

Shrink Rap Radio #474, Sept. 24, 2015 – Dreams and Awareness Practices

David Van Nuys, Ph.D., aka “Dr. Dave” interviews Machiel Klerk M.A.,
Jungian Therapist

(transcribed from www.ShrinkRapRadio.com by Elly Nobbs)

Introduction: Today my guest is Machiel Klerk, M.A. For more information about Machiel Klerk please see our show notes on ShrinkRapRadio.com

The Interview:

Dr. Dave: Machiel Klerk - Welcome to Shrink Rap Radio.

Machiel Klerk: Thank you very much Dave. It's a pleasure and honour to be here with you. I've listened for many years to your programs and your interviews and I think you've done an amazing job. And brought a lot of joy to people all around the world. And provided them with educational opportunities.

Dr. Dave: Thank for that. By the way, I believe you are originally from Amsterdam. I don't think we've ever talked much about that. And you settled in Salt Lake City and all that sounds like quite a transition. Don't know the story behind all that.

Machiel Klerk: I was actually born in South Africa.

Dr. Dave: That rang a bell. I think you may have mentioned that.

Machiel Klerck: We lived there the first four years and then my parents moved back to the Netherlands and I lived in the North in Amsterdam. And Amsterdam is really the other home. And I went to school there then I started my career in business and founded a company with my boss, or my boss with me. And after several years I told my boss: "Boss, I need to travel."

Dr. Dave: What kind of company was that?

Machiel Klerck: A company that provided Internet technology to the hotel industry.

Dr. Dave: So in a way, having the Jung Platform builds on your previous experience with the Internet, I guess.

Machiel Klerck: Right, It is a mixture between the creative play of business combined with the modern abilities to provide and develop interesting content for the Internet.

Dr. Dave: I like your expression "the creative play of business". I wish more business people looked at it that way. I was actually writing a report yesterday for a market research project that I finally got. My business in that area has kind of gone down. But I really enjoyed writing

that report. I enjoyed the whole process of putting together a survey and then writing the report with all of the charts, graphs and really; it was like play for me.

Machiel Klerck: And in a good way, business should actually be play and a creative endeavour.

Dr. Dave: Yeah. And I see from your bio that you did some study at the Jung Institute in Zurich. I don't think I was aware of that. What can you tell us about that?

Machiel Klerck: It was just after I told my boss that I needed to travel. I first spent a summer program at the Jung Institute in Zurich. And I'd been deeply interested in Jung and it was a way of visiting the home of Jung. And it was the first time that I'd really spent a lot of time with Jungian analysts and other Jung-orientated people.

Dr. Dave: That sounds like quite an experiment. How did that get you to this country?

Machiel Klerck: After the Jung summer, I started to travel around the world. I went to Asia and went with the back-pack for a year and at the end of the journey I was in China and I got an email from my boss and he said there's this company in Salt Lake City that is interested in buying us and asked if you wanted to come and help them out for six months. And I thought, well I don't really have a job at this moment. I said, I will be back in two months and I'd love to go.

Dr. Dave: Wow. So then, somehow you transitioned to the graduate program at Pacifica?

Machiel Klerck: Very soon when I came here, I picked up my love for psychology. I've always been really interested in that. I went to Pacifica, did my Master's degree in Counselling Psychology while I was working at a company here and when I finished the program, I jumped ship, or transitioned, into my new career and I have been a therapist for the last eight years.

Dr. Dave: What a journey it's been. And all around the world. And I typically - as you're aware - I'm interviewing authors with a new book, but you're a leading edge sort of guy, a digital sort of guy - you've not got a book but rather a CD that's available for sale.

Machiel Klerck: That's right. And in some way the CD is a spoken book. And what I noticed is that a lot of people actually enjoy listening to ideas on dreams while sitting in the car or doing some easy tasks in their home environment.

Dr. Dave: Yeah. Interesting. I do think it is substantial in the way that a book is substantial. There's a lot of great information on it. Let's see. We're going to begin our interview. We're going to be discussing some of the ideas that you cover in the CD. First let me ask you - what led you to create it?

