) you wanted to put him to rest in a proper
way,
     (F-RF-043) but yet did not complete it in what is
conceived to be a proper way,
     (F-RF-044) but the desire was there to begin with, to
put something to rest.
     (F-DR-052) and he did have for a long time after we
separated, a lot. It was obvious. [K:FEELINGS]
     (F-DR-067) So, and this thing about not really being
dead and buried properly, I still don't really know what to
make of it.
     (F-DR-070) so it hasn't been a proper ending, there's
never been a proper ending, really.
     (F-DR-039) and it was very amicable and the ending was
very amicable.
     (F-QF-21) if you are resolved to end this relationship
and put a closure on it, how would you like to do it?
     (F-DR-083) I don't know. It's hard for me to say.
     (F-RF-057) You know what struck me in the beginning,
when he was laid out. I know a lot of times when people go to
funeral home to view a body, it doesn't seem quite real, that
they are dead. They look like they are asleep,
     (F-RF-058) but there's no question about a hanging
carcass whether that's dead or not.
     (N-DR-103) About having the body in the closet, I think
there is for me something about putting him in the closet for
my little sister not to see was about not really being
totally ready to accept the fact that it is over.
     (N-DR-104) Knowing it is, but wanting to hide it.
     (N-RM-003) even though I consider our relationship to
be "dead." [K:FEELINGS]
     (N-DR-104) Knowing it is, but wanting to hide it.
     (N-RM-013) Mike dying could represent our relationship
dying.

K:ENDING

(N-DR-128) About the relationship dying. Yes, I think definitely him being dead is about the relationship dying if it hadn't died.

(N-RM-014) I feel that it is totally over [K:FEELINGS]

(N-RM-015) and there is no going back

(N-RM-035) and put all of that behind her,

(N-RM-036) symbolically killing Mike off,

(N-RM-044) The term "dead meat" comes to my mind at this time. For violating our marriage contract by divorce Mike is dead meat.

(N-RM-062) looking at the corpse, the remains of my marriage.

(D-NR-180) He wasn't dead meat because of the divorce, because I choose the divorce

(D-NR-210) And it's true that part of me is dead with that, like with any long relationship. [K:FEELINGS]

(D-NR-211) I think the part of you that was in the relationship dies when the relationship dies. [K:FEELINGS]

K:EXPOSED

(D-011) and the other thing that was very weird was, you know when animals like pigs and calves and things have been disemboweled, you know, they're ribs are there and it's kind of empty.

(D-012) It was like that with him, except he was fully clothed. I could tell that in the dream.

(F-RM-007) and I would be struck by the fact of the sense of disembowelment, the very life force for so many people exist more in the belly than in the brain, some of the ancient things that the liver and various organs, and he was lacking into that substance

(F-QF-012) You said he was disemboweled or cut open when he was hanging in the air?

(F-DR-030) Well, it was as though he was. He was fully clothed, you know like the ribs were sticking out and it was kind of caved in.

(F-RF-027) and that, the disemboweling or the lack of organs or whatever it is in the solar plexus area I would see as him losing all his power.

K:EXPOSED

(F-QF-013) Was he like that before you put him in the closet?

(F-DR-031) Before he was just lying on the table with a thing over him.

(F-RM-020) I could just see putting that dead corpse in the closet of my memories, that's done, that's finished, that's over, but whenever I have something to learn from it, I can bring it out and remind myself,

(F-RF-027) and that, the disemboweling or the lack of organs or whatever it is in the solar plexus area I would see as him losing all his power.

(F-RM-034) there was one element of masculinity clearly in there and that was the taking of essentially the carcass, a butcher's task, and hanging the body in the closet and viewing it almost like a butchered animal. [K:MASCULINE]

(F-DR-037) It was like a carcass.

(F-RF-049) the ribs were sticking out, even though somehow it was covered.

(N-RM-020) and how he would use people with that plastic smile to get ahead.

(N-RM-022) I knew what he was doing and never said a word about it.

(N-RM-023) I could see how empty he was (disemboweled)

(N-RM-037) and seeing him as an empty shell, come back to "haunt" her.

(N-RM-049) I tie this into a neat package by hanging him up like a side of beef.

(N-RM-053) I hang him up like a side of beef, I tell him graphically he is dead meat and

(N-RM-054) all he does is grin at me.

(N-RM-056) he is empty, gutted, he has no heart.

(N-D-227) Maybe there are secrets about this man or our relationship,

(N-D-228) but I felt there were none, in the sense that I think she means.

K:FAMILY

(D-002) I was in my parent's house, upstairs in the bedroom area.

(D-003) My parents were both there. My mother and father were there,

(D-013) I don't remember anything happening after the dream. I don't really remember what was going on, . . . except it was a family situation. I only have mother,father and a sister.

(F-QF-005) [I forgot] how your mother and father came into [the dream] in the beginning?

(F-DR-021) They were there in the beginning. They were there in the house with me.

(F-QF-006) Were they just sort of sitting there, or what?

(F-DR-022) They were sitting there or standing there.

(F-DR-023) They were there in that I was talking to them,

(F-DR-024) and saying that we must get rid of this body. This isn't good for Barbara to see. We must put it away.

(F-QM-015) Any sense in the dream why he had died?

(F-DR-034) there was a concern around between me and my parents, mostly my mother. We were concerned that he had died. We were concerned about how it should be handled.

(F-QM-016) So the concern was more between your mother and you, not your father and you.?

(F-DR-035) My father was a bit discontented(?), as he was anyway.

(F-RM-011) I'd be interested in the family dynamics. It's as if my family is concerned that I'm not remarried and I'm putting the corpse of my past marriage in the closet so to say,

(F-RM-014) [pressure] from the family to maybe prematurely enter into another marriage,

(F-DR-045) And I think the thing about the family being there is very pertinent

(F-DR-047) my parents would like to see that I was remarried

(F-RM-015) especially [pressure from] my mother,

K:FAMILY

(F-RM-016) who [my mother] shows a little bit more concern than my father does in the dream,

(D-048) and [my parents] could never understand why I ever left him, because they thought he was wonderful, so it brings all that up.

(F-RM-019) If it were only about my ex-spouse, I personally don't have an ex-spouse so I have to talk epigraphically here. If it were basically about my or somebody else's ex-spouse, I don't see that it is important to bring the family in.

(F-RM-021) but bringing the family in really adds the unique dimension to the screen. It's the corpse itself that is unique, but doing it from the family setting just adds to the complexity.

(F-DR-045) And I think the thing about the family being there is very pertinent

(N-RM-042) and "protects" her family from her anguish by not turning to them for support when she needs it most.

(N-DR-167) Maybe I am protecting myself a bit but I am not protecting my family,

(N-DR-170) My mother has these romantic fantasies about marriage, [K:FEELINGS]

(N-DR-171) even though she has had a pretty bad marriage herself and she is still married,

(N-RM-057) This a family situation,

(N-RM-061) My parents are there with me

(N-RM-075) House, immediate family members - this dream probably deals with a very personal matter.

(N-DR-207) That's true,

(N-RF-084) the important aspect would be that it is a "family" affair.

(N-RF-088) I got stuck with this empty shell of a husband and I was not told about this "hidden" ugliness and hollowness of life. Jane seems to have paid the price of having shut off her feelings and becoming cold for doing what is proper with the family for the sake of appearance.

(N-DR-219) I'm not quite sure what that means, but I have never done anything proper with my family for the sake of appearance.

K:FAMILY

(N-DR-220) If I had, I would never have divorced, or I would have remarried again if I were doing things for appearance.

(N-RF-102) Because my parents were present when I hid Mike's body in the closet, [K:CLOSET]

(N-RF-103) I'd try to remember what their relationship was like when I was that young girl.

(N-RF-104) Is there anything about that I don't want to uncover?

(N-RF-105) Or perhaps I simply feel shame for breaking a family rule about divorce and incurring disapproval.

K:FEELINGS

(D-006) and I remember saying, "We can't leave him out here." (Saying this to my parents) "because it would be very upsetting for my younger sister to see that body."

(D-009) and what was even more horrendous was, I wasn't even upset at the image. I mean I was upset at myself not being upset as it were.

(D-010) So he was hanging up by his feet and his body was down and his head was sort of like that [JANE STRETCHED HER NECK BACK AND UP] and he had this huge like a smile, he was inanimate. It was like all his teeth were showing, like a smile, but it was like a mechanical smile

(F-QM-003) When you were upset about not being upset, was that in the dream? Was that a part of the dream, or was that your feeling upon awakening?

(F-DR-018) I think it was both in the dream and in awakening. I think I was not upset in the dream.

(F-DR-019) There was a coldness that I felt in the dream.

(F-RM-005) This person was no longer a part of my life, and would almost perhaps be a confirmation of feelings that I already had about the separation,

(F-DR-050) Not just that I have no feelings left for him,

(F-RM-006) and almost a reminder of it for me of whether or not that person was still alive they were essentially dead, [K:ENDING]

K:FEELINGS

(D-051) but that he has none left for me,

(D-052) and he did have for a long time after we separated, a lot. It was obvious. [K:ENDING]

(D-053) He's remarried and he's got two children now. I think that was a bit of a hurtful thing, actually. He no longer had that like it was always a bit after I left he liked to see me and my importance to him was a bit one-sided,

(D-054) and now it's like the shoe's on the other foot. It's like it's gone for him,

(D-055) and it's really gone for me,

(D-056) but I've not got used to that.

(D-075) I always had sweet feelings for him and a bit of guilt thrown in, toward him, basically, for leaving him.

(D-076) Possibly, I always felt he was more, I mean, we had a sexual relationship, but it always like he was a brother, He was always like, our friendship was like friends.

(D-063) and then in the end I thought, "Well, God, I don't need to look after him anymore,"

(D-064) but I still had this guilt thing because Mike was a little introverted and shy and he was always on the fringe,

(D-065) but then I didn't need to care anymore because I wasn't married to him, but I still did, actually.

(D-049) The disembowelment part, I think the comment about the feelings, how that relates to the feelings is very true.

(F-RM-008) It was just a reminder there really wasn't anything in there, then in real life and here is a reminder in death that there really isn't anything in there anyway and so it's all but natural that I don't have great feeling about the loss, because there's nothing there to have loss over.

(F-DR-049) The disembowelment part, I think the comment about the feelings, how that relates to the feelings is very true.

(F-RF-010) I would notice my mixed feelings about my sister, that I would protect her, but in fact I would hang this carcass right inside the sliding doors, which would be pretty scary when you opened the doors and saw him.

(F-RM-012) so that I can bring it out and say, "Look, I was married once, and this is what happened to it." K:ENDING

K:FEELINGS

(F-DR-066) I felt guilty. I felt guilty, so there was that side.

(F-RM-018) "Look, don't you get mixed up with somebody like I did." K: SISTER

(F-RF-022) I would be thinking about how responsible I feel for something that's dead.

(D-057) This about feeling responsible, I always did feel very responsible for him when I was married to him, and I mean there was a bit of (what I now realize) co-dependency, I now realize for me.

(F-RF-024) maybe having to face death and another part of me not wanting to look at it and trying to hide it in some way.

(F-DR-049) The disembowelment part, I think the comment about the feelings, how that relates to the feelings is very true.

(F-RF-028) He no longer has power over me in my present stage,

(F-RF-031) She really hasn't processed the marriage and she really hasn't processed the divorce.

(F-QF-17) Does it make you sick to your stomach?

(F-DR-073) What part is that you are thinking about?

(F-QF-18) Did you ever feel like you ripped your guts out or you wanted to rip his out?

(F-DR-074) No. Not consciously, never.

(N-RM-002) hiding my ex-husband in a closet would seem to suggest that I am hiding some important feelings towards
    Mike, [K:CLOSET]

(N-RM-003) even though I consider our relationship to be "dead." K:ENDING

(N-DR-105) I found it difficult to accept the relationship dead,

(N-DR-106) because more than that I find it difficult to accept that anything is completely finished rather than that I would want that relationship back,

(N-DR-109) I wish the marriage could have worked out differently,

(N-DR-110) but given the people that we were, it couldn't have.

K:FEELINGS

(N-DR-118) I had been used to him having the interest in me.

(N-DR-119) I suppose it was just a realization that it is over in every way, and that was difficult, because as I said earlier, I find it hard to really think something is over in every way.

(N-DR-123) I was quite sentimental about visiting that place for the last time when two years ago I visited that house and knowing it was on the market to be sold and subsequently was.

(N-DR-124) I think that closet and that little room was definitely symbolic of my childhood, my very early childhood,

(N-RM-005) The condition of the body (the mechanical smile, the business suit, the lack of animation) could be revealing my current feelings towards him.

(N-DR-129) I think I was angry with him on my last visit in May of this year when he wouldn't - you know he really didn't have the guts to really - he never took initiatives,

(N-RM-006) Perhaps I see him as been without much personality,

(N-RM-007) smiling when he does not mean it,

(N-RM-008) without any "guts" perhaps to be himself.

(N-RM-012) perhaps I feel the need to set an exterior of goodwill towards Mike in front of her?

(N-DR-129) I think I was angry with him on my last visit in May of this year when he wouldn't - you know he really didn't have the guts to really - he never took initiatives,

(N-DR-130) he never really said what he wanted,

(N-DR-131) he never took hold of things, and he was always in a reactive mode.

(N-DR-135) There was something very half-hearted in my attempt to see him

(N-DR-136) and his attempt to see me, so it was a mutual thing,

(N-DR-137) and of course what was upsetting was that we never ever talked about that - how it just evaporated - we never really talked about our relationship, we never really could talk about it.

K:FEELINGS

(N-DR-138) I think that is what I am angry about, and in the end all I could do, since we could never really talk about it and finish it off, have it really complete,

(N-DR-139) my reaction to that was I just have to accept an incomplete, and cut it off, and then be cold,

(N-DR-140) because I can't have any more frustration about wishing it could have been talked through better.

(N-DR-141) To take this cold attitude was the only one I think I could find that would work for me,

(N-DR-142) although it didn't feel very good either.

(N-RM-016) although I miss him.

(N-RM-021) When we were married, I could see him doing this and it didn't upset me as much as it should have.

(N-DR-132) And yet having said all of that, he was also a very responsive person too, he would react to whatever I would want,

(N-DR-133) and he would always respond responsively.

(N-RM-024) and I'm a little upset that I couldn't have seen through him sooner.

(N-RF-025) It seems that I'm hiding a lot of feeling about my ex.

(N-RF-027) I think he is "inanimate" and "mechanical."

(N-DR-143) I don't know that I have a lot of feelings about him. I don't know that he really was inanimate and mechanical and that he had no heart or feelings.

(N-RF-028) He's been disembowelled implies that he has no heart, thus no feelings.

(N-DR-144) In fact he was a very sensitive and warm person. He was very emotional, although on the surface he seemed analytical.

(N-RF-029) He's in business suit and being mechanical also go along the line of having no feelings.

(N-RF-030) I wish he were dead and butchered.

(N-RF-031) But I feel guilty about feeling this way.

(N-DR-147) Having said all that, I am not very satisfied with how the relationship with Michael ended,

(N-DR-148) but I don't see that as a sign of being confused or distracted in the rest of my life.

(N-RM-034) she's only now beginning to come to terms with her divorce,

K:FEELINGS

(N-DR-149) There is truth in "she's only now beginning to come to terms with her divorce."

(N-DR-150) Not just beginning to come to terms with my divorce, I am finally getting complete on coming to terms with it.

(N-DR-151) I started to come to terms with it about six or eight years ago, and I am beginning to come complete on it now.

(N-RM-038) Her emotional confusion (why aren't I crying, I should be), seems fairly natural.

(N-RM-039) a kind of guilty feeling about not feeling guilty.

(N-DR-152) And why there were no tears, I think a lot of what I hold on to has been the fantasy of what it could have been and how wonderful it was

(N-DR-153) when it really never was or in many ways wasn't.

(N-DR-154) I think it has just been a fantasy that I have hung on to about when I was married he was this or he was that.

(N-DR-155) I think that was how I wanted to think it was, and it wasn't like that at all.

(N-DR-156) And that's what feels cold, since I am a feeling kind of person it seems very cold to state that as a fact, but actually it is a fact.

(N-RM-040) I'd guess she has nobody special in her life at the moment.

(N-DR-157) I don't have anyone in my life at the moment who now plays the part that he played for me when I was young and got married.

(N-RM-041) doesn't feel ready for it,

(N-DR-158) and I don't know that I want anyone to have that kind of part anymore, because I am a much more fully developed person,

(N-DR-159) and I have come into my own, I'm my own person.

(N-DR-160) Then he was big because I was like a response to him and just a very immature woman in her twenties like most people are, I think when they get married in their early twenties.

K:FEELINGS

(N-DR-161) I built my life around him and

(N-DR-162) there is the convention of being the wife,

(N-DR-163) and now I don't want that, it is not what I am looking for,

(N-DR-164) and the thought of it makes me feel dead inside even that it would be like that.

(N-DR-165) In fact I have had some rewarding relationships in the last few years,

(N-DR-166) and the one thing I am really scared of having is one that's dead like that was.

(N-DR-169) but I don't care two hoots.

(N-DR-170) My mother has these romantic fantasies about marriage, [K:FAMILY]

(N-DR-172) and that sort of irritates me

(N-DR-173) and this whole romantic sentimentalism that there is around marriage that many people hold when their marriage is really not something that I would really want.

(N-DR-174) I would rather be single any day rather than have those,

(N-DR-175) so I made a stand to be single and feel good about it, and I really do.

(N-DR-176) although that is not to say that I would not want to ever be married again.

(N-DR-181) and he was in agony for years because of my choice over it.

(D-N-182) He didn't want it.

(N-RM-045) This expresses his position in my current life.

(N-RM-046) He is no longer a part of my life, i.e. he is dead to me.

(N-RM-047) It also expresses my feelings toward him.

(N-RM-048) In my anger towards this violation if I could confront him I would tell him, "you are dead meat mister."

(N-DR-183) But I think when I didn't get to responding when I visited this time

(N-DR-184) and realized "Why was I really calling him?" (because I didn't care anymore), I think it was then that I thought he was dead meat.

(N-DR-185) It was then, not way back.

(N-RM-050) This explains my lack of emotion in this paragraph, and my revulsion.

(N-RM-051) My anger and feelings are soothed but I realize a gruesome experience like this is not right.

(N-RM-052) Mike doesn't care about my feelings now.

(N-DR-196) I think it's true this interpretation that Michael doesn't care about my feeling,

(N-RM-055) Now I realize he has no feeling for me.

(N-RM-058) I am coming to terms with my feelings with Mike not being there.

(N-DR-200) I think coming to terms with that really is important

(N-RM-059) with his lack of emotion.

(N-DR-192) I mean it was dead.

(N-DR-186) Interestingly enough I had seen him at Christmas of this year and I met him simultaneously with another friend Michael that I had known almost the same number of years.

(N-DR-193) And there is something about me that holds on and hangs on,

(N-DR-194) and I find endings per se difficult,

(N-DR-195) and I don't think it had anything to do with him.

(N-RM-060) It is on the table for discussion.

(N-DR-198) I think what is more on the table for discussion is my coming to terms with the fact that I have no one in my life with whom I have that really strong romantic feeling that I had when I was young.

(N-DR-199) I am much more realistic about relationships now and discriminating, and much more independent.

(N-DR-200) I think coming to terms with that really is important

(N-DR-201) as that is how I am now that I am in my 40's, and that may be on the table. Coming to terms with that is facing a reality.

(N-DR-202) The romance of youth in the way I had it is gone.

(N-DR-203) It's not even that I want it back because I think it is false.

(N-DR-204) My coming to terms with that, with the fact that I may even choose to be single for the rest of my life,

K:FEELINGS

(N-DR-205) although I can always imagine having affairs from time to time with different people, which may be very significant.

(N-DR-197) but it is also vice versa, it's reality.

(N-RM-077) I feel the emptiness of butchered carcasses. There is nothing left inside Mike. I feel sad. Mike is really dead. What's left is really a shell.

(N-RM-078) I also feel dead around Mike. It is as if part of me is dead, the part that was involved with him, that was married to him. Somehow my feelings about Mike are like, dead,

(N-RM-079) Although part of me is upset because I feel nothing, or because I am putting Mike back in the closet, I feel it is necessary so my younger me does not get traumatized by the way our relationship marriage has turned out . My inner self, the young, innocent core of me must be protected from this hurt.

(N-DR-208) that's true and it's what needs to happen,

(N-DR-209) and it is also sad.

(N-RM-080) I realize that although my relationship with Mike is dead, somehow I am still hanging onto it. Am I denying that the divorce happened?

(N-DR-210) And it's true that part of me is dead with that, like with any long relationship. [K:ENDING]

(N-DR-211) I think the part of you that was in the relationship dies when the relationship dies. [K:ENDING]

(N-RM-081) That we had loved each other, had gotten married, and had ended up in divorce?

(N-DR-212) And it does feel weird to think "how could I have been so involved at one time and now feel empty."

(N-DR-213) And to know that it doesn't necessarily mean it never meant anything, but in a rational way it implies that.

(N-RM-082) It probably has not sunk in yet; I am probably in a state of denial at some level. . . Being divorced makes me feel like I have failed myself, my parents, and Mike.

(N-RM-083) Being divorced makes me wonder: Am I incapable of love, or am I unworthy of love?

