



J.M. DeBORD

DREAM INTERPRETATION, SYMBOLISM, & THE SUBCONSCIOUS
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1
00:00:00,600 --> 00:00:03,849

[Music]

2
00:00:10,160 --> 00:00:07,130

the plan is trusting masters almost

3
00:00:12,890 --> 00:00:10,170

surely have a plan this clearly maybe

4
00:00:16,400 --> 00:00:12,900

something there beyond the realm of man

5
00:00:19,640 --> 00:00:16,410

and it's already tested every last ghost

6
00:00:35,479 --> 00:00:19,650

just you find the more you think you

7
00:00:42,840 --> 00:00:35,489

know the less you do that's true without

8
00:00:47,799 --> 00:00:45,939

all right higher side shadows life is a

9
00:00:49,630 --> 00:00:47,809

strange and mysterious thing with the

10
00:00:51,880 --> 00:00:49,640

collective brainpower of the planets

11
00:00:54,189 --> 00:00:51,890

people past and present really haven't

12
00:00:55,810 --> 00:00:54,199

gotten that far to figuring out is a

13
00:00:57,279 --> 00:00:55,820

consciousness controlled romp through

14

00:00:59,799 --> 00:00:57,289

the material plane for the sake of

15

00:01:02,109 --> 00:00:59,809

smelling roses and eatin chocolate is it

16

00:01:04,359 --> 00:01:02,119

a virus unpacking itself and evolving

17

00:01:06,160 --> 00:01:04,369

until it can build its own God or is it

18

00:01:08,260 --> 00:01:06,170

some cosmic school for self development

19

00:01:11,109 --> 00:01:08,270

where we swim up the spiritual river

20

00:01:13,570 --> 00:01:11,119

like salmon destined to spawn folks we

21

00:01:15,070 --> 00:01:13,580

have no idea but what we do know is that

22

00:01:17,460 --> 00:01:15,080

we spend about a third of our whole

23

00:01:19,690 --> 00:01:17,470

earthly experience and sleep mode

24

00:01:21,580 --> 00:01:19,700

unconscious unaware and ultimately

25

00:01:24,760 --> 00:01:21,590

unleashed into a different experience

26

00:01:27,130 --> 00:01:24,770

altogether the dream time and while we

27

00:01:28,899 --> 00:01:27,140

must sleep and dream to live we dedicate

28

00:01:30,760 --> 00:01:28,909

little time to understanding what might

29

00:01:33,130 --> 00:01:30,770

be the weirdest aspect of life when you

30

00:01:35,230 --> 00:01:33,140

get down to it our dreams really just

31

00:01:37,570 --> 00:01:35,240

screensavers four active minds while the

32

00:01:39,520 --> 00:01:37,580

body recharges or should we be pulling

33

00:01:41,050 --> 00:01:39,530

out powerful meaning from the symbols

34

00:01:43,209 --> 00:01:41,060

and the messages delivered by a

35

00:01:45,940 --> 00:01:43,219

subconscious yearning to be acknowledged

36

00:01:48,010 --> 00:01:45,950

most of us have probably had times where

37

00:01:49,899 --> 00:01:48,020

a dream felt like more than just a dream

38

00:01:51,760 --> 00:01:49,909

and with us to sort out this mess and

39

00:01:53,889 --> 00:01:51,770

better understand the signs and symbols

40

00:01:55,779 --> 00:01:53,899

of the dream state is the great decoder

41

00:01:58,840 --> 00:01:55,789

himself JM debord

42

00:02:01,240 --> 00:01:58,850

JM is the author of Dreams one two three

43

00:02:03,190 --> 00:02:01,250

remember interpret and live your dreams

44

00:02:05,109 --> 00:02:03,200

and more recently the heavy tome that

45

00:02:08,229 --> 00:02:05,119

found its way to higher sized studios

46

00:02:10,539 --> 00:02:08,239

the dream interpretation dictionary sign

47

00:02:12,640 --> 00:02:10,549

symbols and meanings nearly four hundred

48

00:02:14,680 --> 00:02:12,650

and fifty pages of alphabetically

49

00:02:16,780 --> 00:02:14,690

organized aspects that many people

50

00:02:18,310 --> 00:02:16,790

encounter in their dreams from aliens to

51
00:02:21,130 --> 00:02:18,320
zombies and everything in between

52
00:02:23,020 --> 00:02:21,140
he's also a frequent partaker and the

53
00:02:25,960 --> 00:02:23,030
sacrament we call reddit where he is

54
00:02:28,330 --> 00:02:25,970
known as rad owl the reddit dream expert

55
00:02:30,580 --> 00:02:28,340
a respectable title if I do say so

56
00:02:33,250 --> 00:02:30,590
myself and I can't wait to get down to

57
00:02:36,160 --> 00:02:33,260
it JM Debord welcome to the higher side

58
00:02:38,500 --> 00:02:36,170
Oh Greg it is a pleasure to be here

59
00:02:40,150 --> 00:02:38,510
thank you for having me yeah man

60
00:02:42,160 --> 00:02:40,160
thanks for being here I did have a lot

61
00:02:44,590 --> 00:02:42,170
of fun with the dream interpretation

62
00:02:46,750 --> 00:02:44,600
dictionary I think a lot of people feel

63
00:02:49,599 --> 00:02:46,760

like there is some meaning in what they

64

00:02:51,059 --> 00:02:49,609

dream but very little in our waking life

65

00:02:53,429 --> 00:02:51,069

really provides us with this

66

00:02:56,190 --> 00:02:53,439

skills to decode them unless we really

67

00:02:57,839 --> 00:02:56,200

dedicate some effort on our own and so

68

00:03:00,030 --> 00:02:57,849

I'm curious how this kind of became your

69

00:03:02,489 --> 00:03:00,040

thing obviously others have tried to

70

00:03:04,170 --> 00:03:02,499

wear the crown but what got you into

71

00:03:06,360 --> 00:03:04,180

dream interpretation and what makes your

72

00:03:08,360 --> 00:03:06,370

approach different or maybe even more

73

00:03:10,920 --> 00:03:08,370

accurate than what's already out there

74

00:03:14,099 --> 00:03:10,930

well you know in your introduction you

75

00:03:17,520 --> 00:03:14,109

talked about how we are looking we know

76

00:03:19,740 --> 00:03:17,530

that life is more than just this

77

00:03:22,319 --> 00:03:19,750

biological matter that is spinning

78

00:03:24,360 --> 00:03:22,329

through space and you know that there is

79

00:03:26,879 --> 00:03:24,370

something more to all of this and that

80

00:03:30,300 --> 00:03:26,889

our dreams seem to provide a portal to

81

00:03:32,849 --> 00:03:30,310

it except dreams can appear to be very

82

00:03:34,770 --> 00:03:32,859

disconnected from your everyday reality

83

00:03:36,750 --> 00:03:34,780

you know you have a dream about being

84

00:03:38,490 --> 00:03:36,760

back in high school but that was 20

85

00:03:40,349 --> 00:03:38,500

years ago when you graduated and you're

86

00:03:42,059 --> 00:03:40,359

standing there and you know it's this

87

00:03:43,770 --> 00:03:42,069

teacher you don't know when your pants

88

00:03:44,939 --> 00:03:43,780

are down around your ankles and people

89

00:03:46,920 --> 00:03:44,949

are laughing at you and you're going

90

00:03:49,170 --> 00:03:46,930

wait wait I'm not in high school anymore

91

00:03:50,429 --> 00:03:49,180

why would I dream about this well if you

92

00:03:53,339 --> 00:03:50,439

break it down there's some kind of

93

00:03:55,830 --> 00:03:53,349

meaning behind it so I started off I

94

00:03:58,830 --> 00:03:55,840

really was I've always been interested

95

00:04:00,960 --> 00:03:58,840

in exploring the mind especially the

96

00:04:03,119 --> 00:04:00,970

parts of it that were not very aware of

97

00:04:06,300 --> 00:04:03,129

you I call it the subconscious or the

98

00:04:09,780 --> 00:04:06,310

unconscious you know most of our mind is

99

00:04:12,509 --> 00:04:09,790

beyond our awareness 95 to 99 percent of

100

00:04:14,729 --> 00:04:12,519

the mind is unconscious so that means

101
00:04:17,069 --> 00:04:14,739
this little tip of the iceberg that we

102
00:04:20,219 --> 00:04:17,079
know as our as our conscious mind as our

103
00:04:22,439 --> 00:04:20,229
ego or as ourselves is just this very

104
00:04:24,029 --> 00:04:22,449
small part of the big picture so of

105
00:04:26,159 --> 00:04:24,039
course I've always been interested in

106
00:04:28,200 --> 00:04:26,169
anything that can tell me more about how

107
00:04:30,629 --> 00:04:28,210
we tick and how we really work inside of

108
00:04:33,990 --> 00:04:30,639
ourselves but Greg there's another part

109
00:04:36,659 --> 00:04:34,000
of it which was when I was in my mid-20s

110
00:04:39,510 --> 00:04:36,669
I was looking for answers it was sort of

111
00:04:42,089 --> 00:04:39,520
a classic situation where I you know I'm

112
00:04:44,490 --> 00:04:42,099
hitting a wall in my life and I'm

113
00:04:46,260 --> 00:04:44,500

looking and I'm not finding what I'm

114

00:04:48,749 --> 00:04:46,270

looking for you know in a very

115

00:04:51,659 --> 00:04:48,759

synchronous experience a neighbor friend

116

00:04:53,670 --> 00:04:51,669

of mine showed me chapters from a book

117

00:04:55,529 --> 00:04:53,680

printed off of a computer this is back

118

00:04:57,029 --> 00:04:55,539

in mid 90s oh you couldn't just like you

119

00:05:00,450 --> 00:04:57,039

know hop on the Amazon and grab your

120

00:05:02,370 --> 00:05:00,460

favorite book right so I found this guy

121

00:05:04,410 --> 00:05:02,380

this writer his name was Larry Pesavento

122

00:05:05,970 --> 00:05:04,420

and I was reading the

123

00:05:08,130 --> 00:05:05,980

chapters of his book that he was passing

124

00:05:10,650 --> 00:05:08,140

around among friends and he referred to

125

00:05:13,650 --> 00:05:10,660

dreams and he referred to a guy named

126
00:05:16,620 --> 00:05:13,660
dr. Carl Jung the Swiss psychiatrist and

127
00:05:18,780 --> 00:05:16,630
anyone who delves into the mystic and

128
00:05:20,700 --> 00:05:18,790
the unknown is going to run across Carl

129
00:05:23,490 --> 00:05:20,710
Jung at some point because he is our

130
00:05:26,280 --> 00:05:23,500
captain he is the one who explored those

131
00:05:29,490 --> 00:05:26,290
depths and I caught on to Jung and it

132
00:05:31,770 --> 00:05:29,500
was just like something lit a fire in my

133
00:05:34,620 --> 00:05:31,780
mind I found somebody who could take

134
00:05:37,110 --> 00:05:34,630
these things that were batting around in

135
00:05:40,080 --> 00:05:37,120
my head that were related to the psyche

136
00:05:43,350 --> 00:05:40,090
and spirituality and religion and God

137
00:05:45,030 --> 00:05:43,360
and experience and soul and all of that

138
00:05:48,270 --> 00:05:45,040

and put it into the language of

139

00:05:50,670 --> 00:05:48,280

psychiatry and it just resonated with me

140

00:05:53,670 --> 00:05:50,680

very deeply so I started a very deep

141

00:05:55,440 --> 00:05:53,680

exploration and I found it in through my

142

00:05:57,630 --> 00:05:55,450

dreams that I was gaining the answers

143

00:06:01,220 --> 00:05:57,640

and the insights that I needed and then

144

00:06:03,780 --> 00:06:01,230

I started going public with it first

145

00:06:06,270 --> 00:06:03,790

among friends and stuff but just sort of

146

00:06:08,940 --> 00:06:06,280

helping them with their dreams I met my

147

00:06:11,430 --> 00:06:08,950

wife Lisa and she was in a transition in

148

00:06:13,380 --> 00:06:11,440

her life about ten years ago and I

149

00:06:14,520 --> 00:06:13,390

helped her understand the dreams that

150

00:06:16,260 --> 00:06:14,530

she was having and how they were

151
00:06:18,300 --> 00:06:16,270
connecting with her life and I want wow

152
00:06:20,580 --> 00:06:18,310
you know I think I really am on to

153
00:06:23,730 --> 00:06:20,590
something here so then I dropped by

154
00:06:25,350 --> 00:06:23,740
reddit yes our our friend reddit swear

155
00:06:27,300 --> 00:06:25,360
you know we explore many different

156
00:06:29,010 --> 00:06:27,310
subjects and there is a dreams forum

157
00:06:30,810 --> 00:06:29,020
there and I just started talking to

158
00:06:33,030 --> 00:06:30,820
people about their dreams that I wasn't

159
00:06:35,220 --> 00:06:33,040
presenting myself as an expert or as an

160
00:06:37,140 --> 00:06:35,230
interpreter just somebody who had really

161
00:06:38,640 --> 00:06:37,150
delved into the subject and had a real

162
00:06:42,060 --> 00:06:38,650
deep personal interest and fascination

163
00:06:44,940 --> 00:06:42,070

with it so from there I got great

164

00:06:47,100 --> 00:06:44,950

feedback from people and I decided I

165

00:06:49,740 --> 00:06:47,110

needed to bottle the magic so I wrote

166

00:06:51,120 --> 00:06:49,750

Dreams one two three and that opened up

167

00:06:53,370 --> 00:06:51,130

the door into the publishing industry

168

00:06:56,220 --> 00:06:53,380

which had been closed to me I had tried

169

00:06:59,280 --> 00:06:56,230

I worked in journalism and I worked in

170

00:07:00,990 --> 00:06:59,290

various media television and radio and I

171

00:07:02,790 --> 00:07:01,000

had tried to find an agent I wrote a

172

00:07:05,310 --> 00:07:02,800

novel I had these great ideas about

173

00:07:07,140 --> 00:07:05,320

being an author and you know writing

174

00:07:08,880 --> 00:07:07,150

books it really changed people's lives

175

00:07:11,130 --> 00:07:08,890

and opened their minds and all this

176
00:07:14,850 --> 00:07:11,140
before those doors were closed and when

177
00:07:16,620 --> 00:07:14,860
I came to my agent with the idea for a

178
00:07:18,190 --> 00:07:16,630
book about dreams she wasn't even my

179
00:07:20,440 --> 00:07:18,200
agent at the time

180
00:07:22,630 --> 00:07:20,450
she read my proposal in two weeks I kid

181
00:07:25,090 --> 00:07:22,640
you not after two weeks after she signed

182
00:07:26,800 --> 00:07:25,100
me I had my publishing contract so it's

183
00:07:29,110 --> 00:07:26,810
really it's been a heck of a journey

184
00:07:30,790 --> 00:07:29,120
since then I have gone really deep with

185
00:07:32,440 --> 00:07:30,800
this subject and I find that I have a

186
00:07:35,200 --> 00:07:32,450
way of explaining it to people that

187
00:07:37,660 --> 00:07:35,210
strips out the jargon and and some of

188
00:07:40,030 --> 00:07:37,670

the academic talk and it really puts it

189

00:07:42,400 --> 00:07:40,040

in terms of understanding your dreams as

190

00:07:44,140 --> 00:07:42,410

stories about yourself in your life with

191

00:07:46,630 --> 00:07:44,150

the purpose of helping you to learn and

192

00:07:49,660 --> 00:07:46,640

grow that is the bottom line right there

193

00:07:51,640 --> 00:07:49,670

and if you start there then everything

194

00:07:53,800 --> 00:07:51,650

builds on top of that into this

195

00:07:56,080 --> 00:07:53,810

structure in your mind that can help you

196

00:07:58,000 --> 00:07:56,090

to analyze and understand your dreams so

197

00:07:59,800 --> 00:07:58,010

that kind of makes a short story long

198

00:08:03,220 --> 00:07:59,810

Greg but that's how I got in the dream

199

00:08:05,080 --> 00:08:03,230

interpretation oh I love it can't argue

200

00:08:08,140 --> 00:08:05,090

with that it is nice when you find your

201
00:08:11,080 --> 00:08:08,150
wheelhouse isn't it so if we wanted to

202
00:08:13,600 --> 00:08:11,090
maybe lay a nice space in regards to

203
00:08:15,730 --> 00:08:13,610
sleep and dreaming from a scientific

204
00:08:17,980 --> 00:08:15,740
perspective what can you tell us what do

205
00:08:18,670 --> 00:08:17,990
you think is really happening there why

206
00:08:21,280 --> 00:08:18,680
do we do it

207
00:08:22,900 --> 00:08:21,290
well the first thing to understand and I

208
00:08:25,150 --> 00:08:22,910
go over this in my book the dream

209
00:08:27,040 --> 00:08:25,160
interpretation dictionary is you need to

210
00:08:30,100 --> 00:08:27,050
understand the reasons why you dream

211
00:08:32,170 --> 00:08:30,110
there are biological there are mental

212
00:08:34,690 --> 00:08:32,180
there are physical reasons there are

213
00:08:37,540 --> 00:08:34,700

spiritual reasons emotional reasons and

214

00:08:39,040 --> 00:08:37,550

the bottom line really which is agreed

215

00:08:41,290 --> 00:08:39,050

upon from all the different disciplines

216

00:08:43,870 --> 00:08:41,300

that have looked at dreaming is that you

217

00:08:46,510 --> 00:08:43,880

dream to process and collate your

218

00:08:48,460 --> 00:08:46,520

memories you're taking the experiences

219

00:08:50,800 --> 00:08:48,470

that you've had since the last time that

220

00:08:53,590 --> 00:08:50,810

you slept and you're processing them

221

00:08:55,960 --> 00:08:53,600

more deeply into your being into your

222

00:08:57,370 --> 00:08:55,970

psyche so all of those memories are

223

00:08:59,380 --> 00:08:57,380

there they're stored in short-term

224

00:09:02,080 --> 00:08:59,390

memory and when you go to sleep and your

225

00:09:04,660 --> 00:09:02,090

dream your mind is figuring out where

226

00:09:07,120 --> 00:09:04,670

this new experience these new memories

227

00:09:11,230 --> 00:09:07,130

where does it fit into who and what you

228

00:09:13,210 --> 00:09:11,240

are so that's first the second thing

229

00:09:16,360 --> 00:09:13,220

that they do is they help to get into

230

00:09:19,180 --> 00:09:16,370

your emotions they delve down in there

231

00:09:21,190 --> 00:09:19,190

they trigger emotions they remind you of

232

00:09:24,130 --> 00:09:21,200

what you felt they help you to more

233

00:09:26,800 --> 00:09:24,140

deeply process those emotions in some

234

00:09:29,680 --> 00:09:26,810

ways what dreams are doing is just

235

00:09:32,040 --> 00:09:29,690

clearing out the memory banks in the

236

00:09:34,110 --> 00:09:32,050

emotional storage banks

237

