

Shrink Rap Radio #226 December 18, 2009 "Dream Sight"
David Van Nuys, Ph.D. aka "Dr. Dave" interviews Jane Teresa Anderson

Excerpt: *I kind of close my eyes and I didn't read a lot of books and didn't read a lot of people for many years and set up a group of about three or four hundred people all over the world that were interested in dreams and just spoke with them. I collected dreams from them and I got them to record things like what issues were happening in their lives, what emotions they were feeling, and compared what was happening to them in the day to the dreams that they had at night, then worked with them. I got them to doing experiments in their dreams and really did them on and off for a number of years and only once I had really got to a point of where I felt I've gone in, I've waded into the water by myself as if no one else had ever done this work, and found more what I wanted to find, found a way that I could work with dreams and then started to read everyone else which of course has been a great pleasure.*

Introduction: That was the voice of my quest dream analyst and author Jane Teresa Anderson. Jane Teresa Anderson is an internationally acclaimed dream analyst and personal development coach living in Brisbane, Australia, consulting worldwide through her website at www.dream.net.au. She's the author of six books including "Dream Alchemy" and "One Hundred and One Dream Interpretation Tips". A regular guest on Australian television and an accomplished radio dream talk-back expert, interpreting caller's dreams on more than 500 hundred shows. She also hosts her own weekly podcast series, "The Dream Show". Jane Teresa has a Bachelor's of Science and Honors degrees in zoology specializing in neurophysiology from the University of Glasgow. Jane Teresa reports that she's been researching dreams since 1992 and developing and teaching exercises that shift perspective and transform unconscious limiting beliefs. As a dream analyst, Jane Teresa says she is able to reveal a dreamer's unconscious mindset and show how this is effecting the dreamer's waking life. She goes on to create exercises based on this insight to help transform the dreamer's mindset for more enriching outcomes. Now here is the interview.

Dr. Dave: Jane Teresa Anderson, welcome to Shrink Rap Radio.

Jane Teresa Anderson: Thank you David.

Dr. Dave: I'm so pleased to have you on the show. Dreamwork has been a long standing interest of my own and I've done a number of interviews on this series with a variety of dreamworkers. And one of my listeners felt that there was a significant gap in as much as you hadn't been included. . .

Anderson: (laughs)

Dr. Dave: . . . and this person urgently insisted that I get you on the show.

Anderson: Well, thank you, anonymous listener, I'm really pleased about that.

Dr. Dave: Yeah, well, they weren't anonymous it's just I don't have their name in front of me. But, and you have your own podcast because I found actually a couple of podcasts that you have put out. And I have listened to two of your shows and found them to be very, very good.

Anderson: Thank you very much. I've just been doing it weekly for about, well, we're up to episode 33, so have been doing it for 33 weeks and I'm having a ball, I love it. I know you've been going for much, much longer, you've been going for 4 or 5 years.

Dr. Dave: Yes, I'm in my fifth year. And you have a wonderful voice, I must say.

Anderson: Thank you very much. (laughs a bit)

Dr. Dave: Are you professionally trained? You have a professionally trained voice.

Anderson: That is such an intriguing question and I'm smiling all over my face because as a child, I had a strange, well I have the accent I have more or less now, and people used to make fun of it and I also had a bit of a lisp and I've managed fairly well over the many years on radio and television with my lisp and until a year and a half ago, when a friend of mine said, you know, Jane; --she's a professional voice coach,-- you know Jane, it's now time to get rid of your lisp and I'm just going to gift you with a couple of voice lessons. So I went along to these voice lessons thinking, I've survived fine this far, and I talked to the voice instructor and she said, it'll probably take a couple of lessons to get rid of your lisp. Now once we've done that, we are going to work on your eff's, your vee's, your em's your en's and I thought, my god, I had no idea there was so much wrong with my voice!

Dr. Dave: . . . ah hah . .

Anderson: It's a year down the track, it was a stunning experience, I thoroughly enjoyed it. I think my voice is better. It's not professionally trained, but hey, I don't really think it was that bad before.

Dr. Dave: No, well it's wonderful. I love your diction, I love, you know, some Australian accents to my American ear, sound a bit harsh, a bit grating. Yours doesn't, it's very lovely.

Anderson: I was born in England so my original accent is English. I lived in Scotland for a long time and where I had to learn to speak very, very fast because they are fast speakers. And I've lived in a lot of places around the world. So although I've lived in Australia now for more than 25 years and you can definitely pick up an Australian twang. It's not as, yeah, as harsh as an Australian accent can be. So, I'm kind of a universal speaker, I don't have any American tones in my voice though ...

Dr. Dave: (laughs) Well, that explains it is that you have a kind of a mongrel voice. (laughs)

Anderson: (laughter)

Dr. Dave: And you are in Australia right now. I should point out that for me it's Monday and for you I guess it's Tuesday morning.

Anderson: It's Tuesday morning where it's you know, the leading edge of the future down here this

the end of the globe.

Dr. Dave: Right. It's a good way to look at it. Now, your background was initially in zoology where you took honors in the Bachelor of Science program. So how did you get involved with dreams?