(N-DR-214) Sometimes I do wonder;

K:FEELINGS

(N-DR-215) on the one hand I really do not want that
kind of romantic fantasy kind of relationship,

(N-DR-216) and on the other hand sometimes I think maybe
these kinds of feelings are still viable but somehow I can't
have those kinds of relationships.

(N-DR-217) Some of the times I think it is not realistic
or even desirable.

(N-DR-218) and other times I think maybe it is but not
for me.

(N-RF-086) So I must hide the corpse. Because the corpse
is a mechanical looking "thing."I am not upset emotionally,
but I think I should be because I remember that there was
once a person (or I hoped there would be).

(N-RF-090) I didn't seem to feel more shock or grief
about Mike's predicament. It's weird, because normally I'm
pretty sensitive, quite squeamish actually. So I would assume
that this unusually calm reaction is a message from my
unconscious. I'd want to know more about that.

(N-DR-223) that has me put those feelings about the past
into more of a sense that they were more of a fantasy

(N-DR-224) and a wish to think of marriage as an attempt
to play house or

(N-DR-225) It wasn't really a very delightful
relationship.

(N-RF-095) Lately I've been exploring the ways in which
I experience shame -- what triggers it, how I react to it.

(N-RF-097) or a feeling of shame about its failure, that
I would like to bury, along with him.

(N-DR-229) I am disappointed about his failure, but I
don't feel shame.

(N-RF-098) I'd want to think about whether I have
forgiven myself for my part in the failure of our marriage.

(N-DR-236) And I still, even with the person that I am
sharing with right now, a man, I see myself going into (the
role?) from time to time and liking it

(N-DR-237) and then also knowing it could be deadening

(N-RF-114) It's no surprise to me that he's come to this
end.

(N-RF-115) I don't think I would have this unfeeling
reaction if I hadn't almost expected him to end up this way.

K:GENERAL

(D-001) This dream I had about a month ago,

(F-QM-002) Were you your present age?

(F-DR-017) Yes. [present age?]

(F-QM-007) In waking life, is your parents' bedroom on the second floor upstairs?

(F-DR-025) Yes. [parent's bedroom]

(F-QM-008) And your sister's room, is it upstairs?

(F-DR-026) Next to it.

(F-QM-009) And it was that way in the dream?

(F-DR-027) That room that was my sister's used to be mine, and that closet used to be mine. Being the older child, I first had that. It was a small bedroom in the house, and I first had it.

(F-QF-010) What was your ex-husband's name?

(F-DR-028) Mike.

(F-QM-011) Were there any colors in the dream that were significant to report?

(F-QF-014) A sheet?

(F-DR-032) A sheet, but in the closet it was marked that he was wearing a business suit. He was in business, so that was normal, and he was a very skinny person, also.

(F-RF-001) It would relate to my dealing with the divorce and whether I really resolved putting the ex-spouse away somewhere,

(F-RF-002) and then the image in the closet reminds me of the hanging man from the Tarot deck and the aspect of there's a certain balance there, but the out of balance is the main thing.

(D-036) Is that what the hanging man means?

(F-DR-038) the relationship began in 1964, a long time ago and it ended nine years ago,

(F-DR-040) and it was very amicable and the ending was very amicable. I just came back from England for six weeks and never saw him this time.

(F-DR-041) We tried to talk on the phone and we didn't manage, and we tried to meet up, but it was never a really serious attempt and in fact in the end, I just thought, "Oh, forget it. Hike! What does it matter anyway." That was on my mind. But I often had dreams about him.

(F-DR-043) Barbara [is my sister's name].

K:GENERAL

(F-DR-044) So, yes, I think what you talked about, it's very accurate. It hasn't really been put to rest, properly, clearly, because it keeps coming up in dreams.

(F-RF-002) and then the image in the closet reminds me of the hanging man from the Tarot deck and the aspect of there's a certain balance there, but the out of balance is the main thing.

(F-RF-003) I'm not sure I remember all that very completely, but somebody else might.

(F-RF-004) It usually means initiation, seeing things in a new way.

(F-DR-077) Psychologically, he's not anything like as strong as me, I don't think.

(F-DR-058) I saw him at Christmas very briefly, and I saw him at the same time as I saw another man that I had known since I was eighteen when I knew them both.

(F-DR-059) I married Mike and the other man married my friend.

(F-DR-060) We met at Christmas and we met in a pub and it was just for lunch and I found myself really being (they're both called Mike) drawn toward the other man. Not sexually, but personality wise, we had tons in common.

(F-DR-061) It was Mike really. I felt obliged to bring Mike into the conversation. (It was hard work like it always had been.)

(F-DR-062) There was this animation going on between me and the other Mike.

(F-DR-068) It was a childhood, he was a childhood sweetheart. We were really close friends all through our twenties and early thirties,

(F-DR-069) and then we just - I moved on and he's always been a dear person to me and I've never really known what to do with him, the fact that he's out of my life,

(F-RM-009) I'd be struck by the play on words. What's coming to me is hang-up. He's hung up in the closet upside down. Something that is just a hang-up.

(F-RM-013) So it's sort of a defensive maneuver on my part to protect my life style, [to protect] my life decisions against any pressure.

(F-RF-035) The very first thing you mentioned

K:GENERAL

(F-DR-005) is that he was laid out on the surface. Surface sounds like an important word for me to look at to see if this is something that is surfacing or if this is just everything is concrete as is on the surface.

(F-RM-036) I'd look at the hanging again. When I said hang-up before, the other thing that's come to mind is topsy-turvy. It's an upside down kind of relationship when you hang something and put it away, so

(F-RF-041) I would spend some time thinking about the second floors.

(F-DR-071) I mean, I left him, a year later I came here, and we didn't get divorced for about four years, and by default we got divorced.

(F-DR-072) I realized I might need to get married to get a green card. I didn't actually. I thought, get this divorce through as fast as possible. I might need my options opened here, and that's how it actually happened.

(F-DR-073) What part is that are you thinking about?

(F-DR-077) Psychologically, he's not anything like as strong as me, I don't think.

(F-RF-047) Your ex-husband is hung upside down almost like the Fool in the Tarot,

(F-RF-048) even though his leg isn't at that angle, but he's hanging by his feet.

(F-RF-050) That part was big, but otherwise was fleshed on his bones. There's that whole notion of sort of giving breath and giving birth also from the ribs. There's an ecology of that. I think it might be relevant to that.

(F-RF-051) His carcass, you said, had like, you reiterated a couple of times, it was dead and inert, but yet it had this sort of ghoulish, mechanical smile on his face, which I think is something to pay attention to as well.

(F-RF-052) I was calling it the Fool, but it is the Hangman in the Tarot.

(F-DR-081) I don't have children. (She has two children now and she's thirty seven or something and she's grown up with children of her own.) She's like even more grown up than me and yet she's got children.

K:GENERAL

(F-DR-084) One thing he said which I thought was the most ridiculous thing he ever said was when he first remarried about three years ago, he said, "Oh, you must come and stay with us."

(F-DR-085) The wife he married, apparently, she was agoraphobic, she didn't like to go outside. (When she got the child, she could hardly look after the child.) I think she was psychologically a little disturbed. It's my own opinion. But it was Mike's opinion too. That was his like fantasy of life would go on, like I'd go and stay with him.

(F-RM-055) But that is what a brother would ask a sister to do.

(F-RF-056) You always take care of everybody.

(N-QM-002) Does the room featured in the dream, your old room, still have importance to you now?

(N-DR-102) Not really; it is just a memory. Two years ago I visited the house and knew it would be the last time I saw it.

(N-QM-003) What do you honestly think of your ex-husband now?

(N-QM-004) What do you parents and your sister currently think of Mike?

(N-DR-107) because I actually was the one who chose to leave it,

(N-DR-111) It's now (been) nine years since I left him and soon after I left him I came to America from England.

(N-DR-112) Every time I visited, which has been approximately every two years, until now I haven't seen him or talked to him not for very long but for some time.

(N-DR-113) This particular occasion I was there for six weeks and made three attempts to get together with him.

(N-DR-114) I wasn't desperate to do it (see him), it was more out of duty like seeing someone I had known for a long time.

(N-DR-115) how could I not be there for six weeks, and we could never get it organized and I felt that unlike the past times, when he had obviously wanted to see me a lot,

(N-DR-116) obviously the interest is completely gone on his side.

(N-DR-117) It had been gone on my side for years.

K:GENERAL

(N-DR-120) I had known him since I was 17 and now I'm 44.

(N-DR-125) and Michael was in that closet also.

(N-DR-126) I met him when I was 17 in high school.

(N-DR-127) I think it was also him saying goodbye to the past.

(N-RM-009) He is in his business suit,

(N-RM-010) so perhaps he pays more attention to his work than me.

(N-DR-018) I had better put him away permanently and get on with my life.

(N-DR-134) This particular time when I saw him, I felt he hadn't, although I know now I left a number that was a wrong number and he didn't get back to me because it was a wrong number.

(N-DR-145) He was introverted, basically.

(N-RM-032) Jane is trying to make sense of her life,

(N-RM-033) and finding it difficult to handle more than one thing at a time, while the world conspires to confuse her, or distract her from the important issues, somehow she can't quite get a grip on her life.

(N-DR-146) That doesn't connect with me at all: I feel I am in charge of my life, competent in my life. It doesn't trigger anything.

(N-DR-168) even though it is a bit of an anomaly to be single in your 40s and attractive and not be married in England. When I go back there I am a bit of an anomaly,

(N-DR-186) Interestingly enough I had seen him at Christmas of this year and I met him simultaneously with another friend Michael that I had known almost the same number of years, but with whom I had shared a house in my undergraduate years.

(N-DR-187) That other Mike had married a good friend of mine, and

(N-DR-188) we had all known each other very well for years.

(N-DR-189) The other Michael was the one that I wanted to have the conversation with.

K:GENERAL

(N-DR-190) With my Michael, I had to actively consciously bring him into the conversation, include him, talk to him, and I found it was an effort.

(N-DR-191) It was no effort with the other Michael.,

(N-RM-070) When I first reviewed this dream the song, "Mrs. Robinson" by Simon and Garfunckle popped into my mind. Specifically the lines, "It's a little secret just the Robinson affair."

(N-RM-071) Most of all we've got to hide it from the kids."

(N-RF-089) Well that is my nickels worth. I enjoyed going through this process and hope all these ideas help Jane to heal and actually "bury" the past by letting go.

(N-DR-221) This may be an appropriate time to mention that a week or two after I had this dream, I had another dream where I was in the dream with my mother's sister who has just recently died in her 60's. In the background there was a church and a coffin was being carried into the church. She and I were talking and it was clear that it was Michael's coffin being taken into the church for what looked like a proper burial.

(N-DR-230) I certainly want to put it behind me, because it is history now.

(N-DR-232) Can it really be alive and fun without getting into the rituals of marriage

(N-DR-233) that I want to avoid,

(N-DR-234) where you are just sort of doing things for a - you know, you cook dinner every night because you are a wife, even though I have my own business and I've always been a career woman.

(N-DR-235) That part of being married, that was like carrying out a role of being "wife."

(N-DR-238) because the form of the relationship can get more important than the actual relationship.

(N-DR-239) he was a real person but he was whimpy I would think. It's the best American expression -

(N-DR-240) he wouldn't stand up for what he really believed in.

(N-DR-241) He would just complain inside, and he was a passive-aggressive type of person.

K:GENERAL

(N-DR-242) Even though he was warm and kind and had integrity,

(N-DR-243) he had this other piece of him that was not fully there and taking responsibility.

(N-DR-244) He was extremely responsible for or towards everybody else but not for himself.

(N-RF-106) My ex-husband's mechanical smile even though he's dead shows me I think he's someone who's not what he seems: an imposter who puts forward a false front.

(N-RF-107) He wears a business suit but there are no guts or heart inside his ribcage, which brings to mind expression "empty suit."

(N-RF-108) I used to call people empty suits if they seemed to exhibit no character, integrity, heart or soul (that pretty much covers it, I'd say!)

(N-RF-109) beneath their outer appearance of "having it all together."

(N-RF-110) They might have been dressed for success, but seemed to have not a clue about anything below the surface.

(N-RF-111) It was the worst indictment I could muster.

(N-RF-112) So my opinion of this man doesn't seem to be very high.

K:MASCULINE

(N-RF-113) I don't feel respect for him in my dream.

(F-RM-032) I would be aware of at least functionally the absence of the masculine.

(F-DR-046) and I think the talk about the masculine in my life right now is definitely an issue. Sometimes conscious, sometimes not so conscious, or parts of it are conscious, but how it relates to all this other stuff is less conscious normally speaking, and I think it's true

(F-RM-033) I would also be puzzled by that [absence of the masculine] because one masculine image is dead and put in the closet, the other masculine image is distant and so I'm wondering if this is a positive or negative aspect of my life that there's this [masculine] absence right now in the dream.

K:MASCULINE

(F-DR-046) and I think the talk about the masculine in my life right now is definitely an issue. Sometimes conscious, sometimes not so conscious, or parts of it are conscious, but how it relates to all this other stuff is less conscious normally speaking, and I think it's true

(F-RM-034) there was one element of masculinity clearly in there and that was the taking of essentially the carcass, a butcher's task, and hanging the body in the closet and viewing it almost like a butchered animal. [K:EXPOSED]

(F-DR-046) and I think the talk about the masculine in my life right now is definitely an issue. Sometimes conscious, sometimes not so conscious, or parts of it are conscious, but how it relates to all this other stuff is less conscious normally speaking, and I think it's true.
[K:EXPOSED]

K:SISTER

(F-DR-004) and my youngest sister, it was as though my youngest sister was a lot younger than she is now. She's seven years younger, but she was like a young girl then.

(F-QF-004) Did you see your sister in the dream, besides in the beginning?

(F-DR-020) No. Yet, she was around, that's what I know.

(F-RM-017) and maybe to sort of warn my sister,

(F-RM-018) "Look, don't you get mixed up with somebody like I did." [K:FEELINGS]

(F-RF-023) I would look at the image of the younger sister and see that it's the child in myself.

(F-DR-042) I often have dreams with my sister, although I think she is me.

(F-RF-025) I would see the younger sister as myself.

(F-RF-029) but I would see my concern about my sister as that part of me that's younger still has not really finished with him,

(F-RF-030) my current self is trying to hide that away from her because she really hasn't processed that.

(F-RF-038) I put it in what is now my sister's closet and that would make it clear to me that that part of myself had not processed the whole thing, [K:CLOSET]

K:SISTER

(F-RF-046) besides being your sister's closet, which I
also think is highly relevant, the younger sister is also in
the sliding door . . .

(F-QF-019) Is the protectiveness of him similar to your
protectiveness of your sister. Were you with your younger
sister, was she at all shy?

(F-DR-078) No, she wasn't shy, but she was young.

(F-QF-020) Were you, in fact on some level her
protector?

(F-DR-079) Not so much in real life, but in my dreams.

(F-DR-080) She's often been in my dreams. In fact, she
once had this illness where she was going to die in the
dream, and I think it was me, actually.

(F-RM-053) your sister is the new opportunities for you.

(F-DR-082) Yes, that could very well be.

(F-RM-054) I just wonder if in your dream, that little
sister doesn't represent the potentials to follow what you've
already done that are now available.

(F-DR-082) Yes, that could very well be. [K:EXPOSED]

<<< END OF COMMUNICATION COMBINED BY KEYWORD >>>

Comparisons by Keyword

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
F-QF-001	F-DR-014	Closet	N/A	Plot	F
F-QF-004	F-DR-020	Sister	N/A	Plot	F
F-QF-005	F-DR-021	Family	N/A	Plot	F
F-QF-006	F-DR-022	Family	N/A	Plot	F
F-QF-006	F-DR-023	Family	N/A	Plot	F
F-QF-006	F-DR-024	Family	N/A	Plot	F
F-QF-012	F-DR-030	Exposed	N/A	Plot	F
F-QF-013	F-DR-031	Exposed	N/A	Plot	F
F-QF-014	F-DR-032	General	N/A	Plot	F
F-QF-017	F-DR-073	Feelings	Miss		F
F-QF-018	F-DR-074	Feelings	Miss		F
F-QF-019	F-DR-078	Sister	Miss		F
F-QF-020	F-DR-079	Sister	Miss		F

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
F-QF-021	F-DR-083	Ending	N/A		F
F-QM-002	F-DR-017	General	N/A	Plot	M
F-QM-003	F-DR-018	Feelings	N/A	Plot	M
F-QM-007	F-DR-025	General	N/A	Plot	M
F-QM-008	F-DR-026	General	N/A	Plot	M
F-QM-009	F-DR-027	General	N/A	Plot	M
F-QM-010	F-DR-028	General	N/A	Plot	M
F-QM-011	F-DR-029	General	N/A	Plot	M
F-QM-015	F-DR-033	Ending	N/A	Plot	M
F-QM-015	F-DR-034	Ending	N/A	Plot	M
F-QM-016	F-DR-035	Family	N/A	Plot	M
F-RF-001	F-DR-044	General	Hit	Yes	F
F-RF-002	F-DR-036	General	N/A		F
F-RF-003		General	N/A		F
F-RF-004		General	N/A		F
F-RF-010		Sister	N/A		F
F-RF-022	F-DR-057	Feelings	N/A		F
F-RF-023	F-DR-042	Sister	Hit	Yes	F
F-RF-024		Feelings	Miss		F
F-RF-025	F-DR-042	Sister	Hit	Yes	F
F-RF-026		Ending	N/A		F
F-RF-027	F-DR-049	Exposed	Hit		F
F-RF-028		Feelings	Hit		F
F-RF-029	F-DR-042	Sister	Hit	Yes	F
F-RF-030		Sister	Hit		F
F-RF-031		Feelings	Hit		F
F-RF-035		General	N/A		F
F-RF-038		Closet	Hit		F
F-RF-039	F-DR-067	Ending	Hit		F
F-RF-040	F-DR-067	Ending	Hit		F
F-RF-040		General	N/A		F
F-RF-041		General	N/A		F
F-RF-042	F-DR-070	Ending	Hit		F
F-RF-043	F-DR-070	Ending	Hit		F
F-RF-044	F-DR-070	General	N/A		F
F-RF-045		Closet	N/A		F
F-RF-046		Sister	N/A		F
F-RF-047		General	N/A		F
F-RF-048		General	N/A		F

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
F-RF-049	F-DR-037	Exposed	N/A	Plot	F
F-RF-050		Exposed	N/A		F
F-RF-051		General	N/A		F
F-RF-052		General	N/A		F
F-RF-056		General	N/A		F
F-RM-005	F-DR-050	Feelings	Hit		M
F-RM-006	F-DR-051	Ending	Hit		M
F-RM-006	F-DR-052	Feelings	Hit		M
F-RM-007		Exposed	N/A		M
F-RM-008	F-DR-049	Feelings	Hit		M
F-RM-008	F-DR-053	Feelings	Hit	Yes	M
F-RM-009		General	N/A		M
F-RM-010		Feelings	N/A		M
F-RM-011	F-DR-045	Family	Hit	Yes	M
F-RM-012	F-DR-066	Feelings	Hit		M
F-RM-012		Ending	Hit		M
F-RM-013		Ending	Hit	Yes	M
F-RM-014	F-DR-047	Family	Hit	Yes	M
F-RM-015	F-DR-048	Family	Hit		M
F-RM-016	F-DR-048	Family	Hit		M
F-RM-017		Sister	Hit		M
F-RM-018		Sister	Hit		M
F-RM-019		Family	N/A		M
F-RM-020		Exposed	N/A		M
F-RM-021	F-DR-045	Family	Hit	Yes	M
F-RM-032	F-DR-046	Masc.	Hit	Yes	M
F-RM-033	F-DR-046	Masc.	Hit	Yes	M
F-RM-034	F-DR-046	Masc.	Hit	Yes	M
F-RM-034	F-DR-049	Exposed	Hit	Yes	M
F-RM-037	F-DR-067	Ending	Hit		M
F-RM-053	F-DR-082	Sister	Hit		M
F-RM-054	F-DR-082	Sister	Hit		M
F-RM-055		General			M
F-RM-078		Sister	Hit		M
N-QM-001	N-DR-100	Sister	N/A	Yes	M
N-QM-002	N-DR-102	General	N/A		M
N-QM-003		General	N/A		M
N-QM-004		General	N/A		M
N-RF-025		Feelings	Hit		F

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-RF-026		Closet	N/A		F
N-RF-027	N-DR-143	General	Miss		F
N-RF-028	N-DR-144	Feelings	Miss		F
N-RF-029		Feelings	Miss		F
N-RF-030		Feelings	Hit		F
N-RF-031		Feelings	Hit		F
N-RF-084		Family	Hit		F
N-RF-085		Sister	Hit		F
N-RF-086		Feelings	N/A		F
N-RF-087		Sister			F
N-RF-088	N-DR-219	Family	N/A	Yes	F
N-RF-089		General	N/A		F
N-RF-090		Feelings	N/A		F
N-RF-091		Sister	Hit		F
N-RF-091a		Sister	Hit		F
N-RF-092		Sister	Hit		F
N-RF-093	N-DR-222	Sister	Hit	Yes	F
N-RF-094		Closet	Yes	Yes	F
N-RF-095	N-DR-226	Feelings	Hit	Yes	F
N-RF-096	N-DR-227	Closet	Miss		F
N-RF-096	N-DR-228	Closet	Miss		F
N-RF-097	N-DR-229	Feelings	Miss		F
N-RF-098	N-DR-230	Feelings	Hit		F
N-RF-099	N-DR-231	Feelings	Hit		F
N-RF-100		Closet	Hit		F
N-RF-101		Closet	N/A		
N-RF-102		Closet	N/A		
N-RF-102		Family	N/A		
N-RF-103		Family	N/A		F
N-RF-104		Family	N/A		F
N-RF-105		Family	N/A		F
N-RF-106		General	N/A		F
N-RF-107		General	Hit		F
N-RF-108		General	N/A		F
N-RF-109		General	N/A		F
N-RF-110		General	N/A		F
N-RF-111		General	N/A		F
N-RF-112		General	N/A		F
N-RF-113		General	N/A		F