Machiel Klerck: I have always been writing down my ideas on psychology and dreams for probably the last 20 years and by now I have a dozen or more articles that are almost finished and I could make one or two books out of them. Several years ago we had Coleman

Barks the main translator of Rumi come to the Jung Society of Utah - a non-profit organization I founded several years ago. As a way to prepare for his event, I started to research the works of Rumi on the references of dreams. There were several and I made a mini lecture series out of it. One of these lectures I really worked out in detail because it describes the basic fundamentals of how what I see what a dream is - which is the starting point for working with dreams in the way that I do.

Dr. Dave: What's the title of this CD?

Machiel Klerk: It's called *Rumi and the World of Dream*.

Dr. Dave: Excellent title. So without going into too much detail, maybe you can give us a broad sense of what it covers and then we'll dig down more.

Machiel Klerk: What I do in this CD is that I take a passage from a Rumi poem. Let me recite a poem to you.

A man goes to sleep in the town
where he has always lived
and he dreams
he's living in another town
in the dream he doesn't remember
the town he's sleeping in his bed in
he believes the reality
of the dream town
the world is that kind of sleep.

And I think in an astute way describes the basic features of the way we experience when we have a dream. And I describe three of them in this CD. And the first one is that Rumi says: He dreams he is living in another town. So describes the experience of being in the world where you interact. The second point that I make is that once you are in a dream, you are in a certain reality. So there's the dream reality and there's the reality that the man has when he lays in his bed - his day-time reality. I call that dream reality and dense reality. We can talk later why I do that. And the third point is that I think one of the biggest mistakes that people make around sleep is to think you're not awake. When the body is in the physiological condition of sleep, the mind is actually awake. And that awakens is the engagement in the world of dream where we have all these experiences.

Dr. Dave: That was one of the surprising things to emerge from the technology and monitoring the brain, and seeing the brain was very, very active during sleep. So that's been fascinating. I believe you've had some personal experiences in the inner world of dreams and visions and so on. Would you share with us whatever you feel comfortable around that?

Machiel Klerk: When I was 23, I entered in a very turbulent phase that probably lasted about a year in which I had dreams and visions, some out of body experiences, and I started to see the world melt in a way that matter and psyche were one substance. Probably why I

ended up in that kind of trouble started early on. I remember at the age of 10, I was standing with my sister waiting in front of the bathroom of my parents. And at that moment I still thought it can't be true. They must have made a mistake. And then we entered the room, I saw my dad laying there in the casket, and he was dead. And I immediately saw his death and even if I'd never seen a dead person by that time before, you know - you just know on that moment. Yes, this is reality. I was 10. And this really ripped me open to the other world - to the world of dream. And I lived in a culture that couldn't really deal well with the grief, nor was my family really well with grief and loss. So for years I couldn't talk about it. It became this dark cloud hanging over my adolescent years, into my early 20's, and became a meaningless experience. I was 21, 22, 23 and I didn't know what I wanted to do in the future; there was all this unresolved grief and loss and anger towards the world in a way, in being in this kind of form. Then didn't go to school much anymore. My school results dropped dramatically. And by some good fortune I stumbled on the works of Carl Jung and he provided a way of listening to your own dreams, your own inner life, understanding synchronicities . I went through a kind of eruption where I started to pay attention to my dreams, and they were very significant. And I had visions that reconnected me to the world of dream and gave me some understanding about life and death. That's where it all began.

Dr. Dave: Wow. Were you fearful for your sanity when this began?

Machiel Klerk: Right. Yeah. I was months on end, I would wake up at night and I would be completely in sweat. And I had to change my T-shirt because I'd been so fearful at night. I had fainting spells, here and there. I needed to leave the classroom because I was afraid that I'd pass out, and I was thinking, I was really afraid I was going crazy.

Dr. Dave: Was this while you were an undergraduate then?

Machiel Klerk: Yeah.

Dr. Dave: And so, had you be exposed to the concept of spiritual emergency? I imagine that's how you'd look at it now.