Anderson: Hmm, it took awhile. I was kind of I guess was a born scientist because I was the kind of child that drove my mother mad by just asking why? But why? How does it happen, but why? So I kind of pursued that and went down the science through and I'm really glad I did. And while I was studying zoology, I really focused on neurophysiology because for me that was the most challenging you know, I'm talking now about 25 years ago when I went through university and there were lots of questions and very few answers in neurophysiology so that just suited me fine. Then it was; I've been a very vivid dreamer since a child and always interested in my dreams and it was probably about 10 years after I left university, that I really became deeply interested in dreams and realized that when people were talking about their dreams, I used to think, how come you can't really sort to even begin to get a grip on what that dream is reflecting about you and your life and went in from there and I found the science background extremely interesting and helpful in really forging my own way in dream analysis.

Dr. Dave: Well, are there particular sources or mentors or influences that have shaped the work that you do today?

Anderson: I started off in a very Jungian fashion and that's probably still, you know, the main thrust of what I do. . .

Dr. Dave: . . .okay. . .

Anderson: Um, but I also, I also did quite a brave thing. I kind of closed my eyes and didn't read a lot of books and didn't read a lot of people for many years. And set up a group of about three or four hundred people all over the world that were interested in dreams and just worked with them. I collected dreams from them, I got them to record things like, what issues were happening in their lives, what emotions they were feeling, and compared what was happening to them in the day to the dreams they had at night and worked with them. I got them to do experiments in their dreams and really did that on and off for a number of years. And only once I really got to a point where I felt I've gone in, I've waded into the water by myself as if no one else has ever done this work. And found what I wanted to find, found a way I could work with dreams and then started to read everyone else which has been a great pleasure.

Dr. Dave: Well, what an original approach. That's very, very original and very refreshing and also very scientific of you.

Anderson: I guess that's the bottom line, isn't it?

Dr. Dave: Yeah. So, in a broad sense, where do you think dreams come from? In other words, what's your theory of dreaming at this point?

Anderson: Yeah, to me what happens when you dream, is that you're dreaming brain, aka mind, aka soul, it's all semantics, basically reviewing the last 24 to 48 hours of your both conscious and

unconscious experiences. And you can see this in the dreams. You can see it, snippets of the issues and feelings that the person was exploring consciously and unconsciously in a day or two before. And so that what the dream is really doing it's own unique and bizarre way, is trying to make sense of the world as you see it on a night to night basis. So then you can look into those dreams and say, um, that's interesting. When I really look into this dream, I could see how my mind is working. I can see how my mind is processing my waking experiences of the last day or two and of course, that's when you then see jumps back into the past references to the past in your dreams, people that you used to know, places that you used to go, and that's where you're dreaming brain; it kind of like filing away and hum, that experience yesterday is very, very similar to what happened when you were three, I think I'll just file that experience along side that. And so I'm being a little bit facetious but I think it's the metaphor kind of works. So what you really get is, you wake up each morning, with maybe just maybe a slightly shifting perspective of what you personally think this life is still all about. Mostly, and unfortunately, we look at each experience we've had of the last two days and think, yeah, that's like the past, same old, same old and kind of reinforce and set in concrete our original beliefs which were probably way off and way wrong anyway. But occasionally you have a dream that shows that you actually have a breakthrough and you begin to see life in a whole new way. You have an experience and you say, in your dream, well, that may be similar to what happened to me when I was three but maybe that's not right. Maybe it's more like this and you actually see the beliefs being either cemented according to the past, or broken down and reformed which then become your blueprint for how you act in the future.

Dr. Dave: You mentioned beliefs and having just listened to a couple, to your last two podcasts, I heard there you emphasized the dreams are about feelings and about beliefs. And I thought that was interesting because I don't often tag on the beliefs part in my own thinking but it does make sense to me.

Anderson: Yeah, again you know David, it is kind of semantics in the end. As you well know from your own dream work, the most surreal dreams--I was going to say films there-- the most surreal dreams are usually the those that are really coming from deep emotions that are emotional processing of life and our feelings. But it is our emotional responses to life that form our beliefs that we then kind of automatically respond to on a day-to-day basis. You know, we act according to, as I see it, we act according to a belief, usually an unconscious belief, that has become our individual belief because of a certain emotional experience that we've had. So I kind of see the two as interrelated, but when I'm doing work with people I find that they can often relate more to the belief because it's like taking a step back and going, yeah, okay, yeah, I can, I hadn't noticed that before but I can see that a person with an unconscious belief like that will probably act in life in this way, I'll probably get the kind of results that, hey, hum, like I'm getting here. So, yes, I guess I must have this unconscious belief.

Dr. Dave: Yes, yes. And why do you think; I know this is something you remarked on as well, that sometimes we have difficulty seeing into our own dreams. We can see into other people's dreams, the significance much more readily in general than we can with our own. Why do you think that is?

Anderson: Oh, that's so true. I think, I think across the board our dreams and our lives as anything is, it's much easier to see what's going on for other people. . .

Dr. Dave: (laughs a bit)

Anderson: . . . than for ourselves.

Dr. Dave: Right, we know what they should be doing, right?

Anderson: Exactly. 'I'm biting my tongue and I'm not telling you.' But our dreams in particular because our dreams are processing the, our experiences of the last day or two which are primarily usually focused on whatever issues we've got, what we're struggling with, what is challenging us but by definition, our dreams are dealing with the stuff we actually can't really see? That it would be really, really lovely if we could see this about ourselves so looking at your dreams will first point of entry apart from someone else telling you what to do. Your first point of entry and say, hey, did you know this about yourself? What I really would like you to see one, look here is the dream. So it; dreams are dealing with stuff that we can't see and that's why they are there.