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-RF-114		Feelings	N/A		F
N-RF-115		Feelings	N/A		F
N-RM-001	N-DR-101	Sister	N/A		M
N-RM-002	N-DR-103	Closet	Hit		M
N-RM-003	N-DR-104	Ending	N/A	Yes	M
N-RM-003	N-DR-105	Feelings	Hit		M
N-RM-004	N-DR-122	Closet	Hit	Yes	M
N-RM-005	N-DR-129	Feelings	Hit		M
N-RM-006		Feelings	N/A		M
N-RM-007		Feelings	N/A		M
N-RM-008		Feelings	Hit		M
N-RM-009		General	N/A		M
N-RM-010		General	N/A		M
N-RM-011		Sister	N/A		M
N-RM-012		Feelings	N/A		M
N-RM-013	N-DR-128	Ending	Hit		M
N-RM-014		Feelings	Hit	Yes	M
N-RM-015		Feelings	Hit	Yes	M
N-RM-016		Feelings	Hit	Yes	M
N-RM-017		Closet	N/A		M
N-RM-018	N-DR-129	Feelings	Hit		M
N-RM-018	N-DR-130	Feelings	Hit	YES	M
N-RM-018	N-DR-131	Feelings	Hit	YES	M
N-RM-019		Closet	N/A		M
N-RM-020		Exposed	Hit		M
N-RM-021		Feelings		N/A	M
N-RM-022		Exposed	N/A		M
N-RM-023		Exposed	N/A		M
N-RM-024		Feelings		N/A	
N-RM-032		General	Hit		M
N-RM-033	N-DR-146	General	Miss	Yes	M
N-RM-033	N-DR-147	General		Yes	M
N-RM-033	N-DR-148	Feelings	Miss		M
N-RM-034	N-DR-149	Feelings	Hit		M
N-RM-034	N-DR-150	Feelings	Hit	Yes	M
N-RM-034	N-DR-151	Feelings	Hit	Yes	M
N-RM-035		Ending	Hit		M
N-RM-036		Ending	Hit		M
N-RM-037		Exposed	Hit		M

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-RM-038	N-DR-152	Feelings	Hit	Yes	M
N-RM-039	N-DR-153	Feelings	Hit		M
N-RM-040	N-DR-157	Feelings	Hit		M
N-RM-041	N-DR-158	Feelings		Yes	M
N-RM-042	N-DR-167	Family	Miss	Yes	M
N-RM-043	N-DR-177	Closet	Miss		M
N-RM-044	N-DR-180	Ending	Miss	Yes	M
N-RM-045		Feelings			M
N-RM-046	N-DR-183	Feelings	Hit		M
N-RM-047	N-DR-184	Feelings	Hit		M
N-RM-048	N-DR-185	Feelings	Hit		M
N-RM-049		Exposed			M
N-RM-050		Feelings			M
N-RM-051		Feelings			M
N-RM-052	N-DR-196	Feelings	Hit		M
N-RM-053		Exposed			
N-RM-054		Exposed			
N-RM-055		Feelings	Hit		M
N-RM-056		Exposed	Miss		M
N-RM-057		Family	Hit		M
N-RM-058	N-DR-200	Feelings	Hit	Yes	M
N-RM-059	N-DR-192	Feelings	Hit	Yes	M
N-RM-060	N-DR-198	Feelings	Hit	Yes	M
N-RM-060	N-DR-201	Feelings	Hit	Yes	M
N-RM-061		Family	Hit		M
N-RM-062	N-DR-197	Ending	Hit		M
N-RM-062		Ending	Hit		M
N-RM-063		Sister			M
N-RM-064		Sister			M
N-RM-065		Sister			M
N-RM-066		Sister			M
N-RM-067		Closet			M
N-RM-067		Sister			M
N-RM-068		Sister			M
N-RM-069		General			M
N-RM-070		General			M
N-RM-071		General			M
N-RM-072	N-DR-206	Closet	Hit		M
N-RM-073		Closet			M

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-RM-074		Closet			M
N-RM-075	N-DR-207	Family	Hit		M
N-RM-076		Closet	Hit		M
N-RM-077		Feelings	Hit		M
N-RM-078		Feelings	Hit	Yes	M
N-RM-079	N-DR-208	Feelings	Hit		M
N-RM-080	N-DR-210	Feelings	Hit		M
N-RM-081	N-DR-212	Feelings		Yes	M
N-RM-082		Feelings			M
N-RM-083	N-DR-214	Feelings	Hit		M
N-RM-083	N-DR-215	Feelings	Hit	Yes	M
N-RM-083	N-DR-216	Feelings	Hit	Yes	M
N-RM-083	N-DR-217	Feelings	Hit	Yes	M
N-RM-083	N-DR-218	Feelings	Hit	Yes	M
N-RM-087		Sister			
F-DR-001		General	Plot	N/A	
F-DR-002		Family	Plot	N/A	
F-DR-003		Family	Plot	N/A	
F-DR-004		Sister	Plot	N/A	
F-DR-005		Ending	Plot	N/A	
F-DR-007		Closet	Plot	N/A	
F-DR-008		Exposed	Plot	N/A	
F-DR-009		Feelings	Plot	N/A	
F-DR-009		Feelings	Plot	N/A	
F-DR-010		Feelings	Plot	N/A	
F-DR-011		Exposed	Plot	N/A	
F-DR-012		Exposed	Plot	N/A	
F-DR-013		Family	Plot	N/A	
F-DR-014		Closet	Plot	F	
F-DR-015		Closet	Plot	F	
F-DR-016		Closet	Plot	F	
F-DR-019		Feelings	Plot	M	
F-DR-023		Family	Plot	F	
F-DR-024		Family	Plot	F	
F-DR-034		Family	Plot	N/A	
F-DR-036		General	Plot	N/A	
F-DR-038		General	Yes	N/A	
F-DR-039		Ending	Yes	N/A	

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
F-DR-040		General	Yes	N/A	
F-DR-041		General	Yes	N/A	
F-DR-043		General	Yes	N/A	
F-DR-050		Feelings	Yes	N/A	
F-DR-051		Feelings	Yes	N/A	
F-DR-052		Feelings	Yes	N/A	
F-DR-054		Feelings	Yes	N/A	
F-DR-055		Feelings	Yes	N/A	
F-DR-056		Feelings	Yes	N/A	
F-DR-057		Feelings	Yes	F	
F-DR-058		General	Yes	N/A	
F-DR-059		General	Yes	N/A	
F-DR-060		General	Yes	N/A	
F-DR-061		General	Yes	N/A	
F-DR-062		General	Yes	N/A	
F-DR-063		Feelings	Yes	N/A	
F-DR-064		Feelings	Yes	N/A	
F-DR-065		Feelings	Yes	N/A	
F-DR-066		Feelings	Yes	N/A	
F-DR-067		General	Yes	N/A	
F-DR-068		General	Yes	N/A	
F-DR-069		General	Yes	N/A	
F-DR-070		Ending	Yes	N/A	
F-DR-071		General	Yes	N/A	
F-DR-072		General	Yes	N/A	
F-DR-075		Feelings	Yes	N/A	
F-DR-076		Feelings	Yes	N/A	
F-DR-077		General	Yes	N/A	
F-DR-080		Sister	Yes	N/A	
F-DR-081		General	Yes	N/A	
F-DR-084		General	Yes	N/A	
F-DR-085		General	Yes	N/A	
N-DR-106		Feelings	Yes	M	
N-DR-107		General	Yes	M	
N-DR-108		Feelings	Yes	M	
N-DR-109		Feelings	Yes	M	
N-DR-110		Feelings	Yes	M	
N-DR-111		General		Yes	M
N-DR-112		General		Yes	M

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-DR-113		General		Yes	M
N-DR-114		General		Yes	M
N-DR-115		General		Yes	M
N-DR-116		General		Yes	M
N-DR-117		General		Yes	M
N-DR-118		Feelings		Yes	M
N-DR-119		Feelings		Yes	M
N-DR-120		General		Yes	M
N-DR-121		N/A	N/A	N/A	N/A
N-DR-122		N/A	N/A	N/A	N/A
N-DR-123		Feelings		Yes	M
N-DR-124		Feelings		Yes	M
N-DR-125		General		Yes	M
N-DR-126		General		Yes	M
N-DR-127		General		Yes	M
N-DR-132		Feelings		Yes	M
N-DR-133		Feelings		Yes	M
N-DR-134		General		Yes	M
N-DR-135		Feelings		Yes	M
N-DR-136		Feelings		Yes	M
N-DR-137		Feelings		Yes	M
N-DR-138		Feelings		Yes	M
N-DR-139		Feelings		Yes	M
N-DR-140		Feelings		Yes	M
N-DR-141		Feelings		Yes	M
N-DR-142		Feelings		Yes	M
N-DR-145		General		Yes	F
N-DR-153		Feelings		Yes	M
N-DR-154		Feelings		Yes	M
N-DR-155		Feelings		Yes	M
N-DR-156		Feelings		Yes	M
N-DR-159		Feelings		Yes	M
N-DR-160		Feelings		Yes	M
N-DR-161		Feelings		Yes	M
N-DR-162		Feelings		Yes	M
N-DR-163		Feelings		Yes	M
N-DR-164		Feelings		Yes	M
N-DR-165		Feelings		Yes	M
N-DR-166		Feelings		M	

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-DR-168		Feelings		Yes	M
N-DR-168		General		Yes	M
N-DR-169		Feelings		Yes	M
N-DR-170		Family		Yes	M
N-DR-170		Feelings		Yes	M
N-DR-171		Family		Yes	M
N-DR-171		Feelings		Yes	M
N-DR-172		Feelings		Yes	M
N-DR-173		Feelings		Yes	M
N-DR-174		Feelings		Yes	M
N-DR-175		Feelings		Yes	M
N-DR-176		Feelings		Yes	M
N-DR-178		N/A	N/A	N/A	N/A
N-DR-179		N/A	N/A	N/A	N/A
N-DR-181		Feelings		Yes	M
N-DR-182		Feelings		Yes	M
N-DR-183		Feelings		Yes	M
N-DR-184		Feelings		Yes	M
N-DR-185		Feelings		Yes	M
N-DR-186		General		Yes	M
N-DR-187		General		Yes	M
N-DR-188		General		Yes	M
N-DR-189		General		Yes	M
N-DR-190		General		Yes	M
N-DR-191		General		Yes	M
N-DR-191		General		Yes	M
N-DR-193		Feelings		Yes	M
N-DR-194		Feelings		Yes	M
N-DR-195		Feelings		Yes	M
N-DR-199		Feelings		Yes	M
N-DR-202		Feelings		Yes	M
N-DR-203		Feelings		Yes	M
N-DR-204		Feelings		Yes	M
N-DR-205		Feelings		Yes	M
N-DR-206		Closet		Plot	N/A
N-DR-211		Feelings		Yes	M
N-DR-213		Feelings		Yes	M
N-DR-215		Feelings		Yes	M
N-DR-221		General		Yes	F

Group	Dreamer	Keyword	Hit/Miss	Info	M/F
N-DR-223		Feelings		Yes	F
N-DR-224		Feelings		Yes	F
N-DR-225		Feelings		Yes	F
N-DR-232		General		Yes	F
N-DR-233		General		Yes	F
N-DR-234		General		Yes	F
N-DR-235		General		Yes	F
N-DR-236		General		Yes	F
N-DR-237		General		Yes	F
N-DR-238		Feelings		Yes	F
N-DR-239		General		Yes	F
N-DR-240		General		Yes	F
N-DR-241		General		Yes	F
N-DR-242		General		Yes	F
N-DR-243		General		Yes	F
N-DR-244		General		Yes	F

Appendix B. Topics Posted to Forums

Compuserve's New Age Forum on 6/10/93

(Verbatim listing - typos are common)

TOPIC   NO.REPLIES

Father's Dreams   8
DREAMLTGHTtm   4
Lucid Dreram /Joni   58
Lucid Dreram /Joni (Contd)   0
Channeling Perspectives   2
ato   2
LD's & THE DREAMLIGHTtm   2
nightmare   7
Parapsychology   1
Channeling Perspectives   5
ACIM   4
Rick's Dreams   27
Shifting Consciousness   2
DREAMLIGHTtm   3
OBE's   2
                    <<< End Compuserve >>>

The Dreams Conference on The WELL

(Verbatim listing - typos are common)

TOPIC - NUMBER OF RESPONSES - HEADER

  1   4 About the Dream Conference
  2   71 Introductions
  3   22 Post your Dreams: NonResponse
  4   33 Flying Dreams
  5   65 Nightmares
  6   34 Recurring Dreams
  7 253 Awake in Your Sleep: Lucid Dreaming & How to (II)
  8   28 How to Remember Your Dreams
  9   22 Humorous Dreams
 10 151 Dreams
 11   15 Dream Fragments
 12   8 Dream Teachers, Mentors and Guides

```
13  10  Dream Themes
14   8  Group Dreaming and Dreamwork
15   5  Cycles and seasons
16   1  Pregnancy NIghtmares
17  14  Dreams of Transformation
18   5  High-tech Dream Symbols
19  15  Water Dreams
20   5  Waking Dreaming
21  25  Buddhist Dreams
22   2  Dreaming Beyond the Twilight Zone
23   8  Resources: Books, Articles, Groups Related to Dreams
24   5  The Dream as Doctor
25  21  Dream Cycles
26   2  The Computer/Dream Analogy
28  73  Wet Dreams
29   3  Quake/Dreams
30   0  "How's your sleep?"
31   7  Perspectives on Dreaming
32   4  On Dreams and Death
33  16  Conscious Dreaming
34  64  Dreaming, Psychedelics, and Elastic Time
35  41  Do you dream in color?
36  18  Tips for the Beginner
37   6  WELL Dreams
38   6  Talking Dreams
39  20  Hypnagog For A Day
40   5  Baby dreams
41  45  Prophetic Dream on Trial
42  13  Nested Dreaming
43  36  Prophetic Dreams
44  10  THE DREAMING IMPERATIVE
45   5  Dream Circle
46  32  Dhawk's Dream Journal
47   3  Dreams as Metaphor
48 169  Sunshine Daydream
49  19  Animals in Dreams
50  96  I'm Dreaming of the WELL. . .
52   2  Red Emma's incubated dream messages
53  19  A dream itself is but a shadow
54   7  Persian Gulf Lucid Dream Peace Initiative
55 124  An enterprise of love, light, and heart-to-heart
         communication
56   8  Dreams of Theft
57   2  Do you have a Style of Dreaming
58   4  Apocalyptic Dreamscapes Here
59  10  DreamBox
60  71  Spiritual Dreams
61  13  Dream Memories
62  88  I'll See You In My Dreams. . ..
63   1  Intrusions: Sorry, But I'd Rather Be Dreaming
              <<< End The WELL >>>
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UseNet's alt.dreams Conference

(Verbatim listing - typos are common)

DATE
TOPIC NO. & TITLE   SEQUENCE & POSTED BY

6/05/93
1*Re: Tornado Man. .too   4   mottm@pdav01.research.aa.
6/06/93
2*What is this symbol?   2   cg18fbd@icogsci6.ucsd.edu
3*Dreams of elevators? <- 2nd 4   robg@citr.uq.oz.au
6/07/93
4*HELP!-my teeth are falling 3   annalea@its.COM
5*Weird Sexual Dream   1   worleys@pell2l24.alleg.ed
6/08/93 6*Dreams   3   SHADOW@PHYSICS.watstar.uw
7*Obsessed with Money?   6   rodmac@bnr.ca
8*WHAT DOES IT ALL MEAN?   4   brutha@carson.u.washingto
9*Re: Prior Incarnation as   1   a-katem@microsoft.com
6/09/93
10*OOBEs (Out Of Body Exp)   1   attias@ghost.dsi.unimi.it
11*Raining in my dream. .   3   kkretsch@unix1.tcd.ie
12*Marionette duck. . .   1   WJ61@lafibm.lafayette.edu
13*thoughts about lucid   12   gerding@waikato.ac.nz
6/10/93
14*Color of your dreams   8   u8705490@wraith.cs.uow.ed
15*Interpreter of Dreams   1   xaemyl@netcom.com
16*CNN on my mind :-)   1   s_titz@ira.uka.de
17*Interpreting Dreams.   1   00180940@ysub.ysu.edu
6/11/93
18*<None>   1   gerding@waikato.ac.nz
19*Symbolism of crows?   5   eliza@nvg.unit.no
20*re: Tornado dreams   1   rolfes@xavier.xu.edu
21*Final Warning   2   donw@cscns.com
22*A first lucid dream   1   burress@twics.co.jp
6/12/93
23*Dream Catcher Necklace   1   mdifulvi@bilbo.encore.com
24*Partial Lucid Dream and   1   SFADDEN@UCSVAX.UCS.UMASS.
25*Pt 1/2: Obsessed w Money? 1   Laura.Dale@f2007.n282.z1.
26*Pt 2/2: Obsessed w Money? 1   Laura.Dale@f2007.n282.z1.
27*WHAT DOES IT ALL MEAN?   1   Laura.Dale@f2007.n282.z1.
28*Re: "Classic" symbolism   1   ad309@Freenet.carleton.ca
6/13/93
29*A daydream   1   straycat@impch
30*test   1   Raistlin@csdnov3.unb.ca

<<< End alt.dreams >>>

Delphi New Age Network Forum Threads

(Verbatim listing - typos are common)

```
 MSG     DATE  FROM        TO          TOPIC - SUBJECT

78903  19-AUG NAMA      JHERBERT      Gen RE: Dream Group Forming
78904  19-AUG MGT61       NAMA        Gen RE: knower of truth
78905  19-AUG MGT61       NAMA        Gen RE: Support your local
                                           DiamondGirl
78906  19-AUG ANNELK      PEABEE      Gen RE: Support your local
78908  19-AUG ANNELK      NAMA        Gen RE: Clarissa's Travels
78909  19-AUG NAMA        MGT61       Gen RE: knower of truth
78912  19-AUG SARACAT     NAMA        Gen a question
78913  19-AUG SARACAT     ADRIADA     Gen hello
78917  19-AUG SJK_ASTROLGR YRURFU     Gen RE: knower of truth
78921  19-AUG SARACAT     NAMA        Gen RE: mothers and kitties
78922  19-AUG YRURFU      PEABEE      Gen RE: a very long post
78923  19-AUG YRURFU      SARACAT     Gen RE: mothers and kitties
78924  19-AUG YRURFU      TCARNES     Gen RE: a very long post
78925  19-AUG YRURFU      HEYOKA      Gen RE: knower of truth
78926  19-AUG YRURFU      JHERBERT    Gen RE: Dream Group Forming
78927  19-AUG YRURFU      BVSELWYN    Gen RE: SOBER!!! (egads!)
78928  19-AUG YRURFU      NAMA        Gen RE: knower of truth
78929  19-AUG YRURFU      NAMA        Gen RE: SOBER!!! (egads!)
78930  19-AUG YRURFU      ADRIADA     Gen CLEAN APARTMENT
78931  19-AUG YRURFU      NAMA        Gen RE: a very long post
78932  19-AUG YRURFU      MGT61       Gen RE: knower of truth
78933  19-AUG DIAMONDGIRL  SARACAT    Gen RE: a question
78934  19-AUG DIAMONDGIRL JHERBERT    Gen RE: Dream Group Forming
78935  19-AUG VOILA       PHXHAWK     Gen RE: Lakota Spirituality
78936  19-AUG VOILA       DANMCINTOSH Gen RE: Clarissa's Travels
78937  19-AUG VOILA       PEABEE      Gen RE: Support your local
78938  19-AUG VOILA       NAMA        Gen RE: first blood
78939  19-AUG VOILA       YRURFU      Gen RE: SOBER!! (egads!)
78940  19-AUG VOILA       YRURFU      Gen RE: SOBER!! (egads!)
78941  19-AUG JHERBERT    DIAMONDGIRL Gen RE: Dream Group Forming
78942  19-AUG MGT61       NAMA        Gen RE: knower of truth
78943  19-AUG MGT61       SJK_ASTROLGR Gen RE: knower of truth
78944  19-AUG YRURFU      SJK_ASTROLGR Gen RE: knower of truth
78945  19-AUG HEYOKA      NAMA        Gen RE: Lakota Spirituality
78946  19-AUG HEYOKA      RAMMOTS     Gen RE: Some input, if you
78947  19-AUG HEYOKA      WILDTURKEY  Gen RE: music
78950  19-AUG HEYOKA      MKWILLIAMS  Gen RE: SOBER!! (egads!)
78952  19-AUG YRURFU      DIAMONDGIRL Gen RE: Dream Group Forming
78954  19-AUG SUNTIME     ALL         Gen :)
78955  19-AUG JHERBERT    YRURFU      Gen RE: Dream Group Forming
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                    <<< End alt.dreams >>>

<u>Delphi Initial Postings About Dreamwork</u>

REQUEST FOR INFORMATION:
      I am a new user and have not received my manual. I am
looking for discussions on dreams. Where can I find them.
Thanks, jherbert

FIRST QUESTION REGARDING GROUP DREAMWORK:
      Would anyone be interested in forming a group for
working on dreams? It would involve working with another's
dream as if it were your own. There is some structure
required, and a commitment of some (not much) time. Let me
know, and I will e-mail you more details about the process
and my specific interest. I just upgraded my profile, so that
could be a starting place. Thanks, John

FIRST RESPONSES:

MAIL>   #2   26-JUN-1993 11:46:14.47 MAIL
From: BOS::HGWYMAN
To: JHERBERT
Subj: Dreams
      Hi, I read a message that you left on the service forum
about dreams. One area that you might consider trying is
through the internet. I have found subjects similar to yours
by accessing the gopher. The internet contains so much
info.that one has not the time to see it all, but I try
anyway. I wish you luck with your work and maybe we'll cross
paths again sometime, Jerry   hgwyman@delphi.com or
72603.3113@compuserve.com

MAIL>   #3   26-JUN-1993 17:52:20.36 MAIL
From: BOS::MEGLOU
To: JHERBERT
Subj: Group dreamwork
John-
      I don't know where you can find more postings on the
subject of dreams. However, it sounds like an interesting
project. If you should decide to pursue it and need people to
participate, I'd be interested. I'm not into the whole "new
age" movement. I am interested in dreaming and dream
interpretation, also in lucid dreaming.
      Good luck. If I notice anything, I'll try to let you
know about it. Meg

MAIL>   #4   27-JUN-1993 00:03:19.84 MAIL
From: BOS::DIAMONDGIRL
To: JHERBERT
Subj: Group Dreamwork
Hello!
Not sure if I'd be interested in participating, but I'd like

to hear more about what you'd do with such a group. Karen
MAIL>   #5   27-JUN-1993 13:48:42.42 MAIL
From: BOS::GARRETT6592
To: JHERBERT
Subj: RE: Group dreamwork (Re: Msg

     John, please keep me informed on your Dreamwork project.
I'd like to know more, and possibly be involved when you get
started.   Bill.