Machiel Klerk: Now I would think more in terms of initiation - dream initiation. But at that time, the religious system I was brought up in had lost its power a little bit. Because my dad dies and I couldn't make sense of God and why God would do that. And the inability to grieve - I was in a relatively secular environment and I didn't have a mentor to guide me through this.

Dr. Dave: Wow. Is there a dream or two you still remember from that period that you could share with us to give us some sense of what it meant to you?

Machiel Klerk: I have many dreams from that period. And what I really noticed that dreams help and can be a helping and guiding force - depending on the relationship with the dream. And there were small dreams that guided me to become more proactive - using, integrating my assertiveness ... to larger dreams that reconnected me with my father. And one dream I remember very well. It was very healing for me. It was where I was standing in a beautiful green hilly field environment. A group of people, probably hundreds, in festive colours -

orange and red and yellow - came walking towards me. And they were singing and they had palm leaves in their hands. And then when they were very close, I noticed they were carrying on their hands my father! And that this was actually a funeral. And that they were about to bury him. And then when my dad - when they came to me - they left my dad on the ground - to me. And I saw him and I took my father's hand and I put it against my heart. And that was something I had done when I was young. He did that to me. And he died because of an open heart operation that didn't work. And I put his hand against my heart. And I said, "Dad - now you can listen to my heart, just as I did to yours."

Dr. Dave: I choke up a little just hearing this story. Wasn't it very reassuring to you when you discovered Jung went through this period of intense time with the inner world welling up. That must have really comforted you when you discovered that.

Machiel Klerk: Jung was the great guide in the year - first in that period and in the initial years. When I read that chapter on the confrontation with the unconscious where he described he was fearful that he would go crazy, where he said that you must be sure you stay in the world and have a job and work. So I made sure I would go to school every day and do my basic things, so I would not lose certain relationship with reality.

Dr. Dave: Yeah. Would you say having gone through those experiences has made you a more effective psychotherapist?

Machiel Klerk: Yeah, I think that one's own journey is of vital importance to the work as a therapist and this experiential belief or the experience that you can move through a really difficult situations to learn, read the clues that dreams or the worlds around you can provide and how to navigate through trouble - has been very helpful. And I learned a way to engage and have a relationship with, let's say, the world of dream and its inhabitants, and this world is part of the style that I've coined "dream dialogue" and is kind of a working premise with my clients.

Dr. Dave: Let's get into that deeper - maybe it's good to go back to the three main characteristics of the dream and maybe expand on each of those for us.

Machiel Klerk: I emailed you and said, "Dave if by chance you have a dream or a dream fragment that you would be willing to share, we could use that as a way to describe these characteristics."

Dr. Dave: Oh, OK, I wasn't anticipating that but I thought that would come more towards the end. Shall we get into that now - the experiential part?

Machiel Klerk: Yeah, it is just a description of your dream, and if you can just sense into the dream and describe it in the present tense - just describe it and then we'll work with that.

Dr. Dave: I had written it out but I take it that you'd rather I'd not read it, but that I just try to really go back and into it now.

Machiel Klerk: That's right.

Dr. Dave: It's from a couple of nights ago, so my memory's not as vivid as it might have been. But I'll do that. I am in a classroom or a workshop and I'm not totally sure where it is, but it seems to be an art class, or art workshop. And I don't consider myself to be an "artist" in terms of having much skill in terms of painting or drawing, or things like that. But somehow in this moment in the workshop I'm in, I have a real sense of confidence, and I am just kind of tearing into my project which is a sort of a multimedia thing that I'm creating with paper. So I have in my vision for this project - I picture bold stripes of what do you call that heavy stiff paper, (I'm blocking on it) that cardboardy type paper of different colours.

And underneath that there's going to be a bed of crumpled up paper and it will be underneath the whole thing. So it will have a wrinkly texture. And what is towards the bottom of this artwork with the stripes above and laid over the crinkly paper is some other paper that's shiny, reflective, maybe gold, kind-of looking paper with a pattern of little circles with stars in the centres - so there are lots of these circles and stars in the pattern. And my plan is to press down very hard with a piece of glass and that somehow will push it all together. In the dream it's going to bond that, so it will become a whole thing.