Dr. Dave: Okay. Now is there anything that you see as distinctive or unique about your approach?

Anderson: Oh, apart from my accent? (laughs)

Dr. Dave: (laughs)

Anderson: I know I'm sure that what I'm about to say every other dream analyst starts in different ways. But I will guess if I were to really define what it is that I do, I do a two-step approach when I work with clients. I say interpreting the dream is number one and once we both come to an understanding of what the dream is about, and the dreamer gets to the point of going, yeah, I can see that dream is reflecting something about the way that I see my life, I don't leave it there, I then, there's the step-two which I call dream alchemy and that is setting an exercise with the dreamer and I call the exercise a practice so what I do is co-create and design dream alchemy practices. Now, these may be visualizations, they may be a strange kind of affirmation, there may be bodywork, there may be artwork, and of course many of these categories of are familiar to dreamworkers . . .

Dr. Dave: . . . Yeah.

Anderson: . . . it's normal to work with these modalities but I guess I used them in my own unique way and call those dream alchemy practices. So I set people dreamer's off doing these dream alchemy practices for four to six weeks and I usually workout either by talking with the dreamer or by looking at the particular way they express themselves in the dream and when they talk about or write about the dream, I pick whether they are a person that would work better with visual, but better with words, better with body movements, and so on and set an alchemy practice for them to do that. And what I say do the dreamer, in everyday language, is, now look, if you go away and you want to say an affirmation about your life, and you want to say for example, I attract the perfect mate to me, I attract the perfect mate, I'm wonderful, whatever your affirmation is about attracting the perfect mate, and then you think, why isn't this happening? which of course, is common. It's usually because your unconscious mind has a different idea about that; I don't want to attract a mate because it you know, whatever reason you may have. So this is why for example with affirmations work and I say to people, just imagine your unconscious mind is not listening to you. It's got its own agenda. Just imagine you can find a language to talk to your own unconscious mind to change those beliefs. Now your dreams are the portal for that because your dreams show your own dreaming mind's pick of the symbols that work for you. So in a sense, your dreams are using the language of your personal and unique unconscious mind so you use those symbols to talk back to your unconscious mind and you're in a

powerful position so what we do, what I do with dreams is interpret the dream, create a dream alchemy practice which is working with the symbols that your unconscious mind understands to reprogram any unconscious beliefs you feel by the dream which aren't really working well for you, so that when you then go on with your life, you'll find that the things that you consciously want to achieve and do in your life, are not obstructed by those unconscious beliefs. So that's the way that I work with dreams. I'm aware, David, that there is another thing that I know particularly in America there's a strong idea that in dreamwork, one should never tell the dreamer what the interpretation is and there's a very strong force for reflecting back questions to the dreamer so the dreamer ultimately owns the interpretation of the dream. And I do actually 99% subscribe to that and use that method myself, but I also understand from talking to quite a few people that work within America, that they're not quite so sure about my system where I also am often quite happy to say to the dreamer after I've asked them a lot of questions and work with them to say, you know, I really feel your dream is suggesting this about your life; can you see that? So I'm probably take that little extra step and not so much imposing my interpretation but in courageously reading the dream. (laughs a little)

Dr. Dave: Yes, well, I was struck by that and at first, I think I was maybe just a little put off so it's interesting that you bring that up because what I saw that what you doing was sort of at least in some cases, and as I think I got this impression before I actually listened to a couple of your podcasts but the idea of sort of analyzing dreams blindly, that is without first getting the associations and there's that strong bias at least in this country, and to the people I'm exposed to, that you're *not* supposed to rush to an interpretation until you've heard something about the person's life. And I know that you kind of give quote "dream interpretations" over the radio, where maybe that isn't always possible. And to be completely honest though, I have to say that often I hear a dream and stuff immediately comes to my mind; I'm listening at a metaphorical level, and I --between you and me--, I think I do understand the dream more often to quite a large degree, not completely but I certainly get a strong message often, even before I have heard those associations.

Anderson: Yes, and I think that the value of being the as objective as you can as the dreamworker because you're standing outside the dream which is as you say, is often a metaphor and it's not just a matter of going in and looking at the individual symbols. As you know, it's the way the symbols put together, the way the whole picture looks, the way the whole storyline looks, it hangs together. So as the analyst, you can often see the so many connections between different parts of the dream for all underlying each of them, are all working in the same resonance. That it's kind of like the confirmation is shouting out all over. And I'll often find also that working with a client, and this isn't a kind of show-off thing, it's just something that I've noticed, that if I can say to the client without knowing anything about them, ah, what happened to you when you were twenty six? There is the issue of blah de blah de blah. And they'll look at you like, how could you possibly know that about me? That has the effect of is that it's not done as a kind of showmanship thing, and I'm not saying that I always get it right either, but if you can make that connection and the dreamer just goes, how could you know that about me, it's like sometimes shattering a shield around them, it's like shattering an illusion. There is some kind of magic that happens within *them* that breaks something, that opens their eyes, and they're more ready to hear or to see something about themselves through their own dreams, so I guess that is one aspect. Once I've done that off air if I'm not doing it on radio, obviously I normally work for very intensively with people, I then having got to that point, then say well, how can you relate to it, tell me what's happening in your life? And I guess another part of me sometimes thinks, if I said to the dreamer, alright, tell me about your dream and they tell me their dream and then I say, what's happening in your life, and they tell me, because you know, what's happening in their life, and then I'll

reflect back some stuff in the dream they could be sitting there thinking well, clearly I've just told her what's happening in my life. So any one could tell me what she's telling now . . .

