



**UFO HUB**

1  
00:00:20,720 --> 00:00:18,560  
my name is David Raveena's and I am an

2  
00:00:23,540 --> 00:00:20,730  
analyst of dreams I do dream

3  
00:00:26,870 --> 00:00:23,550  
interpretations and I hold workshops and

4  
00:00:29,960 --> 00:00:26,880  
I do classes and I have individual

5  
00:00:32,470 --> 00:00:29,970  
sessions with people when I was still in

6  
00:00:34,940 --> 00:00:32,480  
college the last couple of years I

7  
00:00:37,370 --> 00:00:34,950  
started working at a mental health

8  
00:00:41,569 --> 00:00:37,380  
clinic this was back in the late 1960s

9  
00:00:44,360 --> 00:00:41,579  
and in those days the federal government

10  
00:00:47,119 --> 00:00:44,370  
did not as yet have a program set in

11  
00:00:48,259 --> 00:00:47,129  
place for special education so any kids

12  
00:00:51,619 --> 00:00:48,269  
with special needs

13  
00:00:54,079 --> 00:00:51,629

ended up getting education at a mental

14

00:00:58,069 --> 00:00:54,089

health clinic and so I became a teacher

15

00:00:59,660 --> 00:00:58,079

as part of an internship at a mental

16

00:01:03,919 --> 00:00:59,670

health clinic locally where I was going

17

00:01:06,050 --> 00:01:03,929

to college and while I was in this

18

00:01:08,270 --> 00:01:06,060

internship one of the things that the

19

00:01:12,110 --> 00:01:08,280

staff at the mental health clinic

20

00:01:14,240 --> 00:01:12,120

especially encouraged was that those who

21

00:01:17,060 --> 00:01:14,250

were working at the clinic continued

22

00:01:19,850 --> 00:01:17,070

their education in psychology by going

23

00:01:22,429 --> 00:01:19,860

to any workshops any seminars that were

24

00:01:27,230 --> 00:01:22,439

available and one time I went to a

25

00:01:29,510 --> 00:01:27,240

workshop that was being run by some

26  
00:01:32,179 --> 00:01:29,520  
people who were devotees of a man named

27  
00:01:35,330 --> 00:01:32,189  
fritz perls who was a great psychiatrist

28  
00:01:40,370 --> 00:01:35,340  
and who was one of the founders of the

29  
00:01:43,510 --> 00:01:40,380  
gestalt movement of psychology and these

30  
00:01:46,010 --> 00:01:43,520  
guys worked especially with dreams and

31  
00:01:47,690 --> 00:01:46,020  
even though the gestalt work that we

32  
00:01:50,060 --> 00:01:47,700  
were doing in general was very

33  
00:01:52,069 --> 00:01:50,070  
interesting to me when it got to the

34  
00:01:55,039 --> 00:01:52,079  
dream part I was completely fascinated

35  
00:01:59,389 --> 00:01:55,049  
and that was when my work with dreams

36  
00:02:03,109 --> 00:01:59,399  
began I started off using the gestalt

37  
00:02:06,760 --> 00:02:03,119  
method and continued to use that

38  
00:02:09,919 --> 00:02:06,770

technique over a time period eventually

39

00:02:11,540 --> 00:02:09,929

developing my own method and maybe

40

00:02:15,800 --> 00:02:11,550

taking it to a slightly more

41

00:02:18,500 --> 00:02:15,810

metaphysical realm in which to work from

42

00:02:24,619 --> 00:02:18,510

dreams theirs were their approach was

43

00:02:27,260 --> 00:02:24,629

specifically about it was about the the

44

00:02:29,110 --> 00:02:27,270

psychological relevance of dreams I

45

00:02:32,470 --> 00:02:29,120

more interested in the spiritual realm

46

00:02:35,210 --> 00:02:32,480

more the spiritual relevance of dreams

47

00:02:36,650 --> 00:02:35,220

when I developed my own method of

48

00:02:39,710 --> 00:02:36,660

working with dreams one of the things

49

00:02:43,070 --> 00:02:39,720

that became very interesting to me was

50

00:02:48,620 --> 00:02:43,080

the idea that dreams don't stop when we

51  
00:02:52,070 --> 00:02:48,630  
wake up in the morning most most dreams

52  
00:02:55,640 --> 00:02:52,080  
speak in metaphors we all know about

53  
00:02:57,140 --> 00:02:55,650  
dream symbols and so dreams communicate

54  
00:03:00,290 --> 00:02:57,150  
with us through these symbols which are

55  
00:03:03,740 --> 00:03:00,300  
really metaphoric communications if you

56  
00:03:06,860 --> 00:03:03,750  
take a symbol like let's say a car a car

57  
00:03:08,660 --> 00:03:06,870  
