

## Recurring Dreams

by dulcie *Saturday, Jun 27 2015, 1:21am*

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The phenomenon of recurring dreams is common, they are symptomatic of our conscious minds refusing to acknowledge and deal with the circumstances/reality in which we find ourselves.

The recurring dream is a message and we better take heed. It is our higher consciousness, unfettered by cultural constraints, including fear, illusion and delusion, attempting to communicate and restore balance and harmony to our lives.

Every human being is connected to their higher consciousness, however, the limited cultural mind we use in everyday life often opposes our best interests and so the higher mind communicates to us in dreams which are always symbolic as the cultural mind is oppressing direct communication, it doesn't want to know, but we do!

Faced with a blockage in direct communication the dream message becomes shrouded in symbolic language, which, with a little reflection is decipherable by the dreamer or sensitive empath.

An example may be helpful. A person, friend of a friend of a friend, such is the way people locate solutions, presented to me once with a powerful haunting, recurring dream that involved the house she was raised in, in a state of utter ruin with only some superstructure standing; furniture and other familiar object were strewn about but intact, the dream had a powerful effect on the dreamer and demanded to be interpreted, which for an empath was a relatively simple matter. The house represented the dreamer's world, which on investigation was in a state of chaos, the dreamer's circumstances had become intolerable hence the recurring dream attempting to steer the person in the right direction.

I explained the symbolism and urged the person to heed the message from her higher self before the 'contents' - her personal values and specific talents -- were lost or became damaged. I asked about the state of the furniture and other 'possessions' and was told they were in good condition but scattered everywhere in disarray. The message was clear, deal with the destructive influences that were impacting her life and listen to her higher nature urging her to act. It should be said that the dreamer was aware of this though the dream message was repressed by the cultural mind laden with its fears and apprehensions. Yet a simple external prompt gave the person the approval and the confidence she required to act on the message the intuitive self was transmitting for her to rehabilitate her entire life/world. The person was overjoyed and supremely relieved to hear what she already knew deep inside - external assurance was all that was required in this case. However, I would not recommend external solutions as the message is tailored in the symbolic language that is specific to the dreamer, though of course, the 'collective unconscious' speaks in universal symbols we are all able to relate to and understand.

If you have a recurring dream the situation it portrays is usually urgent and I recommend you take the time to reflect and be HONEST with yourself and then do what is necessary to restore harmony to your life.

I would also mention that real dreamless sleep, as opposed to forgetting dreams, is indicative of a life on course; the rare occasions dreamless sleep occurs it is unmistakable, as it is the most refreshing and invigorating sleep that it's possible to have.

We should never ignore recurring dreams, as their insistence usually indicates an urgent matter that requires immediate remedial attention/action.

Allow your higher, fearless and unfettered consciousness to guide you intuitively at all times, this applies both personally and socially.

Peace.

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Jungle Drum Prose/Poetry. <http://jungledrum.lingama.net/news/story-1690.html>