Now as I'm working - I think I'm pretty far along - I become aware of someone at the head of the room whom I guess is a teacher and it's a man. I'd say in his middle years. He's kind of stocky in a way. Not fat. But not tall or thin. He's kind of short, muscular, very manly looking guy, with tousled dark hair. And I - running throughout this dream is a sense, in the background of my mind - I know I need something to present in this interview today. I'm not usually generally really good at dream incubation but clearly this was for this interview.

Machiel Klerk: Thank you very much for sharing. And also your diligently thinking about it - in the dream. To do the first point, when you describe to us that you are in this room and you are interacting with the materials. And you are interacting with the teacher. And have engagement with it.

Dr. Dave: That reminds me. I left out an important part, I think. So I went up to him, and I wanted to initiate some kind of interaction between us. And interestingly, we ended up doing some kind of martial arts, Tai chi bow to one another. And then we moved into a sitting position, and he commented on how graceful I was as I moved into this sitting position. And so it was - I felt very special, that I was - that by his focus on me was communicating to the whole class - "Don't disturb him. We're doing something special." I'm feeling very honoured in that process.

Machiel Klerk: Beautiful. What I hear you describe is how you engaged with this teacher. You do a martial arts kind of ceremony. And that is the very simple first observation of the dream - namely, that you are in a dream and that the dream takes place around you. And that you are interacting in the dream. And this sounds very simple, which it also is. But there is a tendency, especially in Western psychology to see a dream as a kind of letter from mystery source X that is being sent to you in a certain symbolic language that needs to be deciphered. And if you do that you get a very flat understanding of what a dream is. It is only in the letter, or maybe in the movie metaphor - some people think it's a movie they watch at night - then you get a one-directional communication thought where actually a dream is an

interactive experience. And a dream is what Robert Wagner called a “procreation” - your own actions and a dream-world co-create a dream. It is a creation in that moment.

And it has a lot of important implications for the way one works with the dream. First of all, it's a world and not a letter. So you can have a different relationship within that world. You can start building a relationship with the dream teacher. Or you can get some information. Probably Jung's technique of Active Imagination comes out of those possibilities. You can really sense into the experience of what it means to be special. You can get the sense of the dream teacher if you look long enough at him and get a certain way of being possessed by this teacher - like the works of Robert Bosnak and Embodied Imagination.

Dr. Dave: I have to say in just the process - when I caught back in to add more about the teacher - that felt very good in this moment, kind of like what I think you are describing. I was kind of back there and realizing and having that experience of somewhat values and treasured.

Machiel Klerk: Right. And let's assume one person would say: " Oh Dave, interpreting this, you can feel more special, or it would be good for you to feel special." Well that is one, but the question is after this, is how do you do that? So by re-entering the dream and by slowing it down and really sensing how it feels to be special, then you have an embodied experience of being special. So you don't need to think how do you do it. You just start training and being in that state of being special that can create a shift in consciousness. And that is, I think, a consequence of seeing the dream as a world - very important.

Dr. Dave: OK. I got a little sense of that.

Machiel Klerk: Yes, I could see that. And another aspect of it is that the ... I lost my train of thought ... so....

Dr. Dave: But there's another one coming to the station very soon. [both laugh] Maybe you were going to go into the second characteristic. I think we did the first. Are we into the second?

Machiel Klerk: Yeah. The other implication is an environment and then experience. What has shown in neuroscience is that dreams actually trigger the healing response. And there are very few things that we know that trigger the healing response. And this comes out of healing research and placebo research. And we know that touch can do it and attention and recognition - all these things that work through all types of therapy. One of the things that also triggers the healing response is being in touch with the dreaming consciousness with the dream.

Dr. Dave: I've long believed that from an intellectual/ philosophical/ Jungian point of view but I wasn't aware of any research - that kind of anchors it.

Machiel Klerk: And therefore it's important also to have an experiential engagement with the dream because you are then in touch with that state of consciousness and you can feel special, or you can feel how it is to create something and be in touch with those states.