well a car is really a vehicle if you

58  
00:03:09,950 --> 00:03:08,670  
think about it metaphorically it's a

59  
00:03:11,450 --> 00:03:09,960  
vehicle and a vehicle doesn't

60  
00:03:15,800 --> 00:03:11,460  
necessarily have to be a physical

61  
00:03:18,530 --> 00:03:15,810  
vehicle it can be a vehicle to take you

62  
00:03:21,160 --> 00:03:18,540  
to your goal it can be a vehicle for

63  
00:03:23,270 --> 00:03:21,170

expression it can be a vehicle for

64

00:03:28,580 --> 00:03:23,280

spiritual enlightenment

65

00:03:31,100 --> 00:03:28,590

so dreams if we dream about a car it is

66

00:03:32,240 --> 00:03:31,110

a vehicle but it might be dreaming we

67

00:03:34,190 --> 00:03:32,250

might be actually dreaming about

68

00:03:36,250 --> 00:03:34,200

something that really has nothing to do

69

00:03:39,890 --> 00:03:36,260

about physical locomotion

70

00:03:41,660 --> 00:03:39,900

well the idea that this kind of

71

00:03:45,800 --> 00:03:41,670

communication is metaphoric

72

00:03:48,290 --> 00:03:45,810

communication happens not only when we

73

00:03:51,350 --> 00:03:48,300

are asleep at night but continues

74

00:03:54,440 --> 00:03:51,360

throughout our daytime experiences was

75

00:03:58,280 --> 00:03:54,450

one that came as a great surprise to me

76

00:04:00,440 --> 00:03:58,290

and I wanted to find out if we could in

77

00:04:02,930 --> 00:04:00,450

fact take the experiences of our

78

00:04:07,160 --> 00:04:02,940

awakened lives the experiences we have

79

00:04:09,110 --> 00:04:07,170

during the day and treat them as if they

80

00:04:12,830 --> 00:04:09,120

were dreams and I can give you an

81

00:04:16,820 --> 00:04:12,840

example there was a woman I was working

82

00:04:18,770 --> 00:04:16,830

with who dreamed actually several dreams

83

00:04:20,780 --> 00:04:18,780

that she had at night the typical kinds

84

00:04:22,940 --> 00:04:20,790

of dreams which I call sleeping dreams

85

00:04:28,310 --> 00:04:22,950

where she was involved in an automobile

86

00:04:31,010 --> 00:04:28,320

accident and then one day she was

87

00:04:33,620 --> 00:04:31,020

driving down the road now this is in her

88

00:04:37,760 --> 00:04:33,630

awakened state and she actually had a

89

00:04:39,230 --> 00:04:37,770

car crash in which she ended up being

90

00:04:40,490 --> 00:04:39,240

left nobody

91

00:04:42,890 --> 00:04:40,500

she ended up her car ended up in the

92

00:04:45,200 --> 00:04:42,900

woods and it smacked into a tree and

93

00:04:47,510 --> 00:04:45,210

nobody found her till the next day she

94

00:04:51,499 --> 00:04:47,520

was lying there and she was okay

95

00:04:53,950 --> 00:04:51,509

actually but when I talked with her one

96

00:04:57,409 --> 00:04:53,960

of the things we talked about was how

97

00:05:00,170 --> 00:04:57,419

there are two ways to look at this one

98

00:05:02,930 --> 00:05:00,180

way is to say well you had some dreams

99

00:05:06,439 --> 00:05:02,940

during your sleep that were prophetic

100

00:05:08,150 --> 00:05:06,449

and so they were prophesying the fact

101  
00:05:10,279 --> 00:05:08,160  
that you are going to have this accident

102  
00:05:12,170 --> 00:05:10,289  
during your awakened state there's

103  
00:05:16,339 --> 00:05:12,180  
another way to look at it and that is to

104  
00:05:19,279 --> 00:05:16,349  
say that the same experience happened

105  
00:05:21,710 --> 00:05:19,289  
both during your sleep and during your

106  
00:05:25,580 --> 00:05:21,720  
awakened state what I call a waking

107  
00:05:28,550 --> 00:05:25,590  
dream and the reason that I can say that

108  
00:05:33,290 --> 00:05:28,560  
is because not all of these kinds of

109  
00:05:35,270 --> 00:05:33,300  
awake experiences are preceded by asleep

110  
00:05:37,520 --> 00:05:35,280  
that by a dream that you have when

111  
00:05:40,760 --> 00:05:37,530  
you're asleep a lot of times these

112  
00:05:44,089 --> 00:05:40,770  
experiences happen to us without any

113  
00:05:48,379 --> 00:05:44,099

warning at all and there are three kinds

114

00:05:51,950 --> 00:05:48,389