                    <<< End Delphi >>>

Seniornet Initial Postings About Dreamwork

        Seniornet index of initial postings.

Anyone interested?   JHerbert   08/27/93
Jherbert   Connie CA   08/27/93
Dreamwork   Ninka   08/27/93
Dreams   Innana   08/28/93
Dreamworkshop   GinnySF   08/28/93
Dream working   Jo Gib   08/28/93
Dreams/Dream working   GinnySF   08/28/93
DREAM WORKING   BeverlyH   08/28/93
J Herbert   LillianPa   08/28/93
Herb WOBrown599   08/28/93
J Herbert   Joy in MD   08/28/93
J Herbert   MarynS   08/29/93
Dream working   BOMB9   08/29/93
Awaiting   MikeBerla   08/29/93
Dream working   JHerbert   09/02/93

        Seniornet detail postings.

+++
Subj: Anyone interested? 93-08-27 00:30:44 EDT
From: JHerbert
     I conduct group dreamwork (usually 6-8 members meeting
weekly) using Montague Ullman's "If it were my dream" method
of sharing. I would like to see if it is possible for similar
group dreamwork to be carried out via our forums or
conferences. One member presents a dream, and the others take
the dream as if it were their own, sharing their feelings,
thoughts, and projections about the meaning of the metaphors.
     If you have questions or think you might be interested,
please post responses (or e-Mail me if you prefer). Thanks,
John (jherbert)

+++
Subj: JHerbert   93-08-27 22:01:41 EDT
From: Connie CA
     I think what you are proposing is very interesting and I
suspect that many on SeniorNet will concur. I have never
attended such a workshop nor participated in anything
similar. I am a novice. - Connie

+++
Subj: Dreamwork   93-08-27 23:45:03 EDT
From: Ninka
     I am very interested in dreams, particularly in lucid
dreams, and I should like to take part. Karen

+++
Subj: Dreams   93-08-28 02:47:36 EDT
From: Innana
     I would be very interested this topic. When begin??..How
do u see format??

+++
Subj: Dreams/Dream working   93-08-28 14:51:15 EDT
From: GinnySF
     I have a most stubborn unconscious, that makes me angry
quite often.

     Here's why I want to participate. Many years ago (late
'50s) I started therapy with a non-traditional psychiatrist.
On our first visit he requested I keep a pad & pencil by my
bed and write down my dreams the minute I awakened. So, after
1 1/2 years of therapy, I couldn't remember a single dream,
and it took about 4 yrs. after that end of therapy (1 1/2
yrs.) to remember any of them! I laugh about it now, but was
furious at the time. Want to see if it will cooperate with my
conscious now.

+++
Subj: Dream working   93-08-28 08:53:25 EDT
From: Jo Gib
     Are we females the only ones who dream? Or are we the
only ones interested in exploring them? Count me in.

+++
Subj: Dream workshop   93-08-28 03:25:21 EDT
From: GinnySF
     I, too, am fascinated & eager to work with the group.
Let us know where, when & methodology.

+++
Subj: DREAM WORKING   93-08-28 21:50:01 EDT
From: BeverlyH
     I am very interested. Read the works of Eugene T.
Gendlin, creator of "Focusing" and applied his techniques to
my dream interpretations. Very helpful and really fun. .
.even when the dreams were anything but.Will look forward
with interest to what we can do here. Bev

+++
Subj: J Herbert   93-08-28 21:57:42 EDT
From: LillianPa
Count me in too. . ..Great subject!!!!!

+++
Subj: Herb   93-08-28 22:39:50 EDT
From: WOBrown599
I'll try anything once. What is the plan? WO

+++
Subj: J Herbert   93-08-28 23:34:19 EDT
From: Joy in MD
Sounds interesting, count me in. Will be interested in
learning details.

+++
Subj: J Herbert   93-08-29 00:06:57 EDT
From: MarynS
If you have room for another one, I would really like to take
part.   Mary N

+++
Subj: Dream working   93-08-29 15:35:11 EDT
From: BOMB9
     I have extremely interesting dreams and remember the
latest ones enough to write down! Like to find out more about
this project,but only if it doesn't affect the quality of the
one's I'm now enjoying. Talk about Adventures!

+++
Subj: Awaiting   93-08-29 21:15:50 EDT
From: MikeBerla
. . .developments herein with interest. Dream On!

+++
Subj: Dream working   93-09-02 00:36:01 EDT
From: JHerbert
Well Great! I thought I might be out in Never-Never Land by
myself.

Connie: You do not have to be an expert, just the ability to share what you feel and think.

Ginny: Make it easy for yourself: Pad & Pen/pencil by the bed. Write down anything at all that you remember, but write it down as soon as you can. It is amazing how fast you can pick up the process.

Jo: Yes, there seem to be more women than men, but men can contribute a lot to the process if they want to.

WO and INNANA: The plan will be whatever works best for the group. I have some guidelines I would like to follow if possible, and I will post some general thoughts and the group can comment.

Mary N: I really do not know if there is practical limit to group size. We can try the first dream with everyone participating, and if it gets too unwieldy, we can limit group size and just have more than one group going. The reason for the limit of about 8 is that meeting once a week, each member only gets to present a dream every two months and that is about the maximum that is comfortable. If we have a large group, we could also simply run 2 sections (processing 2 dreams) with the same large group - I think the dynamics would be great.

If you want an excellent overview of Ullman's process, read Chapter 1 "The Experiential Dream Group" in Ullman & Limmer's "The Variety of Dream Experience."
Thanks all, I will be making additional postings shortly.

<<< End Seniornet >>>

.America Online

     AOL index of initial postings.

  TITLE OF POSTING   POSTED BY   DATE
  Group dreamwork?   Jherbert   03/10/94
  to Jherbert   Alefty   03/10/94
  Re:Group dreamwork?   HikerKay   03/11/94
  Re:Group dreamwork?   JUNGIAN950   03/12/94
  Re:Group dreamwork?   AmySchwO   03/14/94
  dreamworkshop   JUNGIAN950   03/15/94

AOL detail postings.

Subj: Group dreamwork?   94-03-10 21:02:43 EST
From: JHerbert
        Is anyone interested in joining a group to do group
dreamwork? We have had 5 dreams processed by groups on the
Seniornet side. I am interested in seeing if anyone on the
AOL side is interested. Please post your possible interest
here or E-Mail me and indicate that you are on AOL.
        If there is interest, I will post information on the
process, which follows, as closely as possible, the "If it
were my dream" approach of Montague Ullman. Thanks, John

+++
Subj: to JHerbert   94-03-10 23:32:27 EST
From: Alefty
I'm very interested in dreams and would like to know more
about this process. Alefty

+++
Subj: Re:Group dreamwork?   94-03-11 23:11:09 EST
From: HikerKay
Am very interested in group dreamwork but don't know much
about the process you refer to since I am new to dreamwork
(also new to aol). Would like more info. Thanks.

+++
Subj: Re:Group dreamwork?   94-03-12 16:28:03 EST
From: JUNGIAN950
i too am new to aol and have been interested in dreamwork for
many years. i put on dreamworkshops and have worked with
robert johnson, linda leonard and jeff raff. anyone
interested, contact me.

+++
Subj: Re:Group dreamwork?   94-03-14 19:28:50 EST
From: AmySchwO
I would be interested in learning more about group dreamwork.
I have been working with my own dreams for the last year but
am not familiar with the group process.

<<< End AOL >>>

Appendix C. Supporting Statements

The Flow Of An Email Dream Group

In A Brief History Of Electric Dreams Dream Sharing
http://www.asdreams.org/asd-13/2lb12_1.htm

The Flow Of An Email Dream Group

1.--INVITATION TO JOIN GROUP--
Before any group can begin it must have members. We routinely
post invitations to join the dream wheels in various spots on
the Internet. Invitations are also e-mailed to interested
persons.

2.--INSTRUCTIONS / SENDING IN DREAMS--
Once members have joined it is time to begin. Instructions
briefly outlining the whole process are sent to everyone in
the group. Included with these instructions is a schedule
that sets dates for the group. In addition a request is sent
requesting that dreams to be considered for use in the group
be sent to the moderator. Once all dreams are received the
moderator randomly selects the dream(s) for the group.

3.--DREAM SENT TO ALL ON LIST--
The dream(s) selected by the moderator is sent to everyone in
the group along with the instructions regarding the technique
used in asking questions of the dreamers.

4.--QUESTIONS SENT FROM ALL IN GROUP--
Following the instructions sent with the dream, the group the
members have a chance to ask "clarification" questions. These
questions are directed at the dreamers, but are sent to
everyone in the group.

5.--DREAMER HAS A CHANCE TO ANSWER QUESTIONS--
As the questions are sent to the group the dreamers have the
option to answer, or not answer, them.

6.--COMMENT INSTRUCTIONS SENT BY MODERATOR--
Once the dreamers have answered questions the moderator sends
out a note to all group members to take the dreams as their
own. Once the moderator sends these instructions it is time
for the group members to begin commenting on the dream.
* Although a schedule is set at the beginning of the group
the dates set for the beginnings and endings of phases are
sometimes changed by the moderator to allow for special
circumstances (example: questions dreamer's answers are in
ahead of schedule so moderator sends out "comment"

instructions early. OR, questions are slow to come in so
moderator extends time allowed for questions to be sent).

7.--COMMENTS SENT FROM ALL IN GROUP--
Group members send their "If this were my dream..." comments
to everyone in the group.

8.--DREAMER HAS A CHANCE TO RESPOND TO COMMENTS--
Once all comments are in the dreamers are given the chance to
respond to the comments. Sometimes the dreamers choose to
share with the group any insights they may have gained in the
process of answering questions and reading comments.

9.--MODERATOR CLOSES GROUP--
At this point the moderator brings the group to a close by
sharing some closing thoughts on the group, offering next
meeting time and place.

          <<< End The Flow Of An Email Dream Group >>>

Informed Consent Form

Date: 21 Feb 1995 23:41 EST
From: Participant
Subj: Re: IC Form
To: JHerbert

E-MAIL/INFORMED CONSENT FORM

Sent to <Participant> 2/20/95

Dear (Participant's first name)

     As you may or may not recall, I am a graduate student
attending the Saybrook Institute Graduate School, 450
Pacific, 3rd Floor, San Francisco, CA 94113. I propose to
draw on group dream work postings for research that is a part
of the requirements to fulfill a doctoral program at
Saybrook.
     The following information is provided to you in order
that you will be as informed as possible about how you can
participate in this research. If you have any questions
regarding this information, or any aspects of this study,
please feel free to ask me.

Principle Investigator: John W. Herbert, <jherbert@aol.com>
P. O. Box 479, Ketchum, ID 83340-0479, or P. O. Box 9250,
Treasure Island, FL 33740-9250 208-726-9448 (Idaho) or 813-
360-6161 (Florida)

Purpose: The purpose of my research is to find out if group dream work, patterned after methods developed by Montague Ullman, MD., is possible or practical on a Bulletin Board Service. Is it possible to utilize strategies found in the Ullman process of working with dreams in a non-face-to-face environment, specifically by utilizing an electronic network bulletin board conference as the meeting place? If it is possible, what elements or characteristics are required for a successful ongoing dream study group utilizing Ullman's "If it were my dream" approach? If it is not possible, what elements are detrimental to the process or prevent practical use of the electronic medium? Any participant may request a report of the results of this research.

Benefits: Participants who join in group dream work usually benefit by obtaining a new perspective of what a dream metaphor might mean in the framework of a personal life.

I would hope that this study will be a benefit to society. Face-to-face group dream work is limited to specific geographical locations. The electronic network community is not dependent upon geography.

Procedures: Group Dream Work has been conducted over the period from 10/10/93 through the current date. Public postings and E-Mail exchanges have been saved and will constitute part of the data for the research. One or more group postings may be presented in their entirety to illustrate the process. No real or screen names (profiled or unprofiled) will be used in presenting the research results.

A questionnaire will be sent to potential participants. Participation and response is voluntary, but all answers would be helpful and would also constitute part of the data for this study.

Safeguards: Protection of the dreamer has been and is of primary importance. Every attempt has been made to keep postings unprofiled. The sharing of feedback by the dreamer has always been voluntary.

Risks: The group work and proposed data collection have been structured to minimize risks to participants. The only risk to participants who are not familiar with dream work is possibly the inadvertent exposure of sensitive or confidential material. Under normal conditions, I know of no foreseeable risks.
If you have any concerns or questions, please contact me by E-Mail <jherbert> or phone collect to 208-726-9448 or 813-360-6161. You may also contact my Committee Chair, Thomas Greening, Ph.D., <tgreening@igc.apc.org>, 310-474-0064, or

the Chairperson of the Saybrook Institutional Review Board,
David Lukoff, Ph.D. <lukoff@aol.com>, 707-763-3504.

Disclaimer: Participation in this study does not put
participants at risk for emotional or physical injury.
However, Saybrook Institute will not provide compensation nor
medical care in the unlikely event injuries are incurred as a
result of participation in this research project.

Summary Report: At the conclusion of this research project, a
summary report containing the results and outcomes of the
study will be available. If you would like to receive an E-
Mail copy, please indicate this when you return this informed
consent form.

Informed Consent: It is now time for me to enter the
documentation phase of my research and to integrate my
experiences with reported experiences of dream group members.
I am therefore asking your permission to include your
postings to Dream Group 3 and/or E-Mail communications as a
source for my research. If this is agreeable with you, please
return copies of this communication via e-mail to *both*
addresses:

Address: <say.project@conf.igc.apc.org>   cc: <jherbert>
Subject: Informed Consent Form

Thank you for your participation. John Herbert

I consent

Participant

                <<< End Informed Consent Form >>>

Dreamwork Ethics Statement

            Association For The Study Of Dreams (ASD)

     ASD celebrates the many benefits of dreamwork, yet
recognizes that there are potential risks. ASD supports an
approach to dreamwork and dream sharing that respects the
dreamer's dignity and integrity; and which recognizes the
dreamer as the decision-maker regarding the significance of
the dream. Systems of dreamwork that assign authority over,
or knowledge of, the dream's meanings to someone who is not
the dreamer can be misleading, incorrect, and harmful.
Ethical dream work helps the dreamer work with his/her own

dream images, feelings, and associations, and guides the dreamer to more fully experience, appreciate, and understand the dream.

Every dream may have multiple meanings, and different techniques may be reasonably employed to touch these multiple layers of significance.

A dreamer's decision to share or discontinue sharing a dream should always be respected and honored. The dreamer should be forewarned that unexpected issues or emotions may arise in the course of dreamwork. Information and mutual agreement about the degree of privacy and confidentiality are essential ingredients in creating a safe atmosphere for dream sharing.

Dreamwork outside the clinical setting is not a substitute for psychotherapy, or other professional treatment, and should not be used as such.

ASD recognizes and respects that there are many valid and time-honored dreamwork traditions. We invite and welcome the participation of dreamers from all cultures. There are social, cultural, and transpersonal aspects to dream experience. In this statement we do not mean to imply that the only valid approach to dreamwork focuses on the dreamer's personal life. Our purpose is to honor and respect the person of the dreamer as well as the dream itself, regardless of how the relationship between the two may be understood.

(Adopted by the Executive Board of ASD, March 9, 1997)

<<< End Dreamwork Ethics Statement >>>

Appendix D

Dreamwork

Dreamers' Feedback

This section contains the feedback given by 24 dreamers whose dreams were submitted to 26 different dreamgroups. The author's comments relating to two dreams were not included. One dreamer submitted four dreams(+) which are presented as a series in Appendix E.

The names are not those of the participants. They were chosen on a random basis from Jellineck's Baby Name Chooser (1998) New Name list.

GROUP	DREAMER	DREAM
Dg-01	Davia:	Carribean
Dg-02	Davia:	Runaway Car
Dg-03	Younan:	The Theatre
Dg-04	Jherbert:	Blocked Roadway
Dg-05	Camran:	Bound In Chains
Dg-06	Gemma-kate:	Crash/Late To Work
Dg-07	Kalista:	Flying Over Rr Track/Road (+)
Dg-08	Taisha:	Gutted House
Dg-09	Dara-Lee:	Bathtub With Ice Cubes
Dg-10	Oz:	Missing Car
Dg-11	Danial:	Storage Shed In Valley
Dg-12	Kalista:	Pushed Over Cliff (+)
DG-13	jherbert:	Under the Roadway
DG-14	Kalista:	3 Barges Sink (+)
DG-15	Beju:	The Jump Button
DG-16	Bartok:	Flying Lessons for Legend
DG-17	Makinna:	Three in Bed plus Woman
DG-18	Zania:	Mouse in Sink
DG-19	Abrigail:	Dolls' Birthday Party
DG-20	Elin:	Clinton in Country
DG-21	Kalista:	Crock Pot (+)
DG-22	Hidee:	Drag Queens on 5th. Avenue
DG-23	Nerys:	Tall Building Elevator Problem
DG-24	Boylee:	Water in Gothic Cathedral
DG-25	Lateesha:	Substitute Teacher
DG-26	Garin:	Aliens Flying Over School

DG-01 Davia Carribean.
There is no doubt that the GMs have put ideas forward to increase my awareness of what the dream possibly could tell me, and your comments made me see that as a matter of fact there was a conflict that I had chosen to disregard. Thank you for making me see it. I am looking forward to the work on the next dream. Davia

DG-02 Davia Runaway car.
I have read your postings with extremely great interest
and I thank you for going so deeply and feelingly into my
dream when taking it as your own.
It is quite surprising that every one of you have
enlightened me as to the meaning of the telephone call -
which part of the dream, strangely enough, since now it seems
so obvious, had me puzzled - but you have made me see that of
course it signified (temporary) missing communication with my
husband.

DG-03 Younan The theatre.
It amazes me how we can work together so well without
knowing anything about each other except for our dreams and
responses to others' dreams. What amazes me even more is how
the responses can be so on target. I felt that you were
inside my skin. You seemed to understand so much. I really
appreciated your questions at the end. They really helped me
to think more deeply about the meaning of my metaphors. Thank
YOU, again, and everyone, for your generously shared
abundance of perceptions and understanding. I am truly
grateful.
Thank all of you for your questions, your input, and all
the effort and time you spent working with my dream. You have
touched some raw and sensitive places in me and this has been
an enlightening experience. I thank you for that too.
Oz, what an extensive analysis! Thank you. And you are
so right on about so much. Yes, Indeed, I am moving (at least
in my head and to some degree, in actuality) in an important
direction--one in which I am taking control of my life,
refusing to do things that are not meaningful to me in some
way and claiming my Self-hood (can't say "reclaim" because
that "doorman" and "nice" person has never allowed me to BE
myself. Actually, my doorman self and "nice" self work
together to keep me trapped. How do they do this? By telling
me that if I go along with my husband, my sons, my family,
everyone, and try to be who each of them wants me to be, they
will not hurt me or abandon me. Yes, when I am face to face
with my Self in the closet, I desperately want out, but I am
afraid that coming out would be catastrophic.
Yes, Helios, the message my young self got was not to
exist. I lived in the shadow of my brother who was 10 mos.
younger than I and I learned that if I was "nice" I would be
acceptable. I was VERY nice.
When I married, I carried these beliefs into my
marriage. My husband was a controlling and abusive man. I
felt/feel trapped in my marriage and trapped inside myself.
That doorman and nice person kept me safe and served a useful
purpose at a very difficult time in my life but now I see
that the price I have paid for their protection has been much

too high. I have had to deny who I am.

