



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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## SPIRITUAL SURVIVAL IN A CHANGING WORLD

### Focus: How to Interpret Your Dreams

“If you want your dreams to lift you into a higher state of awareness and joy, you have only to ask. My task is to help you become mindful of yourself in the real worlds, the dreamlands of God.”

—Sri Harold Klemp,<sup>1</sup> *The Art of Spiritual Dreaming*

#### FEATURE ARTICLE



## Understanding Your Dreams

By Sri Harold Klemp

**D**reams have a meaning at every step—the human, emotional, causal, mental, subconscious, and spiritual levels. They correspond to the six planes of existence, spoken of so often in the ECK<sup>2</sup> works—the Physical,

Astral, Causal, Mental, Etheric, and Soul Planes. And each deals with a part of us. Each of our dreams comes mainly from one of these areas.

Our task is to keep the interpretation of dreams simple.

### Three Levels of Dreams

Look at each dream in one of three levels. They are about our daily life, our emotions and thoughts, and, less often, about the pure spiritual side. So, simply put, there are dreams about our everyday events, our emotional well-being, and our relationship with God.

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The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, [www.Eckankar.org](http://www.Eckankar.org). It is sent out quarterly to anyone who signs up for a [free subscription](#).

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The beauty of dreams is that they go with you everywhere, no matter what. They are a portable treasure. You need only recall them, to recognize them as a divine gift to gain insight into your true spiritual nature. Never are you without your dreams.

I would say that some figures of state, church, and science understate the value of dreams, for they often ridicule or punish those who speak too freely about the dream life.

A dreamer is often an independent being. He looks inwardly, instead of outwardly, for the real answers to life.

### Dream Symbology

The real importance of dream symbology is in how it relates spiritually to your daily life. An ECKist discovered this through a dream about his wife, who is not in Eckankar.

In their outer life, his wife appeared somewhat interested in ECK, but she wasn't quite sure that she wanted to become a member. At various times she had also considered either staying in her present religion or looking into some other spiritual teaching. She often discussed her dilemma with her husband.

One night the husband dreamed that his wife called him at home. She said, “I'm at a phone booth, but I don't know where I am. I'm lost. Can you help me get home?”

“If you know the name of the road you're on, or even a nearby crossroad, I can help you find

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- 1. Sri Harold Klemp is the spiritual leader of Eckankar.
- 2. ECK is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also short for Eckankar.

## Understanding Your Dreams

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your way home," the husband said.

"There aren't any crossroads around here," she said. "I don't know where I am."

"OK, get in the car and drive down the street very slowly until you come to an intersection. Then call me back and tell me the names of the two crossroads. We'll be able to figure out where you are."

The ECKist woke up wondering what the dream was all about.

The experience on the inner planes had been so lifelike that he knew it was trying to tell him something.

Suddenly he realized it was an answer to his fear that he may have been pushing Eckankar on his wife. At times he thought she seemed truly interested in the teachings of the Holy Spirit. But he had often wondered, *Does she really care, or am I only imagining her interest?*

The dream had given him a spiritual understanding of his wife's position. She was in the car, and she was lost. This represents Soul's journey through the lower worlds as It tries to find Its way home. But until she had at least some idea of where she was, her husband couldn't help her.

All he could do in the dream was encourage her to go very slowly down the road until she came to a crossroad. This gave him the insight to tell her out

**"The real importance of dream symbology is how it relates to your daily life."**

here, "First you have to find out where you are spiritually. You have to know where you are before you can figure out where to go."

He recommended that she examine her own religion, other spiritual paths, Eckankar, and whatever else she wanted to, but to go very slowly. Eventually she would come to a point in her life that seemed significant. Then she could stop, take a look around, and see where she was. Her husband could then try to help her figure out her direction home.

### How to Interpret Your Dreams

Keep the interpretation simple. Look at each dream in one of three levels. Is the dream about your daily life, your emotions and thoughts, or about the pure spiritual side, your relationship with God? Here, then, are a few tips:

- 1. Dream**—get plenty of rest for a few days. Then go to sleep with the intention of remembering some of the places you visit while your human self lies sleeping. (It helps to write the dreams down as soon as you awaken.)
- 2. Interpret your dreams**—ask the Dream Master (my inner self) to let you see each dream on three levels: the daily, the emotional/mental, and the spiritual.
- 3. Realize your dreams**—take the dream lessons and apply them to your everyday life.