of waking waking experiences waking

115

00:05:53,779 --> 00:05:51,960

dreams that fall into the category of

116

00:05:56,300 --> 00:05:53,789

ones I would say that are really

117

00:06:00,080 --> 00:05:56,310

important that need to be dealt with

118

00:06:02,779 --> 00:06:00,090

that need to be examined a dream that's

119

00:06:06,260 --> 00:06:02,789

shocking like an automobile accident a

120

00:06:09,680 --> 00:06:06,270

dream that's bizarre and I can give an

121

00:06:10,309 --> 00:06:09,690

example of that a guy was going from his

122

00:06:13,520 --> 00:06:10,319

office

123

00:06:16,640 --> 00:06:13,530

to a conference and he was getting in

124

00:06:19,420 --> 00:06:16,650

his car and as he was taking the keys it

125

00:06:21,740 --> 00:06:19,430

to his car out of his pocket he

126

00:06:23,689 --> 00:06:21,750

accidentally let them go and they

127

00:06:25,459 --> 00:06:23,699

dropped out of his hand and there

128

00:06:28,730 --> 00:06:25,469

happened to be a sewer grate right there

129

00:06:30,920 --> 00:06:28,740

and the keys slipped through the sewer

130

00:06:33,110 --> 00:06:30,930

grate down into the sewer and he

131

00:06:34,580 --> 00:06:33,120

couldn't get to his conference now

132

00:06:36,740 --> 00:06:34,590

that's a totally bizarre experience

133

00:06:37,939 --> 00:06:36,750

that's the kind of thing that does not

134

00:06:42,020 --> 00:06:37,949

happen to you

135

00:06:44,209 --> 00:06:42,030

maybe once in a lifetime and so that's

136

00:06:45,890 --> 00:06:44,219

the kind of experience that I would say

137

00:06:48,920 --> 00:06:45,900

that's an important waking dream that's

138

00:06:52,219 --> 00:06:48,930

one that you need to look at the Third

139

00:06:52,519 --> 00:06:52,229

Kind is a repetitive one if you have the

140

00:06:58,279 --> 00:06:52,529

same

141

00:07:01,789 --> 00:06:58,289

route for 20 years and I've never been

142

00:07:03,789 --> 00:07:01,799

stopped for speeding well two months ago

143

00:07:06,349 --> 00:07:03,799

I stopped got stopped for speeding and

144

00:07:09,199 --> 00:07:06,359

then three weeks later I got stopped

145

00:07:10,849 --> 00:07:09,209

again for speeding and can you believe

146

00:07:15,019 --> 00:07:10,859

it yesterday I got stopped the third

147

00:07:17,239 --> 00:07:15,029

time for speeding okay well you can say

148

00:07:19,819 --> 00:07:17,249

that's a coincidence but it's been my

149

00:07:22,489 --> 00:07:19,829

experience actually that it's not

150

00:07:25,429 --> 00:07:22,499

coincidental that these experiences come

151  
00:07:27,469 --> 00:07:25,439  
into our lives in the same way that

152  
00:07:29,629 --> 00:07:27,479  
dreams come into our lives when were

153  
00:07:31,819 --> 00:07:29,639  
asleep at night and they come into our

154  
00:07:35,329 --> 00:07:31,829  
lives for exactly the same reason that

155  
00:07:37,129 --> 00:07:35,339  
there is a message that's coming first

156  
00:07:43,159 --> 00:07:37,139  
of all from our subconscious but also

157  
00:07:46,519 --> 00:07:43,169  
from a realm beyond that that is trying

158  
00:07:49,749 --> 00:07:46,529  
to communicate with us and probably give

159  
00:07:52,909 --> 00:07:49,759  
us a little bit of a course correction

160  
00:07:56,239 --> 00:07:52,919  
it's really important not to generalize

161  
00:07:58,069 --> 00:07:56,249  
too much about dream symbols because

162  
00:08:00,469 --> 00:07:58,079  
even though there are certain kinds of

163  
00:08:02,839 --> 00:08:00,479

dream symbols most dream symbols in fact

164

00:08:05,719 --> 00:08:02,849

are to a certain extent what we call arc

165

00:08:09,469 --> 00:08:05,729

typical that means that they are there's

166

00:08:12,079 --> 00:08:09,479

a commonality of dream symbols with

167

00:08:15,559 --> 00:08:12,089

everyone who has that symbol and that

168

00:08:20,289 --> 00:08:15,569

symbol comes into their dream it's also

169

00:08:26,029 --> 00:08:20,299

true that that arc typical connection is

170

00:08:28,059 --> 00:08:26,039

also overlaid with a very personal

171

00:08:31,489 --> 00:08:28,069