I am still in the situation I chose for myself and, for various reasons, can't see a way out. My husband does not acknowledge feelings. He considers them to be a sign of weakness, craziness and stupidity. I have no trouble recognizing feelings, but cannot share them. Our sons deny their feelings too. Also, since my sons have grown, I am not allowed to show or speak affectionately to them. We communicate only on a very superficial level. I believe the "shleps" in the closet, Laraia, are my sons, now that you have asked me the question. They could also be parts of myself. In truth, though it is not obvious, we are all still frozen in fear. I love my sons dearly but I am also disappointed and angry with them for not supporting me and for not allowing me to be myself with them. Yet, I know they are being who they were programmed to be. I stop myself from escaping from the closet because I am literally afraid of what might happen if I do.

I think, by now, I have faced many of my mistakes and imperfections, my part in the lack of connection with my husband and my sons and I know that I am definitely going in a different direction from my husband....it couldn't be more different, but my husband has no idea of this. He wouldn't understand or believe it if I tried to explain it to him.

Sullivan: It occurs to me that I could have been making a pun. Maybe it means "sullen?" However, I do have some distant relatives in Mississippi named Sullivan. I saw them twice when I was young. The parents owned a lot of land and when each child married (there were a lot of them), he/she was given a plot with a house. Every evening, the entire clan gathered at the house of the matriarch for supper. Such togetherness would suffocate me (claustrophobia?).

Hanalei, your comment about having difficulty following the flow of my dream reminds me that I have difficulty following my life. There is no flow, that I can see. And you are right about the me who is not at home with her "differences." Including, yes, the feminine qualities. Well, actually, I AM more comfortable with my feminine side but I am just afraid to show them to my husband and sons for fear of rejection.

Helios, the play being a way of experiencing what I have not and cannot do rings a bell. I have already explained how/why I hide my feelings.

Ismael: Yes, I am intuitive. This is but one part of me that I feel I must hide. I have had some interesting experiences in this region, and, strangely enough, can share them only with my sons, who, themselves, are very intuitive.

"Nice niece." Glad you pointed that out Probably another pun. And, of course, as I explained already, you are right about the pattern being set in childhood. I guess I do "laugh at life" now. I understand more than I did when I was

younger. I am definitely at that stage on the path where I am
both observer and participator....and, yes, it is certainly a
more freeing feeling.

Camran, the part of your feedback that speaks most
loudly to me is the part about the unreleased psychic energy.
Yes, it is definitely a struggle to get out. I have been
trying to do it in so many different (acceptable) ways,
without much success. BTW, I have suffered in the east too.
We raised our sons in CT. Even here in MO, it has been a very
sunless winter. I am lost without the sun. It is very
healing.

Davia, I just now read your post as I logged on to
answer feedback. Haven't really had a chance to digest it. If
I come up with something to add after spending more time with
it, I will send you an E-mail.

Well, thanks, again, gang. This has been a great
learning experience for me. I want to spend much more time
with your responses but now want to get this to you. I'm sure
I'll find many more connections as I read and reread your
very thoughtful sharing.   Younan

DG-04 jherbert Commercial vessel fire.
The author's feedback was not included in summary.

DG-05 Camran Bound in chains.
I am remarkably impressed by the insightful analyses of
both Ionie and Prem. Your personalization of my dream have
struck many chords in me and I shall ponder the effect for
some days. Thank you both very much.

I'm sorry that I got out of sequence but it was an
uncontrollable reaction to how much of my inner feelings I
had shared. I am not a walking advertisement for myself but
rather incline toward a generalized or sometimes an analytic
approach to my experiences to, I guess. cover them up.
Nothing, literally nothing, stated in the "If it were my
dream" phase of the dream work was irrelevant to my
situation. I was afraid that stating my medical condition
would bias the "If" dreamer. I should have added that I've
lived with my condition for 14 yrs. So this is a fact of my
life and nothing that would evoke a powerful inner response
when there have been no significant changes in my medical
state recently. On the other hand, the search for meaning in
life, reward, punishment; Heaven, Hell; relevance,
irrevelevence, basically, did I do a good job with my life to
date, press in on me frequently, as I watch my children's
progress in the world, and my grandchildren begin to adapt to
society. This is not to neglect my wife of forty years, an
angel I was blessed with, or myself. In this mix of my life,
this dream arose. Why? I don't know but it moved me, and I'm

not surprised it moved others. We are after all, brothers and sisters in the human race.

No genome study will ever tell a Frenchman from a Chinese, not enough decimal points accuracy. What comments else can I make. Xayla said it in so many words. We all share the same problems. Obviously, objectivising them in a forum such as this is a darned good idea. Thanks, Camran.

From: Xayla

Camran, I wanted to add my thanks for such a powerful and provocative dream. It made me really look into some areas of my life that I had been avoiding. Thank you for sharing it with us.

DG-06 Gemma-kate Crash/late to work.

I have just read the responses and would like to note the ones that seemed to touch me. Then I would like to have time to assimilate to see how they relate to my life now. Losing my head! - helpless - ways of being I'm afraid of - transform - can't put back old forms- change issues now - nightwork(dreaming) - pile of frozen emotions - car, moving too fast - window, looking within - head seperated from the heart - need help (can't do it alone) - who is phony - part of me in costume - want someone to rescue me. As I write these down I am already beginning to make some sense of it all. I must go now but will try to put it all together tonight. thank you for your help.

[Posted the next day] My feelings about the dream are still a bit confused. I think perhaps it refers to a potential relationship - am I afraid of going too fast - risking loss of control - of breaking an invisible barrier to go inside - of coming apart - of losing my head - is my fellow traveler not real? Or is the dream suggesting I lose control and in order to transform I must lose control - get away from the comfortable - risk going inside and not letting my head rule - do I need help putting head and heart together?

DG-07 Kalista Flying over crossroads.(+)

Thanks you so much for your help with the dream. I had done some work on my own but your feedback and questions added real depth. Thank you for taking the time to help.

Obviously, the dream was about my work - I do counseling with individuals with a terminal illness. It's very stressful and, as I had originally thought, the dream was in some ways dealing with my own boundary issues about how I have let that work intrude into all parts of my being. However, prior to this group dream work, I had felt that this was a message

about how I was failing rather than seeing it as a message about how I'm living my life at this moment.

The following associations were particularly helpful to me:

The album (Jesus Christ Superstar) without a cover having to do with "the content or quality of the recording." This has to do with my questions about some of the strengths I have seen my clients get from their relationship with Christianity that made me question some of my own beliefs.

"The next time around the flying loop - growth has blocked the way." This in many ways characterizes how I have felt blocked by the particular situation I am in. In the past, I could have tolerated some of the dynamics in my workplace because I could shut off my feelings. Now, I can't do that and I feel restricted; i.e. my life lacks the quality of "freedom" that I had about my work previously, when I was in private practice. Indeed, in many ways I find myself "uncomfortable about my profession" and I've begun to feel that I am not where I should be. Five years ago I was doing a less traditional form of counseling; as I think back to that time that work felt more valuable and nourishing to me. "Was I in better touch with myself then?" Yes, in some ways. But in others, definitiely not. At that point I hadn't learned to feel my feelings and name them. So, in that way I lacked the skills to really be in touch with myself. "Am I repeating something?" Yes, I'm repeating trying to put my work into a 'box,' a form that feels restrictive to me.

The chaos in my dream parallels the chaos of emotions I feel in my work - since I'm constantly dealing with death and loss. "I would question if I really am where I should be" is exactly what I am doing now as I enter a period of taking stock and deciding whether or not I want to change the focus of my life's work.

I certainly do try to be a "superstar" and often leave myself feeling frazzled and unsupported because I live this pattern. And, this is one of the "obstacles that keep me from flying free along the dirt road."

And, yes, when a client dies or gets sicker it often feels as though a tornado of emotions chases me. I want to hide from my feelings. But I see that while the plane may feel damaged by touching the tornado; in many ways it is stronger than I give it credit for because it survives as does its contents. And, yes, "we all learn from testing and this flight was successful for its occupants, regardless of the damage done to the plane by the tornado."

Thank you again.   Kalista.

DG-08 Taisha Gutted house.

The daughter - Ornella - that was in my dream, I think is really a symbol for my younger daughter. Ornella's first marriage failed and I never did like or want her to marry her first husband. Now my youngest daughter, and the only child that lives near us, is planning on moving to Georgia to continue a relationship that I feel is also going to be a disaster. I don't think that my head or my "gut" (basement) are connected right now. It seems that only my heart is involved. I also have been feeling less than fulfilled - like - is life passing me by? Perhaps I have been dwelling to much in the past - maybe having hit the big 55 this year has been more devastating then I thought.

I thought that Helios's comment about the timing of the dream extremely interesting. It is possible although my remembrance of dreams has always been sporadic. I have tried to condition myself to remember more of them but so far no luck in that area.

Again, thank all of you for your insightful comments. I do believe that dreams really are a way for our sub-conscious to help us and I truly think that this dream forum is a very valuable tool for all of us. I would hate to see it disappear.

DG-08A Taisha (First part of Gutted House dream, not presented with other part).

I will explain some of the background of this dream and why I didn't think the two parts were linked.

Jamshid is my son, who I relinquished for adoption in 1959 as I was not married. Kamden and Pualani are the parents who adopted him. Six years ago, I found my son. Two years ago, his parents and I were in the same city at the same time and Jamshid asked them to meet with me and they declined.

I now think the two parts are related because of the feeling of devastation the second part. Your feedback is appreciated.

Thank you for your comments. I am trying to connect your thought, Jamal, as to why my son is replaced by my husband at the table and so far have not made a connection. As far as communication with my husband, that has always been a sore point as he is a very quiet introverted man versus my extroverted type. They say opposites attract :) ! So even tho' our marriage is basically sound, communication is sometimes difficult. The communication in the dream, with Terry, is definitely wish fulfillment and communication there has definitely been cut off and hence perhaps the missing stairs???? I don't think my husband replaced my son - he, my husband, has always been a support for me in that situation and without him, my life could have been a disaster when dealing with the trauma of the adoption. However, the

replacement is there in the dream so I will have to look at
that aspect. Does anyone have further comments to help me
understand what I may be missing?

DG-09 Dara-Leeh Bathtub with ice cubes.
    I started this and lost it. so will start again with my
thanks to you all. I have been in a nurturing of others
situation for many years, and in the past three years, it has
almost been resolved. I don't know if I feel guilty because I
wanted (and want) to be on the nurturing end; but I do know
that it is time that I start nurturing my "self". I think you
all have touched the essence of my "problem" if it is a
problem. And at this time, although I do not have strings
attached to me, I feel pulled by my grandchildren and my
"beau". I may be hiding in that room, to get my own person
together. To COOL it from worrying about others about things
that are out of my control. Even if it is asked of me.
Evidently you all have picked up faster than I, what my inner
self has been trying to tell me.
    Thank you again. I see I must concentrate on me- and
also my spelling. Will check back tomorrow .

DG-10 Oz Missing car.
    Thanks all responding. There were many places in your
messages that resonated for me, and some thoughts new to me
that will be fruitful to reflect on.
    The dream began about 11 yrs ago at a true crisis point
in my life. Too many bad things happened to this good person!
I thought to recuperate, regain my health and energy and then
continue on as before. It was not to be. This became a
turning point: to completely turn the wellspring of my life
to a different place(?) (path?). This was not done full
willingly, rather it came about because my bod would not
supply the energy for anything else and I feel I was dragged
into this backward, by default, kicking and screaming all the
way, and nothing else in my life worked.
    There were many times in this changeover when I was in
neither place: not in the old place (with all the old
programming/goals/ways) and could not easily get to the new
place: the place of the surrender to the `Will of Heaven'.
Didn't have the *`vehicle'* the means to get back (home),
ie: the right new place. In Buddhism there is a path of study
actually called the Diamond Vehicle. The `home' place is an
inner gesture, a way to be. It is clear in the dream that no
one can help me, not because they don't want to, not because
I don't want them to: this is strictly a lone trip, because
no one can tell you where or how to feel the right inner
place. What is the the inner gesture that gets you back home:
what means , ie: vehicle.

The `going downtown' could be real and it could also be *anything* that draws one away, pulls one out from center, even tho enjoyable./utilitarian. The goal, of course, is not to lose your damn vehicle no matter where you are, no matter what doing, and ultimately to be so embedded that no vehicle is needed: ie: you don't have to `get back' because you never leave. I'm still practicing fulltime and am better at that, but at the time of the greatest dream frequency,  it was certainly:  got it!..oops gone!  got it!...oops gone!. Not being able to `get back' was very painful and desolating because I had no where else to be, having gone more than midway and could not go back. It is a true hell place, an existential vacuum. There is no consolation there because nothing else matters, cut off from the voice of intuition or the Will of Heaven as heard within. I can still feel that quality of the dream, searching, bereft.

Thanks again to all for this opportunity to see this dream message more clearly. That is: having been pulled out (did he jump or was he pushed?) from the rather fragile new homeplace , I didn't have the means to get back, (mb I had the means but I would lose it) resulting in the feelings of desolation etc.. The dream was very prophetic and honest: I would have to find my own vehicle.

I have already run pretty long here but would be glad to share any more that is of interest to any DG membs. Best to all from Oz.

DG-11 Danial Storage shed in valley.
Thanks to all who provided the insightful and rewarding feedback. How I feel this dream relates to my life:

Over the past two years, I have moved three times within California. I knew they were short term living situations, and so I kept much of my belongings in boxes stored on other people's property that I was acquainted with. This wasn't really an issue for me being so consumed by my 50 hour a week work schedules and not having much time for anything else but exercise and rest. Much of my belongings were accumulated when I was in college in Washington state before moving to California. My life in many ways is radically different than it was two years ago.

To Kalista: In my dream there are pieces of my old life that I have safely tucked away - perhaps they are only held in the memories of my old friends. Recent events, though, have forced these memories out of hiding and are forcing me to sort through them, bringing them out of the dark and into the light.

My closest friends and ex-signficant other are living out of the country in various parts of Western and Eastern Europe. Without them around, a large part of my life feels gone. I am longing to see many of them again as well as begin

establishing new relationships in my new environment, which is not as easy as it was in college. There is a conflict doing this in my new circumstances and I do feel vulnerable undertaking this.

To Helios: I think my dream is telling me that there are things that were important to me in the past, and it is appropriate to look at them in the truthful light of reassessment. I may think consciously that it will be painful to me but I would start to go at those old associations item by item and see how I felt about each item.

I think my dream may be telling me that there is an appropriate turning point coming up that may require me to look back at old associations and see what they mean to me now...It is a time for reassessment and reevaluation.

Some of those changes are positive, some of those changes are negative. I work full time and no longer am taking classes. I get academic and social stimulation from work, but in a rather narrow way. Although I have learned some very practical skills from my job, it is not something I am passionate about doing. I am longing for something more stimulating that truly interests me and doesn't simply provide me with material comfort. Going into my past is a way of rediscovering what I am outside the identity of my current occupation and what I want to do with my future. This dream has really prompted me to finally unpack some of those possessions and reflect upon them. I am coming at it with a different perspective than before and some of the things I am discovering are disconcerting and alien to my present situation just as the dream had anticipated.

Thanks for all of the feedback I have received from each of you.

I hope this Dream Group continues.

DG-12 Kalista Pushed over cliff.[+]

Decided to use e-mail for feedback phase. This dream felt really personal and lots of people I work with use aol. So, this felt like a way I could share feedback with those of you who had worked with this process without feeling overexposed on the bb.

Prior to putting the dream on the bb I did a lot of work with it about its meaning. To put it in the context of my everyday life, it occurred on the evening of the day when I had been told by my boss that some major changes were going to be made in a successful program that I had built. Up to this point, I've handled both administrative and clinical parts of my job. (I'm a clinical social worker.) The change was that I would be handling only clinical work and that the administrative function was being moved to our main office to be handled by my boss. I was devastated. While I wanted to do the clinical piece (the therapy) and had asked repeatedly to

do this I felt like I was being demoted. I also felt that our main office could not handle the outreach as well as I could from our regional office. Needless to say, I was very upset.

So, that night I had the dream. And, it's amazing the pieces that you guys picked up on. (It's also amazing some of the new perspectives that I got from your work with the dream.)

One of you commented on the man having the "skill and calculation of a surgeon." That's exactly how it felt. It felt as if my boss were taking my life blood away. It felt as though if he had set out to make a decision to hurt me most that this would have been it. Interestingly enough, the administrative piece is the 'head' piece - my 'hear't work is the therapy and direct client work.

You commented that I seemed "removed from my crisis." This has been a major lesson for me. Not to let my identity and my ego get caught up in something that has almost nothing to do with them. (Even though it feels like a demotion, it really isn't. I'll be made supervisor over the clincal staff and getting a raise. See, I even have to tell you this so you won't think it's a demotion. This is a real issue for me.)

There was the comment about the last woman in the dream representing "getting real and concrete." I know that this is the work that feels good to me, working with clients vs. doing networking, working with media, etc. Staying with the direct work is one way that I can take care of myself - just as the dream was saying.

You asked what it was that I need to face? I need to face the fact that I'm not following my own inner guidance in this matter. I'm letting my ego cut my throat and leave me to bleed doing work I hate.

You asked if I were sick of something. I work with people with a terminal illness and I'm certainly sick of that - I'm sick of clients getting sicker and dieing. (In fact, in the week I had this dream two people that I knew, one a client of mine, had died.)

My ego had been avoiding the direct work with the clients because it takes me out of the spotlight (the bright lights at the top of the cliff) and takes me down into the feelings level, where I 'bleed' and hurt along with my clients. Sometimes, indeed, thinking that I will die if I can't escape.

The comment about this dream telling me that there were past resources I could draw on was particularly helpful to giving me a new way to look at this situation. My boss reminds me of a man that I lived with a long time ago. That relationship certainly left a scar. And, until this dream I didn't realize that this was the particular transference I had to my boss. However, that relationship of long ago taught me that I can really trust myself and my own intuition. And, this dream is a reinforcement of that.

So, thanks for all your help. Your input helped me feel more at peace about a very painful process. It also helped me to see some 'baggage' that I brought to this process that I had avoided looking at before.

Many thanks for your time and your care.   Kalista

DG-13 jherbert Under the roadway.
The author's feedback was not included in summary.

DG-14 Kalista 3 Barges Sink.[+]
Thanks to all for your wonderful "if it were my dream" postings. I will post my feedback to those who participated via e-mail. I'll probably send it to you on 12/8 or 9. I want to sit with the information a bit before I respond. I had some powerful awarenesses from what you had written and I want to give myself time to process them. Thanks to all who participated.

[Unfortunately, the dreamer's attempted detail reply was lost twice].

DG-15 Beju The jump button.
For me my dream was fun. I kind of enjoyed it. Also, I learned that you don't have to adopt a bad thing just because of fear. For me the monster is a bad person, and I was happy to escape from danger without any problem. The monster is bad and because of that nobody is close to him, but he deserves it. For me the jump button is nothing; I know there is no such button. But in the future if there were something that would make me able to fly, I would be happy about that. I like the thrill of flying.

I have always wanted to jump with a parachute. Maybe I still will have a chance to do that. But in my dreams I've been flying many times. That's why I like this kind of dream where I have plenty of chances to fly, just like parachuting, and when I come down I feel the tickle. But I didn't like the monsters. Also I did not like drugs in my dream. But I like going flying. Flying I don't get caught and flying I smile. To tell you the truth, I don't know what my dream means-- I just know I laugh a lot about it.

DG-16 Bartok Flying lessons for Legend.
Many thanks for your rich and textured response to "Flying Lessons." It had slipped my attention that Legend and I were trespassing and acting like hoodlums. But that's what we were doing.

And how true for me that power is tempting but seems to come with too much baggage- in this case a whole family, culture, lifestyle. And Legend and I struggle with power issues but there is a lot of unacknowledged stuff, so its kind of like sacred ground or trespassing to go in and deal with it.

Yes, its quite true that Legend and I share without owning a lot of anxiety and boredom. In this sense, to the degree I fly without containing the anxiety boredom, it will manifest in Legend when we are actually together and in the Legend part of me when I am with myself. Legend and I can kick it around, play with it, but not own it. As you mentioned so well, the dream offers an opportunity to handle anxiety boredom without projection / displacement.

I also liked the idea of the alarm being set off by the new (or old) approach. For some reason we can't get "her" into the power complex. Perhaps she is just to vague and undefined at this time. I could cast out nets of possibilities, forcing her into representations of feeling, value, the feminine, the womb potential... but these all seem pre-mature and forced and biased.

I'm glad you let the word "anger" stand in place of anxiety, as it has been the solution the universe seems to have offered me as a way out of that hell. I know others, but anger seems to allow me to connect with self containment. On the other hand, Legend has in life (in my opinion) overused anger and its his only easily accessible emotion.

Reply to Helios: Many thanks for you personal and thoughtful response.

The exploring metaphor rings quite true for me an helps me to enter into the difficulties later encountered as well as finding a place for my concerns about trespassing and being somewhere I "shouldn't" be. We're just exploring.