00:09:36,210 --> 00:09:34,120

they are helping you to recharge you

238

00:09:37,889 --> 00:09:36,220

have to get some of that released out of

239

00:09:40,139 --> 00:09:37,899

you so that you can wake up the next day

240

00:09:42,420 --> 00:09:40,149

and go okay I'm ready to take on the

241

00:09:44,519 --> 00:09:42,430

world again I mean imagine if you woke

242

00:09:46,620 --> 00:09:44,529

up and you felt the same way as when you

243

00:09:48,360 --> 00:09:46,630

went to sleep imagine if all of the

244

00:09:50,670 --> 00:09:48,370

emotion and feeling and thoughts and

245

00:09:52,590 --> 00:09:50,680

everything else was still there and you

246

00:09:54,690 --> 00:09:52,600

just continue adding on to it and then

247

00:09:56,759 --> 00:09:54,700

the next day you wake up and you add on

248

00:09:58,259 --> 00:09:56,769

to that they would get to a point where

249

00:09:59,699 --> 00:09:58,269

I think that most people would not be

250

00:10:01,889 --> 00:09:59,709

able to handle it anymore

251
00:10:04,019 --> 00:10:01,899
it would just be head explode you know

252
00:10:05,639 --> 00:10:04,029
there's too much so your dreams are

253
00:10:08,370 --> 00:10:05,649
really helping you to process this

254
00:10:11,550 --> 00:10:08,380
day-to-day activity and helping you a to

255
00:10:13,860 --> 00:10:11,560
release it and B to figure out how it

256
00:10:15,720 --> 00:10:13,870
fits into you to sort of in collate it

257
00:10:18,150 --> 00:10:15,730
sort of like what a computer does when

258
00:10:21,000 --> 00:10:18,160
it processes information more deeply

259
00:10:23,610 --> 00:10:21,010
into its circuitry and it's chips and

260
00:10:25,710 --> 00:10:23,620
it's hard drive and stuff like that then

261
00:10:28,410 --> 00:10:25,720
there's a deeper layer call it the

262
00:10:31,650 --> 00:10:28,420
spirit layer there is this thing inside

263
00:10:33,780 --> 00:10:31,660

of you that is wanting to have more

264

00:10:36,960 --> 00:10:33,790

meaning in satisfaction and fulfillment

265

00:10:39,630 --> 00:10:36,970

from your life and it often gets

266

00:10:41,670 --> 00:10:39,640

overlooked or neglected sometimes we're

267

00:10:44,040 --> 00:10:41,680

just too busy to pay much attention to

268

00:10:47,670 --> 00:10:44,050

the side of ourselves that is trying to

269

00:10:50,130 --> 00:10:47,680

find expression it wants to live you

270

00:10:52,860 --> 00:10:50,140

know to be or not to be that is the

271

00:10:54,990 --> 00:10:52,870

question it's you know how much life are

272

00:10:57,000 --> 00:10:55,000

you going to grab out of this experience

273

00:11:00,180 --> 00:10:57,010

how much are you going to engage and

274

00:11:02,699 --> 00:11:00,190

dive down into this experience dreams

275

00:11:04,740 --> 00:11:02,709

are your facilitator for that they help

276

00:11:06,930 --> 00:11:04,750

you to understand what's really going on

277

00:11:08,910 --> 00:11:06,940

underneath the surface they help to

278

00:11:12,269 --> 00:11:08,920

bring things forward so that you don't

279

00:11:14,880 --> 00:11:12,279

overlook them they want you to connect

280

00:11:17,250 --> 00:11:14,890

very deeply inside of yourself and also

281

00:11:20,340 --> 00:11:17,260

with the world and the people who are in

282

00:11:22,710 --> 00:11:20,350

it so your dreams are helping you on a

283

00:11:24,930 --> 00:11:22,720

nightly basis or whatever you sleep it

284

00:11:26,970 --> 00:11:24,940

could be a daily basis they're helping

285

00:11:29,939 --> 00:11:26,980

you they're trying to get you to learn

286

00:11:32,610 --> 00:11:29,949

and to grow to engage with your life to

287

00:11:35,610 --> 00:11:32,620

find more meaning and fulfillment and

288

00:11:37,019 --> 00:11:35,620

satisfaction from it it can go deeper

289

00:11:38,670 --> 00:11:37,029

than that Gregg and I'm sure that in the

290

00:11:40,860 --> 00:11:38,680

rest of our talk here that we'll delve

291

00:11:43,500 --> 00:11:40,870

into some of the the psychic side of

292

00:11:45,600 --> 00:11:43,510

dreams dreams about finding soulmates

293

00:11:48,330 --> 00:11:45,610

and the love of your life and dreams

294

00:11:50,070 --> 00:11:48,340

being abducted by aliens and we'll get

295

00:11:52,500 --> 00:11:50,080

into the symbolism and all that but for

296

00:11:55,290 --> 00:11:52,510

now I think the bottom line is you dream

297

00:11:57,600 --> 00:11:55,300

to learn and to grow it helps you to be

298

00:12:00,420 --> 00:11:57,610

able to handle your daily life better

299

00:12:03,000 --> 00:12:00,430

and it helps you to find that deep

300

00:12:05,010 --> 00:12:03,010

person that's inside of yourself hmm

301

00:12:06,840 --> 00:12:05,020

yeah man I think that makes a lot of

302

00:12:09,330 --> 00:12:06,850

sense and kind of like you said I think

303

00:12:11,250 --> 00:12:09,340

dreaming to me is like a baked-in

304

00:12:12,930 --> 00:12:11,260

mechanism to entice us to further

305

00:12:15,030 --> 00:12:12,940

explore the mysteries of life in

306

00:12:16,860 --> 00:12:15,040

consciousness because the authoritarian

307

00:12:19,020 --> 00:12:16,870

system you know it can reduce this down

308

00:12:21,060 --> 00:12:19,030

to joyless worker drones who are overly

309

00:12:22,950 --> 00:12:21,070

obsessed with artificial distractions

310

00:12:25,140 --> 00:12:22,960

like debt and sports they can leave

311

00:12:27,780 --> 00:12:25,150

meditation and spiritual development out

312

00:12:30,840 --> 00:12:27,790

of our entire education and try to ban

313

00:12:33,120 --> 00:12:30,850

entheogenic exploration but from slaves

314

00:12:34,380 --> 00:12:33,130

right on up to Kings you can bet that

315

00:12:36,000 --> 00:12:34,390

they're going to be going into a trance

316

00:12:37,470 --> 00:12:36,010

state when the Sun doesn't shine and

317

00:12:39,690 --> 00:12:37,480

that is a hell of a thing to take for

318

00:12:42,990 --> 00:12:39,700

granted really boy you know it's kind of

319

00:12:45,270 --> 00:12:43,000

like everybody dreams and everybody pays

320

00:12:46,740 --> 00:12:45,280

taxes well you know most everybody does

321

00:12:48,300 --> 00:12:46,750

and you know there are a few things

322

00:12:50,160 --> 00:12:48,310

basically the point is that there are a

323

00:12:53,430 --> 00:12:50,170

few things in life that are common to

324

00:12:55,740 --> 00:12:53,440

all of us I find as a moderator at

325

00:12:58,530 --> 00:12:55,750

reddit you know I'm reading sometimes as

326

00:13:00,870 --> 00:12:58,540

many as a couple of dozen dream reports

327

00:13:03,810 --> 00:13:00,880

per day that's the the good days when I

328

00:13:07,500 --> 00:13:03,820

really have time to devote there and I

329

00:13:10,410 --> 00:13:07,510

get a very good feel for what people are

330

00:13:12,510 --> 00:13:10,420

dreaming right now and why and you

331

00:13:15,600 --> 00:13:12,520

mentioned that feeling of sort of just

332

00:13:19,650 --> 00:13:15,610

being a worker drone who's going through

333

00:13:23,610 --> 00:13:19,660

life without finding anything deeper to

334

00:13:26,130 --> 00:13:23,620

it and in my experience as a moderator

335

00:13:29,670 --> 00:13:26,140

as a dream interpreter and just as a

336

00:13:32,610 --> 00:13:29,680

dreamer I find that dreams are really

337

00:13:35,820 --> 00:13:32,620

focusing in on that aspect of life they

338

00:13:38,610 --> 00:13:35,830

want you to find something deeper for

339

00:13:41,160 --> 00:13:38,620

yourself if you need to disconnect from

340

00:13:43,380 --> 00:13:41,170

the rat race your dreams will show you

341

00:13:45,780 --> 00:13:43,390

how to do it it may not be able to

342

00:13:48,150 --> 00:13:45,790

happen immediately but they will guide

343

00:13:50,940 --> 00:13:48,160

you towards finding that thing in your

344

00:13:53,310 --> 00:13:50,950

life that's going to help you to get

345

00:13:55,410 --> 00:13:53,320

more out of it and if that means no

346

00:13:59,280 --> 00:13:55,420

longer being a worker drone that's fine

347

00:14:01,350 --> 00:13:59,290

you know some people are happy with that

348

00:14:03,300 --> 00:14:01,360

their work is only to get a paycheck and

349

00:14:05,370 --> 00:14:03,310

benefit so that they can raise a family

350

00:14:07,860 --> 00:14:05,380

or whatever it is that they want to do

351

00:14:09,449 --> 00:14:07,870

outside of work so they don't always

352

00:14:11,400 --> 00:14:09,459

have to have work that's the most

353

00:14:13,650 --> 00:14:11,410

creative or the most fulfilling it's

354

00:14:16,170 --> 00:14:13,660

just you know steady and dependable is

355

00:14:18,360 --> 00:14:16,180

really what they're looking for but if

356

00:14:20,639 --> 00:14:18,370

you do want more from life if you do

357

00:14:22,889 --> 00:14:20,649

want to be a more creative person if you

358

00:14:25,350 --> 00:14:22,899

want to be a more spiritual person your

359

00:14:28,139 --> 00:14:25,360

dreams will be glad to guide you in that

360

00:14:31,710 --> 00:14:28,149

endeavor the unconscious mind is always

361

00:14:35,389 --> 00:14:31,720

in the background reviewing what you as

362

00:14:38,639 --> 00:14:35,399

an ego or conscious mind what you are

363

00:14:40,590 --> 00:14:38,649

doing what you are thinking what your

364

00:14:43,680 --> 00:14:40,600

desires are what your goals and

365

00:14:45,689 --> 00:14:43,690

ambitions are so when you hit upon

366

00:14:48,180 --> 00:14:45,699

something that the unconscious mind

367

00:14:49,620 --> 00:14:48,190

agrees with when you'd make a decision

368

00:14:52,110 --> 00:14:49,630

that you're going to do something like

369

00:14:55,199 --> 00:14:52,120

let's say you decide I'm going to make

370

00:14:58,199 --> 00:14:55,209

time to meditate because I want to find

371

00:15:00,509 --> 00:14:58,209

that deep inner center of my being I

372

00:15:02,129 --> 00:15:00,519

want to find that calm in that peace

373

00:15:04,259 --> 00:15:02,139

well that is something that your

374

00:15:07,050 --> 00:15:04,269

unconscious mind can really agree with

375

00:15:08,730 --> 00:15:07,060

you know it can say okay I'm going to

376

00:15:11,129 --> 00:15:08,740

facilitate this I'm going to help you

377

00:15:13,290 --> 00:15:11,139

with that goal together we are going to

378

00:15:15,240 --> 00:15:13,300

march forward towards this and when you

379

00:15:17,939 --> 00:15:15,250

have both sides of the mind working

380

00:15:19,769 --> 00:15:17,949

together you can really get to that goal

381

00:15:21,720 --> 00:15:19,779

I listen to your interview with Bruce

382

00:15:24,509 --> 00:15:21,730

Lipton and he talks about this too that

383

00:15:26,309 --> 00:15:24,519

you can decide something consciously you

384

00:15:28,199 --> 00:15:26,319

can say that you believe something you

385

00:15:30,449 --> 00:15:28,209

can have the power of positive thinking

386

00:15:33,210 --> 00:15:30,459

or whatever but if it's not resonating

387

00:15:34,680 --> 00:15:33,220

with the other side of your mind if the

388

00:15:36,120 --> 00:15:34,690

two sides of your mind are not an

389

00:15:37,710 --> 00:15:36,130

ingredient well now they're going to

390

00:15:39,930 --> 00:15:37,720

pull in different directions and it's

391

00:15:41,699 --> 00:15:39,940

just going to become this big energy

392

00:15:43,199 --> 00:15:41,709

vacuum it's going to suck it into that

393

00:15:44,579 --> 00:15:43,209

black hole and you're not going to get

394

00:15:47,400 --> 00:15:44,589

to that place where you're trying to get

395

00:15:49,620 --> 00:15:47,410

to when the two sides of the mind agree

396

00:15:51,750 --> 00:15:49,630

and dreams are a great way of helping

397

00:15:53,429 --> 00:15:51,760

you to hash these things out between the

398

00:15:56,910 --> 00:15:53,439

two sides of the mind and come to

399

00:16:00,090 --> 00:15:56,920

agreement well when that happens you are

400

00:16:02,910 --> 00:16:00,100

able to more easily manifest the things

401

00:16:04,800 --> 00:16:02,920

in your life that you can imagine for

402

00:16:08,009 --> 00:16:04,810

yourself and that you desire and that

403

00:16:10,920 --> 00:16:08,019

your heart wants mmm those are great

404

00:16:12,690 --> 00:16:10,930

points and you know dreams can be so

405

00:16:15,390 --> 00:16:12,700

surreal an obvious

406

00:16:18,210 --> 00:16:15,400

not all dreams are created equal how can

407

00:16:20,340 --> 00:16:18,220

we determine if and where there is

408

00:16:23,340 --> 00:16:20,350

meaning and you know which types of

409

00:16:24,650 --> 00:16:23,350

dreams or symbols to prioritize when

410

00:16:27,420 --> 00:16:24,660

we're trying to look for that meaning

411

00:16:30,540 --> 00:16:27,430

great question I get asked this a lot

412

00:16:32,550 --> 00:16:30,550

and so I want to delve into this because

413

00:16:34,140 --> 00:16:32,560

your audience needs to know your

414

00:16:36,390 --> 00:16:34,150

listeners they need to know the answer

415

00:16:39,540 --> 00:16:36,400

to this question because you know you

416

00:16:42,570 --> 00:16:39,550

can dream in REM stage sleep for up to

417

00:16:45,450 --> 00:16:42,580

25% of the time while you are asleep

418

00:16:47,730 --> 00:16:45,460

that means 25% of the time you are in a

419

00:16:50,010 --> 00:16:47,740

stage of sleep that involves intense and

420

00:16:53,040 --> 00:16:50,020

vivid dreaming if you sleep for eight

421

00:16:54,990 --> 00:16:53,050

hours that is two hours of dream

422

00:16:57,840 --> 00:16:55,000

material that you can potentially wake

423

00:16:59,940 --> 00:16:57,850

up with and it's all going to be calling

424

00:17:02,130 --> 00:16:59,950

out to you to do something with it well

425

00:17:05,160 --> 00:17:02,140

fortunately a lot of that processing

426
00:17:07,050 --> 00:17:05,170
happens subconsciously and you already

427
00:17:09,990 --> 00:17:07,060
know the meaning of your dreams because

428
00:17:11,940 --> 00:17:10,000
they are invented deep in your mind it's

429
00:17:14,160 --> 00:17:11,950
just it's a part of your mind that most

430
00:17:16,740 --> 00:17:14,170
people are kind of disconnected from so

431
00:17:18,240 --> 00:17:16,750
it seems like their dreams kind of come

432
00:17:20,190 --> 00:17:18,250
out of nowhere and that they are

433
00:17:22,590 --> 00:17:20,200
meaningless a lot of people come away

434
00:17:24,540 --> 00:17:22,600
with this studies have shown that more

435
00:17:26,820 --> 00:17:24,550
than half of people wake up with little

436
00:17:29,070 --> 00:17:26,830
to no memory of their dreams and I

437
00:17:31,020 --> 00:17:29,080
haven't seen the latest numbers but I

438
00:17:33,450 --> 00:17:31,030

can tell you that around the same amount

439

00:17:34,140 --> 00:17:33,460

of the population thinks that dreams are

440

00:17:36,960 --> 00:17:34,150

meaningless

441

00:17:39,450 --> 00:17:36,970

it's just praying farts you know it's

442

00:17:42,060 --> 00:17:39,460

just this biological process that's

443

00:17:44,790 --> 00:17:42,070

going on that's producing imagery and

444

00:17:46,920 --> 00:17:44,800

the brain is taking that imagery and

445

00:17:48,780 --> 00:17:46,930

trying to weave it together into some

446

00:17:51,270 --> 00:17:48,790

kind of meaning because the brain has a

447

00:17:54,930 --> 00:17:51,280

proclivity for trying to find meaning

448

00:17:57,270 --> 00:17:54,940

and pattern in everything well here's

449

00:18:00,360 --> 00:17:57,280

the secret sauce for you great some

450

00:18:01,110 --> 00:18:00,370

dreams are meaningless they are just the

451
00:18:03,480 --> 00:18:01,120
warmup

452
00:18:06,420 --> 00:18:03,490
they are your mind that starts producing

453
00:18:08,790 --> 00:18:06,430
imagery and oftentimes it's very basic

454
00:18:10,740 --> 00:18:08,800
sort of patterned imagery or memories

455
00:18:12,630 --> 00:18:10,750
from the day like let's say that you're

456
00:18:15,420 --> 00:18:12,640
a trucker you spend all day on the

457
00:18:17,790 --> 00:18:15,430
highway you get to your hotel or to your

458
00:18:20,100 --> 00:18:17,800
home you plop down in your bed you start

459
00:18:21,900 --> 00:18:20,110
to dream and dream in the sense of

460
00:18:23,820 --> 00:18:21,910
there's just imagery behind your eyes

461
00:18:25,800 --> 00:18:23,830
you're going to dream about the highway

462
00:18:26,640 --> 00:18:25,810
you know you're going to dream about

463
00:18:28,170 --> 00:18:26,650

what you would do

464

00:18:30,330 --> 00:18:28,180

during the day it's just going to be

465

00:18:32,400 --> 00:18:30,340

sort of a review of this but without

466

00:18:34,680 --> 00:18:32,410

even a meaningfulness to it it's just

467

00:18:36,660 --> 00:18:34,690

more like let's clear out these

468

00:18:39,000 --> 00:18:36,670

short-term memory banks we're going to

469

00:18:41,640 --> 00:18:39,010

just fit all this stuff out and your

470

00:18:44,430 --> 00:18:41,650

dreams will provide a view into what is

471

00:18:47,100 --> 00:18:44,440

basically a neurological or mental

472