experience now let me give an example

172

00:08:34,730 --> 00:08:31,499

we all have mothers we've all had the

173

00:08:37,699 --> 00:08:34,740

experience of you know maybe good or bad

174

00:08:39,740 --> 00:08:37,709

with a mother but we all are born of

175

00:08:42,769 --> 00:08:39,750

mothers that that is absolutely our

176  
00:08:45,139 --> 00:08:42,779  
typical and universal that goes to every

177  
00:08:49,280 --> 00:08:45,149  
single human being that ever lived on

178  
00:08:52,309 --> 00:08:49,290  
the planet in that sense you can say

179  
00:08:57,439 --> 00:08:52,319  
that the dream symbol of the mother is

180  
00:09:00,650 --> 00:08:57,449  
that part of life that gives us life in

181  
00:09:03,619 --> 00:09:00,660  
that sense it's our typical but if I

182  
00:09:06,210 --> 00:09:03,629  
were to line up 10 people and say to

183  
00:09:08,940 --> 00:09:06,220  
each of them tell me about your mom

184  
00:09:11,850 --> 00:09:08,950  
I think you would agree that you would

185  
00:09:13,770 --> 00:09:11,860  
get 10 completely different responses

186  
00:09:15,930 --> 00:09:13,780  
about their attitudes toward their

187  
00:09:19,320 --> 00:09:15,940  
mothers and their relationships with

188  
00:09:22,470 --> 00:09:19,330

their mothers and the very first

189

00:09:25,110 --> 00:09:22,480

instincts in terms of emotional reaction

190

00:09:27,510 --> 00:09:25,120

that comes to them when they think of

191

00:09:30,390 --> 00:09:27,520

their mothers so in that sense a mother

192

00:09:34,140 --> 00:09:30,400

is a universal symbol but at the same

193

00:09:38,310 --> 00:09:34,150

time it's a completely unique symbol to

194

00:09:41,460 --> 00:09:38,320

everyone who has it now the same thing

195

00:09:44,100 --> 00:09:41,470

is true of all symbols that we have

196

00:09:46,980 --> 00:09:44,110

another common one is a house people

197

00:09:50,250 --> 00:09:46,990

often dream about a house well okay a

198

00:09:53,940 --> 00:09:50,260

house is where you dwell symbolically at

199

00:09:56,610 --> 00:09:53,950

the house is where you live and that

200

00:09:58,980 --> 00:09:56,620

then can be taken in any direction not

201  
00:10:00,450 --> 00:09:58,990  
not just physical living but where you

202  
00:10:02,250 --> 00:10:00,460  
live in your consciousness where you

203  
00:10:05,160 --> 00:10:02,260  
live in your mind where you live in your

204  
00:10:07,800 --> 00:10:05,170  
emotions where you live in your desires

205  
00:10:10,920 --> 00:10:07,810  
where you live in spirit all of those

206  
00:10:14,910 --> 00:10:10,930  
things are part of the house well so if

207  
00:10:16,830 --> 00:10:14,920  
somebody dreams about a house that's the

208  
00:10:20,250 --> 00:10:16,840  
universal part of it that's that's the

209  
00:10:21,870 --> 00:10:20,260  
part that is our typical now it becomes

210  
00:10:23,370 --> 00:10:21,880  
very personal well what do you think of

211  
00:10:24,810 --> 00:10:23,380  
your house well what kind of a house did

212  
00:10:27,780 --> 00:10:24,820  
you dream about well the roof was

213  
00:10:31,410 --> 00:10:27,790

leaking or the bathrooms were too small

214

00:10:33,410 --> 00:10:31,420

or you know it had this wonderful living

215

00:10:35,790 --> 00:10:33,420

room where hundreds of people were

216

00:10:39,780 --> 00:10:35,800

assembled and we had this great party

217

00:10:43,050 --> 00:10:39,790

well so all of a sudden this arc typical

218

00:10:46,050 --> 00:10:43,060

dream symbol becomes a very personal

219

00:10:48,000 --> 00:10:46,060

experience becomes a very unique symbol

220

00:10:50,970 --> 00:10:48,010

to the individual who's doing the

221

00:10:55,140 --> 00:10:50,980

dreaming here's another one very common

222

00:10:57,600 --> 00:10:55,150

water water is it a is a dream symbol

223

00:11:01,710 --> 00:10:57,610

that everybody has from time to time

224

00:11:03,600 --> 00:11:01,720

so what's water well water is the source

225

00:11:08,400 --> 00:11:03,610

of life I mean if we don't if we don't

226

00:11:10,230 --> 00:11:08,410