The control issue is very prevalent and it makes me amazed that two or more humans can reside for long together without consciously dealing with it. I liked your point that kicking the can around is a way of playing with control, and I see the dream image now as useful in application to how Legend and I modulate our power issues. We are always kicking around ideas, and sometimes it turns from play to something else. Legend seems more willing than me, in the dream, to give up the control issue for a moment and allow me to instruct him, whereas I become rather ugly and try to draw him across the coals. (boredom and anxiety being his hot coals)

I like the spent energy metaphor - great! It leads me into the unknown area of how that scene's energy gets transformed, dissipated. My ego wants to say that it also proves the point that if Legend is not willing to go through the shit, then we'll just end up kicking it around again, a kind of repetitive neurotic cycle that plays with the issue

in ever decreasing moments of satisfaction and consciousness. Though, I suppose, its still there , though vague and difficult to represent clearly.

The alarming situation - ho ho. There is something about her presence that doesn't seem to allow us to get back in. Could the Quenet woman's energy be compromised here and set off the alarm - this is not me!, this is but a poor simulacrum! Or, as you mentioned and I will elaborate on, does the feminine alignment with Legend change the energy, as if I harbor a little psychodymanic fantasy of their only being one "woman" and if he has her, I have nothing? In the end I abandon the entry to the Quenet house and as you mentioned, try to find some place for us all to park.

Now I'm beginning to think of this part of the dream as a kind of classical denouement, and the climax having been the teaching scene. As you mention, we just go there to park, the real alarming stuff is around the house. Its too intense or unresolved to remember the solution to teaching Legend to fly, so there is a gap. Its interesting to note that some people feel we go unconscious when we are about to get what we want, as the fantasy is driven by that desire in the first place. In this case, I want Legend to learn to fly - but then change my mind (perhaps) and set up a condition where he would have to go through hell to learn, thereby retaining the flying as a skill I can hold over him in a power dynamic. I am going to watch for alarming moments in the next few days and see how they unfold. How many of them are structurally similar to this dream?

Ok, Helios, you got me think'n. Many thanks, many flights.

Golden, many thanks for attempting to enter an odd male dominated dream. I'm glad you mentioned the sexual issues, as they are in the background everywhere but not directly addressed. I especially like the idea suggested of the Bancroft woman being a seducer, and so too her house, her complex, may be seen this way. It keeps drawing us back, it allows us to enter and explore, but threatens to expose us as intruders from a lower class. (As did Mrs Robinson). We can enter as innocent boys, but if we bring the girl with us, the alarm goes off. Though I really was the one who set it off. I could subjectify the dream and say it doesn't matter, its all part of me - but there may be some more useful imagery in maintaining an ego connection to what is alarming. Still, its completely unconscious what is alarming, and I take it all on myself in the dream.

Its interesting that you wander off into a complex personal area that has to do with being seen, competition, friend dynamics (your cousin). These are all dynamics that this dream seems to stir up, regardless of the readers! Thanks for your comments. -Bartok

Yes, Beju; belonging, sharing, loneliness - yet a rich private inner connection. This would be a *great* way to view the house, my rich inner connection. I want outsiders to come in and play, but there is something about the house,.. it is jealous, or protective or possessive about intrusions. Somehow Legend has gotten in, and we can explore and play and kick things around, but he really doesn't get it, doesn't get me, and we never encounter the central figure. Bringing others in is even worse. So nobody gets to really see me (or her/me in my identity with her) though I can hand out in the neighborhood and be bored and anxious. And of course no one can see me because to do so I offer only one horrid path, either boredom or anxiety. Most can't even get that close. Perhaps to the degree I learn to carry my own boredom and anxiety, I can mediate and create new paths to and from myself.

Thanks you for the emotional connections , I feel this is a metaphor I want to keep with me and experiment with. - Bartok

DG-17 Makinna Three in bed plus woman.

Thank you all for being so kind and gentle probing my psyche. You seem to be able to clear the "screen" much better than I.

I know I am in an odd stage of my life, such a long past and who knows how long a future.

I get the feeling, with your help, I must now remove the extraneous encumbrances that surrounds my life and get on with the rest of it cleaner, lighter and free.

Thank you all again for your interest and input.

DG-18 Zania Mouse in sink.

Sorry for the delay in responding to your commentaries but I work and we just got through the end of another quarter and most days are 12 hours long including Saturdays, so finished yesterday and can take a breather for a long weekend.

All your responses struck a chord in me and I can relate to a lot of them. I recently have been putting my affairs in order, because I have a little voice telling me this should be done. My husband passed away of lung cancer two and a half years ago and I am still having a hard time coming to grips with his death and feel so alone. We were living in VA at the time away from family and it seemed like everything came crashing in all at once. I was laid off from my job, was watching my husband waste away, and all of our family was here in NH. At the same time one of my daughters was going through a time trying to straighten her life out by going into rehab for drug addiction.

Soon after he passed on, through networking, I found employment here in NH and moved back to be near family. Well, now I have a job that I feel trapped in (because of my age), am not altogether happy here, the friends I had here have moved away, my children are wrapped up, justifiably, in their own lives, and I sometimes don't see the reason for going on. I also am fighting high cholesterol and a thyroid problem that the doctor can't seem to regulate so I feel really dragged out all the time and don't want to do anything. I can talk to you because I don't know you, but can't open up to any one and never have been able to do that.

I lost my only son to crib death when he was 12 weeks old and a daughter who was found dead beside the road, she was only 24 years old.

So, yes the mousey part of me wants to give up and lay down, the thick skin is something I believe I have had all my life but it is starting to thin out.

Again, thank you for your responses and I will reread them many times as I believe they will help in working out some deep problems I have had for many years.   Zania

DG-19 Abrigail Dolls' pseudo birthday party.

Thanks for the If It Were My Dreams. Many comments touched a chord.

Kalista: For myself, there wasn't so much a feeling of guilt as a sense of ineptness, of having "proof positive" that I was that disorganized. Perhaps had been busy with the other things that were, in fact, less important. Also, for me, the young woman was comfortable, relaxed and we were enjoying chatting together. In spite of having the thought about "setting an example....", I wasn't eager or particularly inclined to act on it -- although the "Joe" part of me obviously thought I should. The remark about being "apt to turn that authority over to others" was relevant!

Helios: Your comment about being "unsettled by the contrast between my daughter's attitude (she deals with problems/challenges as they arise) and my having been distracted" is germane. Re the comparison of the dolls -- one aspect of the dream, for me, was that the large dolls were inflated. When I woke up it crossed my mind that, although they were large & ornately decorated, they had no substance, could be easily DEflated. Whereas the doll that came into my mind when I was asked for a description was solid, as well as being pleasant to touch. I, too, wondered at buying a doll for a 37 year-old -- thought I might have added in my replies-to- questions that, although my daughter & I seemed to be the age we presently are, I was obviously thinking like a much-younger-mother of a much-younger-daughter. It seemed to me probably to have to do with the fact that she has no children of her own, which is a sadness

for her, & I wish I could "make it right" for her.

Elin: Thanks for the P.S.! I very much appreciated the observation that the "mothers that (through the dolls) give their daughters permission to express assertiveness and teach them how to do it, are equipping them with not only the relationship play that develops social skills, but also the necessary self-protection skills to live well in the world". I was aware of that aspect, but it hadn't quite "jelled" for me. As my children grew up, I was constantly aware of the dichotomy of teaching them to be courteous & respectful and making them vulnerable to others who were not. Perceiving Bill as the parent feeling that I (as child) "had to be shown a good example" was food for thought. Also the comments on the Bill/Joe duality. Their similar characteristics hadn't occured to me consciously until having this dream. I definitely relate to your comment re the young woman on the chaise- longue as "young mothers of the world".

Bartok -- this was fascinating! And being led "into a contact with a more soulful part of myself" is, for me, what dreams are about. As I was born, & grew up on, the South coast of England -- moors, gypsies, tumuli, -- the sheaf dolls of "Old Woman" & "Maiden" are very much part of my psyche. But that hadn't crossed my mind/come into my consciousness. Further to my response to Helios (re my daughter's having no children of her own) the "past harvest & hoped-for coming" also seems to have a place here. And "so the companion I plan to give to my daughter carries with it my own abundance as well as my famine" touches me deeply. You seem to have experienced the dream as it felt to me when you describe the "empty-handedness" reaching into "deeper resources - the bedroom" interference from the guy(s). This not allowing me (or not being pleased with) my sleeping where I was, I associate with the male authority-figure chastising me for day-dreaming, fantasizing, delving into my unconscious. And "the nagging conscious element" etc his being "less of an interruption" etc. evokes a sense of posible/imminent resolution. And I feel warm about the "self-gift to the self."

Willma: I found your comment "I am caught between my duty as mother, my desire to just get some rest for once, and my role as a wife" described exactly the way I have felt at times when the children were young. Also the "not domestic at all" bit, which was not true then, but certainly is now. This vaguely surprises me, but seems OK as I now have other ways of being creative & nuturing myself & others.

Pennylane: Had actually finished this feedback to send to John when I discovered your letter. And I'm glad to have found it. Not only do you perceive the inflated doll the way part of myself does (See response to Helios) but you brought up the "slightly erotically tinged" element which I had considered. It seems to me any relationship, possibly every

interaction, has something of this; yet there was no excitement/disturbance, simply a relaxed, enjoying-each-others-company between us. Your interpretation of the bamboo chaise-longue as an "even less conventional, and somewhat exotic sleeping place" piqued my interest & struck a chord, although I'm not sure what chord yet. I like, & can relate to, the idea of mischieviousness, also to your last sentence re wishing my companion would have countered my admonition the feeling of the father figure arriving to "dampen our spirits". Thanks.

As I am on the threshhold of moving on to a new place (buying a condo., a few blocks away!) & into a new (for me) aspect of dreamwork (group-leading) this dream is timely (aren't they always?) & pertinent.

Thank you all for your input & insights and you, John, for organizing this. I'm looking forward to the next dream that is presented. Abrigail

DG-20 Elin Clinton in country.
Thank you for all your thoughtful responses to my dream! I want to respond, as did Abrigail before me, to each of you. I like being able to "sit with" a response and ponder it at my own pace, already this process has been deeply felt. Being highly visual, I wish we could "see" each other somehow so I could also have some image in my mind to respond to in addition to the narratives that have come through. However, the narratives each have their own personality and wisdom and who knows if the lack of the visual is a positive or not, so your verbal gifts are the part of you to which I am responding to right now. Again, Thank you.

I have to divide this posting because it won't take the whole thing (one disadvantage to this forum versus email). I hope the mutliple posting doesn't create a problem.

To Abrigail: Your -If it were my dream- was posted first and I've had a couple of days to reflect upon it. There is one word in it that has been ringing through my mind and represents an aspect of my situation I've never thought of before: indestructible. That encompasses so much of my relationship with her and having it named makes it so visible and tangible that I can taste it and roll it around in my mind. The aspect of including the "casting a spell" helps meld fairy-tale images with my experience. She-who-cannot-be-destoyed, however, has been kind in many ways so I have been unable to just get rid of her or run away from her.

The issue of drawing other people to meet with her is one I will continue to ponder - I am drawn to examining the force of negative persuasion versus positive inspiration. A couple of questions that arise are: How could those be similar energies that are perceived differently by the receiver...? How are they objectively different and how can

one discern the difference?

Then, reading your final comment, I realize that in the first section somehow Bill Clinton has been "attracted" to meet with me in spite of... and in the second it takes some witch-energy to attract the well-known figure. That witch is me, if I will only acknowledge her.

To Helios: When I first read your posting I thought "How did this person know I grew up in New England?" Thank you for adding that YOU had done so.

Some thoughts generated by your posting: Politics take place in a small place, but can be powerful exchanges. I actually grew up in a place where famous people would come in the summer, it had a slow pace but there was (and still is) a lot of power there. But, the place in the dream wasn't special in that way, it was an ordinary yet attractive place but the power was still present, even more so for me since I actually interacted with the famous person with power. To my mind, real power isn't taken, it's given, and it's the slower, thoughtful, and commonplace that must be included. I get confused about this from time to time and in my professional life I will bump up against power that has been taken and it feels cramping, confining, stultifying, and frustrating - but when I occasionally have contact with power that is given (as in a person who lives strongly and truly within a profession and united with the Self AND that person has been recognized by others) it feels freeing, motivating, and inspiring.

My step-mother could have taken power, sucking it from her family, from her husband, and from rules of the leaders. I have fallen into that trap and it always feels awful coming out. Then the shame of invalid self-justifying and self-elevation reveals itself and I crumble, losing the ability to attract and power that are inherently in me. I really don't need the other "stuff" that I have tried to claim as mine.

I do seek to combine country-living with my professional life. I also struggle with whether or not to seek another, more advanced, degree at this point in my mid-life. I don't feel the dream has answered this question for me.

To Kalista: I've moved my work setting closer to home recently. So yes, there is a sense of being away from the normal activity. Struggling with "good enough" is a constant battle, and now I'm realizing that if I'm having thoughts like that I don't have to believe them or trust them. They are just immobilizers that don't speak the truth. There are times I don't have enough of something, but if it's a "reality" it doesn't hurt, it's just a fact that I can either remedy or go around.

I am taking a middle road right now-trying to maintain two different aspects of my work without giving up either one. One keeps me grounded and in touch with the ordinary, the other is more fast-paced and exciting. I appreciate them

both, so being in the middle of the road is ok with me.

To Willma: Thank you. I intend to keep your words so I can see them daily to remind me of their truth.

To Cambrie: Yours was really fun to read. I felt you had taken on the dream for yourself and played with it and watching you play was entertaining along with giving some good reminders.

The second part of the dream wasn't at a farmhouse in my dream, but she has frequently put me to shame by working at a pace I could never match. I believe I have done the same to others which causes me some regret. I'd like to be able to appreciate my own pace as well as that of others without asking myself to match their's or them to match mine.

DG-21 Kalista Crock pot.[+]

Thanks to you all for your wonderful responses to my dream. I am sorry it took me so long to respond. I haven't been able to post for a few days because of some other commitments in my life. I really enjoyed each perspective and learned from each. Here are comments back to each of you.

Hidee: Your "if this were my dream" captured all of the key elements that this dream seems to have held for me. I was amazed at how concise and clear you were. Thank you.

Makinna: From your excellent questions I have taken the following that I want to look at more closely: "Do I not pay attnetion to something (in my life) that has been burning for a long time?" (For me, I want to look at this to see if there is a burning issue or a burning desire that I have ignored.) Certainly, the burned out feeling regarding work is true and something I constantly have to strive against. Finally, yes, the situation in this dream does involve a friend (the crock pot friend) who has cancer. And, our primary struggle right now revolves around issues of taking responsibility for oneself while sharing with others. Thanks for the questions.

To Bartok: Your dream was amazing and I will work with the images that you evoked over time. One of my life learnings centers on "the obligation desire as more important than my self desire" and my tendancy to turn decisions over to friends. The images of family stuff resonated for me and pointed out to me more clearly how my relationship with this friend is mirroring family of origin issues. I really liked the sentence, "The good deal they talk about is only relevant to those who have been paying a lot to begin with." I'm not sure what this means to me yet but I had such an emotional reaction of "YES" to this that I'm going to spend some time with it to see what it holds for me. I also had a strong reaction to "But soon the debate opens again. How much does one have to do for healing, what is the role of the ego, what of the greater than ego?" This seems to be one of my quests

as I work in my job - to learn just this lesson. Thanks for sharing your work.

To Golden I really resonated to "But I realize that the trouble is not cookers or money, but the pressure I am under: all the people dying and in hospitals." This seems true of my work where I constantly struggle with issues feeling compensated for the emotionally draining work and yet knowing that I am incredibly priviledged to walk this path. Also, the feeling of "I am allowed to get back to solid ground" speaks to a feeling I have been having in my life recently. Thanks

To Jaleigh: You also captured my life's quest in, "It if were my dream I would be struck by the themes of giving away and receiving." This is an ongoing lesson for me. I also resonated with , "my own holding on to things for very long and my father's willingness to sell or give away easily and quickly" - also how my style mirrors my mothers. And, I identified with the idea of feeling frustration at not being able to talk with my best friend about my concerns regarding work. This is a choice I have made around her illness and I do miss sharing this piece of my life with her. And, I'm not sure that it was a good choice. I think I made it out of the mistaken idea that I was protecting her - really, I was probalby protecting myself. Thank you for your dream.

I'm looking forward to working with you in the future!

DG-22 Hidee Drag queens on 5th. avenue.
Thank you Ramada, Elin, Abrigail for your wonderful responses to my dream..Reading them is like reliving my dream as a film with a different director each time. The imagery unfolds differently and richly and I can go to so many different levels of meaning.. I wrote Ramada a response but am not sure it was sent so I will re-write it here and also repond to others..I'll answer you in the order which I received them so that the changes in my perception can be better understood.

To Ramada: Thank you for your insightful responses-I'm curious to know if You are male or female.. This dream does speak to me of my anima and animus and how each relate to my sense of my impact on the world both professionally, creatively, and personally. I really like what you said about the stone house-it seems to fit and I was having trouble with that one. Of interest to me also were the drag queens and Herb, both of whom seemed quite comfortable with their male and female sides (have you seen the film-"To Wong Foo-Thanks for everything, Julie Newmar"-I loved it) and both genetically male. The nutcracker figures I enjoy for the pun on "nut Cracker" and how it relates to the male side of myself and my conflicts re. this. The Mexican sculpture, I think relates more to my feminine side-she is alluring, earthy, sensual, mysterious. The line of profundity-yet to be

discovered-my wish to be recognized for my "wisdom" perhaps--
a joke on me..I'm not sure. The tiny legs perhaps, are a cut-
off of the masculine again--and I am angry to be put in a
helping role as always while everyone else is out enjoying
themselves or thinking about themselves. I think that is the
masculine/fem. split--the conflict between caring for others,
putting others first versus caring for myself and owning my
own creations!!! My life is not quite that dramatic and I do
do both but I"m always wondering what would happen if I put
my art first for a change. Wow-I got into that more the
second time around..

    To Elin; I think drag queens are wonderful!! SO
theatrical-embracing the feminine archetype yet very male as
well and so funny..also probably a little sad. I have a
wonderful 20 year old son who I adore and who is out of the
teenage phase-it does happen!! I also have a daughter. I do
see the holiday scene as a bit of a parody. I do feel more at
home with so called 'nuts'! What you say about the
unconscious and conscious and wisdom and art are so right on
for me!! I don't know about the real profundity but I am
struck that I am yelling at a father about his son (this
doesn't relate to my father or husband both of whom would not
behave like this tho' I've had other dreams where I'm yelling
at men about their lack of decisiveness in crisis
situations!) a male who is behaving ineptly towards another-a
male who is choosing his comfort over his nuturing
duties..aha!! Thanks so much sarah and I'm glad you got
something from my dream too!

    To Abrigail: I begin to relate to the part where I "am
assured that I only have to claim it , for it will be mine."
This speaks to me of my ability to own what has been given to
me--to accept generousity of spirit and friendship and not
question it as I sometimes do. I like how you phrase "the
creative male aspect of myself" in juxtaposition with the
hunger for "spiritual sustenace" It tells me not to fear but
to welcome this aspect-that it will sustain rather than
diminish me....The legs as aspects of myself--the inability
to walk, to move, to find the right legs for the body does
feel frightening and painful-too big a task for me all alone
and yet am the one left to execute this task. I am fairly
certain, in the dream, that when the man leaves I will
complete this task after all..but that it will be somewhat
lonely, frustrating and difficult! Thank you for your help.

    DG-23 Nerys Tall building elevator problem.
    Dear All: Responses were breathtaking! You don't know
me or what my life is like, yet your relating to the dream as
your own is amazing. I have much to think about!
    I want to read back the 5 rich messages I received from
all of you in "if this were my dream" portion. It seems

easiest for me to do this one at a time, and then perhaps give you some overall response of what it means to me.

I am glad you don't kow me as I feel much more willing to reveal stuff about myself. So I will be back in an hour or so to begin. Thank you all. Nerys

Dear Hidee: The parts of "your" dream that did NOT click for me were: feelings of pride about the comfort of the hotel, privilege of being an adult professional, pleasure in presence of this woman friend, sense of abandonment by her as the danger increases.

What resonated profoundly for me: "city of my birth where personality was formed, child self still inside." I lived in that city for 21 years, in the same house, and indeed, was formed there. I still love it deeply and in some ways it is still home. I had a secure, happy childhood but lost my Dad to heart attack at age 12, and have had troubled relationships with men in my adult life, often getting too "clinging" or needy, and turning them off. (Not all, many wonderful, rich relationships with men in my life, but it has happened and was a definite source of "insecurity" and deep pain.)

The idea that this woman with me was an "alter-ego" definitely impressed me and I have to think about that and see what emerges.

I think your thought of "what lifts me is not secure" is on target, and fits with your final comment about the "structures or foundations of my life." Thank you SB, for sharing "your" dream with me. Nerys

Dear Helios: The parts of "your" dream that did not apply to mine were: prominence of intellectual supports, worry about my professional future, some academic association.

What did work: the idea of the elevator representing different levels of awareness (I use this rather than your word "viewpoint") from underground (unconscious) to everyday conscious and then to the ultimate and final awareness of death at the top.

Also, I was struck by the suggestion of "word association" which I agree, this is important. I need to think about going higher. I associate "high" with being stoned which I still totally enjoy although usually don't have the time. I have also used LSD 3 times in my life and all 3 were profound, stirring and important experiences. I think humanity is in the dark ages with respect to altered-conciousness experiences. I am not a druggie, nor was I a hippie, and if you saw me in person you'd not expect this view from me. I do not condone use of street drugs or use by children or teens.