00:18:49,860 --> 00:18:47,110

process now as the night goes on and

473

00:18:52,680 --> 00:18:49,870

your body first gets the rest that it

474

00:18:55,799 --> 00:18:52,690

needs your REM stages will grow longer

475

00:18:58,380 --> 00:18:55,809

first you have these long stages of deep

476

00:19:00,480 --> 00:18:58,390

sleep it's just deep dead sleep you

477

00:19:02,370 --> 00:19:00,490

might have some imagery behind your eyes

478

00:19:05,160 --> 00:19:02,380

but it's not going to be beaming 'full

479

00:19:07,890 --> 00:19:05,170

when it gets meaningful is when that

480

00:19:11,460 --> 00:19:07,900

imagery forms into stories

481

00:19:14,340 --> 00:19:11,470

bottom line right there boom stories and

482

00:19:16,740 --> 00:19:14,350

when the stories engage you when they

483

00:19:19,320 --> 00:19:16,750

get interesting and your mind and your

484

00:19:21,390 --> 00:19:19,330

feelings that when it engages with these

485

00:19:24,200 --> 00:19:21,400

stories that's when you know that you're

486

00:19:27,060 --> 00:19:24,210

getting to the meaningful contents the

487

00:19:28,770 --> 00:19:27,070

symbols in the dreams the dreams take

488

00:19:31,350 --> 00:19:28,780

your memories they turn them into

489

00:19:33,810 --> 00:19:31,360

symbols and then the symbols turn into

490

00:19:36,510 --> 00:19:33,820

stories when the stories get really

491

00:19:38,790 --> 00:19:36,520

interesting that is when you engage the

492

00:19:40,830 --> 00:19:38,800

most with them and then when you engage

493

00:19:43,320 --> 00:19:40,840

the most with them those tend to be the

494

00:19:45,780 --> 00:19:43,330

dreams that are also the most memorable

495

00:19:47,520 --> 00:19:45,790

so you wake up in the morning and what

496

00:19:49,290 --> 00:19:47,530

you are left with if you are like most

497

00:19:51,030 --> 00:19:49,300

people who spend at least a little bit

498

00:19:53,190 --> 00:19:51,040

of time with your dreams you can

499

00:19:56,490 --> 00:19:53,200

remember maybe five to ten minutes of

500

00:19:58,980 --> 00:19:56,500

contents that five to ten minutes is the

501
00:20:02,490 --> 00:19:58,990
most important information that you need

502
00:20:05,010 --> 00:20:02,500
to draw out of dreamland and pull into

503
00:20:07,140 --> 00:20:05,020
your waking life and do some deeper

504
00:20:09,570 --> 00:20:07,150
thinking on it sometimes it doesn't even

505
00:20:11,970 --> 00:20:09,580
necessarily have to be analyzed just

506
00:20:15,060 --> 00:20:11,980
look at the dream as a story that's what

507
00:20:17,100 --> 00:20:15,070
it is we can all analyze stories you

508
00:20:19,680 --> 00:20:17,110
don't have to have a PhD you don't have

509
00:20:21,660 --> 00:20:19,690
to wear the guru robes anyone can

510
00:20:22,320 --> 00:20:21,670
understand the story every day of our

511
00:20:26,070 --> 00:20:22,330
lives

512
00:20:29,070 --> 00:20:26,080
we are taking in stories and every day

513
00:20:31,110 --> 00:20:29,080

we are creating stories especially the

514

00:20:33,150 --> 00:20:31,120

narratives of our lives we take our

515

00:20:35,880 --> 00:20:33,160

lives and we turn into a narrative a

516

00:20:39,000 --> 00:20:35,890

narrative as a story so when that

517

00:20:40,470 --> 00:20:39,010

happens you have this base of knowledge

518

00:20:42,750 --> 00:20:40,480

inside of you about how

519

00:20:45,990 --> 00:20:42,760

Dory's work and that knowledge can be

520

00:20:47,789 --> 00:20:46,000

used to tell you how dreams work so the

521

00:20:49,860 --> 00:20:47,799

most meaningful dreams are the ones that

522

00:20:51,750 --> 00:20:49,870

stand out they're the most memorable and

523

00:20:54,630 --> 00:20:51,760

they're the most story like and they're

524

00:20:56,430 --> 00:20:54,640

the most engaging to you you can pull

525

00:20:58,770 --> 00:20:56,440

out five or ten minutes of the most

526

00:21:01,650 --> 00:20:58,780

meaningful content and really focus on

527

00:21:03,570 --> 00:21:01,660

that the rest of it well you know if

528

00:21:05,400 --> 00:21:03,580

there's something that's important there

529

00:21:07,169 --> 00:21:05,410

and you either don't remember it or

530

00:21:10,470 --> 00:21:07,179

you're unable to understand or analyze

531

00:21:12,299 --> 00:21:10,480

it it'll come back this is one of the

532

00:21:14,730 --> 00:21:12,309

things that I teach in my workshops in

533

00:21:17,700 --> 00:21:14,740

my lectures a lot of people who come to

534

00:21:21,150 --> 00:21:17,710

them are new to dream work and they ask

535

00:21:23,669 --> 00:21:21,160

me what should I focus on and I say the

536

00:21:25,500 --> 00:21:23,679

recurring themes and imagery from your

537

00:21:27,390 --> 00:21:25,510

dreams we all have recurring dreams

538

00:21:30,180 --> 00:21:27,400

there are different types of them and I

539

00:21:33,120 --> 00:21:30,190

explain the difference in my book but

540

00:21:35,010 --> 00:21:33,130

you have the recurring dreams are what I

541

00:21:37,289 --> 00:21:35,020

call the lowest hanging fruit on the

542

00:21:39,330 --> 00:21:37,299

tree it's the easiest to reach out and

543

00:21:41,909 --> 00:21:39,340

grab hold of and pull close to yourself

544

00:21:44,789 --> 00:21:41,919

and then to analyze it and understand it

545

00:21:46,680 --> 00:21:44,799

I'll give you a quick example I have

546

00:21:48,330 --> 00:21:46,690

recurring dreams about working in a

547

00:21:50,549 --> 00:21:48,340

restaurant as a waiter I did this for

548

00:21:52,919 --> 00:21:50,559

years and you know the younger part of

549

00:21:55,860 --> 00:21:52,929

my life and I haven't done it in years

550

00:21:58,710 --> 00:21:55,870

but I still dream about it on a almost

551
00:22:01,580 --> 00:21:58,720
nightly basis there will be some dream

552
00:22:04,380 --> 00:22:01,590
in there where I am in a restaurant and

553
00:22:09,180 --> 00:22:04,390
most the time of those dreams that stand

554
00:22:11,610 --> 00:22:09,190
out to me are the ones where I am I look

555
00:22:13,080 --> 00:22:11,620
out at my station at waiter stations all

556
00:22:17,130 --> 00:22:13,090
the tables that you're responsible for

557
00:22:18,990 --> 00:22:17,140
and I've gone from no one to packed this

558
00:22:21,810 --> 00:22:19,000
is the waiters nightmare by the way is

559
00:22:23,880 --> 00:22:21,820
that suddenly having too much to do you

560
00:22:25,890 --> 00:22:23,890
want to have like a nice flow of work

561
00:22:27,390 --> 00:22:25,900
coming to you so that you can handle it

562
00:22:29,100 --> 00:22:27,400
all and you can you know give everybody

563
00:22:30,990 --> 00:22:29,110

the experience they're looking for and

564

00:22:33,090 --> 00:22:31,000

you make good tips off of it right it's

565

00:22:35,010 --> 00:22:33,100

when you get overwhelmed is when

566

00:22:37,140 --> 00:22:35,020

everything starts to fall apart and when

567

00:22:39,450 --> 00:22:37,150

you start having that very heavy stress

568

00:22:41,190 --> 00:22:39,460

from the job in my dreams this is what

569

00:22:43,320 --> 00:22:41,200

happens over and over again I go from

570

00:22:45,630 --> 00:22:43,330

zero to a thousand miles an hour and a

571

00:22:47,880 --> 00:22:45,640

heartbeat and I'm going how am I going

572

00:22:50,430 --> 00:22:47,890

to do all of this well this is what I

573

00:22:53,250 --> 00:22:50,440

figured out from analyzing these dreams

574

00:22:54,640 --> 00:22:53,260

is that theme connects in with the idea

575

00:22:57,670 --> 00:22:54,650

of having to

576

00:22:59,350 --> 00:22:57,680

much to do in my waking life I have too

577

00:23:02,740 --> 00:22:59,360

much to do I have too much that's

578

00:23:04,720 --> 00:23:02,750

competing for my attention that is what

579

00:23:06,160 --> 00:23:04,730

all of those people who are in my dream

580

00:23:07,390 --> 00:23:06,170

and they're sitting at tables and

581

00:23:09,070 --> 00:23:07,400

they're reading menus and they're

582

00:23:10,780 --> 00:23:09,080

waiting for me to come along and take

583

00:23:12,880 --> 00:23:10,790

their order and deliver their drinks and

584

00:23:15,400 --> 00:23:12,890

their food and all that that's what they

585

00:23:18,340 --> 00:23:15,410

symbolize they symbolize the things in

586

00:23:20,290 --> 00:23:18,350

my life that need my attention it can be

587

00:23:22,690 --> 00:23:20,300

people in my life that need my attention

588

00:23:25,630 --> 00:23:22,700

but it can also just be the things that

589

00:23:27,580 --> 00:23:25,640

are on my to-do list so now when I have

590

00:23:31,090 --> 00:23:27,590

a recurring dream like that when that

591

00:23:33,910 --> 00:23:31,100

pops up I know to look at my daily life

592

00:23:35,920 --> 00:23:33,920

and go okay I either need to really

593

00:23:38,980 --> 00:23:35,930

buckle down and get things knocked off

594

00:23:41,170 --> 00:23:38,990

of my to-do list or I need to simplify I

595

00:23:43,930 --> 00:23:41,180

need to get a few of those things off of

596

00:23:45,880 --> 00:23:43,940

my list and just realize hey maybe my

597

00:23:47,950 --> 00:23:45,890

ambitions are larger than my ability to

598

00:23:50,710 --> 00:23:47,960

be able to achieve all of them that's

599

00:23:53,290 --> 00:23:50,720

okay to pare down that list somehow so

600

00:23:56,350 --> 00:23:53,300

look at your recurring dreams start

601
00:23:59,350 --> 00:23:56,360
there they are the most important themes

602
00:24:00,880 --> 00:23:59,360
and the stories that pop up in your

603
00:24:03,010 --> 00:24:00,890
dreams you're going to find them there

604
00:24:04,840 --> 00:24:03,020
if you start with your recurring dreams

605
00:24:07,090 --> 00:24:04,850
and you can start to understand some of

606
00:24:10,090 --> 00:24:07,100
the imagery and the symbolism you can

607
00:24:13,270 --> 00:24:10,100
use it as your answer key so now when

608
00:24:15,670 --> 00:24:13,280
you have another dream that is about the

609
00:24:18,310 --> 00:24:15,680
same subject or it brings up the same

610
00:24:20,230 --> 00:24:18,320
sort of story theme you can wake up and

611
00:24:22,900 --> 00:24:20,240
you immediately have some of the

612
00:24:25,480 --> 00:24:22,910
groundwork laid you know you wake up and

613
00:24:27,550 --> 00:24:25,490

you go okay I understand this part of

614

00:24:29,890 --> 00:24:27,560

the dream what is the rest of it mean

615

00:24:31,570 --> 00:24:29,900

and when you have that answer key from

616

00:24:34,180 --> 00:24:31,580

figuring out the certain parts that

617

00:24:36,250 --> 00:24:34,190

recurring dreams now you can go to the

618

00:24:39,340 --> 00:24:36,260

rest of the dream and figure it out more

619

00:24:41,830 --> 00:24:39,350

easily right on yeah that's great advice

620

00:24:45,010 --> 00:24:41,840

for getting started and to dive a little

621

00:24:47,260 --> 00:24:45,020

deeper into that so if dreaming is some

622

00:24:49,510 --> 00:24:47,270

form of symbolic communication with our

623

00:24:51,880 --> 00:24:49,520

subconscious to get better at receiving

624

00:24:53,830 --> 00:24:51,890

the message sort of like we have to get

625

00:24:56,830 --> 00:24:53,840

familiar with the language of course

626
00:24:57,460 --> 00:24:56,840
most languages have a structure or set

627
00:25:00,010 --> 00:24:57,470
of rules

628
00:25:02,680 --> 00:25:00,020
various ways to emphasize certain things

629
00:25:04,840 --> 00:25:02,690
over others is there a reliable

630
00:25:06,370 --> 00:25:04,850
universal structure to the way the

631
00:25:07,910 --> 00:25:06,380
subconscious communicates like

632
00:25:10,790 --> 00:25:07,920
highlighting things and

633
00:25:12,500 --> 00:25:10,800
certain colors or forms or just certain

634
00:25:14,990 --> 00:25:12,510
forms of emphasis anything else like

635
00:25:17,900 --> 00:25:15,000
that you know a great way to think about

636
00:25:20,780 --> 00:25:17,910
dreams is they do use a language and the

637
00:25:23,300 --> 00:25:20,790
language is symbolism so that is really

638
00:25:25,940 --> 00:25:23,310

the place to begin and decoding

639

00:25:28,250 --> 00:25:25,950

symbolism is one of the first things

640

00:25:30,860 --> 00:25:28,260

that I teach about dream interpretation

641

00:25:33,290 --> 00:25:30,870

now from that and we can launch more

642

00:25:35,810 --> 00:25:33,300

into how to decode symbolism we can do

643

00:25:38,360 --> 00:25:35,820

that a little bit later now you asked if

644

00:25:40,520 --> 00:25:38,370

there is a way that dreams have a

645

00:25:44,000 --> 00:25:40,530

structure to them is there a universal

646

00:25:46,490 --> 00:25:44,010

way that they create their stories and I

647

00:25:48,530 --> 00:25:46,500

won't say universal but I have noticed a

648

00:25:50,510 --> 00:25:48,540

pattern and as somebody with a

649

00:25:51,950 --> 00:25:50,520

journalism background I know the

650

00:25:53,840 --> 00:25:51,960

structure of the way that you're

651
00:25:56,690 --> 00:25:53,850
supposed to present most stories it's

652
00:25:59,870 --> 00:25:56,700
the inverted pyramid structure and I

653
00:26:02,510 --> 00:25:59,880
have recognized that dreams use sort of

654
00:26:05,540 --> 00:26:02,520
a structure like that it's a called a

655
00:26:08,750 --> 00:26:05,550
template and that many dreams will

656
00:26:12,110 --> 00:26:08,760
follow that template and here it is it

657
00:26:13,850 --> 00:26:12,120
starts off by giving the subject of the

658
00:26:16,310 --> 00:26:13,860
dream when somebody gives me a

659
00:26:18,440 --> 00:26:16,320
description of a dream I often find the

660
00:26:21,410 --> 00:26:18,450
subject in the first sentence or two and

661
00:26:24,020 --> 00:26:21,420
then what it's going to do is it's going

662
00:26:25,910 --> 00:26:24,030
to review the past it's going to talk

663
00:26:29,240 --> 00:26:25,920

about the present and it's going to

664

00:26:31,640 --> 00:26:29,250

point towards the future so if let's say

665

00:26:35,090 --> 00:26:31,650

that this is a dream is addressing an

666

00:26:37,910 --> 00:26:35,100

issue in your life and it started when

667

00:26:40,430 --> 00:26:37,920

your parents divorced and you were a

668

00:26:43,520 --> 00:26:40,440

teenager and something happened to you

669

00:26:46,010 --> 00:26:43,530

it caused a rift inside of you it might

670

00:26:48,290 --> 00:26:46,020

have been many many years ago but that

671

00:26:52,280 --> 00:26:48,300

rift is not healed let's just use this

672

00:26:55,430 --> 00:26:52,290

as an example so now the dream puts you

673

00:26:59,270 --> 00:26:55,440

in your family home where you used to

674

00:27:03,140 --> 00:26:59,280

live where the divorce happened and it

675

00:27:06,140 --> 00:27:03,150

somehow and the first scene is going to

676
00:27:09,860 --> 00:27:06,150
say that this dream is about what

677
00:27:12,200 --> 00:27:09,870
happened back then and then it's going

678
00:27:14,330 --> 00:27:12,210
to show you where you are in the

679
00:27:16,850 --> 00:27:14,340
presence of your life if there is

680
00:27:20,180 --> 00:27:16,860
something that is unhealed it might show

681
00:27:21,690 --> 00:27:20,190
a way it'll speak in symbolism it might

682
00:27:25,170 --> 00:27:21,700
show it as a wound

683
00:27:27,390 --> 00:27:25,180
on your body it might project out that

684
00:27:28,860 --> 00:27:27,400
wound on to someone else like let's say

685
00:27:31,410 --> 00:27:28,870
a sibling who was there who also

686
00:27:32,670 --> 00:27:31,420
experienced the divorce now you're

687
00:27:34,440 --> 00:27:32,680
looking out and you're seeing your

688
00:27:36,240 --> 00:27:34,450

sibling and your sibling is wounded or

689

00:27:38,370 --> 00:27:36,250

covered in blood well that could make

690

00:27:41,520 --> 00:27:38,380

people really distressed but it is a

691

00:27:44,780 --> 00:27:41,530

language of symbolism and the blood or

692

00:27:47,640 --> 00:27:44,790

the wound represents the emotional the

693

00:27:50,100 --> 00:27:47,650

psychological wound of the experience of

694

00:27:52,740 --> 00:27:50,110

the family divorce it puts you in a

695

00:27:54,750 --> 00:27:52,750

setting of the old family home to refer

696

00:27:55,620 --> 00:27:54,760

to the past it says this is the place

697

00:27:57,720 --> 00:27:55,630

where you lived

698

00:28:00,120 --> 00:27:57,730

when this wounding experience happens

699

00:28:02,610 --> 00:28:00,130

and then it's going to point towards

700

00:28:05,520 --> 00:28:02,620

what's coming up in the future

701
00:28:07,470 --> 00:28:05,530
which is if you are dreaming about this

702
00:28:08,730 --> 00:28:07,480
it probably means that you are ready to

703
00:28:10,590 --> 00:28:08,740
heal from it

704
00:28:12,660 --> 00:28:10,600
even if you don't consciously realize it

705
00:28:15,510 --> 00:28:12,670
there is energy that's coming up from

706
00:28:18,360 --> 00:28:15,520
deep in the mind in the subconscious

707
00:28:21,090 --> 00:28:18,370
part of the mind and that energy can be

708
00:28:23,310 --> 00:28:21,100
used to help to heal now I'll give you a

709
00:28:26,160 --> 00:28:23,320