have water we will die okay so again

227

00:11:12,720 --> 00:11:10,240

it's that's universal that's our typical

228

00:11:15,810 --> 00:11:12,730

everybody knows that they have

229

00:11:17,490 --> 00:11:15,820

they experience that that if they don't

230

00:11:19,439 --> 00:11:17,500

have water in their lives they're not

231

00:11:22,949 --> 00:11:19,449

going to survive okay

232

00:11:24,780 --> 00:11:22,959

now somebody who's out swimming and the

233

00:11:27,090 --> 00:11:24,790

coat along the coast of California gets

234

00:11:29,460 --> 00:11:27,100

bitten by a shark is going to have a

235

00:11:31,769 --> 00:11:29,470

very different experience and a very

236

00:11:34,290 --> 00:11:31,779

different attitude about water then

237

00:11:37,650 --> 00:11:34,300

someone who let's say works for a

238

00:11:40,769 --> 00:11:37,660

purified water bottling company where

239

00:11:42,180 --> 00:11:40,779

for them water is all about you know

240

00:11:46,889 --> 00:11:42,190

giving somebody a really healthy

241

00:11:49,079 --> 00:11:46,899

alternative so again there is this it's

242

00:11:52,460 --> 00:11:49,089

not really a paradox but a dichotomy for

243

00:11:56,250 --> 00:11:52,470

sure between what is considered a

244

00:12:00,660 --> 00:11:56,260

universal symbol in dreams and what is

245

00:12:02,879 --> 00:12:00,670

then people's own experience that gets

246

00:12:05,069 --> 00:12:02,889

overlaid over that universal symbol and

247

00:12:09,060 --> 00:12:05,079

becomes a very very personalized

248

00:12:11,550 --> 00:12:09,070

experience somebody who has been bitten

249

00:12:17,840 --> 00:12:11,560

by a shark in the ocean dreams of the

250

00:12:20,430 --> 00:12:17,850

ocean they are gonna have a negative or

251

00:12:22,949 --> 00:12:20,440

perhaps a better way to say it is there

252

00:12:25,699 --> 00:12:22,959

going to have any an attitude about

253

00:12:29,490 --> 00:12:25,709

water that is associated with fear and

254

00:12:32,819 --> 00:12:29,500

trauma and disaster whereas someone who

255

00:12:35,970 --> 00:12:32,829

is a surfer and has been surfing his or

256

00:12:37,860 --> 00:12:35,980

her whole life and just experiences

257

00:12:39,809 --> 00:12:37,870

nothing but the exhilaration and the fun

258

00:12:42,509 --> 00:12:39,819

and the camaraderie and the Society and

259

00:12:43,980 --> 00:12:42,519

all the things that go with that if they

260

00:12:45,960 --> 00:12:43,990

have a dream about an ocean they're

261

00:12:48,180 --> 00:12:45,970

gonna have a very different attitude and

262

00:12:51,900 --> 00:12:48,190

a very different symbolism that's

263

00:12:55,019 --> 00:12:51,910

associated with that the idea that

264

00:13:00,059 --> 00:12:55,029

dreams happen during the day while we're

265

00:13:02,850 --> 00:13:00,069

awake is one that is relatively new to

266

00:13:05,610 --> 00:13:02,860

me in my dream work and it's one of the

267

00:13:07,139 --> 00:13:05,620

most exciting parts of it because people

268

00:13:09,600 --> 00:13:07,149

will tell you well I have no dream

269

00:13:13,840 --> 00:13:09,610

recall I don't remember my dreams and

270

00:13:17,980 --> 00:13:16,210

can tell you right now that you are

271

00:13:20,500 --> 00:13:17,990

dreaming all throughout the day and if

272

00:13:24,430 --> 00:13:20,510

you will pay attention to those

273

00:13:28,570 --> 00:13:24,440

experiences you have during the day that

274

00:13:33,130 --> 00:13:28,580

don't leave you alone that you have and

275

00:13:35,920 --> 00:13:33,140

they they stay with you they're

276

00:13:38,620 --> 00:13:35,930

aggravating or they they create an

277

00:13:41,350 --> 00:13:38,630

abrasion in your own mind and you you

278

00:13:43,840 --> 00:13:41,360

don't let them go those are the ones

279

00:13:46,330 --> 00:13:43,850

that are important to examine and I will

280

00:13:48,850 --> 00:13:46,340

give you an example of of someone I was

281

00:13:52,530 --> 00:13:48,860

working with who had an experience like

282

00:13:57,070 --> 00:13:52,540

this this is a man who is about my age