The ECK dream teachings can help you enter a better spiritual life through the doorway of dreams.

—Adapted from *The Art of Spiritual Dreaming*, by Harold Klemp

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### A SPIRITUAL EXERCISE TO TRY

## Create Your Own Dream Dictionary



Some people develop their memory of their dreams by keeping a notebook and pen at the bedside. If you can just get down a few notes, maybe two or three sentences to trigger the memory, to give you a key, this will provide a focus so that during the day you can try to recall what happened.

Creating a dream dictionary can help you become familiar with your own dream symbols. Whether a baseball diamond, a bear, an eagle, or anything else, you'll know immediately what a particular symbol means to you.

In a section in the back of your dream journal, keep a list of the symbols that occur in your dreams. As you create your own dream dictionary of symbols, record the date next to the meaning of each symbol. This way you can keep track as the meaning changes. As you unfold, your dream symbols are going to take on different meanings, a fact not generally known by people who study dreams.

—Adapted from *The Art of Spiritual Dreaming*, by Harold Klemp

For more spiritual exercises, visit [www.Eckankar.org](http://www.Eckankar.org) and explore the Spiritual Exercise of the Week.

## Animal Dreams

By Mark Suplinskas, Connecticut

Many years ago, when I was very young, a recurring nightmare bedeviled my sleep. I would be walking along, when suddenly a great beast would notice me—usually a huge, black bull or a wild-eyed elephant. It would charge me, and I'd start to run. It was a long run, and just as the beast was about to catch me, I would wake up trembling.

In my teenage years, I began to study Eckankar and work with the Dream Master. The Dream Master is the Mahanta, the Living ECK Master as he appears in the dream state.

One night I was walking along in my dream, as usual, when I saw the bull again. He was the size of a Mack truck, jet black, with red eyes and incredibly long, sharp horns. He started running, and so did I.

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Suddenly I heard the calm, steady voice of the Dream Master: "Look. If you ever want to get rid of this thing, you must stop and face it."

I glanced over my shoulder at the approaching monster and thought, *That's crazy! I don't want to die! That thing will kill me!* So on I ran.

Again the voice of the Dream Master broke into my nightmare, a little more firmly this time: "You must stop and face it."

“If you ever want to get rid of this thing, you must stop and face it.”

*That's nuts! It's going to kill me!* It was rapidly gaining ground, and I was running as fast as I could.

Now, for the third time, with a hint of irony in his voice, the Master said, "Stop and face it."

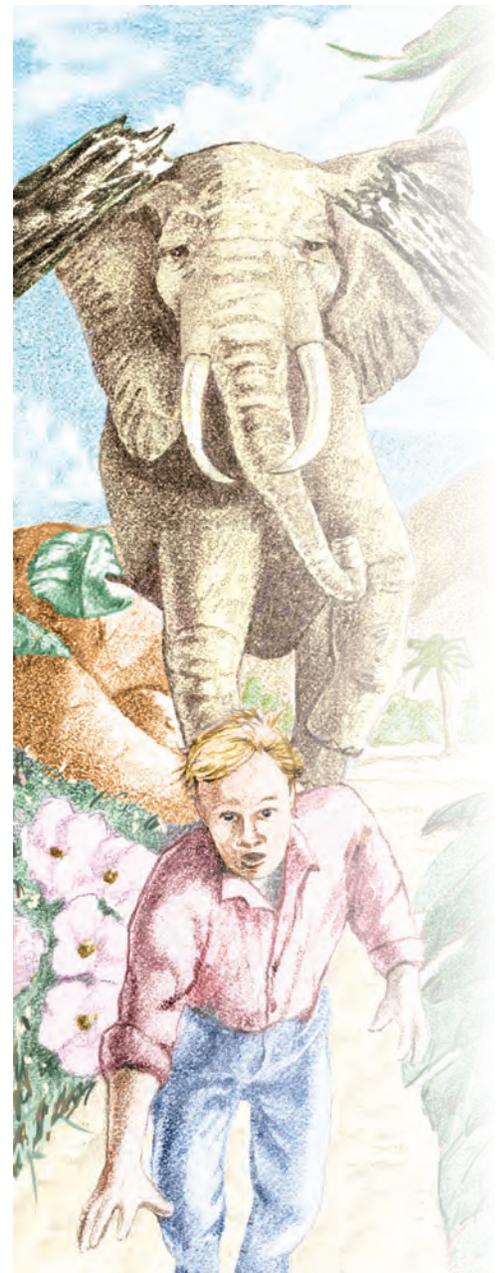
Did I or did I not trust him? *OK, OK, fine!* I thought. *I'll try it your way. But I know it's gonna kill me!*