quick example from a dream that I use

710
00:28:28,110 --> 00:28:26,170
this actually in my book there was a man

711
00:28:30,810 --> 00:28:28,120
who came to Reddit who said that he had

712
00:28:33,000 --> 00:28:30,820
this dream that he was back in his

713
00:28:36,030 --> 00:28:33,010

family home he's there with his sister

714

00:28:38,160 --> 00:28:36,040

he here is on the radio that there is a

715

00:28:40,440 --> 00:28:38,170

big tornado coming

716

00:28:43,260 --> 00:28:40,450

he looks outside and he sees the black

717

00:28:46,260 --> 00:28:43,270

clouds and they are rolling in real fast

718

00:28:48,870 --> 00:28:46,270

he realizes that they need to get to the

719

00:28:51,980 --> 00:28:48,880

basement he goes down to the basement

720

00:28:55,860 --> 00:28:51,990

and his sister is already there she

721

00:28:59,310 --> 00:28:55,870

screams at the top of her lungs we

722

00:29:00,990 --> 00:28:59,320

should have seen it coming now you might

723

00:29:03,870 --> 00:29:01,000

think that she's referring to the

724

00:29:05,460 --> 00:29:03,880

tornado and symbolically she is but what

725

00:29:08,100 --> 00:29:05,470

she's really referring to is what I'll

726

00:29:10,080 --> 00:29:08,110

get to in just a moment in the opening

727

00:29:12,720 --> 00:29:10,090

of the dream we see the subject it's

728

00:29:15,210 --> 00:29:12,730

about his family home his parents are in

729

00:29:16,860 --> 00:29:15,220

the scene but the storm coming is

730

00:29:19,650 --> 00:29:16,870

telling him something that's the

731

00:29:21,990 --> 00:29:19,660

symbolic language that says something is

732

00:29:25,950 --> 00:29:22,000

coming and it might be very tumultuous

733

00:29:29,430 --> 00:29:25,960

in your life it might up end things for

734

00:29:30,990 --> 00:29:29,440

you because why because you have

735

00:29:33,030 --> 00:29:31,000

something that you haven't dealt with

736

00:29:34,860 --> 00:29:33,040

it's been ten years since your parents

737

00:29:35,350 --> 00:29:34,870

divorce but you haven't dealt with he

738

00:29:37,780 --> 00:29:35,360

can

739

00:29:39,250 --> 00:29:37,790

EAL this but its feelings that are way

740

00:29:40,419 --> 00:29:39,260

in the background so he's not very

741

00:29:43,270 --> 00:29:40,429

conscious of him yet

742

00:29:46,240 --> 00:29:43,280

when he goes down into the basement what

743

00:29:49,360 --> 00:29:46,250

that means is down to where into your

744

00:29:51,850 --> 00:29:49,370

memories especially the memories that

745

00:29:54,000 --> 00:29:51,860

you are keeping out of sight because

746

00:29:57,910 --> 00:29:54,010

what is a basement used for in many

747

00:30:00,520 --> 00:29:57,920

situations it's to store things so your

748

00:30:03,549 --> 00:30:00,530

dream starts with that idea and it

749

00:30:06,669 --> 00:30:03,559

creates an idea around it and it uses

750

00:30:08,620 --> 00:30:06,679

the language of symbolism it says okay

751

00:30:11,289 --> 00:30:08,630

well it's in the basement because it's

752

00:30:13,450 --> 00:30:11,299

out of sight out of mind and what for

753

00:30:16,030 --> 00:30:13,460

you as the dreamer is out of sight out

754

00:30:18,159 --> 00:30:16,040

of mind the experience of your parents

755

00:30:20,799 --> 00:30:18,169

divorce you were a teenager at the time

756

00:30:21,310 --> 00:30:20,809

and you just sort of went on with your

757

00:30:23,260 --> 00:30:21,320

life

758

00:30:25,090 --> 00:30:23,270

you didn't deal with any of it you just

759

00:30:27,760 --> 00:30:25,100

went on with your life which is how many

760

00:30:29,919 --> 00:30:27,770

teenagers deal with traumatic situations

761

00:30:32,440 --> 00:30:29,929

like that like hey don't bother me with

762

00:30:34,810 --> 00:30:32,450

this I'm 15 now I've got my friends I

763

00:30:38,049 --> 00:30:34,820

don't want to you know gee I don't have

764

00:30:40,180 --> 00:30:38,059

to deal with this so the real clue to

765

00:30:42,909 --> 00:30:40,190

the dream that ties it all together and

766

00:30:46,390 --> 00:30:42,919

I find this in most dreams is that there

767

00:30:50,409 --> 00:30:46,400

is one thing that will stand out to me

768

00:30:54,789 --> 00:30:50,419

as very important in this dream it's the

769

00:30:58,480 --> 00:30:54,799

sisters statement she says why didn't we

770

00:31:00,250 --> 00:30:58,490

see it coming what she's referring to is

771

00:31:02,530 --> 00:31:00,260

the parents divorce it was something

772

00:31:04,390 --> 00:31:02,540

that they saw the signs you know the

773

00:31:06,880 --> 00:31:04,400

dark clouds were gathering in their

774

00:31:08,950 --> 00:31:06,890

family relationship the parents were

775

00:31:10,900 --> 00:31:08,960

having some trouble but for the most

776

00:31:14,230 --> 00:31:10,910

part they kept it from their kids and

777

00:31:16,630 --> 00:31:14,240

then all of a sudden the bomb drops the

778

00:31:18,490 --> 00:31:16,640

tornado descends out of the sky the

779

00:31:21,490 --> 00:31:18,500

parents say hey we're getting divorced

780

00:31:24,070 --> 00:31:21,500

and the kids are like huh you know like

781

00:31:25,510 --> 00:31:24,080

oh okay I guess if we look back on it we

782

00:31:28,120 --> 00:31:25,520

could have kind of seen the signs coming

783

00:31:31,210 --> 00:31:28,130

but you know hey this is still a big

784

00:31:33,549 --> 00:31:31,220

surprise to us now it also speaks to a

785

00:31:35,380 --> 00:31:33,559

deeper level of what's going on with the

786

00:31:38,200 --> 00:31:35,390

dreamer because these memories are

787

00:31:41,890 --> 00:31:38,210

coming up at that time of his life for a

788

00:31:44,210 --> 00:31:41,900

reason and it's because he needs to go

789

00:31:46,580 --> 00:31:44,220

back and deal with it he

790

00:31:49,010 --> 00:31:46,590

needs to find the part of himself that

791

00:31:52,190 --> 00:31:49,020

his lost or split off from that

792

00:31:55,250 --> 00:31:52,200

experience his sister is in the dream

793

00:31:59,120 --> 00:31:55,260

because she was part of that experience

794

00:32:02,120 --> 00:31:59,130

too so this is the way that dreams take

795

00:32:04,250 --> 00:32:02,130

a situation they show you what happened

796

00:32:06,980 --> 00:32:04,260

in the past they show you what's going

797

00:32:09,169 --> 00:32:06,990

on in the present and then what could be

798

00:32:11,690 --> 00:32:09,179

happening in the future and in this case

799

00:32:13,610 --> 00:32:11,700

what could be happening for this guy is

800

00:32:15,110 --> 00:32:13,620

is is that he's going to go through a

801
00:32:17,720 --> 00:32:15,120
period that's going to be very

802
00:32:19,760 --> 00:32:17,730
emotionally turbulent for him you know

803
00:32:21,320 --> 00:32:19,770
the tornado is going to descend and it

804
00:32:23,990 --> 00:32:21,330
might upend his life a little bit

805
00:32:26,210 --> 00:32:24,000
especially his internal life but if he

806
00:32:28,520 --> 00:32:26,220
does that there is sort of a promise

807
00:32:30,230 --> 00:32:28,530
that afterwards we'll be blue skies and

808
00:32:32,750 --> 00:32:30,240
sunshine waiting for him in other words

809
00:32:35,390 --> 00:32:32,760
he's going to heal the past and it's

810
00:32:38,960 --> 00:32:35,400
going to help him to better live in the

811
00:32:41,320 --> 00:32:38,970
present hmm Wow I think that's a pretty

812
00:32:44,570 --> 00:32:41,330
great example of an interpretation

813
00:32:46,120 --> 00:32:44,580

template for a pretty specific situation

814

00:32:49,039 --> 00:32:46,130

I think that makes a lot of sense and

815

00:32:51,860 --> 00:32:49,049

let's get deeper into that symbolism

816

00:32:55,310 --> 00:32:51,870

interpretation in general maybe some

817

00:32:58,039 --> 00:32:55,320

popular examples popular dreams people

818

00:32:59,600 --> 00:32:58,049

have for maximum relatability what would

819

00:33:02,149 --> 00:32:59,610

you say are some of the most common

820

00:33:05,270 --> 00:33:02,159

scenes and symbols and dreams and what

821

00:33:08,750 --> 00:33:05,280

they might mean well a very common theme

822

00:33:11,899 --> 00:33:08,760

that pops up is the dream about being in

823

00:33:14,810 --> 00:33:11,909

a car or driving a vehicle and it often

824

00:33:17,720 --> 00:33:14,820

refers to the daily progress or course

825

00:33:19,399 --> 00:33:17,730

of your life and the amount of control

826

00:33:22,250 --> 00:33:19,409

that you have because when you are

827

00:33:24,500 --> 00:33:22,260

driving a car you have your hands on the

828

00:33:26,630 --> 00:33:24,510

wheel and you have your feet on the

829

00:33:28,940 --> 00:33:26,640

pedals and you are able to control the

830

00:33:31,490 --> 00:33:28,950

speed and direction of the vehicle which

831

00:33:33,860 --> 00:33:31,500

translated into dream language it means

832

00:33:35,270 --> 00:33:33,870

the speed and direction of your life now

833

00:33:37,880 --> 00:33:35,280

what does it say when you are a

834

00:33:40,299 --> 00:33:37,890

passenger in a vehicle and somebody else

835

00:33:42,500 --> 00:33:40,309

is driving it can mean that you are not

836

00:33:45,200 --> 00:33:42,510

controlling the speed and direction of

837

00:33:46,640 --> 00:33:45,210

your life or it could represent an area

838

00:33:49,130 --> 00:33:46,650

of your life like if it's your

839

00:33:52,220 --> 00:33:49,140

supervisor who's in the driver's seat of

840

00:33:54,740 --> 00:33:52,230

your car well now you know that your

841

00:33:57,169 --> 00:33:54,750

supervisor is controlling the speed and

842

00:33:58,040 --> 00:33:57,179

direction of your work life it could be

843

00:33:59,170 --> 00:33:58,050

anyone it could be a

844

00:34:01,580 --> 00:33:59,180

parent who's in the driver's seat

845

00:34:03,170 --> 00:34:01,590

teenagers dream about this a lot they'll

846

00:34:04,880 --> 00:34:03,180

be in the car with their parent and the

847

00:34:06,080 --> 00:34:04,890

parent is driving because the parent is

848

00:34:08,720 --> 00:34:06,090

the one who's in control of their life

849

00:34:10,460 --> 00:34:08,730

right or if they are the one who has to

850

00:34:13,400 --> 00:34:10,470

take over the wheel what does that say

851
00:34:16,100 --> 00:34:13,410
about the parents ability to lead so

852
00:34:19,400 --> 00:34:16,110
that is one theme another one is being

853
00:34:21,320 --> 00:34:19,410
in your home and you are either just

854
00:34:23,840 --> 00:34:21,330
sort of going through what appears to be

855
00:34:26,750 --> 00:34:23,850
a kind of ordinary situation with your

856
00:34:29,240 --> 00:34:26,760
family or whoever you live with or you

857
00:34:31,760 --> 00:34:29,250
are exploring your home and this is a

858
00:34:33,680 --> 00:34:31,770
great chance for us to look at how

859
00:34:36,350 --> 00:34:33,690
dreams use the language of symbolism

860
00:34:38,870 --> 00:34:36,360
what is a home it is the place where you

861
00:34:40,820 --> 00:34:38,880
live what is your mind it's the place

862
00:34:42,919 --> 00:34:40,830
where your consciousness lives what is

863
00:34:46,280 --> 00:34:42,929

your body it's the place where your mind

864

00:34:49,250 --> 00:34:46,290

and consciousness live so a home can

865

00:34:53,540 --> 00:34:49,260

represent that sort of metaphorical idea

866

00:34:55,910 --> 00:34:53,550

of the place where you live also a home

867

00:34:59,450 --> 00:34:55,920

is something that is constructed so a

868

00:35:02,330 --> 00:34:59,460

home can mean it can symbolize the ways

869

00:35:05,780 --> 00:35:02,340

that you are building up your life now

870

00:35:08,960 --> 00:35:05,790

take an idea such as a very common dream

871

00:35:10,670 --> 00:35:08,970

theme is you are in your home it may not

872

00:35:12,650 --> 00:35:10,680

look like the actual home that you live

873

00:35:16,280 --> 00:35:12,660

in but you just know in the dream this

874

00:35:19,160 --> 00:35:16,290

is this is my home and you find a new

875

00:35:21,380 --> 00:35:19,170

room or a new section to the home well

876

00:35:24,440 --> 00:35:21,390

what does that mean take the previous

877

00:35:26,840 --> 00:35:24,450

ideas home is your life it's the life

878

00:35:30,260 --> 00:35:26,850

you build or construct for yourself oh

879

00:35:32,150 --> 00:35:30,270

well hey if you find a new room then it

880

00:35:34,850 --> 00:35:32,160

can mean you are finding out something

881

00:35:37,460 --> 00:35:34,860

new about yourself this is you

882

00:35:39,860 --> 00:35:37,470

discovering opening up some new area of

883

00:35:42,470 --> 00:35:39,870

your life or of your psyche of your

884

00:35:44,390 --> 00:35:42,480

being it can be a new area in your

885

00:35:46,820 --> 00:35:44,400

feelings it can be a new area of

886

00:35:49,370 --> 00:35:46,830

knowledge it can be an avenue for

887

00:35:52,280 --> 00:35:49,380

exploration for something that you want

888

00:35:56,240 --> 00:35:52,290

to find out more about about yourself in

889

00:35:58,760 --> 00:35:56,250

particular so homes driving in cars and

890

00:36:01,190 --> 00:35:58,770

then we can get into things that are say

891

00:36:04,460 --> 00:36:01,200

more specific themes being in school I

892

00:36:05,900 --> 00:36:04,470

mentioned this earlier just briefly one

893

00:36:09,050 --> 00:36:05,910

of the great ways of interpreting a

894

00:36:11,780 --> 00:36:09,060

dream is start off by stepping back in

895

00:36:16,220 --> 00:36:11,790

simplifying the ideas that are presented

896

00:36:19,100 --> 00:36:16,230

dreamz brainstorm ideas like other words

897

00:36:21,170 --> 00:36:19,110

that can be used in association with the

898

00:36:23,870 --> 00:36:21,180

characters in the settings you know like

899

00:36:26,090 --> 00:36:23,880

a police officer could mean Authority

900

00:36:28,700 --> 00:36:26,100

you know a teacher could mean I'm

901
00:36:31,280 --> 00:36:28,710
learning something a school has similar

902
00:36:34,070 --> 00:36:31,290
sorts of ideas but we need to expand

903
00:36:36,530 --> 00:36:34,080
beyond the idea of just book learning

904
00:36:39,260 --> 00:36:36,540
dreams can address what you are learning

905
00:36:41,810 --> 00:36:39,270
academically if you are in school you

906
00:36:44,450 --> 00:36:41,820
are very likely to dream frequently

907
00:36:47,270 --> 00:36:44,460
about school and being in school and the

908
00:36:49,550 --> 00:36:47,280
subjects related to school but if you or

909
00:36:51,560 --> 00:36:49,560
somebody who say had to touch the

910
00:36:53,480 --> 00:36:51,570
classroom in 20 years and you're

911
00:36:55,460 --> 00:36:53,490
dreaming about being in school all the

912
00:36:57,530 --> 00:36:55,470
time you know it has nothing to do

913
00:36:59,360 --> 00:36:57,540

really with academic learning unless of

914

00:37:01,460 --> 00:36:59,370

course that's going on in some way in

915

00:37:03,470 --> 00:37:01,470

your life but what else are you learning

916

00:37:05,390 --> 00:37:03,480

you're learning about yourself you're

917

00:37:08,960 --> 00:37:05,400

learning about your life you could be

918

00:37:10,970 --> 00:37:08,970

learning more about work I find very

919

00:37:12,920 --> 00:37:10,980

often a theme in the dreams of people

920

00:37:15,950 --> 00:37:12,930

who have encountered something at work

921

00:37:18,140 --> 00:37:15,960

and they are unprepared for it they will

922

00:37:20,360 --> 00:37:18,150

dream about being back in school and

923

00:37:23,660 --> 00:37:20,370

it's exam day and they haven't been

924

00:37:26,000 --> 00:37:23,670

there all semester or they find out that

925

00:37:27,950 --> 00:37:26,010

they have more classes to take in order

926

00:37:30,650 --> 00:37:27,960

to graduate I have that theme quite

927

00:37:33,710 --> 00:37:30,660

often in my dreams and I have been able

928

00:37:36,170 --> 00:37:33,720

to interpret and understand those dreams

929

00:37:39,020 --> 00:37:36,180

as I have encountered something in my

930

00:37:41,690 --> 00:37:39,030

waking life and I don't feel prepared

931

00:37:44,750 --> 00:37:41,700

for it school is what prepares us for

932

00:37:47,530 --> 00:37:44,760

our work life right well now you have a

933

00:37:51,440 --> 00:37:47,540

dream that showing you in school and

934

00:37:53,720 --> 00:37:51,450

when you are unprepared for an exam just

935

00:37:56,330 --> 00:37:53,730

simply look at it as what is something

936

00:37:59,660 --> 00:37:56,340

important going on in my life for which

937

00:38:01,760 --> 00:37:59,670

I feel unprepared simplify it down to

938

00:38:04,520 --> 00:38:01,770

that and then oftentimes you can make

939

00:38:07,010 --> 00:38:04,530

that connection and go oh yeah hey you

940

00:38:08,930 --> 00:38:07,020

know well I'm writing a book I'm an

941

00:38:12,380 --> 00:38:08,940

author this actually happened to me and

942

00:38:14,930 --> 00:38:12,390

I am used to the journalism format of

943

00:38:18,140 --> 00:38:14,940

writing where I might pump out 500 or a

944

00:38:21,020 --> 00:38:18,150