Dr. Dave: OK. Did that get us through the three characteristics?

Machiel Klerk: No, this was just characteristic one with its implications.

Dr. Dave: [laughs] OK.

Machiel Klerk: I'll go to number two. Number two is - which you noticed - you were in the world of dream, and in my own way of working with dreams, I used to call dream life "dream reality" and this world "waking life". And to really separate those two worlds. And we generally have a tendency to have a problem to acknowledge the reality of dream. The moment we come out of the world of dream into this reality, there's a huge tendency to minimize - "Oh it was just a dream." Or "It's not as important as this reality."

However, when you're there you don't really think about the reality that you lay in your bed in - the so-called waking life. And one part is to really understand it's inhabited with states of consciousness or figures that do things that sometimes can be very beneficial. And the other part is what I used to call my Waking Life, and I noticed that was a mistake. For the following reason: I'll quickly share a dream I had, and in that dream I become lucid. I do become aware that I am dreaming. I look around and prepare for it, and thought, "Let me ask for a kind of drink that keeps me lucid for 5 minutes."

Dr. Dave: [laughs] Great idea.

Machiel Klerk: Nothing happens when I ask for it. Then I try to do another thing - perhaps to have the clouds change a little bit. And it doesn't work. Now I start wondering. Am I really in a dream? And I feel through myself and I feel my mind. And I think "Oh my gosh, I am totally awake. I am so awake that this must be waking life. And then I lose lucidity again and the dream continues. So I thought, "Oh let me call dream reality, Dream Reality, and this reality Dense Reality because it's denser than the world of dream."

Waking life is a mis-idea of the state, which leads to the third point - where you are in a dream, your mind is awake but not completely aware. It's only aware to different degrees - from completely unaware that it's even in a dream - and takes the sharks serious or the monster that is being chased or you are in India - and there's no questioning, whether even that this would not be dense reality. And there was thought in the background, "Oh, my children ask me to share a dream." And I am sure there was some awareness around that, all the way up to full-blown lucidity where you have understanding of where you are and the impact of your own being in that world.

Dr. Dave: Yeah. I didn't make it quite that far but that awareness could have been a good trigger to become more lucid. Yeah.

Machiel Klerk: Right.

Dr. Dave: And I believe you've gone on in your work to discover a fourth feature. What's that about?

Machiel Klerk: Yeah. The fourth feature is really that dream reality and dense reality co-exist and are interconnected, and here again neuroscience... recently I listened to a lecture where someone said that metaphorically we can think about this - that there are two streams of consciousness: waking consciousness or dense reality consciousness, and dreaming consciousness, and they operate at the same time. So the moment that you have ... sit at your desk ... have a day-dream, it is the dreaming consciousness that comes up a little bit, or the waking consciousness sinks in it. Fantasies are on that same spectrum. And at night probably these two states merge, and the ego or the dense consciousness goes into the dream consciousness and does its thing.

And that is a different way of seeing the dream then just thinking about the dream as an event that takes place at night. It's not just the letter you get at night, or the movie you've seen; it's not a turn-on and turn-off event. It's probably better to think of dreams as tuning in. Tuning in to the world of dream. And when you know that this dreaming consciousness and waking consciousness co-exist - what Jung would probably call the ego with the unconscious, or what the Indigenous culture call This World and the Other Worlds - which can be seen as co-existing realities.

Dr. Dave: Yeah I like the way you're putting this - it gives me a different take on something ... I'm already believing what you are saying ... because it's been Freud - he talks about Primary Consciousness. And secondary. Primary thinking and secondary thinking. Those are the terms. And so that's always made a deep impression on me but I've never formulated it in quite the way you've said it - which I think is excellent.

Machiel Klerk: Thank you. And the consequence to that is by knowing that we can do certain activities that nurture and foster our relationship to the other world or the world of dream. And then we have increased sense of intuition - there's the sense of actually a guiding principle that helps one along, and sometimes kicks one along. But has a certain aim to the realization to one's own being. And one can also - in the technique that I think of as dream dialogue - have a dialogue with dreaming while being in this reality. That the dream beings don't cease to exist when you wake up. The teacher that you talked about might still be present. So you could talk to this teacher, you could perhaps sense into its presence. You could ask it for help "Gosh, I'm stuck stuck in my creative project here." Do you have an intuition for me." And then you just listen and see if anything happens.