I took a deep breath, stopped, and turned around to face the bull, expecting to die. It came to a screeching stop a few inches in front of my face. It looked puzzled for an instant, then turned into a man, shook my hand, and disappeared! I was shocked.

When I awoke and contemplated on what had just happened, I suddenly realized what the monster was. It was a deeply personal issue I was struggling with; out of fear I'd been struggling mostly to keep it deep down inside myself. Ignoring it had slowed my spiritual growth.

I began to consciously address my issue, and since then I've never seen those monsters again.

I am so grateful to the Inner Master, the Dream Master, for helping me face such a painful, deep personal issue—helping me to take the next step. If it wasn't for his help, I'd still be looking over my shoulder and running.



—From the 2018 *Eckankar Journal*

## QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Interpreting Your Dreams

*How can I tell whether the people I meet in the dream state are other Souls or just symbolic parts of myself?*

The dream world and its people are real. It is only our recall and understanding of it that are incomplete. Our link with the inner worlds is usually through dreams, but illusion can make our memory of inner events faulty.

What about the dream people who appear to be just symbolic parts of ourselves? Let's start with the waking dream. The Mahanta uses it to give someone a spiritual insight from an experience in his daily life. The Master draws on the individual's experiences with real people and real events to point out some personal truth.

Apply the principle of the

waking dream to your dream world. The people you meet there are Souls, just like you. However, the Mahanta can turn your experiences with them into an open window of understanding, to unlock your desires, needs, and goals.

*I had a dream in which I was walking down a sidewalk with a friend at 9:00 p.m. I looked up in the sky and saw the moon, which looked huge. Beside the moon was a big planet with a ring around it. Everyone else in the dream seemed to take no notice but carried on as if it were just an ordinary day. I was excited and wanted to know why the moon and planet were there. Can you please explain to me what this dream means?*

Yours is a spiritual dream.

The sidewalk is the path of ECK. Since it's your dream and your path, the lessons will be yours—not your friend's. Evening means the end of Soul's karmic day: this life is your gateway to spiritual freedom. Looking up into the sky indicates your high spiritual vision. The huge moon is the promise of a brighter life in ECK, here and now.

The big planet with the ring is a symbol for the great worlds of ECK beyond our own. You alone, of all the others in the dream, were thrilled at the sight of the moon and planet because of your appreciation for spiritual things. Overall, the dream means you may go with the Mahanta to the spiritual worlds of ECK.

—From *The Art of Spiritual Dreaming*, by Harold Klemp

## MEET SPIRITUALLY LIKE-MINDED PEOPLE

## You Are Invited to a Spiritual Gathering

Eckankar seminars are an opportunity to join with other spiritual seekers and students of Eckankar for one to three days of workshops, small group discussions, inspiring creative arts, programs for youth and families, and outstanding speakers. Sri Harold Klemp is the featured speaker at the two major Eckankar seminars (spring and fall) each year.



Coming in October:

**2018 ECK Worldwide Seminar**

*Become the Loving Heart*

**October 26–28, 2018, Minneapolis, Minnesota, USA**

For more information, to preregister for this seminar, or to see a short video including an excerpt of a seminar talk by Sri Harold Klemp, go to [www.ECKseminars.org](http://www.ECKseminars.org).

*Meet people from around the world who share how the teachings of ECK help them in their lives.*

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