283

00:13:58,690 --> 00:13:57,080

late 50s early 60s and he had just been

284

00:14:01,300 --> 00:13:58,700

to the doctor he was a little bit

285

00:14:06,130 --> 00:14:01,310

overweight and his doctor had told him

286

00:14:08,290 --> 00:14:06,140

you know your diet and your weight are

287

00:14:11,350 --> 00:14:08,300

such that you're a really good candidate

288

00:14:13,240 --> 00:14:11,360

for type 2 diabetes and I really

289

00:14:16,420 --> 00:14:13,250

strongly recommend that you make some

290

00:14:18,640 --> 00:14:16,430

changes in your life and I recommend a

291

00:14:20,980 --> 00:14:18,650

healthier diet and I recommend exercise

292

00:14:24,460 --> 00:14:20,990

and all the things and a little bit of a

293

00:14:26,740 --> 00:14:24,470

late a weight loss so he came home full

294

00:14:28,510 --> 00:14:26,750

of all kinds of good intentions but you

295

00:14:29,350 --> 00:14:28,520

know how that goes the old habits die

296

00:14:32,620 --> 00:14:29,360

hard

297

00:14:35,710 --> 00:14:32,630

and because he enjoyed the experience of

298

00:14:38,260 --> 00:14:35,720

eating so much he belonged to one of

299

00:14:42,490 --> 00:14:38,270

these food clubs where you could go and

300

00:14:44,860 --> 00:14:42,500

buy food in large quantities you paid an

301  
00:14:46,960 --> 00:14:44,870  
annual membership and you would buy food

302  
00:14:48,820 --> 00:14:46,970  
in large quantities and then you get

303  
00:14:50,950 --> 00:14:48,830  
these great discounts on them and you

304  
00:14:53,470 --> 00:14:50,960  
saved quite a bit of money over the year

305  
00:14:57,960 --> 00:14:53,480  
but the trick is that you had to buy in

306  
00:15:01,060 --> 00:14:57,970  
large amounts well one of his favorite

307  
00:15:03,700 --> 00:15:01,070  
breakfast foods was orange marmalade and

308  
00:15:05,410 --> 00:15:03,710  
he ended up going to this club shortly

309  
00:15:09,240 --> 00:15:05,420  
after his doctor's appointment and he

310  
00:15:12,560 --> 00:15:09,250  
found there that these huge jars of

311  
00:15:15,380 --> 00:15:12,570  
orange marmalade were on sale

312  
00:15:17,390 --> 00:15:15,390  
and he bought three of them because he

313  
00:15:20,090 --> 00:15:17,400

loved orange marmalade so much and he

314

00:15:22,280 --> 00:15:20,100

brought them home well he was trying to

315

00:15:24,080 --> 00:15:22,290

get in the door of his house from his

316

00:15:26,300 --> 00:15:24,090

car and he's carrying these jars all

317

00:15:29,930 --> 00:15:26,310

three jars of orange marmalade and he

318

00:15:33,050 --> 00:15:29,940

got as far as his kitchen okay but on

319

00:15:35,690 --> 00:15:33,060

his kitchen there is this ceramic tile

320

00:15:38,060 --> 00:15:35,700

floor and as he was walking into the

321

00:15:41,690 --> 00:15:38,070

kitchen he just slightly stumbled a

322

00:15:46,000 --> 00:15:41,700

little bit and all three jars flew out

323

00:15:49,130 --> 00:15:46,010

of his hand onto this tile floor and

324

00:15:53,390 --> 00:15:49,140

every one of them smashed completely on

325

00:15:54,770 --> 00:15:53,400

his floor well so instead of spending

326

00:15:57,380 --> 00:15:54,780

the morning doing what he had intended

327

00:16:00,560 --> 00:15:57,390

he ended up spending it on his hands and

328

00:16:02,360 --> 00:16:00,570

knees cleaning up all of this orange

329

00:16:04,790 --> 00:16:02,370

marmalade you can imagine it was all

330

00:16:06,860 --> 00:16:04,800

over his kitchen floor and splattered up

331

00:16:10,250 --> 00:16:06,870

along you know the bottoms of his

332

00:16:12,440 --> 00:16:10,260

cabinets and and it wasn't so bad on the

333

00:16:15,310 --> 00:16:12,450

tiles themselves but it was the grout

334

00:16:18,710 --> 00:16:15,320

between the tiles or all the sticky

335

00:16:20,870 --> 00:16:18,720

marmalade was stuck and he ended up you

336

00:16:23,420 --> 00:16:20,880

know with a toothbrush scrubbing all

337

00:16:26,330 --> 00:16:23,430

that's how he spent his entire morning

338

00:16:29,030 --> 00:16:26,340

and what's more not only was it a sticky