Dr. Dave: Again, I like the way you are talking about this. I am familiar with the idea of dialoguing with characters in a dream. And Gestalt Dialogues and so on, but there's something about the texture of your approach which is giving it a little bit more of a different feel. And I was thinking that in Shamanic tribal cultures, of course, they have a whole raft of tools to help move a person into that space which might be drumming or dancing or singing, chanting, staying up all night, etc. So this is sort of a way for us to dip our toes into a Shamanic sense of reality.

Machiel Klerk: Right. And I think any kind of form of ritual is a way to connect to the world of dream. Ann Goodrich used to start with a song or a prayer or a dance or a poem, and we can turn almost any daily event into a ritual. And the ritual is a way to invite this resource of

life to flow in. And to actually make life a little bit mysterious and mystify us. So you don't know more, but you start to know less, and become more in awe and wonder for the experience of life.

Dr. Dave: This feels a little synchronistic the way you are talking about this ritual. The interaction in my dream with the teacher began with a little ritual beginning.

Machiel Klerk: Right. And so the dream work could be that you enact that ritual which probably the indigenous Cultures would prescribe. And that helps you get in touch with this teacher which might be beneficial to you.

Dr. Dave: Well, what about ... I have some of the bias of the detective approach... of the letter... to me it seems unquestionable that dreams comment on our dense waking life. That they reflect our emotional concerns of the day and so on. How does that viewpoint, which to me is incontrovertible - having worked with dreams for a long time & heard lots of people's dreams. and having kept a dream journal myself for many, many years - how do we integrate those two viewpoints? Is it an either/or? Or is there some way they co-exist?

Machiel Klerk: That is the fifth point actually that I ... after I developed this CD, I crafted. And the fifth point has to do with looking at the dream as made up of different layers, of different phenomena. And layer one is that a dream is the ... here again neuroscience comes to help with an interesting description saying that, "Dreaming is the form that thinking and feeling takes on when the body is in the physiological condition of sleep." Now ...

Dr. Dave: Say that again.

Machiel Klerk: Neuroscience says, or some neuroscience says, "Dreaming is the form that thinking and feeling takes on while the body is in the physiological condition of sleep." Now we know that the dream is a world, an environment, so thinking and feeling takes on a three dimensional manifestation in which we find ourselves. So for a big part, the dream is a presentation of our thoughts and feelings, which are often carried on from the dense reality. And then there are other aspects that a dream is made of. This is step one. And the way of thinking often happens at the primary level of our dreaming this place is at the metaphorical or symbolic ways.

So you might be in a dream driving in your car and getting to a dead end. That would be the way mind in a metaphorical way describes getting to a dead end - being stuck somewhere in your life. Or I arrive at a crossroads. And then the thought of crossroads is metaphorically displayed in a three dimensional world. And that is what this dream environment does. That is one layer. And I add another layer to it and then I come back to the question you asked about interpretation. The second part is that because we know it is a co-creation ... the dream... that what you see - you can see this best in the lucid state but you can test it in any state - is that partially, the dream figures and characters are manifestations of your thoughts.

Let's say I would be writing an article in the dream on dreams, have critical thoughts then the door would open up and my aunt comes in who I have experienced as hyper-critical. My thoughts take on the form and shape of my aunt. And here's where dream interpretation

works, because you would ask the question, "What do you associate with Aunt?" And I would say, "Oh, Aunt is very critical." And you would say, "Oh criticalness has entered into the room." And with that first part - the tendency to think in metaphors and symbols - is why dream interpretation works as well. We can, for a big part understand, if we understand metaphor and symbol, and ask associations, what these manifestations and thoughts and feelings are in the dream world. And that is why I think it not an either/ or, but it is ... this is what a dream is and does, and one way to look at a dream is through interpretation.