Dr. Dave: . . . um humm hmm.

Anderson: . . . she's just making it up to fit what I've just said. And I'm taking an extreme point of view here whereas if you demonstrate that the dream itself does have some quality or some reflection of the dreamer's life that is sitting there and the picture that both the dreamer and I can look into and go, look at that, look see that bit over there. That suggests that this is maybe happening in your life, can you relate to that? When I do the radio, I'll; I've been doing it since 1992 across all kind of stations, deadly serious, deeply intellectual to the quick, you've got 5 seconds between two hip-hop songs . . .

Dr. Dave: . . . (laughs) oh no, wow.

Anderson: Yeah, and I think well, what am I doing this for? I'm doing it to get some kind of an awareness out there that dreams are important that's number one. And if I can get just something across in that, in that sense, then that's where I'll often go for the quick grab, what happened to you 26 years ago, (gasp) how can you know that, myself. I've just put out a message that dreams are not stupid they're not common sense, that's got some meaning and that can be helpful for people. And so I think there's possibly value in; I was going somewhere with that, I have no idea where I was going with that. . . .

Dr. Dave: That's okay. Now I really like especially you were saying about the idea that by being able to tell them something about themselves before you've gotten their associations before you've learned about their life that you're showing them that hey, there is something that is being revealed here in the dream.

Anderson: Yes, yes

Dr. Dave: The dream is speaking very clearly. So that was a wonderful point you just made. Let me just step back a little bit before we talk more about your approach and ask you, have your own dreams impacted or guided your life?

Anderson: Oh, massively yes. And there have been so many it's always difficult to pick out one. But I would say; before I really understood how to interpret dreams, they had an impact in that they were mysteries, just as they are to every other person that's been the dreamer. You wake up and you're kind of amazed at what went on in your dream last night so I guess I got from that a sense of mystery and a sense of you know, there is so much we don't know even as a scientist and that was kind of like the early founding of it. But of course just as I've grown into interpreting and my own approach to my dreams is if I don't get them straightaway which I will say there's 75% of them I (unintelligible) stop. Just imagine someone has come to you with this dream, what would you say and then I can instantly say that I'm a totally different person to who I was when I started interpreting dreams. I mean, yeah, people would still recognize me, I've got the same kind of personality, but my approach to life is completely different, my understanding of life is completely different, everything is completely different, and that is 100% down to my dreams and of course it's an ongoing process and I find it just astounding and just absolutely amazing every, more or less every night that I remember a dream, how

clearly it all interrelates. Sometimes I ask myself the question, sometimes I think, you know how you can go into a shop and you and there is some dream dictionaries that can be very helpful and there are a lot of dream dictionaries which are like medieval witches tomes, you know. . .

Dr. Dave: . . . right.

Anderson: . . . you can open them up and sadly a lot of people buy these. What does a glass of water in my dream means you're going to travel overseas and meet a dark, handsome stranger. And I sometimes think, how did those dream dictionaries start? And I'm thinking, they maybe started with people who paid attention to their dreams and for them, dreaming of a glass of water *did* mean they were going overseas to meet a tall, dark, handsome stranger. So what they would producing you know it's kind of medieval dream dictionaries, was their own personal dream dictionary. And so sometimes I wake up and I interpret my own and I'm so quick on them I think, um um, am I, are my interpretations skills just based on the kind of, the kind of language I'm learning from my own dreams. Every now and again I kind of wake myself up and really concentrate on a dreamer's, someone who has come to me on their dream and really cross-question myself and make sure that this isn't something that a whole theory and approach that I've developed because of suits me in working with my dreams, you know what I mean?

Dr. Dave: Yes, I do.

Anderson: Yeah.

Dr. Dave: Yeah. Now there are more theory questions I could ask you that but I know that you said that you be willing to take a crack at some listener dreams, is that right?

Anderson: Yes. yes, that's good.

Dr. Dave: So maybe we should get right into those to make sure we don't run out of time and of course we're not live so you won't be able to get any feedback on their associations or your accuracy but I still think listeners will appreciate a demonstration of how you work and I might even get brave and share one or two of mine, too. So. . .

Anderson: . . . that's lovely. Can I just put a little ten second thing in here? Because I think . . .

Dr. Dave: . . . yes

Anderson: . . . for what I wanted say before, when I do the radio, as long as the presenter is working with me, I'll usually say to the dreamer at the end, does that make sense and most of them will say, yes it does, so you know, we have on air that demonstration of yes, which of course we're going to miss today, but yeah, I'm here, I'm ready, let's go.

Dr. Dave: Okay. So here's the first one: I dreamed that I went downstairs together with a little child. We were in a good mood and everything was joyful. We came to the basement and suddenly, a door opened and an ugly, nasty guy came out. He was mean, ugly, big, fat and very ugly. The guy comes out and we had a real scare. The child and I hastened back upstairs. We arrive under the roof in a room. At a round table was sitting a woman who was all blue. Bright, shining blue. That was the

attracting point. So I went there with the child and the feeling was there that everything was good. I looked to the side and the child was still at my side and then the ugly man was standing there too but still everything was all right.