339

00:16:33,920 --> 00:16:29,040

mess that was unpleasant but it was full

340

00:16:35,450 --> 00:16:33,930

of shards of glass and so this was an

341

00:16:36,680 --> 00:16:35,460

experience that was really annoying to

342

00:16:40,760 --> 00:16:36,690

him first of all he loved the orange

343

00:16:44,060 --> 00:16:40,770

marmalade and second of all he ended up

344

00:16:46,250 --> 00:16:44,070

wasting a whole half of a day cleaning

345

00:16:48,590 --> 00:16:46,260

this up and so it was one of these

346

00:16:50,630 --> 00:16:48,600

experiences that didn't leave him he

347

00:16:53,120 --> 00:16:50,640

grumbled about it he groused about this

348

00:16:56,240 --> 00:16:53,130

experience for hours after it was over

349

00:16:58,790 --> 00:16:56,250

and actually for days and he knew me and

350

00:17:00,350 --> 00:16:58,800

he had worked with me before and he

351

00:17:02,810 --> 00:17:00,360

recognized that anything that you

352

00:17:05,120 --> 00:17:02,820

grumble about and grouse about for a

353

00:17:08,750 --> 00:17:05,130

good length of time is something that

354

00:17:11,000 --> 00:17:08,760

you need to examine and so he came to me

355

00:17:12,020 --> 00:17:11,010

and said I think I need to work on this

356

00:17:18,319 --> 00:17:12,030

as a wakingdream

357

00:17:21,140 --> 00:17:18,329

and so we did and so the idea that we

358

00:17:24,050 --> 00:17:21,150

would deal with this metaphorically was

359

00:17:25,270 --> 00:17:24,060

one that he had already experienced and

360

00:17:28,540 --> 00:17:25,280

so he was

361

00:17:31,120 --> 00:17:28,550

to do that so we did we dealt with

362

00:17:33,670 --> 00:17:31,130

orange marmalade as away as a dream

363

00:17:36,820 --> 00:17:33,680

symbol we dealt with shards of glass as

364

00:17:39,730 --> 00:17:36,830

a dream symbol we dealt with a solid

365

00:17:42,760 --> 00:17:39,740

hard floor surface and the kitchen the

366

00:17:44,950 --> 00:17:42,770

place where you cook things all of these

367

00:17:47,260 --> 00:17:44,960

were part of the dream symbol and I

368

00:17:49,690 --> 00:17:47,270

won't go into detail in every single

369

00:17:53,440 --> 00:17:49,700

symbol but basically what came out of

370

00:17:57,130 --> 00:17:53,450

his own analysis of his own dream

371

00:18:00,610 --> 00:17:57,140

symbols was that orange marmalade is

372

00:18:02,410 --> 00:18:00,620

something that he felt was really

373

00:18:03,880 --> 00:18:02,420

delicious and he enjoyed it but was

374

00:18:06,510 --> 00:18:03,890

maybe not very good for him

375

00:18:10,870 --> 00:18:06,520

shards of glass were something hidden

376

00:18:13,000 --> 00:18:10,880

within this substance that was delicious

377

00:18:18,190 --> 00:18:13,010

but not very good for him that was

378

00:18:20,560 --> 00:18:18,200

dangerous that he was this whole mishap

379

00:18:22,990 --> 00:18:20,570

happened in his kitchen which was the

380

00:18:26,890 --> 00:18:23,000

place where he cooks the food that

381

00:18:30,310 --> 00:18:26,900

sustains him and that in this kitchen

382

00:18:34,330 --> 00:18:30,320

there was this very hard surface on the

383

00:18:36,910 --> 00:18:34,340

floor that was unforgiving and when he

384

00:18:40,240 --> 00:18:36,920

related this to his doctor's experience

385

00:18:42,640 --> 00:18:40,250

I'm sure you and certainly he got the

386

00:18:44,680 --> 00:18:42,650

message right away that it was time that

387

00:18:48,040 --> 00:18:44,690

this was broken this was a system that

388

00:18:50,590 --> 00:18:48,050

was that he had stumbled and that he it

389

00:18:54,580 --> 00:18:50,600

was time for it to be broken and it was

390

00:18:57,880 --> 00:18:54,590

time for him to clean it up and to cook

391

00:19:00,130 --> 00:18:57,890

things on this unforgiving surface and

392

00:19:02,140 --> 00:19:00,140

what what that implied to him was that

393

00:19:05,440 --> 00:19:02,150

perhaps earlier in his life

394

00:19:08,770 --> 00:19:05,450

the flooring had been metaphorically

395

00:19:10,860 --> 00:19:08,780

speaking much more forgiving that all of