thousand or 2,000 words and this is a

945

00:38:23,960 --> 00:38:21,030

sixty thousand word manuscript and man

946

00:38:25,109 --> 00:38:23,970

is it a lot to wrap my mind around there

947

00:38:27,839 --> 00:38:25,119

is a lot of them

948

00:38:30,539 --> 00:38:27,849

Meishan here I'm not used to organizing

949

00:38:32,579 --> 00:38:30,549

all of this information and writing into

950

00:38:36,779 --> 00:38:32,589

a coherent structure where you start at

951
00:38:39,870 --> 00:38:36,789
page one and you end on page 240 and all

952
00:38:43,109 --> 00:38:39,880
that flows together there is a skill set

953
00:38:44,999 --> 00:38:43,119
for that that most people are not going

954
00:38:48,539 --> 00:38:45,009
to be prepared for when they're in

955
00:38:51,210 --> 00:38:48,549
school because they're not writing 240

956
00:38:54,329 --> 00:38:51,220
page paper [h__h] unless you have a

957
00:38:56,519 --> 00:38:54,339
master's thesis or a PhD dissertation or

958
00:38:59,549 --> 00:38:56,529
stuff that you are not dealing with work

959
00:39:02,099 --> 00:38:59,559
that it's that long so being in school

960
00:39:05,099 --> 00:39:02,109
being at home driving in your car these

961
00:39:06,779 --> 00:39:05,109
are very common themes I have one that

962
00:39:09,210 --> 00:39:06,789
has come up over and over again and

963
00:39:11,759 --> 00:39:09,220

maybe because I'm a moderator at Reddick

964

00:39:15,539 --> 00:39:11,769

and it's more of a younger crowd that's

965

00:39:19,559 --> 00:39:15,549

very tuned into modern media I get a lot

966

00:39:20,700 --> 00:39:19,569

of dreams about zombies what is it you

967

00:39:22,470 --> 00:39:20,710

know I mean I've watched The Walking

968

00:39:24,720 --> 00:39:22,480

Dead and I dug it and everything you

969

00:39:27,329 --> 00:39:24,730

know but man this theme pops up a lot

970

00:39:30,630 --> 00:39:27,339

now if you step back from it and you

971

00:39:32,160 --> 00:39:30,640

really simplify what is a zombie well

972

00:39:34,380 --> 00:39:32,170

there's different ways of looking at it

973

00:39:36,289 --> 00:39:34,390

and your dreams can use these different

974

00:39:39,509 --> 00:39:36,299

ways of looking at it to create

975

00:39:42,569 --> 00:39:39,519

symbolism to tell stories about what's

976

00:39:45,299 --> 00:39:42,579

going on in your life the events in your

977

00:39:47,220 --> 00:39:45,309

life and also what's going on inside you

978

00:39:51,210 --> 00:39:47,230

in your thoughts and then your feelings

979

00:39:53,489 --> 00:39:51,220

so you have the dream about a zombie and

980

00:39:56,099 --> 00:39:53,499

of course you have to look at it with

981

00:39:58,529 --> 00:39:56,109

other details of the story to really

982

00:40:01,229 --> 00:39:58,539

understand which use of the symbolism

983

00:40:02,670 --> 00:40:01,239

the dream is using all of the details of

984

00:40:05,339 --> 00:40:02,680

the dream tied together

985

00:40:07,859 --> 00:40:05,349

so if it is a zombie that's trying to

986

00:40:09,930 --> 00:40:07,869

eat your brains well that's one thing

987

00:40:11,729 --> 00:40:09,940

and it could mean that you feel like

988

00:40:14,009 --> 00:40:11,739

there is something that is sapping all

989

00:40:15,720 --> 00:40:14,019

of the life or intelligence out of you

990

00:40:17,549 --> 00:40:15,730

you know maybe you've been watching too

991

00:40:19,380 --> 00:40:17,559

much mindless television when it's like

992

00:40:21,210 --> 00:40:19,390

a zombie that's eating your brain this

993

00:40:23,460 --> 00:40:21,220

is a simplistic example but people

994

00:40:25,920 --> 00:40:23,470

really do have this imagery this type of

995

00:40:28,229 --> 00:40:25,930

imagery pop up in their dreams but a

996

00:40:30,900 --> 00:40:28,239

zombie could mean that you feel like you

997

00:40:33,120 --> 00:40:30,910

are surrounded by mindless people the

998

00:40:36,210 --> 00:40:33,130

way that a zombie moves slowly and

999

00:40:38,660 --> 00:40:36,220

sluggishly that can describe how you

1000

00:40:41,120 --> 00:40:38,670

feel about what's going on in your life

1001
00:40:43,640 --> 00:40:41,130
out you might feel lethargic you know

1002
00:40:46,580 --> 00:40:43,650
you might feel slow but now let's get a

1003
00:40:49,910 --> 00:40:46,590
little deeper a zombie is something that

1004
00:40:54,860 --> 00:40:49,920
is transforming but it got stuck between

1005
00:40:57,470 --> 00:40:54,870
two stages one is alive one is dead and

1006
00:41:00,260 --> 00:40:57,480
then you have your zombie that is in

1007
00:41:02,750 --> 00:41:00,270
between it's not fully alive it's not

1008
00:41:05,150 --> 00:41:02,760
fully dead right we'll start with that

1009
00:41:07,430 --> 00:41:05,160
idea what could that describe about

1010
00:41:09,950 --> 00:41:07,440
what's going on in your life what kind

1011
00:41:12,920 --> 00:41:09,960
of situations could have described let's

1012
00:41:14,750 --> 00:41:12,930
say that you broke up with someone you

1013
00:41:17,510 --> 00:41:14,760

had a relationship you broke up with

1014

00:41:19,820 --> 00:41:17,520

someone and you are still holding out

1015

00:41:22,430 --> 00:41:19,830

hope for that relationship well the

1016

00:41:26,660 --> 00:41:22,440

relationship is dead but your hope for

1017

00:41:29,150 --> 00:41:26,670

it is still alive it's a zombie okay so

1018

00:41:31,280 --> 00:41:29,160

this is how dreams create symbolism you

1019

00:41:34,250 --> 00:41:31,290

know I just talked about the ex I get a

1020

00:41:35,420 --> 00:41:34,260

lot of dreams people coming to Reddit

1021

00:41:37,220 --> 00:41:35,430

and they want to know why they're

1022

00:41:39,050 --> 00:41:37,230

dreaming about their ex you know

1023

00:41:41,210 --> 00:41:39,060

somebody that they used to love and

1024

00:41:43,210 --> 00:41:41,220

maybe they still do love them but

1025

00:41:45,950 --> 00:41:43,220

they're not together as a couple anymore

1026

00:41:48,680 --> 00:41:45,960

well there are a lot of reasons for this

1027

00:41:52,610 --> 00:41:48,690

different potential reasons for it and

1028

00:41:55,490 --> 00:41:52,620

most likely it is either that a you are

1029

00:41:59,750 --> 00:41:55,500

learning from the experience so that you

1030

00:42:01,850 --> 00:41:59,760

don't repeat the same mistakes or B you

1031

00:42:04,130 --> 00:42:01,860

are recognizing something that's going

1032

00:42:08,840 --> 00:42:04,140

on presently in your life that somehow

1033

00:42:14,990 --> 00:42:08,850

remind you of the past or C you have

1034

00:42:17,960 --> 00:42:15,000

this thing going on where you you are

1035

00:42:19,850 --> 00:42:17,970

reminded of the past and you want the

1036

00:42:23,240 --> 00:42:19,860

person and the qualities that they had

1037

00:42:26,180 --> 00:42:23,250

or that time of life and the dream uses

1038

00:42:29,060 --> 00:42:26,190

it as a symbol to tell a story around

1039

00:42:32,540 --> 00:42:29,070

just for example you see your ex in the

1040

00:42:34,040 --> 00:42:32,550

dream because that is somebody who when

1041

00:42:36,530 --> 00:42:34,050

you were in a relationship with that

1042

00:42:39,020 --> 00:42:36,540

person it brought out the best in you

1043

00:42:41,390 --> 00:42:39,030

you really wanted to be the best person

1044

00:42:43,370 --> 00:42:41,400

you could be because you are motivated

1045

00:42:46,160 --> 00:42:43,380

by the desire to preserve the

1046

00:42:48,500 --> 00:42:46,170

relationship now what's going on in your

1047

00:42:51,770 --> 00:42:48,510

life are you still trying to be the best

1048

00:42:52,430 --> 00:42:51,780

that you can be if so or even if not

1049

00:42:54,559 --> 00:42:52,440

that

1050

00:42:57,440 --> 00:42:54,569

can come up in the dream to represent

1051
00:43:00,140 --> 00:42:57,450
that idea and then the other details of

1052
00:43:02,750 --> 00:43:00,150
the dream will form together around that

1053
00:43:05,510 --> 00:43:02,760
idea to tell the story about what's

1054
00:43:07,940 --> 00:43:05,520
going on presently in your life it

1055
00:43:09,920 --> 00:43:07,950
refers to the past it talks about the

1056
00:43:11,720 --> 00:43:09,930
present and then it points towards the

1057
00:43:14,599 --> 00:43:11,730
future this is the standard structure

1058
00:43:16,970 --> 00:43:14,609
what most dreams do so we can get into

1059
00:43:18,890 --> 00:43:16,980
one other one real quick and I know that

1060
00:43:20,780 --> 00:43:18,900
your audience having listened to your

1061
00:43:24,859 --> 00:43:20,790
show I know your audiences better like

1062
00:43:26,390 --> 00:43:24,869
this one aliens and UFOs and alien

1063
00:43:29,530 --> 00:43:26,400

abductions hell yeah

1064

00:43:32,420 --> 00:43:29,540

this theme seems to come up a lot and

1065

00:43:34,640 --> 00:43:32,430

the ones that I talked about first the

1066

00:43:37,370 --> 00:43:34,650

dreams about your home dreams about your

1067

00:43:39,770 --> 00:43:37,380

car those are the most common themes but

1068

00:43:42,109 --> 00:43:39,780

then if you look at call them the outer

1069

00:43:45,140 --> 00:43:42,119

circle of themes that are still popular

1070

00:43:47,900 --> 00:43:45,150

they arise a lot in people's dreams you

1071

00:43:51,200 --> 00:43:47,910

get a lot of dreams about aliens and

1072

00:43:54,050 --> 00:43:51,210

alien like subjects and what I find is

1073

00:43:58,700 --> 00:43:54,060

is that a dream begins with the idea of

1074

00:44:00,770 --> 00:43:58,710

alien and then simplify it now if you

1075

00:44:04,099 --> 00:44:00,780

think of an alien what is another word

1076

00:44:06,920 --> 00:44:04,109

for alien an alien is foreign how can

1077

00:44:09,620 --> 00:44:06,930

you leave an idea or a story around that

1078

00:44:12,680 --> 00:44:09,630

idea well you might be dreaming about

1079

00:44:15,079 --> 00:44:12,690

something that is foreign to you it's

1080

00:44:18,559 --> 00:44:15,089

outside the scope of your experience you

1081

00:44:21,050 --> 00:44:18,569

might be dreaming about a foreigner take

1082

00:44:23,059 --> 00:44:21,060

some of the reports about aliens and

1083

00:44:26,050 --> 00:44:23,069

people how they interact with them and

1084

00:44:29,599 --> 00:44:26,060

now you can create other stories you can

1085

00:44:32,390 --> 00:44:29,609

address a subject such as the aliens are

1086

00:44:34,160 --> 00:44:32,400

here to give us their cosmic wisdom and

1087

00:44:36,859 --> 00:44:34,170

knowledge well that could mean that you

1088

00:44:39,890 --> 00:44:36,869

are looking for something knowledge wise

1089

00:44:43,730 --> 00:44:39,900

especially spiritual knowledge that is

1090

00:44:47,030 --> 00:44:43,740

outside of the norm aliens abduct people

1091

00:44:49,640 --> 00:44:47,040

from their homes this is a common story

1092

00:44:52,490 --> 00:44:49,650

well how could that be used to relate to

1093

00:44:54,859 --> 00:44:52,500

what's going on in your life well maybe

1094

00:44:57,380 --> 00:44:54,869

you have a fear of being separated from

1095

00:45:00,200 --> 00:44:57,390

your family maybe that fear is just a

1096

00:45:02,270 --> 00:45:00,210

general fear or maybe you know that

1097

00:45:04,250 --> 00:45:02,280

let's say you are going to take a job

1098

00:45:06,410 --> 00:45:04,260

and it's going to take you to a new town

1099

00:45:10,339 --> 00:45:06,420

well that means you're going to be

1100

00:45:13,370 --> 00:45:10,349

separated from your family an alien and

1101

00:45:15,680 --> 00:45:13,380

a UFO drops in out of the sky out of

1102

00:45:17,270 --> 00:45:15,690

nowhere and it up ends your life kinda

1103

00:45:19,400 --> 00:45:17,280

like the tornado that referred to

1104

00:45:21,230 --> 00:45:19,410

earlier well how can that be used to

1105

00:45:23,599 --> 00:45:21,240

describe what's going on in your life

1106

00:45:26,569 --> 00:45:23,609

well it could mean that there is

1107

00:45:28,940 --> 00:45:26,579

something you fear or you think is

1108

00:45:31,520 --> 00:45:28,950

suddenly going to change everything for

1109

00:45:33,260 --> 00:45:31,530

you this theme was very common back

1110

00:45:36,289 --> 00:45:33,270

during the Cold War when we were

1111

00:45:38,809 --> 00:45:36,299

constantly having this reminder that the

1112

00:45:41,180 --> 00:45:38,819

Soviet Union could launch their ICBMs

1113

00:45:42,950 --> 00:45:41,190

any moment and what's going to happen

1114

00:45:45,410 --> 00:45:42,960

they're going to drop down from the sky

1115

00:45:47,630 --> 00:45:45,420

and it's going to destroy everything so

1116

00:45:51,620 --> 00:45:47,640

people started having a lot of dreams

1117

00:45:54,230 --> 00:45:51,630

about aliens in order to describe what

1118

00:45:56,240 --> 00:45:54,240

was going on and in their lives that

1119

00:45:57,859 --> 00:45:56,250

fear that something was just going to

1120

00:45:59,680 --> 00:45:57,869

drop down from the sky and suddenly

1121

00:46:02,510 --> 00:45:59,690

change or destroy everything

1122

00:46:04,640 --> 00:46:02,520

hmm so pretty cool huh some interesting

1123

00:46:07,280 --> 00:46:04,650

dream symbolism it goes on and on and

1124

00:46:09,410 --> 00:46:07,290

you know I talk about this in very great

1125

00:46:11,480 --> 00:46:09,420

depth in my dream dictionary I really

1126
00:46:14,720 --> 00:46:11,490
wanted to go into more depth than most

1127
00:46:17,839 --> 00:46:14,730
dream dictionaries go into because there

1128
00:46:21,289 --> 00:46:17,849
are so many possibilities presented by

1129
00:46:24,140 --> 00:46:21,299
every dream symbol and the subjects the

1130
00:46:26,270 --> 00:46:24,150
symbolism is often so personal and the

1131
00:46:29,359 --> 00:46:26,280
subjects of the dreams are so personal

1132
00:46:31,430 --> 00:46:29,369
that it is impossible for someone like

1133
00:46:34,099 --> 00:46:31,440
me sitting at a computer typing words

1134
00:46:36,260 --> 00:46:34,109
into a document and then giving it to a

1135
00:46:38,780 --> 00:46:36,270
publisher and having them print it out

1136
00:46:41,000 --> 00:46:38,790
and give it to you out there you know I

1137
00:46:44,420 --> 00:46:41,010
can't guess at everything that is going

1138
00:46:46,760 --> 00:46:44,430

on in your life but I can teach you how

1139

00:46:49,730 --> 00:46:46,770

to decode the language of your dreams

1140

00:46:51,799 --> 00:46:49,740

for yourself so I did it in a dream

1141

00:46:54,920 --> 00:46:51,809

dictionary format because that's very

1142

00:46:56,930 --> 00:46:54,930

accessible to people mm-hmm yeah that is

1143

00:46:59,780 --> 00:46:56,940

definitely fascinating and there is

1144

00:47:01,940 --> 00:46:59,790

actually some debate over if all

1145

00:47:03,799 --> 00:47:01,950

abduction experiences or alien

1146

00:47:05,960 --> 00:47:03,809

experiences are dreams if there might be

1147

00:47:08,299 --> 00:47:05,970

a connection between the phenomenon and

1148

00:47:10,609 --> 00:47:08,309

the sleep state possibly it's just

1149

00:47:14,000 --> 00:47:10,619

designed to feel like a dream but

1150

00:47:15,920 --> 00:47:14,010

regardless you also share with me an

1151
00:47:17,450 --> 00:47:15,930
example that was pretty extreme I guess

1152
00:47:20,120 --> 00:47:17,460
we could refer to it as the fisting

1153
00:47:23,090 --> 00:47:20,130
example can you tell us about that one

1154
00:47:24,980 --> 00:47:23,100
yeah sure well this is one that I've

1155
00:47:26,630 --> 00:47:24,990
gotta warn your audience I know you know

1156
00:47:29,600 --> 00:47:26,640
we're we're all adults here we can

1157
00:47:31,910 --> 00:47:29,610
handle this this was a real dream and I

1158
00:47:34,850 --> 00:47:31,920
use it as an example in my book in the

1159
00:47:38,540 --> 00:47:34,860
entry for fisting as in anal fisting

1160
00:47:41,600 --> 00:47:38,550
okay but it's under 15 and it's a great

1161
00:47:44,870 --> 00:47:41,610
example so let's delve into it so the

1162
00:47:48,530 --> 00:47:44,880
dream opens and the dreamer is observing

1163
00:47:49,880 --> 00:47:48,540

in third person he sees a man who it

1164

00:47:52,070 --> 00:47:49,890

turns out looks a little bit like

1165

00:47:55,070 --> 00:47:52,080

himself but there's enough distance in

1166

00:47:57,440 --> 00:47:55,080

the dream for him to just observe and he

1167

00:48:00,200 --> 00:47:57,450

sees the man be abducted off of the

1168

00:48:03,650 --> 00:48:00,210

street by an alien who is in a human

1169

00:48:05,840 --> 00:48:03,660

disguise the alien takes the man through

1170

00:48:09,110 --> 00:48:05,850

a storefront to the back of the store

1171

00:48:11,240 --> 00:48:09,120

and there he drops his pants and he

1172

00:48:14,800 --> 00:48:11,250

reveals a fat bulb

1173

00:48:19,580 --> 00:48:14,810

sphincter all right he compels the

1174

00:48:22,280 --> 00:48:19,590

abductee to take his hand and put it

1175

00:48:26,360 --> 00:48:22,290

inside of the sphincter and then his

1176

00:48:29,600 --> 00:48:26,370

entire arm and then to well rock back

1177

00:48:32,960 --> 00:48:29,610

and forth so as the man is compelled to