Anderson: That's beautiful. I would ask one question and I would ask the dreamer how old this child so it I'm just going to impose and say that the child was 5 years old so just so we've got a number . . .

Dr. Dave: . . . okay . . .

Anderson: . . . to work with, okay. Um, you've got the contrast; I've always (unintelligible) opposites in the dream so you've gone right downstairs in the bottom of the house in the basement and you've got right up on the top under the roof so that's one set of opposites. And you kind of got not quite opposites but you've got the bad, ugly, fat thing . .

Dr. Dave: . . . yes.

Anderson: . . . and you've got the lovely, beautiful feeling woman at the top as well so there's kind of two opposites there. How I would put the whole dream together, is I'd say, this is someone that is um, it's about something that happened 5 years ago if that's the age of the child or 5 months ago or 5 weeks ago. I don't think it's about when the dreamer was 5 but it may be. But it's most likely about what's been in that's dreamer's life for 5 years, same length of age of the child is in the dream. And this is a dreamer who is really ready to playfully and joyfully explore her unconscious, to go down to the deep basement of herself and really start to um, get to terms with some stuff, dark stuff that's down there. It's that skippety, skippety, here we go, this is fun full of joy, I'm really good and happy about this but (intake of breath) what's she meets is something really frightening and ugly and horrible. She or he is prepared for this because that why they've gone down to the basement but it's a whole lot more scary and ugly that they had anticipated. However, she does face this ugly belief, thought, feeling, experience, whatever it is and having done that then it's somehow automatically returned up to a higher level and in this case under the roof which is more the kind of higher self or the thinking or even maybe her spiritual self and although she has faced this fear, faced this past experience from 5 years ago, she's still in need of a little bit more comfort than that is the blue light in the dreamer and the lovely feeling around the woman. So it would depend on the dreamer's feeling about blue but of course a lot of people that work with dreams look at blue as the color of the chakra you know, the communications chakra in the throat. So I'd say a lot of people look at blue as healing and I'd ask the dreamer how she felt about blue . . .

Dr. Dave: . . . yeah.

Anderson: . . . other people would say, oh, blue's depressed but that's not the feeling in the dream . . .

Dr. Dave: . . . no . . .

Anderson: . . . it's joy . . .

Dr. Dave: . . . yes . . .

Anderson: . . . and so there's the feeling of yeah, look, she's comes to the end of the dream, she's faced this ugly, fact about herself, it's still there. It's still with her at the end of the dream, that's okay. And that's the ultimate aim of any dreamer. It's not kill the demon, it's to be with the demon and acknowledge it and go, yeah, yeah, that's part of my life and that's okay.

Dr. Dave: Well, that sounds really right on to me. I actually have a little background on that dream. It was submitted to me by a gestalt dreamworker in Germany and he's working on a book about dreams and this was from one of his clients. So this in fact is somebody who I believe is in therapy with him. If I recall correctly dealing with past traumatic issues from childhood and so I'm sure if that dreamer were to hear what you had to say, that they would, they would recognize as relating definitely to their dream. Now here's another one from someone else. I don't have any background on it but the person wrote: this is a dream that happened a short time after a major operation. The dream opens with myself walking in an unknown Midwestern-looking city. As I walk along, a large, black dog begins to walk along side me. The dog then gently takes my hand in its mouth and leads me to a hill where there are 3 churches which face each other, 2 have their doors closed and one whose doors open, but in standing in the doorway in the room, let's see; 2 have their doors closed and one door is open but in standing in the doorway, the room was filled with a deep blackness in parentheses, if you have ever been in a cave or mine without light you may have an idea of the blackness. I stood there and a sense of unease and that it was that this was not a place for me. The dog then led me down the hill where a small girl was waiting for me and the dog then left and the child took my hand and I was overcome with the feeling that this was *my* child and a great wave of love filled me. I woke up at this point with tears in my eyes and it has stayed with me for a few years.

Anderson: Ah, that is absolutely fantastic too. Again, I would ask the age of the child so let's say in this instance, the child is three just for the sake of argument. And the dreamer is following an operation that the person had, so that is already a bit of background information but I'd say that when of course you go through a physical operation, you might have something removed or something sorted or fixed in your body but there is a corresponding part of your mind, or your soul, or your emotions or your beliefs that is then has to deal with that. So whatever the physical ailment was that was in the body, was there as a reflection of the mind and once that is surgically removed, or taken away, it kind of exposes and releases the aspect of the mind or the soul that held it there in the first place. So it's quite usual to have quite a stunning dream like this that then is dealing with what has been released as a result of have intentionally choosing the operation. And my first thought about the black dog and I may not be right, but you know, a lot of people talk about the black dog as being depression. The black dog is "the black dog" means depression.

Dr. Dave: Hmm.