396

00:19:13,810 --> 00:19:10,870

us when were young and healthy and can

397

00:19:16,480 --> 00:19:13,820

afford to break the rules a little bit

398

00:19:19,240 --> 00:19:16,490

that's easier than when we start getting

399

00:19:21,880 --> 00:19:19,250

older now it's going to be less

400

00:19:23,620 --> 00:19:21,890

forgiving the environment is going to be

401  
00:19:25,690 --> 00:19:23,630  
more exacting it's going to take a

402  
00:19:31,060 --> 00:19:25,700  
greater toll and that it was time for

403  
00:19:33,370 --> 00:19:31,070  
him in his in his new approach to living

404  
00:19:35,680 --> 00:19:33,380  
in the place where he cooked his meals

405  
00:19:38,110 --> 00:19:35,690  
and I mean this metaphorically now the

406  
00:19:38,570 --> 00:19:38,120  
meals of life then he had to be a good

407  
00:19:41,810 --> 00:19:38,580  
deal more

408  
00:19:45,919 --> 00:19:41,820  
careful when I talk to people about

409  
00:19:49,310 --> 00:19:45,929  
dreams one of the things that I really

410  
00:19:52,100 --> 00:19:49,320  
emphasize a lot is that it's important

411  
00:19:55,850 --> 00:19:52,110  
for them to understand that this is a

412  
00:19:59,480 --> 00:19:55,860  
really personal communication that it's

413  
00:20:02,090 --> 00:19:59,490

important not to overlay the dream

414

00:20:06,019 --> 00:20:02,100

symbols they have with a definition that

415

00:20:09,590 --> 00:20:06,029

someone else has come up with as I said

416

00:20:13,250 --> 00:20:09,600

earlier even the most our typical dream

417

00:20:15,950 --> 00:20:13,260

symbols will have an element of personal

418

00:20:18,590 --> 00:20:15,960

experience to them and the more they

419

00:20:21,560 --> 00:20:18,600

become aware of the dream symbols that

420

00:20:26,240 --> 00:20:21,570

they have in their life the more they

421

00:20:29,509 --> 00:20:26,250

will see that the symbolism is being

422

00:20:33,049 --> 00:20:29,519

tailored specifically to them the dreams

423

00:20:36,259 --> 00:20:33,059

become very personal they become very

424

00:20:40,009 --> 00:20:36,269

poignant too they become direct

425

00:20:43,009 --> 00:20:40,019

communications from the other side for a

426

00:20:46,159 --> 00:20:43,019

lack of a better way to say it they are

427

00:20:50,299 --> 00:20:46,169

a course correction they are a personal

428

00:20:53,330 --> 00:20:50,309

statement coming to them from the beyond

429

00:20:59,210 --> 00:20:53,340

and it's one it's a communication that

430

00:21:02,299 --> 00:20:59,220

goes on all their lives in fact the idea

431

00:21:05,060 --> 00:21:02,309

that you know oh Lord hear our prayers

432

00:21:07,610 --> 00:21:05,070

that's a very common thing that you hear

433

00:21:12,740 --> 00:21:07,620

it's actually ridiculous there is never

434

00:21:14,990 --> 00:21:12,750

a time when the divine presence does not

435

00:21:17,870 --> 00:21:15,000

hear a prayer and there's never a time

436

00:21:21,200 --> 00:21:17,880

when it is not talking to us that

437

00:21:25,129 --> 00:21:21,210

communication is going on 24 hours a day

438

00:21:27,049 --> 00:21:25,139

and it's up to us simply to learn the

439

00:21:29,750 --> 00:21:27,059

language that it speaks in it doesn't

440

00:21:31,759 --> 00:21:29,760

always speak direct English or direct

441

00:21:34,129 --> 00:21:31,769

whatever language that that is our

442

00:21:36,680 --> 00:21:34,139

native language it speaks in the

443

00:21:38,600 --> 00:21:36,690

language of metaphor which is a

444

00:21:40,970 --> 00:21:38,610

universal language that's a language

445

00:21:43,879 --> 00:21:40,980

that every single human being on the

446

00:21:46,190 --> 00:21:43,889

planet speaks and so it is in this

447

00:21:49,629 --> 00:21:46,200

universal language that the divine

448

00:21:52,110 --> 00:21:49,639

speaks to us and if we take the time to

449

00:21:54,630 --> 00:21:52,120

learn that language and on

450

00:21:58,910 --> 00:21:54,640

stand that that communication is going

451

00:22:01,800 --> 00:21:58,920

on 24 hours a day we will never ever