1178

00:48:38,390 --> 00:48:32,970

do this the alien starts to glow blue

1179

00:48:41,320 --> 00:48:38,400

and moan and he's approaching orgasm the

1180

00:48:45,620 --> 00:48:41,330

man keeps fisting the alien and the

1181

00:48:48,260 --> 00:48:45,630

alien then like this blue light the

1182

00:48:51,170 --> 00:48:48,270

human disguise falls off of the alien

1183

00:48:54,080 --> 00:48:51,180

kind of melts away and now the aid it's

1184

00:48:56,660 --> 00:48:54,090

full-blown alien the alien is moaning a

1185

00:49:00,800 --> 00:48:56,670

reaches orgasm and then the man the

1186

00:49:03,950 --> 00:49:00,810

abductee dies in horror and a flash of

1187

00:49:07,840 --> 00:49:03,960

blue light so this was a real dream and

1188

00:49:12,710 --> 00:49:07,850

I help to interpret it at reddit and

1189

00:49:16,940 --> 00:49:12,720

this is what we came up with the man who

1190

00:49:20,330 --> 00:49:16,950

had the dream is a playwright and he has

1191

00:49:23,750 --> 00:49:20,340

been commissioned to write a play for a

1192

00:49:24,800 --> 00:49:23,760

man who is a foreigner so now we have

1193

00:49:26,810 --> 00:49:24,810

our first clue

1194

00:49:30,440 --> 00:49:26,820

foreigner alien could there be a

1195

00:49:33,980 --> 00:49:30,450

connection okay the second part is the

1196

00:49:38,060 --> 00:49:33,990

store front the store front in the dream

1197

00:49:41,390 --> 00:49:38,070

symbolizes the dreamers public work life

1198

00:49:43,850 --> 00:49:41,400

because a storefront is a public place

1199

00:49:46,280 --> 00:49:43,860

that's related somehow to business and

1200

00:49:48,770 --> 00:49:46,290

work so the man's a playwright he's been

1201
00:49:51,680 --> 00:49:48,780
commissioned by a foreigner and alien to

1202
00:49:56,000 --> 00:49:51,690
write a play so what does it mean to be

1203
00:49:59,270 --> 00:49:56,010
abducted well in this case it was that

1204
00:50:02,060 --> 00:49:59,280
the playwrights felt like he wouldn't

1205
00:50:04,370 --> 00:50:02,070
have been associated with this foreigner

1206
00:50:06,740 --> 00:50:04,380
and writing the play for this man unless

1207
00:50:08,359 --> 00:50:06,750
he needed to earn a buck so it's

1208
00:50:11,330 --> 00:50:08,369
something that he wouldn't be doing

1209
00:50:15,080 --> 00:50:11,340
otherwise and his feelings about it are

1210
00:50:18,500 --> 00:50:15,090
shown graphically in the scene where the

1211
00:50:21,470 --> 00:50:18,510
abductee fists the alien what that

1212
00:50:25,340 --> 00:50:21,480
expresses is demands feeling that his

1213
00:50:27,800 --> 00:50:25,350

artistic creative side of himself feels

1214

00:50:30,560 --> 00:50:27,810

like he is being compelled to do

1215

00:50:33,620 --> 00:50:30,570

something obscene for somebody else's

1216

00:50:36,980 --> 00:50:33,630

pleasure when you step back from that

1217

00:50:40,910 --> 00:50:36,990

scene and you simplify it that is what

1218

00:50:43,460 --> 00:50:40,920

it is saying he's compelled to do

1219

00:50:46,130 --> 00:50:43,470

something obscene for somebody else's

1220

00:50:49,040 --> 00:50:46,140

pleasure now it's very subjectively

1221

00:50:50,870 --> 00:50:49,050

based someone else might say hey you

1222

00:50:52,910 --> 00:50:50,880

gotta earn a buck and if this guy's

1223

00:50:55,730 --> 00:50:52,920

willing to pay then you just you know

1224

00:50:58,040 --> 00:50:55,740

you dance to his tune well he said look

1225

00:51:00,260 --> 00:50:58,050

here's the thing the guy doesn't

1226
00:51:02,510 --> 00:51:00,270
understand our culture and he doesn't

1227
00:51:05,300 --> 00:51:02,520
understand playwright culture he has

1228
00:51:08,060 --> 00:51:05,310
this idea of what he wants and it's very

1229
00:51:10,490 --> 00:51:08,070
much outside of the norm I keep coming

1230
00:51:12,050 --> 00:51:10,500
to him with my best work and then he's

1231
00:51:13,940 --> 00:51:12,060
rejecting it and making all these

1232
00:51:16,640 --> 00:51:13,950
changes and he's forcing me to go back

1233
00:51:19,640 --> 00:51:16,650
and kind of dance to his tune this is

1234
00:51:22,550 --> 00:51:19,650
why he feels abducted another layer of

1235
00:51:24,500 --> 00:51:22,560
meaning to this is that he's forced to

1236
00:51:28,280 --> 00:51:24,510
do this guy's bidding this foreigner

1237
00:51:31,250 --> 00:51:28,290
this alien so the dye in horror as the

1238
00:51:33,440 --> 00:51:31,260

man orgasms it's just a very exaggerated

1239

00:51:35,720 --> 00:51:33,450

as the alien orgasms right and the man

1240

00:51:37,849 --> 00:51:35,730

who's abducted dies in horror this is

1241

00:51:41,090 --> 00:51:37,859

just a very exaggerated way of

1242

00:51:43,160 --> 00:51:41,100

expressing the feelings of the man who

1243

00:51:45,180 --> 00:51:43,170

is the playwright who was forced to do

1244

00:51:48,310 --> 00:51:45,190

the bidding of the foreigner it

1245

00:51:50,740 --> 00:51:48,320

it's what one is it's very memorable but

1246

00:51:53,470 --> 00:51:50,750

two is even though it's exaggerated it

1247

00:51:55,870 --> 00:51:53,480

actually expresses how he feels I mean

1248

00:51:58,300 --> 00:51:55,880

he feels like he at any moment he could

1249

00:52:01,510 --> 00:51:58,310

kind of die in horror you know in the

1250

00:52:03,690 --> 00:52:01,520

Egret of exaggerated sense but there's a

1251

00:52:06,430 --> 00:52:03,700

side of him that is really just

1252

00:52:08,980 --> 00:52:06,440

horrified by what he's having to do and

1253

00:52:12,190 --> 00:52:08,990

he's doing it in order to be able to

1254

00:52:14,920 --> 00:52:12,200

just earn a buck so that right there is

1255

00:52:17,410 --> 00:52:14,930

a great example of a way that a dream

1256

00:52:20,470 --> 00:52:17,420

can use this sort of very shocking

1257

00:52:23,110 --> 00:52:20,480

sometimes you know even obscene imagery

1258

00:52:25,630 --> 00:52:23,120

to create a story around it and it's

1259

00:52:28,330 --> 00:52:25,640

very deeply meaningful in fact Sigmund

1260

00:52:30,910 --> 00:52:28,340

Freud said that these type of dreams

1261

00:52:33,540 --> 00:52:30,920

that are the most absurd and the most

1262

00:52:37,300 --> 00:52:33,550

outrageous can often be the most

1263

00:52:39,820 --> 00:52:37,310

revealing about the dreamer these are

1264

00:52:42,340 --> 00:52:39,830

the dreams that a dr. Freud says oh yes

1265

00:52:44,980 --> 00:52:42,350

tell me about that dream because we can

1266

00:52:46,870 --> 00:52:44,990

you know we can talk about this one for

1267

00:52:49,630 --> 00:52:46,880

hours you know there's a lot that we can

1268

00:52:51,610 --> 00:52:49,640

learn from this another reason why

1269

00:52:53,890 --> 00:52:51,620

people have alien abduction dreams

1270

00:52:55,660 --> 00:52:53,900

especially the ones that start off

1271

00:52:58,540 --> 00:52:55,670

there's a commonality to the

1272

00:53:02,560 --> 00:52:58,550

descriptions it starts off with I was

1273

00:53:04,900 --> 00:53:02,570

asleep I woke up and the UFO was out my

1274

00:53:07,690 --> 00:53:04,910

window I was floating off the ground or

1275

00:53:09,880 --> 00:53:07,700

the little gray guys were gathered

1276

00:53:11,920 --> 00:53:09,890

around my bed and I look around and I

1277

00:53:15,100 --> 00:53:11,930

see them and they take me away this is

1278

00:53:18,070 --> 00:53:15,110

how these abduction reports often begin

1279

00:53:20,770 --> 00:53:18,080

and whenever I hear a UFO abduction

1280

00:53:23,830 --> 00:53:20,780

report that starts like that I think in

1281

00:53:26,380 --> 00:53:23,840

the back of my mind I really wonder

1282

00:53:29,680 --> 00:53:26,390

whether what you experienced was sleep

1283

00:53:32,890 --> 00:53:29,690

paralysis the medical term for is called

1284

00:53:35,470 --> 00:53:32,900

REM atonia so REM is rapid eye movements

1285

00:53:38,680 --> 00:53:35,480

and atonia means slackness of muscle and

1286

00:53:42,220 --> 00:53:38,690

what it happens is while you were

1287

00:53:45,100 --> 00:53:42,230

dreaming the signals traveling from your

1288

00:53:48,010 --> 00:53:45,110

brain down to the body through the

1289

00:53:49,450 --> 00:53:48,020

nervous system are muted some of it can

1290

00:53:51,970 --> 00:53:49,460

leak through a little bit like if you

1291

00:53:54,040 --> 00:53:51,980

dream about running you might switch a

1292

00:53:56,170 --> 00:53:54,050

little bit in your legs or you dream

1293

00:53:57,700 --> 00:53:56,180

about punching something and you might

1294

00:53:58,330 --> 00:53:57,710

move your arms or something

1295

00:54:00,430 --> 00:53:58,340

when

1296

00:54:02,560 --> 00:54:00,440

people actually do start really kicking

1297

00:54:04,660 --> 00:54:02,570

their legs hard or punching hard and

1298

00:54:07,060 --> 00:54:04,670

they're dreaming about it that means

1299

00:54:09,550 --> 00:54:07,070

that there is something that signal is

1300

00:54:11,410 --> 00:54:09,560

no longer being muted and it's actually

1301
00:54:14,920 --> 00:54:11,420
leaking through to the body and the body

1302
00:54:17,620 --> 00:54:14,930
is responding to what it's seeing in the

1303
00:54:20,470 --> 00:54:17,630
dream imagery so what happens in sleep

1304
00:54:25,300 --> 00:54:20,480
paralysis is you wake up and you are

1305
00:54:28,990 --> 00:54:25,310
still dreaming so what happens is

1306
00:54:30,970 --> 00:54:29,000
usually your dreaming mind responds to

1307
00:54:33,670 --> 00:54:30,980
what you are thinking and especially

1308
00:54:36,370 --> 00:54:33,680
what you are feeling right if you wake

1309
00:54:38,680 --> 00:54:36,380
up in a state of sleep paralysis and you

1310
00:54:43,030 --> 00:54:38,690
don't know what the heck is going on a

1311
00:54:47,470 --> 00:54:43,040
common reaction is that you will either

1312
00:54:49,510 --> 00:54:47,480
go from fear to full-blown terror if you

1313
00:54:51,490 --> 00:54:49,520

go into a state of full-blown terror

1314

00:54:54,340 --> 00:54:51,500

while you are dreaming and your eyes are

1315

00:54:56,950 --> 00:54:54,350

open so your eyes are open but you are

1316

00:55:00,870 --> 00:54:56,960

still dreaming your dreams will pull

1317

00:55:03,520 --> 00:55:00,880

into the deepest darkest nastiest well

1318

00:55:05,800 --> 00:55:03,530

inside of you that it can as a full

1319

00:55:07,720 --> 00:55:05,810

imagery out of them for some people

1320

00:55:10,690 --> 00:55:07,730

their deepest darkest fears to be

1321

00:55:13,600 --> 00:55:10,700

abducted by aliens for other people it

1322

00:55:16,600 --> 00:55:13,610

might be related to demons or Devils or

1323

00:55:18,550 --> 00:55:16,610

witches or something like that so when

1324

00:55:20,260 --> 00:55:18,560

you are in sleep paralysis your dreams

1325

00:55:22,660 --> 00:55:20,270

respond to what you're feeling and if

1326

00:55:24,700 --> 00:55:22,670

what you feel is heavy fear then your

1327

00:55:28,510 --> 00:55:24,710

dreams will create imagery in response

1328

00:55:31,690 --> 00:55:28,520

to it and there is a study that suggests

1329

00:55:34,740 --> 00:55:31,700

that many abduction experiences are

1330

00:55:37,600 --> 00:55:34,750

actually resulting from sleep paralysis

1331

00:55:38,980 --> 00:55:37,610

yeah sleep paralysis is a weird one man

1332

00:55:41,620 --> 00:55:38,990

I've always thought that was pretty

1333

00:55:44,260 --> 00:55:41,630

fascinating I know a few people who are

1334

00:55:45,940 --> 00:55:44,270

pretty hardcore materialist you really

1335

00:55:48,070 --> 00:55:45,950

don't have any interest in the

1336

00:55:49,380 --> 00:55:48,080

paranormal or anything strange and

1337

00:55:52,060 --> 00:55:49,390

they've had some sleep paralysis

1338

00:55:55,000 --> 00:55:52,070

experiences that you know made them do a

1339

00:55:56,770 --> 00:55:55,010

180 on some of that stuff and I also

1340

00:55:59,560 --> 00:55:56,780

want to ask you on the subject of major

1341

00:56:01,900 --> 00:55:59,570

symbols that people see in dreams let me

1342

00:56:04,390 --> 00:56:01,910

ask you about animals because we know

1343

00:56:06,490 --> 00:56:04,400

animals as symbols is the common motif

1344

00:56:08,230 --> 00:56:06,500

for a lot of cultures other ones that

1345

00:56:10,480 --> 00:56:08,240

appear most commonly in dreams or

1346

00:56:12,280 --> 00:56:10,490

animals to symbols or less ambiguous

1347

00:56:14,590 --> 00:56:12,290

than others

1348

00:56:17,140 --> 00:56:14,600

there are you know the animals that

1349

00:56:19,030 --> 00:56:17,150

appear most often in my experience are

1350

00:56:20,980 --> 00:56:19,040

the animals that are closest to us so

1351

00:56:23,050 --> 00:56:20,990

it's probably going to be our pets or

1352

00:56:25,180 --> 00:56:23,060

something that is presented as a pet and

1353

00:56:27,820 --> 00:56:25,190

it's going to be that type of animal so

1354

00:56:31,450 --> 00:56:27,830

you're talking about dogs cats birds and

1355

00:56:33,910 --> 00:56:31,460

maybe fish and lizards but let's just

1356

00:56:37,030 --> 00:56:33,920

stick to dogs and cats right now you

1357

00:56:40,060 --> 00:56:37,040

know dreams begin with the things that

1358

00:56:42,070 --> 00:56:40,070

we associate with the imagery in the

1359

00:56:45,010 --> 00:56:42,080

dream the symbol in the dream it begins

1360

00:56:47,940 --> 00:56:45,020

there and then it works based off the

1361

00:56:51,100 --> 00:56:47,950

create symbolism around our associations

1362

00:56:54,280 --> 00:56:51,110

so what that means is when you think of

1363

00:56:57,460 --> 00:56:54,290

a dog you are going to have certain

1364

00:56:59,110 --> 00:56:57,470

thoughts that come to mind right away it

1365

00:57:01,270 --> 00:56:59,120

could be how you feel about dogs right

1366

00:57:03,370 --> 00:57:01,280

now it could be how you feel about dogs

1367

00:57:06,040 --> 00:57:03,380

in general there could be how you feel

1368

00:57:08,830 --> 00:57:06,050

about a specific dog like if you are a

1369

00:57:11,200 --> 00:57:08,840

dog lover and you're you know beautiful

1370

00:57:14,370 --> 00:57:11,210

golden retriever is sitting there next

1371

00:57:17,530 --> 00:57:14,380

to you you might bring up words in

1372

00:57:19,090 --> 00:57:17,540

association with dogs that are how you

1373

00:57:22,810 --> 00:57:19,100

feel about your retriever

1374

00:57:26,200 --> 00:57:22,820

you know loyal friend companion for

1375

00:57:28,630 --> 00:57:26,210

other people it might be Guardian but if

1376

00:57:31,150 --> 00:57:28,640

you were kept up all night by your

1377

00:57:35,380 --> 00:57:31,160

neighbors barking dog then you might

1378

00:57:37,840 --> 00:57:35,390

describe a dog as a nuisance or as you

1379

00:57:40,420 --> 00:57:37,850

know I want to kill the damn thing so

1380

00:57:42,190 --> 00:57:40,430

your dreams will begin with your

1381

00:57:44,620 --> 00:57:42,200

associations and then it will build

1382

00:57:47,890 --> 00:57:44,630

stories around it and you can see those

1383

00:57:50,890 --> 00:57:47,900

associations at work in how the dog is

1384

00:57:55,480 --> 00:57:50,900

presented in the story how it looks and

1385

00:57:58,240 --> 00:57:55,490

how it acts I find that probably the

1386

00:58:02,140 --> 00:57:58,250

most common Association for dogs and

1387

00:58:05,740 --> 00:58:02,150

dreams is with friendship the dog will

1388

00:58:08,380 --> 00:58:05,750

represent the subject of friendship or a

1389

00:58:11,230 --> 00:58:08,390

specific friend I'll give you a quick

1390

00:58:14,170 --> 00:58:11,240

example there was a guy who came to the

1391

00:58:16,720 --> 00:58:14,180

reddit forum and he was very disturbed

1392

00:58:18,880 --> 00:58:16,730

by a dream that he had he said that

1393

00:58:21,160 --> 00:58:18,890

there was this dog that was being all

1394

00:58:22,870 --> 00:58:21,170

friendly and following him around and he

1395

00:58:25,690 --> 00:58:22,880

decided that he didn't want the dog

1396

00:58:26,170 --> 00:58:25,700

around anymore so he tells the dog to go

1397

00:58:28,810 --> 00:58:26,180

away

1398

00:58:31,270 --> 00:58:28,820

the dog is like oh no he knows like not

1399

00:58:34,090 --> 00:58:31,280

getting the hint so he says he pulls out

1400

00:58:36,370 --> 00:58:34,100

a gun and he shoots the dog and the dog

1401

00:58:38,590 --> 00:58:36,380

then still doesn't get the hint the dog

1402

00:58:41,590 --> 00:58:38,600

doesn't die it still kind of fall on rum

1403

00:58:44,620 --> 00:58:41,600

so he pulls out some bigger weaponry and

1404

00:58:47,050 --> 00:58:44,630

fires that at the dog and keeps going

1405

00:58:50,710 --> 00:58:47,060

and dog is just sort of unfazed by all

1406

00:58:53,890 --> 00:58:50,720

of us so he comes to the forum and he

1407

00:58:56,470 --> 00:58:53,900

says man am i some kind of you know is

1408

00:58:58,510 --> 00:58:56,480

there some deep dark side of me lurking

1409

00:59:01,210 --> 00:58:58,520

behind the scenes that I don't know

1410

00:59:03,280 --> 00:59:01,220

about you know I'm this cruel animal