Anderson: And it could be a sense there of, um, particularly because of the way that the dreamer meets with the his or her own child at the end is like a homecoming in the end something he is, he or she is integrated with at the end of the dream that is so good and so wonderful and has stayed with this dreamer all these years, so it could be that the dreamer has overcome or in a depression, has then come to terms with what the depression was covering up in their life. Depression is often there of course there is also clinical but can also be there to cover up and stop us from looking at what is underneath that and there is a sense in the dream, that the black dog had lead the dreamer by the hand into a place ultimately where the black dog lives and a whole living, wonderful child that they feel very connected

to is there in its place. So I think that is a possibly one level of the interpretation and at another level and still the same dream. An animal in a dream reflects an instinct or a feeling within the dreamer, so again there is this maybe black in this case can be unconscious unknown; there is a sense of, I'm being lead, I'd ask the dreamer what's personality of the dog. And they might say, it was a guide and and there is a part of yourself but even though you can't see it, it's dark, it's black, does know where you want to go, is guiding you and you look at the 3 churches on the top of the hill. I would probably take to be 3 different spiritual or religious approaches that the dreamer has attempted in their life, two they've closed the door on, one they have left opened . . .

Dr. Dave: . . . hmm . . .

Anderson: . . . but they looked inside and it's just dark. It maybe this kind of spirituality of looking deep in the unconscious mind, but whatever it is, they turned their back on it and what really works for them is not where they're on the top of the hill, it's actually and quite beautifully down there were it's grounded, where the dog lives and and the beautiful child takes over. It's nothing high and mighty, its not at a higher level, its grounded, it is good and this is a dreamer finally connecting with them and energy but they probably disconnected within which caused the initial physical disease which they then had the operation for. Obviously, I'd be sitting down with the dreamer, working in from there . . .

Dr. Dave: . . . sure . . .

Anderson: . . . but that would be my quick take on it.

Dr. Dave: Well, you are such a good listener I have to say; I'm very impressed by the way that you are able to take in all the details of the dream as well as you did.

Anderson: I've had to practice that skill (laughs).

Dr. Dave: Yeah, and not only are you a fast talker, you're a fast thinker. (laughs)

Anderson: (laughter) But that has comes from radio so I have to say with radio and you know from podcast David, you can't have the silence, you've got to keep talking and I think having had to learn over the years in order to listen to the dream, start talking when the dreamer finishes while analyzing it at the same time has trained my brain like you know, maybe I should be selling the "train your brain" package become an analyst and do radio talk-back.

Dr. Dave: Yes, really. Well, I must say, you really rise to that challenge. It will be interesting to hear from this listener; I didn't attach their name to the dream. Do you have energy for more?

Anderson: I do, yes.

Dr. Dave: Okay. Well, this one is from a listener Linda B. and she writes: I've been having recurring airport dreams for some time and the common denominator is that I never seem to actually go anywhere. Either I miss the plane or there is a problem with my ticket. Here is my latest airport dream about a week old: I park my car in the airport parking lot and go inside to find my gate. As I'm wandering around, I realize I decided earlier *not* to fly to my destination but to drive. I try to find my way out of the airport, back to the parking lot but can't get out of the airport. I ask several people for

help but everyone says that I have to put in a formal request. I do so which involves filling out a form and depositing in a red letter box on the wall. Then I'm approached by a woman who is in charge of the requests. She says, I can't leave the airport unless I give her my dogs. And she puts in parentheses, I have 2 dogs in real life. I tell that she can get dogs of her own very easily. She doesn't have to take mine. There seems to be a discussion as to why she has to have mine, but I can't remember the details of. The dream ends with me refusing to give her my dogs.

Anderson: Okay.

Dr. Dave: She writes, I'd be very interested in feedback on this dream as is commonly the case, when it comes to interpreting one's own dreams, it's hard to be completely objective.

Anderson: Of course, yeah, absolutely. Um, yeah right, well a recurring dream because in the way that I interpret dreams I always begin by saying, well, a dream reflects what's been going on with you in the last 24 to 48 hours so when it's a recurring dream, you can, you know, you're first question is, how long have you been having this recurring dream; when did it start? And Linda B., I don't know when hers started but let's say she said, oh it was 10 years ago, you'd say okay, this issue that's been in your life on a recurring basis for 10 years. It's the same length of time that you have had this dream. And one of the beauties about her recurring dream is that because it tends to reflect the issue of the last 2 days, you can begin to pin it down, keep a diary and oh, I had that dream again last night. What happened in the last couple of days? And why would this have started 10 years ago? So the dreamer's already got an in without even speaking to an analyst. Now the other overall sense of this dream of Linda B.'s dream is, I want to go somewhere but I need to get permission and I'm not allowed to. And all sorts of obstacles come up . . .

Dr. Dave: . . . um hmm . . .

Anderson: . . . that's the overall feeling; they won't let me, I need permission. And in particular, in this particular dream, my guess is that the permission is different in each dream as she explores this issue it is particular dream, the permission involves handing over her dogs. It's almost like as if she hands over her dogs, maybe but maybe she gets on the plane or in the car but of course then dreams can bring up another obstacle. So this to me suggests that Linda B. has in her conscious, waking world, has definite goals, you know, there are places she wants to go, things she wants to achieve, the plane is like big ideas, this is where I'm going in my life, this is what I want to do, not necessarily physically going geographically, but your goal in life, what you want to do. But her unconscious mind is putting all sorts of obstacles in her way because every thing in the dream reflects something about the dreamer so no matter what her conscious decisions about where she (unintelligible) is sabotaging left, right and center and stopping her from going. A clue in this particular dream is the two dogs. So the three dogs, she says she's got two dogs in her life?

Dr. Dave: Yes.