I also associate "higher" with sexual climax somehow, althought that doesn't seem at all scary, rather, fun and exciting and desirable. This is a very minor association.

Thanks, Helios, for your comments. Nerys

Dear Kalista: The only part of "your" dream that did not work for me were the lovely options of "choosing to fly...softly float...slide down the cable." At this point in the dream, there is only sheer terror and that focussed concentration that one experiences when confronted with something life-threatening.

Everything else in your dream clicks for me! I, too, have been purposeful and deliberate in planning my education, career, purchase of home and cars, etc. I have been successful in these areas. But your statement about "parts of my life that I just can't plan...dealing with the unknowable" is very powerful for me!

I mentioned that this is a recurring dream, started years ago. Events that I did not plan and which I experienced as devastating, were: getting pregnant with my first child. I was single, half-engaged to a man I really didn't love and at that time could not have had an abortion as I was then Catholic (no longer). I married him not really wanting to. The birth of the child was complicated and pure torture physically, and of course, I could do nothing. I did not want to be a mother. Then I got pregnant a 2nd time, the birth was not so terrible, but bad enough. I divorced, remarried 3 years later, my children are grown and wonderful adults, but I was in sheer terror at the time.

Recently my husband of 20 years died a painful death, over which I had no control, could not even help him die, and perhaps that explains why the dream recurred at this particular time.

Thank you for this, Kalista. I think "suddenly, everything changes" is the essence of the fearful situation. Nerys

Dear Abrigail: Yes, "stages" and the French "etage" suit the feeling of this dream. Life has been rich and interesting and full of great people. But it's all going to end, and after seeing my husband's recent painful death, I hope that I will have some control over my own, and can check out if I so chose. I loved the way you wrote "some guardian of my soul pries the doors open to help me out." I do not believe in an afterlife, almost wish I did.

You also mentioned woman with me as "shadow side" which fits SB's idea of "alter ego." There's definitely something right about that concept, not sure what at this point.

I'm much interested in your final comment about "blending of 2 bodies, hope for final blending of female and male aspects of myself" although I don't experience that myself. (Personal comment: I enjoyed your writing, expression, choice of words and images.) Thank you, Breuddwr, for your thoughts. Nerys

Dear Fotina: Things in "your" dream which don't click with mine: pursuing degress (just kind of happened and was not particularly difficult), social and professional prestige (never worked for me, I didn't care, it didn't matter). Also, "not paying attention to my emotional life" doesn't fit me as I have been in therapy many times just for the purpose of self-knowledge.

The real Whammo for me, and it was a shock almost, came from your question "what anxiety did I have at the age of 20?" Damn! I almost wished you hadn't asked? So, here goes. At the time I was in love with a guy who was not in love with me. I had dropped out of college because of poor grades. My Mom was furious with me as I'd skip work to go play. After about 2 years of drifting, I became a Catholic nun.

This decision provided "safety" in many ways, and definitely relates to my dream, and to Kalista's "dealing with the unknowable." It pleased my Mom. It gave me some predictable "structure" to life. It avoided dealing with the loss of this man that I loved. It gave me a kind of nobility or holiness.

See why your question knocked me out? I'm not sorry now that I did it, got a great education through graduate school, met wonderful people, had adventures. I stayed for 11 years. Talk about safety! That was safe.

Second comment that struck me powerfully: Your comment at the end about looking outside for help, instead of relying totally on myself, and missing the possibility of "life saving advice." For many years, I felt I had to do it all myself, that others couldn't be trusted to get things right. Now I know that people really want to help, and have many good ideas that I never thought of! I hope I won't ever again be so consumed with fear that I "shut out companions" and fail to ask for and rely on help from others.

Reva, you sure "rattled my cage." But thank you so much. Nerys

DG-24 Boylee Water in gothic cathedral.
First of all, a very big thank you for your participation with me in understanding this dream. Reading your responses, I'm absolutely amazed at the results one can have when sharing a dream with a group of people who are as talented and intuitive as you seem to be.

Also, I would like to share some additional information with you. Every three to five years, I have what I call a "special" dream. It's usually long and detailed, and I never seem to forget it. I have come to understand that these dreams are like maps. They don't foretell the future, they just gently guide me on my own human journey. It has taken me months even years to understand my "maps." However, you

lovely people have given me a jump start on this one. The concepts you have fleshed out are accurate and relevant to a few situations that I have been "chewing" on for several months. I now know the direction I need to take in order to be true to myself. And I'll gratefully take your advice: relax, play, and allow the natural process to flow. You have no idea how freeing that feels!

Kalista, Bartok, and Nattasja, each of you have given me a view that I had not considered. As I write this, I'm thinking: "Hmmmm, interesting that I related immediately to Helios' and Bartok's interpretations, but never gave a thought to the feminine at work in this dream." My dreams lately have been showing me an ever stronger integration of the Yin and Yang within me. However I can see that "I have to let go of the over focused me."

Helios and Bartok, as I've stated, your interpretations spoke to me immediately. I think I'll make a little sign for my desk, Helios: "Don't just do something, Stand there." Bartok, you also hit the nail on the head. Especially with the sentence: "The old way of diving, in this religious complex just ran me up against a wall."

Since we retired in '91 and moved down here to Fl. in the spring of '92, I have found it very difficult to return to meditation and much of the reading that I had been doing. I buy the books and they just sit. I had a sense that this dream was the beginning of a new phase of understand for me and the blocks that I had been finding so painful would be gone. Also, I have been finding my old church associations growing more difficult. Sounds as though some of you may have also experienced this situation. We renegades are really in the soup with the ladies of the "Upright Society." Bless their hearts, but I'm dying!

Kamden, thank you for taking time out of a busy holidy schedule to join us. I value your being here. Abrigail, hope your computer problems will clear up soon.

All in all, I feel a new sense of peace. I'm blaming myself less for this latest hiatus as I understand that I cannot and do not need to "do it all myself." My soul is not asleep on the job. Your insights have been so plentiful that I cannot respond to each and every one of them here. Also, I want to give them much more thought. Please know, however, that I am most appreciative and thank you sincerely. Warmest regards, Boylee

DG-25 Lateesha Substitute teacher.
This was one of many frustration dreams I have been experiencing lately. At first I didn't know what to make of it. I thought perhaps I was just rehashing old concerns leftover from teaching days--like when I have a feeling there is one more batch of research papers somewhere in the house

that I still need to grade.

I was pretty sure though, that the dream was not really about teaching. I started to work on it as I would the metaphors in a work of poetry.

The first interpretation I arrived at--and felt was valid--was from the second part of the dream. I decided the child who is my daughter in the dream was really myself, my inner child and much in need or nurturing. I live by myself and even though I have four children living in the same town, I rarely see any of them. They are all very very busy, raising children and working at demanding jobs--jobs they consider extremely important. I often cannot get their attention even by going to see them, because they are so occupied with planning and thinking about the important matters they have to attend to. I felt at first that I was feeling the frustration of being ignored by my children who should nurture me. That feeling didn't last long. I took another look and decided, it is I who am responsible. I can certainly pay attention to my own inner needs and do a better job than I have been doing.

Going back to the beginning of the dream, I saw the two boards as a dichotomy, two parts of my life. My ordinary every day life is pretty much like the board on the left with its neat ordered flower border. With my reading and meditation and hobbies it is very peaceful and I really don't mind too much if my children don't come for months at a time. I am at peace and not really unhappy, but I realized after this dream that I am really very bored most of the time. Like the teaching in the classroom, it doesn't seem to matter if I do anything or not. No one is going to look at it or notice it anyhow. I think all retired people occasionally feel this way. We want to communicate, do something significant but don't often connect. The attitude of the world is, rest, enjoy, relax, you deserve it. That doesn't keep life from being boring. However, usually I (we) continue on, going through the motions, pretending to be doing something meaningful..

There is another side of me though. When I venture out into the outside world, I often have the feeling that moves too fast.Everybody is rushing wildly in one direction seemingly going nowhere in particular, just running. They do not stop to notice me.

The borders are like so many things I do. I get carried away and try for perfection in one area while not giving more important matters my full attention. so I am making a very elaborate design on a dusty blackboard, My intuition tells me that I have experience to communicate that merits attention

Anyhow, in my dream I concentrate on the board and ignore the children who are my real responsibility. Words disappear as I lose focus on whatever is important. When I go to the next room, I have finished the task but it is

meaningless to whoever it was intended for because they have
long ago left, and the people who should be concerned about
their leaving are not concerned.

My most important business is to take care of the needs
of my inner child, but I have retreated, let things pass by
me noticed only in the periphery of consciousness.

I am upset because I want to make a difference, but I
have lost focus. Instead of a tranquil life, my life becomes
upset with conflict as I try look back to a former
disciplined world--the old-fashioned classroom with the
teacher in front and the students sitting in rows quietly
listening to whatever the teacher says.

There is much more in the dream than I have put down
here. I have very strong feelings about it. I realized in
working with it that it is perhaps a message that I need to
take up some new project, something that would give my life
more meaning, go back to a more positive attitude, find a new
approach

I feel that I do have ideas and experience I can
contribute and that I can find a way of sharing them with
people who can profit from them and at the same time I can
listen to their ideas--in other words stop isolating and
communicate.

Ironically, after I posted my dream I was asked to be on
the board for a new group that is being sponsored by one of
the hospitals in town--Senior Friends. From what I gathered
from talking to the new director, this will be an ideal
opportunity for me. I will be able to contribute and also to
be in contact with more people.

This has been an interesting experience. It is my first
time to work with dreams and I have not found enough in books
to help as much as I'd like. I am still looking for another
book. I'm going to have to order it, just put it off. Hope I
wasn't too long winded and boring, or too personal. Lateesha

DG-26 Garin Aliens flying over school.
Hello group. I will be responding to the groups'
comments here. I will put each comment with my response (this
to help me organize my thoughts).

"Laraia reflects: I feel that my dream is revealing to
me that a threat, which I originally thought was posed from
the outside, is really coming from much closer at hand. That
is to say, I need to examine those which I had previously not
expected. Satan may look and act like you and me, but he is
evil. I must examine those who do not appear to be evil. This
may include myself. However, I have a strong association of
'a portly man in his late fifties...wearing gray stripes...
eyes glasses and balding', as being a corporate executive, a
politician, or a leader. The fact that 'He is not threatening
anyone, nor is he being nasty... he is pleasantly talking...

quite personable', strengthens this association for me. I would look around me for such a person as a source of threat..."

Interesting. The threat part feels very right. I definitely see this dream as pointing toward a threat of some kind. And, I don't think there is much confusion as to what this is. I have a long standing reflection, I guess this is as close a term for it as I can find, on good vs. evil and right vs. wrong. In my dream Satan does not appear evil, but is. Of course there are many things that do not appear evil in the waking world that are, indeed evil. I find myself examining my life here....Whoa, what have you started HugBuddy? :)

"[Laraia writes]: I feel good about this part of my dream because I am actively seeking ways to counter my threat, no matter from where it comes. I am creative and tenacious, although prudent. I do not follow the crowd. I am not afraid to face my problems once I recognize them, nor to do my part to help others..."

I feel good about this part too! I am engaged in productive action. It seems I am working at identifying things in my surroundings that are both useful and not useful (good, not good). I see myself really coming into and through, recently, a time in my waking life where I have been doing just that; looking at behaviors and past acts that were good/not good and putting things in perspective somewhat.

"[Laraia writes]: The last scene of my dream appears, at first, to show people at their most frivilous following our "victory" over the threat. Why are they talking junior high talk? However, upon reflection, it might be the earlier theme, played out between the sexes. The women are on one side of the table, the men on the other. It is dark. I take the 'darkness' to mean that things are unclear or vague, that is, not 'out in the light'. The 'threat' may at first seem to be the light-hearted women saying who likes whom, BUT, it is the man next to me who mistakenly implys that I like the unattractive woman. I do not feel good about this part of my dream because I did not resolve it. Why might I be percieved as having poor taste?"

This last part of the dream sits a little heavier with me. There is definitely some unresolved stuff here that I have been carrying around for sometime. I know that I need to "aire" it, so to speak, but have chosen to sit on it, hence its appearance in this, and other, dream(s). The whole scene plays out some feelings about being on the far side of a "victory" and where things go from there. Acceptance, honest communication, and committment all are relevant here. Thanks, Laraia, for your comments.

"From Hidee: If this were my dream I would be somewhat amused and alarmed to be dreaming about aliens and satan, a middle aged man who resembles Satan, and shirtless

women..Even though the dream is at times scary and dark, it is not without irony and humor. I would recognize that as part of who I am."

I definitely recognize the humor and irony in my dreams and myself. I enjoy enjoying the humor and irony that can be found every day in every aspect of everyone's life! Laughter really is the BEST medicine!!!

"From Hidee: If this were my dream I would surmise that the aliens and satan are perhaps my shadow side..my propensity to disown parts of myself I do not like, wish to see, or fear...my need to ward them off..perhaps relates to some unresolved adolescent issues (the school, the nature of the last scene with the women and my feeling judged by others over something so silly as one's appearance--an 'alien" experience)..."

Ah, the "Shadow". Funny you should mention it! Within the last two years I have really been forced to come face-to-face with what I would conside my Shadow. Since then I have, at various times, done some introspection into what role this dark side can and should play in my life and how this relates to what is "acceptable" in the contexts of spiritual/religious and relational frameworks. The adolescent issues are more, as I see them, Ego/Id issues as they relate to intimate relationships.

"From Hidee: If this were my dream I would have feelings relating to wanting to belong and be part of a group..I would feel conflicts about my aging body and my still adolescent desires..."

Being part of a group is definite something that hits home with me. Rather than aging body and adolescent desires I guess I see the idea of what a relationship can be vs. looking through the tarnished glasses of cynicism.

"From Hidee" I would be curious about why I was so scared of the aliens..resorting to such a.ritualistic.almost supersticious means of warding them, as well as Satan, off, when,ultimately, he (the guy in the truck) appears so harmless. This might cause me to question why I am so afraid of my shadow and wonder if, instead, I might befriend it."

If not befriend, at least acknowledge and respect.

"From Hidee: Thank you 'Shadow'....This may not at all relate to you..but I sure enjoyed the process!"

I enjoyed this very much as well. And, as you can see, your comments have guided me into some deep waters!

"From Kalista: Garin and group - Sorry to be so late with this. I've been busy with family commitments and with storm clean up (downed trees and no electricity.) All of us and the house are fine - can't say the same for the trees. . . . Anyway, in my dream I realize that I am in a time when I am learning many new things about myself. And this learning has brought me to a place of choice, an intersection. I feel that something alien to me is stalking me and I feel afraid.

I also feel tired - I've been fighting this part of myself for a long time..."

Bingo! I have learned quite a bit about myself (my Shadow) over the last two-three years. I feel that I am in a more aware place now. Stalking me, perhaps the high, perfectionistic standards that I seem to have taken on so long ago. These tend to push the ol' shadow further into the dark at times.

"From Kalista: Suddenly I try 'running in the opposite direction' - this is for me a new approach. Sometimes I miss the most obvious choices such as trying to go back along my path. For me, this has lately been doing more work with issues around my family of origin."

The ultimate family of origin--God and religion!

"And, after trying this new approach I realize that the object that I have so feared turns out to be not so fear provoking after all. From this I notice that when I can see the object as less alien, and more "like" me or "part of me" then I can go deeper inside and learn more about it."

Yes.

"In my dream, I identify this part I have feared as an aspect of my Shadow. For me, my devil is often depression. Yet, when I've stopped running and become more curious about my devil, depression, I find that it's different that I thought. And, I find that the depression loses its power over me..."

Interesting thought. I work with folks who are clinically depressed. This is a very disabling disease in its severe stages! Yet, it seems to grow out of emtional pain as well. By understanding the pain one can get beyond the "situational depression".

"In my dream, the last part about being 'upset at the misunderstanding' speaks to how I don't like that part of me that I judge as "ugly" and "alien." But, I realize that this part is something that helps me in my life. It was necessary for all parts of me to join together in order for me to be whole..."

Again, the idea of integration. I definitely see in terms of some Jungian ideas regarding shadow and integration.

"Garin, thanks for an interesting experience with this dream. Again, I apologize for my lateness in getting this to you.   Kalista"

Thank you, Kalista, for the helpful comments. I am running behind on just about everything myself so no apologies are necessary!

"From Helios: In my dream, I am in a vacant school building or warehouse. It is a place that once held learning activities, where ideas are assimilated and change took place as a result of learning. If it is also a warehouse, it is place where goods are stored until they are needed. The idea of conversion is implied. Now, however, it is giving

temporary shelter from those with different ideas or belief structures - they are aliens."

Learning, ideas, assimilation...These are all things that are applicable to what this dream is about.

"How do we commumicate? How do I communicate that I am mot interested in being assimilated to the extent that I am willing to fight? I know the importance of just the right frequency, but I am trying to make do with what I have at hand. I am not above trial and error to find the right answer, but that is my male "attack the problem" attitude - my feminine intuition tells me that it is not the answer. I am also struck by the difference betweeen the screeching sound (high intellect) and the low humming, something so basic it shakes the body with feeling."

Communication, with both myself and with those to/with whom I relate. The intellect vs. intuition argument that is kind of a long standing thing with me. Which to allow to guide?--and why?

"Many years ago, I read a fun sci-fi story about a man riding a donkey in a south-american country. The donkey takes him to a hidden valley in which an advanced civilization lives. They feed him well, and he is treated to massages in a hall with a great organ, with pipes so low and loud that the vibrations shook his body. He gradually realizes they are preparing (tenderizing) him for a meal they are going to have (at his expense). Is this the purpose of the low rumbling noise, to tenderize us and change our very being?"

Interesting....and what would be that change? Good or bad. Deep thoughts provoked here!

"When I leave the school, I encounter snow, which in my dreams usually is associated with frozen emotions. It is this setting that I find the devil, in a small truck, which is a powerful way for the devil to travel where he wants to be. For some reason, the vision I have, of the portley man (balding, eyeglasses, red sweatshirt with gray stripes), is that he is like a referee. He has been well nourished (too well), he has been around and seen a lot (he wore out his eyes, and knows that open battle is not the way to draw people to his beliefs."

He has been around and seen a lot! Those words are powerful. They touch a part of me that has grown very cynical.

"United, we have a clear victory without having to fight. Education (knowing) and nourishment/assets/tools (warehouse) have sheltered us and given us the base from which to go forward."

Victory! I/we together.

"When I shift to the last scene, I am struck by an association: 'getting down to bare facts.' If there are left-over attitudes, likes and dislikes, from childhood, tht are now due for a change, then getting down to bare facts seems

appropriate. It is unfortunate that I allow myself to be upset. The reasons are all mixed up with my perception of how other see me rather than with my perception of myself. Is there the devil to pay?"

Long held perceptions linked with ideas of good and evil--and how this is applicable to today.

"In my dream I would have to ask myself if there are broad issues I am dealing with, associated with truth (enlightment), going my own way and doing my own thing, and dealing with ideas and ideals that are not consciously mine, perhaps foreign or alien (someone else's standards?)? Ultimately, however, there is an underlying working for a common purpose of good."

A journey toward enlightenment moves ahead thanks to this dream, and all the comments!

"Thank you for sharing this long, well detailed, challenging dream. Helios"

Thanks you, Helios, for your comments!

Thanks to the group! Great comments. If I have missed anyone please forgive me. I have an overly full mail box and am suffering from a severe period of unorganized-ness!   -- Garin

<<< End Dreamers' Feedback >>>

Series of Dreams

04-03-93   Flying over road & tracks
07-10-94   Standing by cliff
11-24-94   3 Barges to be sunk
09-05-95   Crock Pots

First dream: flying over road & tracks.

04-03-93   Flying over road & tracks

DG-7 Subj: Kalista's Dream   94-04-03 11:24:38 EDT

* START *
I am flying (gliding in my body a few feet over the ground) down a paved road in the country. The road ends and I fly over railroad tracks and over a dirt road. My husband and I are shopping in a record store. He purchases a copy of the album 'Jesus Christ Superstar' without the album cover. As he is buying this, a client of mine walks into the store. I say "hi" and feel uncomfortable because I can't introduce the client to my husband because of confidentiality laws.
Next, I am again flying over the same paved road and again come to the same railroad tracks. This time, a tree blocks

the dirt road. I go into a restaurant and meet a female friend of mine that I haven't seen in five years. We are ordering breakfast when several of my clients come in and sit at the table. I again feel uncomfortable since I can't introduce people to each other.

Next, I leave the diner (alone) and start to walk. I come to a golf course and decide to walk across the golf course since it's on my way to where I am going. (I don't know where I was going.) As I get out onto the golf course, I notice that the sky darkens and I see a tornado coming. I look around for a ditch to hide in; there is none. There are large, green grassy mounds on the golf course. I decide to hide on the down wind side of one of the mounds. The tornado circles the mound I hide behind. As it is circling, a jet plane lands and hits the tornado. The top of the front of the plane is ripped off and I see that inside the plane are test crash dummys and that they are all fine.

I then start to walk back in the direction I came from.
* END *

Thanks you so much for your help with the dream. I had done some work on my own but your feedback and questions added real depth. Thank you for taking the time to help. Obviously, the dream was about my work - I do counseling with individuals with a terminal illness. It's very stressful and, as I had originally thought, the dream was in some ways dealing with my own boundary issues about how I have let that work intrude into all parts of my being. However, prior to this group dream work, I had felt that this was a message about how I was failing rather than seeing it as a message about how I'm living my life at this moment.