1411

00:59:05,080 --> 00:59:03,290

killer or whatever and I said okay well

1412

00:59:08,080 --> 00:59:05,090

first of all you need to understand that

1413

00:59:11,020 --> 00:59:08,090

the dream imagery is symbolic it's

1414

00:59:13,480 --> 00:59:11,030

figurative it's telling a story

1415

00:59:16,000 --> 00:59:13,490

don't take the imagery literally no

1416

00:59:18,790 --> 00:59:16,010

matter how shocking the imagery is it's

1417

00:59:21,370 --> 00:59:18,800

not making a moral statement about you

1418

00:59:23,380 --> 00:59:21,380

there are a few exceptions to that rule

1419

00:59:26,650 --> 00:59:23,390

where dreams kind of create scenarios

1420

00:59:29,410 --> 00:59:26,660

like the holodeck in Star Trek and they

1421

00:59:32,440 --> 00:59:29,420

can help you to realize what you really

1422

00:59:35,290 --> 00:59:32,450

think and feel but most dreams you've

1423

00:59:37,150 --> 00:59:35,300

got to strip out that literal

1424

00:59:39,130 --> 00:59:37,160

interpretation of the imagery and you

1425

00:59:42,040 --> 00:59:39,140

have to look at it as symbolism as

1426
00:59:46,120 --> 00:59:42,050
figurative in this case what we traced

1427
00:59:49,030 --> 00:59:46,130
it back to is the guy has somebody who

1428
00:59:50,140 --> 00:59:49,040
you might call a friend who is sort of

1429
00:59:53,740 --> 00:59:50,150
this hanger-on

1430
00:59:55,420 --> 00:59:53,750
and he has gotten tired of her and he

1431
00:59:59,050 --> 00:59:55,430
decided that he was going to start

1432
01:00:02,380 --> 00:59:59,060
dropping hints that says bug out so he

1433
01:00:05,320 --> 01:00:02,390
did that and the girl the friend's

1434
01:00:08,290 --> 01:00:05,330
supposed friend did not get the hint

1435
01:00:11,140 --> 01:00:08,300
so he started getting a little meaner

1436
01:00:12,700 --> 01:00:11,150
and a little nastier and she just it was

1437
01:00:15,850 --> 01:00:12,710
just going right over her head she

1438
01:00:18,760 --> 01:00:15,860

wasn't getting it so in the action of

1439

01:00:20,890 --> 01:00:18,770

him shooting the dog and then pulling

1440

01:00:23,290 --> 01:00:20,900

out heavier and heavier weapons to shoot

1441

01:00:24,790 --> 01:00:23,300

the dog and the dog does not die and

1442

01:00:27,310 --> 01:00:24,800

just keeps following him around all

1443

01:00:29,020 --> 01:00:27,320

friendly like is really describing the

1444

01:00:32,050 --> 01:00:29,030

situation with the person that he's

1445

01:00:34,030 --> 01:00:32,060

trying to get rid of so that's how you

1446

01:00:37,030 --> 01:00:34,040

take an imagery like that and you break

1447

01:00:38,980 --> 01:00:37,040

it down with animals you can often we

1448

01:00:39,700 --> 01:00:38,990

talked about associations but you can

1449

01:00:42,790 --> 01:00:39,710

also

1450

01:00:46,599 --> 01:00:42,800

about the qualities of the animal the

1451
01:00:48,550 --> 01:00:46,609
ways that they are used in stories even

1452
01:00:50,560 --> 01:00:48,560
in cartoons and stuff like that because

1453
01:00:52,900 --> 01:00:50,570
animals are often shown as being human

1454
01:00:57,220 --> 01:00:52,910
life you know and stories like say you

1455
01:00:58,900 --> 01:00:57,230
know The Lion King or the movie ants now

1456
01:01:01,150 --> 01:00:58,910
we've taken this creature and we've

1457
01:01:03,460 --> 01:01:01,160
given it a life and if you are taking in

1458
01:01:05,829 --> 01:01:03,470
that kind of media or you also see it a

1459
01:01:09,070 --> 01:01:05,839
lot my commercials and stuff well now

1460
01:01:11,620 --> 01:01:09,080
you have a really wide set or base of

1461
01:01:16,150 --> 01:01:11,630
associations and ideas that could be

1462
01:01:19,599 --> 01:01:16,160
used to talk about human stories but

1463
01:01:21,880 --> 01:01:19,609

using animals to symbolize it like take

1464

01:01:24,750 --> 01:01:21,890

the fact that birds fly well what could

1465

01:01:28,300 --> 01:01:24,760

flying represent well how about freedom

1466

01:01:31,120 --> 01:01:28,310

how about the fact that birds were used

1467

01:01:32,710 --> 01:01:31,130

as messengers I mean there there are no

1468

01:01:35,740 --> 01:01:32,720

more carrier pigeons that we know about

1469

01:01:37,930 --> 01:01:35,750

but birds were used as messengers so

1470

01:01:41,260 --> 01:01:37,940

they can be messages from the

1471

01:01:43,570 --> 01:01:41,270

subconscious side of the mind it can be

1472

01:01:45,880 --> 01:01:43,580

something that says hey are you getting

1473

01:01:49,300 --> 01:01:45,890

the message and if you aren't maybe the

1474

01:01:51,640 --> 01:01:49,310

bird then attacks you and what it really

1475

01:01:54,040 --> 01:01:51,650

represents is that there is something

1476

01:01:56,290 --> 01:01:54,050

inside of you that is saying hey hey

1477

01:01:58,810 --> 01:01:56,300

give me your attention here hey you're

1478

01:02:01,210 --> 01:01:58,820

you're trying to ignore me and the more

1479

01:02:03,640 --> 01:02:01,220

you ignore me the more I am going to get

1480

01:02:06,339 --> 01:02:03,650

insistent that you pay attention to me

1481

01:02:09,010 --> 01:02:06,349

so that that's what a bird especially a

1482

01:02:11,920 --> 01:02:09,020

black crow and I find that a lot you

1483

01:02:14,050 --> 01:02:11,930

know the the black crow dream and it

1484

01:02:16,000 --> 01:02:14,060

makes you feel really creepy and it's

1485

01:02:18,460 --> 01:02:16,010

because the crow represents a message

1486

01:02:20,770 --> 01:02:18,470

from the dark side of your mind dark

1487

01:02:21,550 --> 01:02:20,780

meaning outside of your conscious

1488

01:02:24,010 --> 01:02:21,560

awareness

1489

01:02:26,920 --> 01:02:24,020

so yeah animals are one that I would

1490

01:02:29,020 --> 01:02:26,930

include Greg with that list that we were

1491

01:02:31,480 --> 01:02:29,030

making of common dream symbols because

1492

01:02:34,210 --> 01:02:31,490

they really do come up a lot and I think

1493

01:02:37,329 --> 01:02:34,220

it's because there is this great variety

1494

01:02:39,700 --> 01:02:37,339

a of animals in be the association's

1495

01:02:41,800 --> 01:02:39,710

that we have with those animals that can

1496

01:02:42,990 --> 01:02:41,810

be used to create symbolism and tell

1497

01:02:45,520 --> 01:02:43,000

stories

1498

01:02:49,180 --> 01:02:45,530

absolutely man and there's definitely a

1499

01:02:51,940 --> 01:02:49,190

ton of very potent symbols when it comes

1500

01:02:53,450 --> 01:02:51,950

to animals bears owls snakes there's

1501

01:02:56,089 --> 01:02:53,460

just a ton of them and

1502

01:02:57,140 --> 01:02:56,099

well right on this has been a fun time

1503

01:02:59,660 --> 01:02:57,150

for sure

1504

01:03:01,640 --> 01:02:59,670

I think dreaming and sleep in general or

1505

01:03:03,109 --> 01:03:01,650

things we kind of take for granted and

1506

01:03:04,940 --> 01:03:03,119

dreams are often such personal

1507

01:03:06,349 --> 01:03:04,950

experiences you can never really do them

1508

01:03:08,720 --> 01:03:06,359

justice when you try to tell other

1509

01:03:10,220 --> 01:03:08,730

people and a lot of times we're just

1510

01:03:12,170 --> 01:03:10,230

stuck with this weirdness to deal with

1511

01:03:14,180 --> 01:03:12,180

alone so hopefully this was interesting

1512

01:03:17,180 --> 01:03:14,190

and maybe even therapeutic for some

1513

01:03:19,310 --> 01:03:17,190

people and last but not least before we

1514

01:03:21,380 --> 01:03:19,320

go tell the people where they can follow

1515

01:03:23,150 --> 01:03:21,390

up with you or dig deeper into your work

1516

01:03:25,760 --> 01:03:23,160

since we know this wasn't going to be

1517

01:03:27,620 --> 01:03:25,770

enough well of course you know I have

1518

01:03:29,540 --> 01:03:27,630

the dream interpretation dictionary

1519

01:03:31,579 --> 01:03:29,550

symbol signs and meanings it's on the

1520

01:03:33,589 --> 01:03:31,589

market right now it's at places like you

1521

01:03:36,349 --> 01:03:33,599

know Amazon Barnes and Noble Target

1522

01:03:38,150 --> 01:03:36,359

books-a-million IndieGoGo I want to make

1523

01:03:39,470 --> 01:03:38,160

sure I mention the small ones because

1524

01:03:42,440 --> 01:03:39,480

they're just as important for your

1525

01:03:47,300 --> 01:03:42,450

business too and it's there it's in book

1526

01:03:50,300 --> 01:03:47,310

stores also it is it's 480 pages man and

1527

01:03:53,329 --> 01:03:50,310

I forward everything I know into that

1528

01:03:55,820 --> 01:03:53,339

book I give you a guide in the back of

1529

01:03:58,550 --> 01:03:55,830

it it's called figuring out your dreams

1530

01:04:01,940 --> 01:03:58,560

and it's about 30 pages that explains my

1531

01:04:04,730 --> 01:04:01,950

dreams 1 2 3 system of dream work of

1532

01:04:06,440 --> 01:04:04,740

interpreting dreams you basically go

1533

01:04:09,710 --> 01:04:06,450

through the story you make associations

1534

01:04:12,079 --> 01:04:09,720

you tie the details together you apply

1535

01:04:15,589 --> 01:04:12,089

you look for storytelling devices such

1536

01:04:17,300 --> 01:04:15,599

as metaphors puns analogies you can do

1537

01:04:19,190 --> 01:04:17,310

these different techniques once you have

1538

01:04:21,680 --> 01:04:19,200

them down man you can do it in five

1539

01:04:24,380 --> 01:04:21,690

minutes I kid you not now it might take

1540

01:04:26,240 --> 01:04:24,390

you a few hours the first time to really

1541

01:04:28,070 --> 01:04:26,250

read through and digest everything but

1542

01:04:30,470 --> 01:04:28,080

once you have that base of knowledge you

1543

01:04:33,079 --> 01:04:30,480

can get in and then start to use the

1544

01:04:35,599 --> 01:04:33,089

dictionary you wake up from a dream and

1545

01:04:37,430 --> 01:04:35,609

it was a zombie it was an alien it was

1546

01:04:39,109 --> 01:04:37,440

your ex you know you dream you're

1547

01:04:41,120 --> 01:04:39,119

getting married you're driving in your

1548

01:04:43,250 --> 01:04:41,130

car you're building a home you know

1549

01:04:45,829 --> 01:04:43,260

you're in school you're standing there

1550

01:04:48,020 --> 01:04:45,839

naked you're flying you're falling you

1551
01:04:51,079 --> 01:04:48,030
know you're being chased whatever it is

1552
01:04:53,150 --> 01:04:51,089
that there are symbolic possibilities

1553
01:04:56,450 --> 01:04:53,160
for all of these things and I go into

1554
01:04:59,180 --> 01:04:56,460
real depth in detail about this I don't

1555
01:05:00,680 --> 01:04:59,190
just give the standard you know one to

1556
01:05:03,320 --> 01:05:00,690
three sentence or two or three

1557
01:05:05,510 --> 01:05:03,330
paragraphs even I can really go into

1558
01:05:07,280 --> 01:05:05,520
depth and I approach most of the symbols

1559
01:05:10,400 --> 01:05:07,290
almost like writing a little

1560
01:05:13,460 --> 01:05:10,410
essays I want to teach you how to figure

1561
01:05:16,220 --> 01:05:13,470
out this for yourself the thing that

1562
01:05:18,650 --> 01:05:16,230
annoys the crap out of me about dream

1563
01:05:21,110 --> 01:05:18,660

dictionaries is they will just give you

1564

01:05:23,450 --> 01:05:21,120

the definition but they don't tell you

1565

01:05:25,280 --> 01:05:23,460

how they reached that conclusion you

1566

01:05:27,170 --> 01:05:25,290

know like oh I had a dream that I had

1567

01:05:28,520 --> 01:05:27,180

crazy frizzy hair you know when you look

1568

01:05:30,350 --> 01:05:28,530

it up in the dream dictionary and it

1569

01:05:33,560 --> 01:05:30,360

says your thoughts are disordered and

1570

01:05:35,540 --> 01:05:33,570

you go oh okay well why well because

1571

01:05:37,040 --> 01:05:35,550

hair grows from your head

1572

01:05:39,740 --> 01:05:37,050

and your thoughts grow from your head

1573

01:05:41,900 --> 01:05:39,750

and now you look at crazy frizzy you

1574

01:05:43,910 --> 01:05:41,910

know and hair grows out it's an

1575

01:05:46,700 --> 01:05:43,920

extension of something like thoughts are

1576

01:05:48,770 --> 01:05:46,710

extensions out of the head you know and

1577

01:05:50,930 --> 01:05:48,780

you go okay well that makes sense most

1578

01:05:52,850 --> 01:05:50,940

dream dictionaries don't explain how

1579

01:05:56,270 --> 01:05:52,860

they reach their conclusions they just

1580

01:05:58,910 --> 01:05:56,280

give you the information so I wanted to

1581

01:06:01,580 --> 01:05:58,920

always at every point where I could

1582

01:06:04,580 --> 01:06:01,590

explain how do I reach these conclusions

1583

01:06:07,070 --> 01:06:04,590

how do I teach you to do it for yourself

1584

01:06:10,100 --> 01:06:07,080

how do I teach you to look at your

1585

01:06:11,930 --> 01:06:10,110

dreams as stories told through symbolism

1586

01:06:13,640 --> 01:06:11,940

that are helping you to learn and grow

1587

01:06:16,820 --> 01:06:13,650

that there is meaning and significance

1588

01:06:18,650 --> 01:06:16,830

that the symbolism is a language and

1589

01:06:20,840 --> 01:06:18,660

there's a way of following the patterns

1590

01:06:22,910 --> 01:06:20,850

to that language how do I do this well I

1591

01:06:25,790 --> 01:06:22,920

give you a guide to figuring out your

1592

01:06:29,000 --> 01:06:25,800

dreams and then I give you a dictionary

1593

01:06:31,550 --> 01:06:29,010

with more than 750 entries in it that

1594

01:06:34,040 --> 01:06:31,560

repeats the things that I say but it was

1595

01:06:36,740 --> 01:06:34,050

specifically to the dream symbol so it's

1596

01:06:39,560 --> 01:06:36,750

reminding you of what I have taught you

1597

01:06:42,050 --> 01:06:39,570

in the beginning so now you can use the

1598

01:06:44,150 --> 01:06:42,060

dream interpretation dictionary as your

1599

01:06:46,370 --> 01:06:44,160

lifelong guide you keep it there by your

1600

01:06:48,500 --> 01:06:46,380

bedside you wake up from a dream you

1601
01:06:50,360 --> 01:06:48,510
write it down and then you dig in and

1602
01:06:52,190 --> 01:06:50,370
you go okay well there was an

1603
01:06:53,570 --> 01:06:52,200
interesting metaphor in this dream let's

1604
01:06:56,090 --> 01:06:53,580
see what this guy has to say about

1605
01:06:58,250 --> 01:06:56,100
metaphors you know I remember a symbol

1606
01:07:00,320 --> 01:06:58,260
from the dream okay yeah let's look up

1607
01:07:01,730 --> 01:07:00,330
that symbol you know and so now you

1608
01:07:04,460 --> 01:07:01,740
start to put all the pieces together

1609
01:07:07,760 --> 01:07:04,470
that is the best place to go and also

1610
01:07:10,070 --> 01:07:07,770
dreams 1-2-3 dotnet I have a lot of

1611
01:07:12,800 --> 01:07:10,080
comments on some of the dreams such as I

1612
01:07:15,260 --> 01:07:12,810
talk about snakes and pregnancy dreams

1613
01:07:17,030 --> 01:07:15,270

and death dreams and people are picking

1614

01:07:18,830 --> 01:07:17,040

up these results people around the world

1615

01:07:21,109 --> 01:07:18,840

man i watch the search engine results

1616

01:07:22,579 --> 01:07:21,119

and it's crazy I got people every

1617

01:07:24,710 --> 01:07:22,589

we're who are picking up the results off

1618

01:07:26,749 --> 01:07:24,720

of my website and they're coming there

1619

01:07:28,609 --> 01:07:26,759

or they're hearing about me on programs

1620

01:07:31,009 --> 01:07:28,619

like yours and they're deciding they're

1621

01:07:34,519 --> 01:07:31,019

going to dig deep and I'll see them you

1622

01:07:36,410 --> 01:07:34,529

know dig into 10 or 15 or more articles

1623

01:07:38,150 --> 01:07:36,420

on my website and they'll spend hours

1624

01:07:40,160 --> 01:07:38,160

there just reading through all of this I

1625

01:07:42,680 --> 01:07:40,170

do have one other thing I want to

1626

01:07:45,739 --> 01:07:42,690

suggest for your listeners look up we

1627

01:07:48,920 --> 01:07:45,749

love dreams newsletter as one search

1628

01:07:50,809 --> 01:07:48,930

phrase I know at Google it will come up

1629

01:07:52,849 --> 01:07:50,819

as the first results and in most other

1630

01:07:55,279 --> 01:07:52,859

search engines it will also I haven't

1631

01:07:57,470 --> 01:07:55,289

tried them all the point is you look up

1632

01:08:00,489 --> 01:07:57,480

we love dreams newsletter by JM to board

1633

01:08:02,569 --> 01:08:00,499

or rattle at reddit that's how I kind of

1634

01:08:06,170 --> 01:08:02,579

promote myself the newsletter started

1635

01:08:08,210 --> 01:08:06,180

off as a reddit dreams forum newsletter

1636

01:08:10,130 --> 01:08:08,220

for pointing out really interesting

1637

01:08:12,529 --> 01:08:10,140

dreams that we've had submitted there

1638

01:08:14,420 --> 01:08:12,539

and interesting discussions and over

1639

01:08:16,879 --> 01:08:14,430

time it's evolved into sort of my

1640

01:08:18,800 --> 01:08:16,889

personal platform for communicating to

1641

01:08:22,700 --> 01:08:18,810

people who want to stay in touch with me

1642

01:08:25,099 --> 01:08:22,710

and then I created an online dream

1643

01:08:28,070 --> 01:08:25,109

interpretation correspondence course