Dr. Dave: And the other way you are proposing - not instead of, but maybe in addition to - is to enter into that world, try to cultivate that world, try to understand that inner world in its own terms rather than try to make a direct intellectual connection.

Machiel Klerk: Jung would probably call that the figures that live in the Collective Unconscious. But to come back to - let's say I am being chased in a dream by a monster and ... or my boss is yelling at me, and I want to say something back, but it's just [whoof] ... all the energy goes away and I just blank out. An interpretation you could see how there's this problem with aggression - an aggressive force which presents itself as Boss. You freeze up. And then think of ways to start working on this issue. It's a diagnostic model, or structural analysis of what happens in the dream. When they you re-enter dream and you start getting in touch with the Boss and the dream. And start sensing a bit of his aggression and harvest some of that aggression. Then you get in touch with that state of energy - just like when you felt special. And then you almost a homeopathic dose - take something of it and take it in. And then you can change your own state of consciousness through a direct experience of being aggressive. You feel it in your body. You feel it how it is. You have this relationship now with aggression. Then things can really change.

I think on the more fundamental level, by being in an experience and relationship to the dream figures you can trigger the healing response and you can change the state of consciousness. And that's where I think is the benefit of the experiential approach. However, the interpretative approach can help as a kind of diagnostic model because the dream indeed does express in metaphorical and symbolic ways thoughts and emotions that we carry from the day. Our thoughts to a certain extent express themselves in our environment - characters that we know, that we can learn about. So both ways can be used. And it usually is better to start with the experience, because the moment you get into interpretative mode, you start already knowing all these things about the dream characters or about the dream and it's very hard to get through the filter of your bias to the direct experience.

Dr. Dave: OK. You've given me some good stuff to think about here. I know I have been exposed to some of these ideas - James Hillman seems to be lurking in the background here. [laughs] And I wrestle with that. But your presentation has connected for me. I suspect that many of my listeners will be intrigued by what you have been saying. How can listeners order your CD?

Machiel Klerk: Thank you. Before I go there, I want to indeed for a moment honour all the other dream workers from whom I'm stealing freely. And Hillman and Jung and Freud and the African tradition. And the Hillman and the Archetypal tradition. Robert Bosnak has been one borrowed freely from. Robert Wagner from the lucid dreams. So there have been many

people. I encourage the listeners to also steal whatever they like from this. And try for themselves. I use the word stealing instead of borrowing, because stealing has this element of making a dream your own. And take it on, try it on. Does it work, it's great. If you don't resonate with it ... equally fine. So my little thanks to all the people whom I am indebted to.

Dr. Dave: How about Stephen Aizenstat? Head of Pacifica. He wrote a book that persuasively makes at least some of these same points.

Machiel Klerk: Right. With the Jung Society of Utah we've had Steve Aizenstat twice and I engaged with him and did his workshop and read his book. And it one of the ways - experiential to dreams - and it can be used as a tool. And I laid out those five features of a dream that then allow different variations of moving around.

Dr. Dave: Yeh. So coming back to the question of how listeners can get your CD ...

Machiel Klerk: Yeah. Very important of course. It just started to be released and it is doing surprisingly well. So listeners can get it on either the JungPlatform.com or at DreamDialogue.com . And if they use the discount code "Dr Dave" they get a 25% discount on the CD until the end of the year. So until the end of 2015. After that there will be a standard 10% discount if you use "DrDave" - capitals or not, it doesn't matter. If you type it in, you get a discount. That's how they can get it.

Dr. Dave: Oh, I'm feeling honoured [laughs] just like in my dream. I like that. As we wind down here is there anything else you'd like to add?

Machiel Klerk: No - more that it's been for me a great honour to be on your show. So your dream of feeling special and being honoured - I have the same feeling. It's been a great joy to be with you. I admire your interview techniques, and I think you do marvellous work that benefits many people around the world.

Dr. Dave: Well, thank you so much. And Machiel Klerk thanks for being my guest today at Shrink Rap Radio.

Machiel Klerk: Thank you very much Dave.