The following associations were particularly helpful to me:

The album (Jesus Christ Superstar) without a cover having to do with "the content or quality of the recording." This has to do with my questions about some of the strengths I have seen my clients get from their relationship with Christianity that made me question some of my own beliefs.

"The next time around the flying loop - growth has blocked the way." This in many ways characterizes how I have felt blocked by the particular situation I am in. In the past, I could have tolerated some of the dynamics in my workplace because I could shut off my feelings. Now, I can't do that and I feel restricted; i.e. my life lacks the quality of "freedom" that I had about my work previously, when I was in private practice. Indeed, in many ways I find myself "uncomfortable about my profession" and I've begun to feel that I am not where I should be. Five years ago I was doing a less traditional form of counseling; as I think back to that time that work felt more valuable and nourishing to me. "Was I in better touch with myself then?" Yes, in some ways. But

in others, definitely not. At that point I hadn't learned to feel my feelings and name them. So, in that way I lacked the skills to really be in touch with myself. "Am I repeating something?" Yes, I'm repeating trying to put my work into a 'box,' a form that feels restrictive to me.

The chaos in my dream parallels the chaos of emotions I feel in my work - since I'm constantly dealing with death and loss. "I would question if I really am where I should be" is exactly what I am doing now as I enter a period of taking stock and deciding whether or not I want to change the focus of my life's work.

I certainly do try to be a "superstar" and often leave myself feeling frazzled and unsupported because I live this pattern. And, this is one of the "obstacles that keep me from flying free along the dirt road."

And, yes, when a client dies or gets sicker it often feels as though a tornado of emotions chases me. I want to hide from my feelings. But I see that while the plane may feel damaged by touching the tornado; in many ways it is stronger than I give it credit for because it survives as does its contents. And, yes, "we all learn from testing and this flight was successful for its occupants, regardless of the damage done to the plane by the tornado."
Thank you again. Kalista.

Second dream: standing by cliff.

07-10-94   Standing by cliff

Subj: Kalista's Dream for Group   94-07-10 11:59:56 EDT
From: Kalista

Here is Kalista's dream for work by the group.

I'm in this place that I've been before (in this dream). I'm standing on a cliff and a man with a short, sharp knife with a curved tip walks up to me. (I had the impression that I knew this man.) He reaches out, grabs my neck and using only the curved point, quickly cuts through only the carotid artery on one side of my neck. It's a small cut; but, it bleeds a lot. He then pushes me over the cliff. I remember having no feelings that I could identify as he did this. However, as I fell and when I was on the ground I remember feeling afraid that I would die. I took some tissues and put pressure on the wound knowing that I had to stop the bleeding or that I would die. I felt the stickiness of the blood as it touched my hand. I remember feeling very afraid and experiencing a very calm feeling at the same time. I knew what I had to do and I knew that I simply had to act to save my life. This all happened in the evening and there were

banks of bright lights at the top of the cliff. At the
bottom, it was darker and the light was more reflected than
direct.

Next, I'm someplace else; it is later in the same day.
I'm wearing a gray turtleneck and I pull it back to show the
person I'm speaking with my cut. There's a small line of
dried blood on the turtleneck. I remember feeling very calm
and noticing that the wound was still 'weeping' a bit.
Finally, I am in the car of a woman who works in my office.
It is evening; but there is indirect light all around. She is
palpating the inside of my arm, in the area of the elbow. She
tells me that I am getting sick and that I need to take care
of myself. I thank her and begin to walk across the field
where we are parked toward my own car. I remember feeling
that I knew the truth of what she was saying and knowing that
I have to do something about it. In the dream, I never find
my car; waking up as I am walking and searching.

Date: Jul 20 1994 21:08 EST
From: Kalista
Subj: Feedback re: If It Were My Dream

Decided to use e-mail for feedback phase. This dream
felt really personal and lots of people I work with use aol.
So, this felt like a way I could share feedback with those of
you who had worked with this process without feeling
overexposed on the bb.

Prior to putting the dream on the bb I did a lot of work
with it about its meaning. To put it in the context of my
everyday life, it occurred on the evening of the day when I
had been told by my boss that some major changes were going
to be made in a successful program that I had built. Up to
this point, I've handled both administrative and clinical
parts of my job. (I'm a clinical social worker.) The change
was that I would be handling only clinical work and that the
administrative function was being moved to our main office to
be handled by my boss. I was devastated. While I wanted to do
the clinical piece (the therapy) and had asked repeatedly to
do this I felt like I was being demoted. I also felt that
our main office could not handle the outreach as well as I
could from our regional office. Needless to say, I was very
upset.

So, that night I had the dream. And, it's amazing the
pieces that you guys picked up on. (It's also amazing some of
the new perspectives that I got from your work with the
dream.)

One of you commented on the man having the "skill and
calculation of a surgeon." That's exactly how it felt. It
felt as if my boss were taking my life blood away. It felt as
though if he had set out to make a decision to hurt me most
that this would have been it. Interestingly enough, the

administrative piece is the 'head' piece - my 'heart' work is the therapy and direct client work.

You commented that I seemed "removed from my crisis." This has been a major lesson for me. Not to let my identity and my ego get caught up in something that has almost nothing to do with them. (Even though it feels like a demotion, it really isn't. I'll be made supervisor over the clincal staff and getting a raise. See, I even have to tell you this so you won't think it's a demotion. This is a real issue for me.)

There was the comment about the last woman in the dream representing "getting real and concrete." I know that this is the work that feels good to me, working with clients vs. doing networking, working with media, etc. Staying with the direct work is one way that I can take care of myslef - just as the dream was saying.

You asked what it was that I need to face? I need to face the fact that I'm not following my own inner guidance in this matter. I'm letting my ego cut my throat and leave me to bleed doing work I hate. You asked if I were sick of something. I work with people with a terminal illness and I'm certainly sick of that - I'm sick of clients getting sicker and dieing. (In fact, in the week I had this dream two people that I knew, one a client of mine, had died.)

My ego had been avoiding the direct work with the clients because it takes me out of the spotlight (the bright lights at the top of the cliff) and takes me down into the feelings level, where I 'bleed' and hurt along with my clients. Sometimes, indeed, thinking that I will die if I can't escape.

The comment about this dream telling me that there were past resources I could draw on was particularly helpful to giving me a new way to look at this situation. My boss reminds me of a man that I lived with a long time ago. That relationship certainly left a scar. And, until this dream I didn't realize that this was the particular transference I had to my boss. However, that relationship of long ago taught me that I can really trust myself and my own intuition. And, this dream is a reinforcement of that.

So, thanks for all your help. Your input helped me feel more at peace about a very painful process. It also helped me to see some 'baggage' that I brought to this process that I had avoided looking at before.

Many thanks for your time and your care.

Kalista

Third dream: 3 barges to be 3unk.

11-24-94   3 Barges to be sunk

Subj: Kalista's Haloween Dream   94-11-24 02:20:15 EST
From: JHerbert

Via E-Mail, Kalista has submitted a dream she had on
Haloween. Here is her communication:

        Had a more recent dream that is puzzling to me that I'd
like to share with the group. So, here goes -
        I am on a barge that is covered with scrap metal; it is
the third barge in a row. They are all three tied together
and are being dragged out to sea. Once there, they will be
blown up and sunk in order to dispose of them. I am afraid; I
know that I will be killed when the barge explodes. So, I
jump overboard and swim back through the harbor water to
shore. The harbor water is brown and murky; it seems very
dirty.
        When I reach shore I know that I have to hide from two
men who want to kill me. I run into a store that I see along
the dock. The store has dried flowers in it. Water drips off
me as I cross the floor to the shopkeeper, a woman. I ask her
if I can hide there. She points out a door in the back of the
store and down a long hall that is behind the building of
store fronts. I run and search for a place to hide. I feel
afraid, more and more panicked. I run upstairs where a family
lives. They say they will hide me in their attic.
        I go up a spiral staircase into the attic. There, plush,
soft pink carpeting covers the floor. High windows let in
lots of light. However, the walls remain unfinished; the
beams are exposed. I sit and try to hide behind a large
support beam; I can see downstairs where the two men still
look for me. I feel afraid.
        A woman that I know from work comes up the stairs and
walks out onto an exposed beam to get to an area where there
are books. She gets a book and then swings from the beam as
though it were a monkey bar, hanging upside down.
        I hear someone coming up the stairs. I look off to the
left hand side and there is a bathroom. I go into the
bathroom and hide under the sink counter, sitting on the
floor. A woman comes in, walks through the bathroom and
ruffles the curtain that covers the top of the area where I
sit. But, she doesn't see me.
        My boss then comes into the room with a red Selectric
typewriter. He puts the typewriter just outside the door on a
window seat and tells me that I can hide out here until I do
my report over. He tells me that if I do my report over
perhaps the men will leave me alone and let me live. More and
more people come into the attic. I still feel scared.

<<< END OF DREAM >>>

Subj: Dreamer's Feedback   94-12-04 14:07:46 EST
From: Kalista

        Thanks to all for your wonderful "if it were my dream"
postings. I will post my feedback to those who participated
via e-mail. I'll probably send it to you on 12/8 or 9. I
want to sit with the information a bit before I respond. I
had some powerful awarenesses from what you had written and I
want to give myself time to process them.
Thanks to all who participated.

        [Unfortunately, the dreamer's attempted detail reply was
lost twice, possibly eaten by an electronic goblin.]

        Fourth dream: crock pots.

09-05-95   Crock Pots

        I am in an apartment that my husband and I are renting.
We are moving our furniture into a bedroom that is painted in
green and yellow. I want to repaint it but feel it would be
too complicated and say, "we'll only be here a short while so
I'll try to get use to green and yellow."
        I walk back down the hall and realize there are three
crock pots (the slow cookers) that someone (I believe it was
my father) has given us. We have promised two of our friends
the best ones. I take a truck and drive over a slippery, icy
road to get them.
        I'm looking through them and realize that we (my husband
and I) need a crock put - but I feel obligated to give one to
our friends. My husband calls them and they say they
definately want one since they have tried to buy a new one
(while waiting for these to come to us) and couldn't. I get
on the phone and describe them: an old, red Rival (brand),
and white ___ brand (I don't remember its brand) and a white
GE. The while GE is modern looking (and I find myself wanting
to keep it.) I try to keep my desires out of it since I feel
I have promised them the best one. I do describe them all
thoroughly, including the burnt bottom of one of the three.
(I don't remember which it was.)
        At the end of our phone conversation, they choose one of
the crock pots and that one disappears. Next, I am with my
father and mother. My father has one of those electric
bar-b-que starters (charcoal starters). I am concerned that
he has the missing crock pot. But, he doesn't. He is talking
about repairing the electric bar-b-que starter before the
weekend so it can be sold over the weekend. (In the dream

that weekend is Labor Day weekend.) He is concerned about how he will clean it and fix it and says, "We got some good stuff to sell."

Next, I'm with one of the friends that I had promised the crock pot to and she is talking about a trip that we took together to Maine. She keeps talking about how movies only cost $7.50 in Maine. I state, "Only a New Yorker would think that's a good deal." She gets angry with me and I with her. I walk out (through the halls of the apartment) and she follows me. We are yelling at each other. I turn to her and say, "It's all the stuff I can't talk to you about now. It's all the people dying and in hospitals."

Then, I am on the ark (as in Noah's ark) and it has landed. One couple is off the boat on the land drying their clothes. (The clothes are pink.) The clothes hand on a line. I walk down a gang plank from the boat onto the hill. (I understand that only a few people at a time have been let off the ark to enjoy the land and so that the couples can have privacy. It seems to me as if the couple that I see has been making love. There is good natured teasing back and forth between myself and the couple.

I walk around on the land and pass an area where a young man (very Michael Douglas-like) is with my father. He (the young man) yells angrily, "Only a food would ask God for healing and the continue to smoke! You have to be crazy!" He went on about when you asked god for help you are expected to do your part too. This made sense to me and I agreed with him but continued to walk along. I felt his anger. (And I woke up with my right fist clenched.)

Date: Sep.26.1995 4:00 PM EDT
From: Kalista
Subj: RE: Feedback for If it were my dream
To: JHerbert
cc: [To dream group members]
    Apologies to all that I didn't get this posted yesterday. I finally got the bronchitis that has been circulating in my office from person to person. Spent yesterday morning at work trying to deny the fact I was sick, yesterday afternoon at the doctors office getting antibiotics (I have to facilitate a three day training starting tomorrow so I knew that I had to use every available resource to get better) and last evening sleeping.
    I do appreciate the enormous thought you put into this dream. It has been helpful for me to continue to identify/clarify issues that are present in my individual work at this time and some life issues that I continue to work with. I processed all of this on paper with a printout of your responses. So, now, I'm going to be consolidating it into responses to each of you individually. I apologize in advance if I am not clear - please feel free to send me

questions if you have any. Quotes from your responses that particularly struck me as meaningful are included in <<   >>.

<<If it were my dream I'd first be aware of my mind traveling through the complexity of the issues and because my mind has done this with me many times before, I'd know it's trying to avoid something.>>
This is very true for me. I tend to want to stay in my mind and avoid my feelings, which this dream certainly shows me. I was rationalizing that I couldn't speak with my friend about my feelings since she was in chemotherapy and I'd just wait until she finished. In this was I was trying to take care of her inappropriately and I was avoiding my painful feelings of anger.
<<In what ways am I (with my husband) living like I'm in a cheap, temporary apartment with gross colors?>>
It's interesting that this dream came at a time when we were renovating the basement of our home into livable space. I am constantly finding myself thinking of these renovations as something I am doing for resale value rather than to make my home more enjoyable. I am realizing through this dream (and your feedback) how temporary a situation I have viewed living in this areas.
<<Temporariness is augmented by my frequent contact with death which serves to remind me of my own impermanence.>>
Speaking again to a lack of commitment that I experience as a life issue.
<<My friendship with her can get over-cooked even though the concept of it is fine.>>
To me, this speaks of the fact that I have chosen contact with her over other things that I enjoy in my life.
<<She just doesn't get it that there are more important things to be concerned about then her own, non-terminal illness - but the only way I can tell her is if I get angry.>>
This points to the way that I realize I use anger as a motivator. It's almost like I don't value myself enough to act on the feeling that is under the anger - instead, I rely on the energy generated by the anger to get moving.
<<And getting angry is the way I get to make contact with Beulah (from Bly's description of William Blake's stages of consciousness) - the spiritual land of bliss.>>
This is a piece that feels important to me but I don't quite know how yet. So, I'm going to sit with this piece and see what comes up over the next few months.
<< I think of my friend and wonder about her resources to help her SELF create the amusing life she is seeking.>>
So true. And, I realize that I enable this dependence when I don't set the boundaries with her.
<<Underlying all this is a struggle: when is "cheap" noble simplicity versus impoverished neediness? How does

helping oneself aide in healing versus taking too much and participating in the overgrowth of mindless consumption?>>
　　Again, another point that seems like a life question I face.
　　<<I wonder what it would be like if we could just get together as if we were curious children and share BOTH of our fears and thoughts about it - I'd share mine without worrying about offending or scaring her and she would be able to do the same.>>
　　When I read your dream this concept felt really scary to me. But, she and I got together and were actually able to do this and much healing came out of it.
<< this really struck a cord with me as I recall before I divorced that the sense that this is ok, not great, but ok and not bad enough to change>>
　　Again, I think this spoke to my rationalization about not speaking to my friend at a time when she was in chemotherapy. It was not great but not bad enough to change. The down side was that I was sacrificing parts of myslef that I needed to be taking better care of.
　　<< The crockpots in my dream are indeed "slow cookers" so too are my decisions around relationships>>
　　This has always been my pattern.
<<so in my dream the shift to Noah's ark is a end to the old life and a beginning to the new ->>
　　This feels true for me although I don't have specific evidence in my life that it is the case. It feels like I've started something new.
　　<<I see me as a fool in my continued self destructive behaviors which somehow don't stop - or at best sputter out on occasion - and too this self destructiveness in staying in a 16 year marriage with no love, no support but no abuse>>
　　This was important to me because I realized that in my relationship with this friend I don't really feel a lot of support from her (probably because I have never asked for it) and that I felt this was ok since there was no abuse there. This is a really old pattern for me in my life.

To Sarah-Jane
　　<< Three crock-pots come to mind; gifts, I believe, from an older masculine part of myself. To claim them I have to travel a brief but somewhat hazardous path & am glad I have the mobility & strength needed to do so.>>
　　As a child, my older masculine role models (my father & grandfather) rarely gave gifts. it wasn't until I was grown that the 'gifts' (things that he had repaired) began to come. It was difficult for me to learn to give gifts to myself - I either give them too early, too late, too big or too little. I am struck by how this is a lesson that I continue to learn in my life. Again, it points to the importance of my learning to give to others while taking care of myself.

<< Because there are three pots, my mind turns to the witches' cauldrons in MacBeth. Trouble brewing.>>
This turned out to be a remarkably prophetic dream. There was indeed trouble brewing. In fact, a few days before labor day my husband and I were unable to visit my friend and she became very upset and confrontive about how we "didn't take care of her." So, it feels like the dream was warning me of this upcoming event.

<<The pots for cooking/stewing/transformation.>>
I do think the experience of the discussions we had as a result of this experience will be transformative to the relationship.

<<The female aspect reminds me of an incident in my life, in which she was involved, continually reiterating that fantasies are less costly (inner life richer?) in the country than in a large city. I feel angry, at odds, with this part of myself & try, unsuccessfully, to separate from it. The conflict accelerates & I know it is something to do with loss, pain & transformation, but can't verbalize it.>>
For me, this has to do with my ambivalence toward staying in New York vs. moving to another part of the country. I have inner feelings/fantasies of moving on and questions of what am I avoiding by not committing to really being where I am.

<<Overall, I would feel that this dream, too, was telling me I have to go on through the difficult period that seems to be ahead. Go through the shit to get the gold. Through a period of "stewing", "dying"/transformation, perhaps a Night Sea journey, & flood (tears?) to a landing in a place of tranquility where a coming-together of aspects of myself, after cleansing & repair, will take place.>>
This certainly seems to be what happened during the time of the argument with my friend and certainly seems to speak to my conceptualization of why I was spending this time in New York, vs. being in a part of the country that felt better to me.

To John
<<The other characteristic (of crock pots), however, is that if not properly guarded or regulated, it can be "burned out.">>
This does feel like a warning to me. I have a difficult time with the concept of balance - in work, home, relationships. It is easy for me to become overinvolved and burned out. One thing I've learned from my work with the terminally ill is that to be able to hang in for the long haul I have to really take care of myslef. And, I haven't done a very good job of doing that in my personal life.

<<When I go to look for these pots, I drive a truck - a utility or commercial vehicle, and I have to negotiate an icy

(frozen emotions?) route with unsure footing (not properly grounded?).>>

I constantly struggle with 'frozen emotions' - a pattern I learned in childhood. It IS too hard to look at my feeling about the fact that my friend has a potentially fatal illness.

<<I was struck by my choice of specific crock pot brand. Why is one of the pots a "Rival?" Where is there rivalry in my life?>>

I've often felt a rivalry with my sick friend because she is perceived as 'dying' by some people and thus gets lots of attention and gets to do whatever she wants. This was a painful pattern from my childhood where the sick individual in the family (often my mother) was taken care of (no matter what the cost) by others in the family. Again, old, old patterns.

<<Why does one of our pots have a burned out bottom? Did my family (or I) not pay attention to something that was cooking for a long time?>>

Yes, my feelings about my friend; my anger at her. Also, this old pattern of my taking care of others.

<< Was there a lack of a security device on the pot that did not turn it off in time?>>

I wish that I had learned this in childhood - but, I didn't. So, I get to practice it now. If I get really analytic about this, I'd even go so far as to say that by my choice of professions (and my choice of this friend) I'm working this conflict out.

<<Noah's ark, on solid ground after the flood of emotion. A welcome space after the lack of privacy during the voyage of survival.>>

It was interesting that after the discussion/argument that my fiend and I had just prior to Labor Day weekend, I felt this incredible sense of relief (after, of course an incredible sense of abandonment, abuse and anger) to have some quite, private time. I need to ask for this more since this alone time doing what I want to do provides me with the grounding to be present the rest of the time.

<<If this were my dream, I would therefore have to ask myself: a) Is there is a situation in my life that is temporary but requires caution, even though there is another part that is encouraging (GO for it)?>>

This could be speaking to a situation at work or to my desire to leave New York and move back to North Carolina.

<<b) Have there been situations in the past, possibly work associated, that have lead to a "burned out" feeling, or where the taste of the nourishment had been modified by over cooking (or overwork)?

Definately!!!!

<<c) Is there a work related situation where I cannot freely express emotions or where I have to proceed very

carefully?

Particularly at the time I was having the dream.

<<(i) Do I have specific issues dealing with life, disease, death, one's own responsibility for one's life, or acceptance of "God's way?">>

Yes, all the time since I tend to be able to do my work because (I feel) of my strong sense of spirituality.

Again, thanks to all of you for your input. It was very helpful, particularly in pointing out to me the way that I'm having a hard time committing to where I am and the work I am doing. (This speaks to my desire to escape painful situations.) Your insights also helped me process out my feelings regarding the situation with my friend in a way that felt more grounded and less blaming (of myself) than I might have otherwise.

Many, many thanks for your thoughtful responses. Happy dreaming to you all.   Kalista

+++ End of Series of Dreams +++