Anderson: Yep uh, so I'd be wanting to say, I'd be wanting to ask, what did the dogs represent to you because that is what she's got to give up in the dream. So it can be as simple as she may have, if for example, the dogs means that she spends a lot of time nurturing the dogs and really relishes nurturing the dogs, then the dogs for her are home and hearth and comfort, then they may symbolize in the dream that she may be sabotaging her direction in life and achieving her goals because her home,

hearth and comfort values are much higher than the values that she's got for achieving the goals. Something in her unconscious mind is programmed to obstruct where she really wants to go so I'd be delving deeper with this than offer a dream alchemy practice which I welcome Linda to get it contact with me privately and I'll do that for free. A dream alchemy practice that will help her to address her unconscious beliefs and turn them around dream end or actually she might have a dream where she gets on the plane (laughs)

Dr. Dave: Yeah.

Anderson: But the ultimate goal that it represents will suddenly be dead easy for her. It's about giving herself permission; she probably had a childhood or something happened when the recurring dream first began where she has an authority issue, didn't give herself permission, you're not good enough, you can't do that, who do you think you are. You don't deserve this ticket, you can't do that.

Dr. Dave: Okay . . .

Anderson: . . . kind of belief.

Dr. Dave: Yeah, great, that all sounds right on. Well, hey I'm going to seize this free opportunity here and submit one of my dreams to you.

Anderson: Good. (laughter)

Dr. Dave: (laughter) I'm not too worried about this one here. Okay, here's the dream: I'm in the mountains and I find that I can ski down dirt slopes and over rocks except there's no snow and I'm not wearing skis. I've discovered a technique by which I can slip, slide, and boogie over bumps such as rocks and boulders. It's a wonderful skillful, powerful, flowing feeling, going with the fall line. Now I'm with two other guys; I'm maybe in my 20's and they're maybe in their forties. They are a lot better at this than I am. They're long-time rock surfers, retired champions, really. They're showing me the ropes that they, but they treat me with a bit of disdain like a tag-a-long younger brother. At one point, we are out rock surfing together and I'm having trouble keeping up with them. But then we come to a downhill swoop with a turn and then an uphill and I really dig in and I'm able to pass them on the turn. And really dig in on the uphill part and put a lot of distance between them and me. I rest at the top and let them catch up and clearly I've won a lot more respect from them. At one point, I see them practicing their moves, jumping up in the air and twisting and I can see how they looked when they were younger, when they were boys. I can see their youthful beauty shining through.

Anderson: Oh, what a fantastic dream. So you just, you just go with the end line to start with, where you're looking at all the people and seeing their youthful beauty shining through. What you got in the dream is a transition; the beginning of the dream you've got the 20 year-old you . . .

Dr. Dave: . . . um hmm . . .

Anderson: . . . which is receiving a a bit of disdain from the 40 year old you (laughs)

Dr. Dave: (laughs)

Anderson: . . . how can someone so young be that clever and we'll come back to what it was you were actually doing in a minute. But by the time you get to the end of the dream, there is a reversal there, and the kind of the feel of the end of the dream its not necessarily age that clocks up the wisdom and the ability to do things. Sometimes in your own particular life if you say you felt you're about 20 and they were 40, I'd say at the time the dream, there was a skill there that you developed when you were 20 that by the time you are 40, you held in disdain and (laughs) . . .

Dr. Dave: . . . hmm . . .

Anderson: . . . and that you now go back and think maybe, actually, I had it right when I was 20.

Dr. Dave: Hmm.

Anderson: Maybe that, maybe something in the approach that I had when I was 20 whether it was abandoned, a sense of ability. I liked when in the dream that if you say there is a bit of rock surfing, there was no snow, it was all easy, the metaphor was that at the time you had the dream, you were just going with the flow with life, you didn't need to go too deep, you were handling the rocks and obstacles along your way and getting to where you wanted to get. But there was a part of yourself that went, hmm, maybe it shouldn't be this easy . . .

Dr. Dave: . . ah . .

Anderson: . . . the disdain and yet the 20 year old part of yourself says, yes, yes it can, it can be that easy, watch me go up this hill, watch me just do this and you earn the respect of the 40 year olds again. So it's almost like sometimes we can think that things have to be much more complex and complicated. You could be digging into that, digging into that mountain and discovering all sorts of things but sometimes challenges and obstacles are more for glissading over than delving deep into?

Dr. Dave: That triggers something for me because often I've been critical of myself as being a dilettante, interested in too many different things, not going really deeply into any one thing. Even this podcast series could be seen as an example of that in as much as I interview lots of different people from lots of different perspectives.

Anderson: Yeah, so that makes a lot of sense. And the moment that you get that I can relate, I can relate to that, you can if you chose, go in more deeply . . .

Dr. Dave: . . . Yeah . . .

Anderson: . . . or you can just rock surf on by. Yes, so you've got so you David, might like to contemplate that a little bit more and think things sometime later this evening on what else going on with me when I was 20, what can I learn from my 20 year old self? That is still you know, and hopefully just from some aspects from our chat earlier today when I was 20, my particular rock surfing on radio, hip hop radio, doing dream interpretation (laughs)

Dr. Dave: right. . .

Anderson: . . .that might help as well.

Dr. Dave: Yeah. I felt very good about this dream actually because I did, I really liked the feeling both, it felt good, it felt like a flying dream or one of those sorts of dreams where you feel really, really fluid and flowing and wonderful. And I just felt good about the sense that I could flow so easily over all these hard things that ordinarily would be considered obstacles and so I woke up with a really good feeling.