1644

01:08:30,680 --> 01:08:28,080

basically at my site is everything that

1645

01:08:32,570 --> 01:08:30,690

you need to know to start off with dream

1646

01:08:35,030 --> 01:08:32,580

interpretation including remembering

1647

01:08:36,829 --> 01:08:35,040

dreams and decoding dream symbolism and

1648

01:08:39,289 --> 01:08:36,839

then looking at all these different

1649

01:08:41,209 --> 01:08:39,299

aspects like how do I make associations

1650

01:08:43,189 --> 01:08:41,219

and what does it mean when I have strong

1651
01:08:45,709 --> 01:08:43,199
emotions and dreams and stuff like that

1652
01:08:48,050 --> 01:08:45,719
and so I take it all and I give it to

1653
01:08:49,970 --> 01:08:48,060
you as emails that will automatically be

1654
01:08:52,430 --> 01:08:49,980
sent to you you give me your email

1655
01:08:54,740 --> 01:08:52,440
address in your first name last name if

1656
01:08:56,450 --> 01:08:54,750
you want to it's not necessary and then

1657
01:08:58,789 --> 01:08:56,460
you punch it in and you immediately

1658
01:09:00,890 --> 01:08:58,799
start getting the email sent to you and

1659
01:09:03,229 --> 01:09:00,900
it will give you everything that you

1660
01:09:05,599 --> 01:09:03,239
need to know to at least get started and

1661
01:09:07,579 --> 01:09:05,609
if you like me the way that I present

1662
01:09:09,829 --> 01:09:07,589
this information I'm pretty loose about

1663
01:09:10,910 --> 01:09:09,839

this man I'm the radical owl you know so

1664

01:09:13,070 --> 01:09:10,920

I'm not going to be sitting there

1665

01:09:14,809 --> 01:09:13,080

hitting you over top of the head with a

1666

01:09:16,910 --> 01:09:14,819

bunch of big words and stuff you know I

1667

01:09:19,519 --> 01:09:16,920

mean a few here and there but the point

1668

01:09:21,320 --> 01:09:19,529

is is that I want to explain this in

1669

01:09:23,749 --> 01:09:21,330

ways that's very accessible and

1670

01:09:25,999 --> 01:09:23,759

understandable for people you don't need

1671

01:09:28,189 --> 01:09:26,009

to have a PhD in psychiatry to

1672

01:09:32,030 --> 01:09:28,199

understand your dreams you know what you

1673

01:09:34,829 --> 01:09:32,040

need really is here it is to understand

1674

01:09:37,800 --> 01:09:34,839

that what you are doing is remembering

1675

01:09:40,589 --> 01:09:37,810

what you already know when you interpret

1676
01:09:43,050 --> 01:09:40,599
your dream you are reminding yourself of

1677
01:09:46,950 --> 01:09:43,060
what you already know because you

1678
01:09:47,640 --> 01:09:46,960
invented the dream when you start there

1679
01:09:50,070 --> 01:09:47,650
you go

1680
01:09:52,019 --> 01:09:50,080
oh okay well the dream is a story and I

1681
01:09:54,209 --> 01:09:52,029
invented it to send a message from one

1682
01:09:56,700 --> 01:09:54,219
side of my brain to the other hmm

1683
01:09:58,500 --> 01:09:56,710
well how do I remind myself of what I

1684
01:10:00,209 --> 01:09:58,510
already know then everything else about

1685
01:10:02,010 --> 01:10:00,219
dream interpretation launches from there

1686
01:10:05,339 --> 01:10:02,020
hmm awesome

1687
01:10:07,290 --> 01:10:05,349
there it is and no doubt dreams are

1688
01:10:09,570 --> 01:10:07,300

definitely a curious thing and it is a

1689

01:10:11,939 --> 01:10:09,580

rabbit hole worth traveling town once in

1690

01:10:16,470 --> 01:10:11,949

a while so definitely thanks for this

1691

01:10:19,140 --> 01:10:16,480

Jam Debord aka red owl aka mr. Sandman

1692

01:10:20,970 --> 01:10:19,150

himself thanks again and dream on right

1693

01:10:22,200 --> 01:10:20,980

on brother thank you for introducing me

1694

01:10:24,060 --> 01:10:22,210

to your audience and having me on your

1695

01:10:26,839 --> 01:10:24,070

show I really appreciate it quick you

1696

01:10:30,390 --> 01:10:26,849

got it man thanks for being here

1697

01:10:33,300 --> 01:10:30,400

halleluia and hello people JM Debord

1698

01:10:35,820 --> 01:10:33,310

dream interpretation symbolism and

1699

01:10:38,310 --> 01:10:35,830

subconscious I think this was a pretty

1700

01:10:42,260 --> 01:10:38,320

fun show and it is great to be back

1701

01:10:44,879 --> 01:10:42,270

talking to you people again July 2017

1702

01:10:47,339 --> 01:10:44,889

got to say probably the best month of my

1703

01:10:49,709 --> 01:10:47,349

life having all my friends out from home

1704

01:10:52,439 --> 01:10:49,719

at the same time was amazing anyone

1705

01:10:54,720 --> 01:10:52,449

who's ever relocated knows how it would

1706

01:10:56,609 --> 01:10:54,730

feel to have like two dozen of your

1707

01:10:59,790 --> 01:10:56,619

closest friends come out at the same

1708

01:11:02,189 --> 01:10:59,800

time so great and the wedding was on

1709

01:11:04,859 --> 01:11:02,199

point and a ton of fun having Gordon

1710

01:11:07,950 --> 01:11:04,869

white in town was a blast we actually

1711

01:11:10,709 --> 01:11:07,960

broke him in to his first game of beer

1712

01:11:12,810 --> 01:11:10,719

pong believe it or not and I was

1713

01:11:15,689 --> 01:11:12,820

definitely the one that brought down our

1714

01:11:17,729 --> 01:11:15,699

team I also have a friend Mark who can

1715

01:11:21,240 --> 01:11:17,739

be a bit of a bullshitter but he's also

1716

01:11:25,320 --> 01:11:21,250

a level two sommelier you know a wine

1717

01:11:27,390 --> 01:11:25,330

guy back home and to hear him and Gordon

1718

01:11:30,030 --> 01:11:27,400

wasted talking about wines from around

1719

01:11:31,649 --> 01:11:30,040

the world was just hilarious for me and

1720

01:11:33,720 --> 01:11:31,659

Gordon thought it was hilarious that

1721

01:11:36,000 --> 01:11:33,730

mark does have all this knowledge of the

1722

01:11:38,879 --> 01:11:36,010

world's wines but has zero desire to

1723

01:11:42,209 --> 01:11:38,889

travel and he's just a character and it

1724

01:11:44,879 --> 01:11:42,219

was a lot of fun all around the

1725

01:11:47,790 --> 01:11:44,889

honeymoon in Tulum was excellent Mayan

1726

01:11:48,569 --> 01:11:47,800

ruins right on the beach huge iguanas

1727

01:11:51,000 --> 01:11:48,579

crawling all

1728

01:11:54,479 --> 01:11:51,010

over the place we snorkeled in the

1729

01:11:56,699 --> 01:11:54,489

cenotes which are like caves of water we

1730

01:11:59,099 --> 01:11:56,709

got into one with hundreds of bats and

1731

01:12:00,389 --> 01:11:59,109

of course a nice oil slick of bat [\h__\h]

1732

01:12:02,270 --> 01:12:00,399

on the surface of the water that I

1733

01:12:05,459 --> 01:12:02,280

couldn't get past to fully enjoy myself

1734

01:12:08,429 --> 01:12:05,469

we snorkel doubt in the reef in the

1735

01:12:10,439 --> 01:12:08,439

ocean and saw these huge sea turtles

1736

01:12:12,959 --> 01:12:10,449

like inches from us and we saw a big

1737

01:12:15,359 --> 01:12:12,969

manta ray it was pretty incredible I

1738

01:12:17,310 --> 01:12:15,369

didn't get to swim with dolphins because

1739

01:12:19,349 --> 01:12:17,320

apparently they were out of season near

1740

01:12:22,889 --> 01:12:19,359

the reef and I guess the only option was

1741

01:12:26,129 --> 01:12:22,899

some semi tame or enclosed dolphin place

1742

01:12:27,089 --> 01:12:26,139

and I didn't want to do it like that but

1743

01:12:30,810 --> 01:12:27,099

I could not have asked for a better

1744

01:12:33,029 --> 01:12:30,820

break a better time or a better wife and

1745

01:12:34,560 --> 01:12:33,039

I recorded this show actually before I

1746

01:12:37,229 --> 01:12:34,570

left but there just wasn't enough time

1747

01:12:39,419 --> 01:12:37,239

to get it edited beforehand so I'm

1748

01:12:41,909 --> 01:12:39,429

getting it out now and I also did some

1749

01:12:43,859 --> 01:12:41,919

fixing on the broken feed so make sure

1750

01:12:46,109 --> 01:12:43,869

you refresh them and they should update

1751

01:12:48,659 --> 01:12:46,119

and I'm still in the process of moving

1752

01:12:50,699 --> 01:12:48,669

apartments too we didn't think we were

1753

01:12:52,770 --> 01:12:50,709

busy enough in July I guess so we also

1754

01:12:54,719 --> 01:12:52,780

decided to move across town or back to

1755

01:12:57,169 --> 01:12:54,729

Pacific Beach because I could not stand

1756

01:12:59,849 --> 01:12:57,179

being under the airport flight path

1757

01:13:01,649 --> 01:12:59,859

every once in a while and THC episodes

1758

01:13:06,889 --> 01:13:01,659

you can hear a plane flying over and

1759

01:13:08,719 --> 01:13:06,899

it's just annoying and it's finally gone

1760

01:13:11,000 --> 01:13:08,729

I've got two more days to finish moving

1761

01:13:13,520 --> 01:13:11,010

and two more days to hit you with at

1762

01:13:16,639 --> 01:13:13,530

least one more show for July and I will

1763

01:13:18,799 --> 01:13:16,649

tell you I recorded it also before I

1764

01:13:21,439 --> 01:13:18,809

left and it's exciting it's the return

1765

01:13:24,649 --> 01:13:21,449

of a pretty popular guest Tracy Twyman

1766

01:13:27,799 --> 01:13:24,659

so we have a pretty nice calm light one

1767

01:13:30,159 --> 01:13:27,809

today about dreams and a deep dark one

1768

01:13:33,169 --> 01:13:30,169

with Tracy about the stuff of nightmares

1769

01:13:34,819 --> 01:13:33,179

coming up soon but hopefully you like

1770

01:13:36,589 --> 01:13:34,829

this episode I have a man's dream

1771

01:13:39,290 --> 01:13:36,599

interpretation Dictionary from the

1772

01:13:40,250 --> 01:13:39,300

publisher and it was so thick and I just

1773

01:13:42,080 --> 01:13:40,260

thought hell yeah

1774

01:13:44,359 --> 01:13:42,090

dreams and their meanings would be a

1775

01:13:46,100 --> 01:13:44,369

great topic not talked about nearly

1776

01:13:48,709 --> 01:13:46,110

enough and I hope you found something

1777

01:13:51,919 --> 01:13:48,719

interesting in it it is very odd how as

1778

01:13:54,949 --> 01:13:51,929

the vs. dreams can be we still have

1779

01:13:57,949 --> 01:13:54,959

these reoccurring threads and narratives

1780

01:14:00,169 --> 01:13:57,959

that play through a lot of our heads the

1781

01:14:02,060 --> 01:14:00,179

teeth fallen out stuff the being naked

1782

01:14:04,189 --> 01:14:02,070

in front of a crowd stuff the being in

1783

01:14:06,080 --> 01:14:04,199

school again or not being able to

1784

01:14:08,179 --> 01:14:06,090

graduate or not having the credits or

1785

01:14:09,770 --> 01:14:08,189

whatever a lot of people have those kind

1786

01:14:12,139 --> 01:14:09,780

of things going on in their dreams I

1787

01:14:14,899 --> 01:14:12,149

actually learned and I can't put them on

1788

01:14:18,109 --> 01:14:14,909

blast but two friends that were hanging

1789

01:14:21,259 --> 01:14:18,119

out the wedding week actually started

1790

01:14:25,100 --> 01:14:21,269

talking about abduction dreams that they

1791

01:14:26,750 --> 01:14:25,110

have recurring ones and it was just

1792

01:14:28,939 --> 01:14:26,760

really interesting to see these two

1793

01:14:32,029 --> 01:14:28,949

people from totally separate areas of my

1794

01:14:33,560 --> 01:14:32,039

life and one's describing oh I have

1795

01:14:35,359 --> 01:14:33,570

these shadow figures and they're the

1796

01:14:36,830 --> 01:14:35,369

edge of my bed and then I have to look

1797

01:14:38,810 --> 01:14:36,840

over at them and write when I look at

1798

01:14:41,029 --> 01:14:38,820

them that's when they rush me and the

1799

01:14:42,350 --> 01:14:41,039

other dudes like yep yep absolutely and

1800

01:14:44,270 --> 01:14:42,360

then does this happen he's like yeah

1801
01:14:46,759 --> 01:14:44,280
yeah yeah and then does that happen and

1802
01:14:49,279 --> 01:14:46,769
I was like holy [\h__\h] I've known these

1803
01:14:51,229 --> 01:14:49,289
guys for a while didn't necessarily know

1804
01:14:53,509 --> 01:14:51,239
that they were having these kind of

1805
01:14:55,399 --> 01:14:53,519
dreams but one of them does listen to

1806
01:14:57,290 --> 01:14:55,409
THC and he's one of the few friends of

1807
01:14:59,989 --> 01:14:57,300
mine from high school that actually does

1808
01:15:02,689 --> 01:14:59,999
so maybe there's a connection there he's

1809
01:15:04,759 --> 01:15:02,699
down with the weirdness for sure but

1810
01:15:07,759 --> 01:15:04,769
I've now recently learned three people

1811
01:15:10,369 --> 01:15:07,769
close to me have routine abduction

1812
01:15:13,129 --> 01:15:10,379
dreams and that's just crazy

1813
01:15:15,799 --> 01:15:13,139

you think you know a guy right and you

1814

01:15:17,810 --> 01:15:15,809

just never ask I have another friend who

1815

01:15:20,479 --> 01:15:17,820

I also can't put on blast you won't go

1816

01:15:22,459 --> 01:15:20,489

see alien movies

1817

01:15:24,560 --> 01:15:22,469

and I didn't really understand why and

1818

01:15:25,910 --> 01:15:24,570

then I found out he had an experience

1819

01:15:28,700 --> 01:15:25,920

that he don't even want to talk about

1820

01:15:33,009 --> 01:15:28,710

but he also won't go see any alien

1821

01:15:35,810 --> 01:15:33,019

themed movies because of that so pretty

1822

01:15:37,399 --> 01:15:35,820

all-encompassing episode in terms of

1823

01:15:38,720 --> 01:15:37,409

dreams if you think there's something we

1824

01:15:40,520 --> 01:15:38,730

didn't get to in the first hour we

1825

01:15:42,979 --> 01:15:40,530

probably covered it in a second we

1826

01:15:46,189 --> 01:15:42,989

talked about dreams and DMT shared

1827

01:15:48,140 --> 01:15:46,199

dreams even at different times cases of

1828

01:15:49,879 --> 01:15:48,150

prophetic dreams and picking winning

1829

01:15:53,270 --> 01:15:49,889

lottery tickets in the dream state

1830

01:15:56,120 --> 01:15:53,280

getting insight into past lives in your

1831

01:15:58,399 --> 01:15:56,130

dreams falling in love and dreams with

1832

01:16:00,379 --> 01:15:58,409

people that we never met in waking life

1833

01:16:03,350 --> 01:16:00,389

but always remember I've had that

1834

01:16:05,239 --> 01:16:03,360

experience and also cases where we do

1835

01:16:07,430 --> 01:16:05,249

actually meet the people that we fell in

1836

01:16:10,729 --> 01:16:07,440

love with and dreams how to increase

1837

01:16:13,450 --> 01:16:10,739

stream or attention you know all great

1838

01:16:16,689 --> 01:16:13,460

stuff so I think it was a solid return

1839

01:16:19,129 --> 01:16:16,699

really actually loved the mag Norris 7

1840

01:16:21,939 --> 01:16:19,139

episode that was right before I left

1841

01:16:25,189 --> 01:16:21,949

about the rothschilds carving up Africa

1842

01:16:28,430 --> 01:16:25,199

that was full of interesting stuff and

1843

01:16:30,410 --> 01:16:28,440

we got Tracy coming up next so we are

1844

01:16:32,149 --> 01:16:30,420

back in the saddle guys and riding on

1845

01:16:32,930 --> 01:16:32,159

through to the promised land and I'll

1846

01:16:34,700 --> 01:16:32,940

see you soon

1847

01:16:36,649 --> 01:16:34,710

your move Jungian archetypes

1848

01:16:43,390 --> 01:16:36,659

subconscious characters and lucid

1849

01:16:49,010 --> 01:16:46,549

lucid dreams are so vivid because you go

1850

01:16:52,160 --> 01:16:49,020

to bed at 7:00 and your brain comes

1851

01:16:54,919 --> 01:16:52,170

alive because uhm nine to five you wake

1852

01:16:57,169 --> 01:16:54,929

up with a dread and make sure your cats

1853

01:16:59,899 --> 01:16:57,179

are fed did your brain talk to ghosts

1854

01:17:03,950 --> 01:16:59,909

who moved your coffee and a toast as you

1855

01:17:06,859 --> 01:17:03,960

listen to the higher side chats you get

1856

01:17:09,680 --> 01:17:06,869

to your desk and your bosses it's a mess

1857

01:17:11,899 --> 01:17:09,690

and your soul slowly goes to a place

1858

01:17:16,819 --> 01:17:11,909

when nothing gross when you think he's

1859

01:17:19,459 --> 01:17:16,829

not around you insert a SETI sound the

1860

01:17:23,870 --> 01:17:19,469

yo answers turn it down and you say it's

1861

01:17:27,160 --> 01:17:23,880

just a higher side chat oh do you think

1862

01:17:31,970 --> 01:17:27,170

you're being invited to Bohemian Grove

1863

01:17:36,370 --> 01:17:31,980

to a Bilderberg Club oh do you think to

1864

01:17:41,359 --> 01:17:36,380

be invited by Rasta to a party on a

1865

01:17:44,029 --> 01:17:41,369

submarine diving down

1866

01:17:46,669 --> 01:17:44,039

to the center of the earth to the

1867

01:17:50,719 --> 01:17:46,679

Marianas Trench your teeth begin to

1868

01:17:55,009 --> 01:17:50,729

clench from the sulphureous tense the

1869

01:18:00,949 --> 01:17:55,019

mask you give in doesn't fit cuz you're

1870

01:18:03,439 --> 01:18:00,959

not one of them starting today you'll

1871

01:18:05,869 --> 01:18:03,449

make plans to get away there's no one

1872

01:18:08,509 --> 01:18:05,879

girl hold you down and the waters start

1873

01:18:11,149 --> 01:18:08,519

to drown when you wake to the glare of

1874

01:18:13,580 --> 01:18:11,159

Akko fluorescence there and the light

1875

01:18:15,739 --> 01:18:13,590

winks at you cuz its life is almost

1876

01:18:19,429 --> 01:18:15,749

through but it's holding gone to quit