Anderson: And that's fantastic. And what I would do with a dream like that David, is apply a dream alchemy practice so even though there are no unconscious beliefs to change, to reverse your unconscious mind at the time that dream was actually in agreement with your unconscious mind as in, hey guys, we can rock surf any obstacles in life. You can still use dream alchemy to actually really drive that home. And so you because you woke up with such, as you say, as if it had been a flying dream with that wonderful flowing over obstacles feeling, I would then use in whichever modality works well for you, a visualization or a feeling, or an affirmation that everyday for the next month, that this is how life is, that I can really summon up that feeling from the dream of that rock surfing and what you're really doing is reinforcing and reinforcing and reinforcing within every aspect of your being that this is how life can be for you. So when you do encounter those rocks in life, it just becomes easier, and easier and easier just to surf them.

Dr. Dave: I like that idea, and I will put that into practice. Now I'm going to give you one more sort one of mine. And that'll do it for dreams.

Anderson: Yes.

Dr. Dave: This one, this one I haven't given a lot of thought and I'm not so clear about it so this should be interesting: I have a new pair of shoes and I want to spiff them up by redyeing the sole-edges. I'm not doing a careful enough job and the dye is slopping up onto the leather upper. Also, I'm not happy with the color. I try 3 different colors. I'm trying to apply a reddish cordovan color but it turns out silver-looking.

Anderson: Okay, so I'm not going to ask many questions because you asked me to do it without interactions with the dreamer. . .

Dr. Dave: . . . okay, either way . . .

Anderson: Well, okay then, what is the red cordovan color feel like to you?

Dr. Dave: Hmm. Well, it feels like a very rich ah, deep and rich kind of color.

Anderson: Okay, that's lovely and still . . .

Dr. Dave: . . . I'm I'm tempted to say soulful. (titters)

Anderson: . . . that's good, I'm glad (laughs)

Dr. Dave: (laughs)

Anderson: . . . and silver?

Dr. Dave: Ah, silver hmm. Well, silver is shiny, glittery, and attention-getting and I'm quite fine with that.

Anderson: Okay, that's great. So I know you that--here's a dream. Shoes we tend to wear shoes to suit different functions. You know, you have party shoes to a party, business shoes to business, . . .

Dr. Dave: . . . Hmm.

Anderson: . . . they say that people look down at your shoes to get a quick idea of your personality.

Dr. Dave: Yeah.

Anderson: And our shoes in our dreams can often be about our standing or our image how we see ourselves but particularly our standing, you know, our focus in the dream is on the ground and what we are wearing on our feet so it's like, what's my standing, how am I presenting myself here and underneath the shoe, is the sole and of course dreams do play puns on word, and you verified that by saying, could the red cordovan color as being very soulful.

Dr. Dave: Yes.

Anderson: The sole in your shoe is your s-o-u-l your soul so what's you're doing in the start of the dream is going, for whatever reason, when you had this dream, in the day or two before, you were reconsidering or just playing around and tweaking at the edges, like over the soles of your shoes, how you see yourself and how you place yourself in life whether that's in your personal or your work life. It's like the tops of my shoes are how I want people to see me and the soles of my shoes, well, that's my business really, but hey, these are shoes that the soles just slightly show around the edges as they do when your podcast does, and probably other areas of your work where you are really showing the real David. And so your tweaking and working with those and your dilemma in the dream is whether they should be red cordovan, really whether they should be soulful as you said to me, the color is soulful. You also said it was rich so I don't know whether that's rich in spirit or rich in dollars, you can play around with either or both of those but it's, how much do I want people to see that aspect of my soul and yet by the same token, maybe the silver, shiny side of myself which you said you are very comfortable with, the showman side . . .

Dr. Dave: . . . yes . . .

Anderson: . . . because you have to be in the showman to do a podcast show, that's okay too. So I would leave you to contemplate, how much, why am I concentrating on this slight tweaking and changing in my life now? How much of my real soul that I normally keep under, do I want people to see, how much do I want them to see cordovan red side of me? How much do I want to see the silver and of course, best of all, because you want them to see both. How these integrate and of course although this is; I'm pitching this interpretation as how do I want to be seen, which is superficial, hey that's part of business and what we do in life and that is important for us to come to terms to. But then go deeper and say, in my own personal self within me David, how do I want to feel, how much do I want to be cordovan red or how much do I want to be silver.

Dr. Dave: Very, very good. You've really given me some food for thought there. (laughs)

Anderson: Good (laughs)

Dr. Dave: . . . stuff to reflect on. And interestingly, I did make a typo as I typed this dream up and I spelled sole s-o-u-l so that's . . .

Anderson: . . . beautiful

Dr. Dave: . . . yeah, that just reinforces what you were saying about the slips that we make and how significant they are. Well, this has been absolutely delightful Jane Teresa and I wonder as we kind of wrap it up, is there any thing that you'd like to say that maybe you didn't get a chance to say?

Anderson: Oh, I don't think so, hmm, no I've enjoyed our chat.

Dr. Dave: I will put a link to your website on my page and I'll also spell it out for people in my remarks at the end of our interview. So Jane Teresa Anderson, thanks so much for being my guest today on Shrink Rap Radio.

Anderson: Thank you David, and thank you listeners who sent in your dreams.