



# Hypnosis: Organic Dream Interpretation and other Tools.

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## DREAMS

Dreams are your unconscious mind's way of realizing and getting rid of message units.

It is a powerful door to the unconscious, so working with dreams can give us clues in the process of transformation.

### *Stages of dreaming activity.*

- 1. Wishful thinking:** Are the first dreams during the night. The mind is processing information that wasn't processed during the day, classifying what stays and what is going to be rejected. This stage is not use in dream analysis.
- 2. Pre-cognitive dreams:** During this stage, the mind is predicting future events based on previous experiences and from coming information. It is pertinent for hypnosis because depending on the suggestions and the personal work done; during this stage, the content of these will be present in the dreams as a confirmation that they are being integrate in the personal script.
- 3. Venting dreams:** The last stage occurs during the early morning dreams. The symbolic content of the dreams is part of the process of getting rid of message units that aren't important anymore. In this approach, venting dreams are the dreams used for analysis, because they exposed what the unconscious is releasing and help to confirm that the changes in the script are taking place.

### *Organic Dream Analysis.*

- 1. Stage of Night:** What stage of night did the dream take place? First 1/3 of the night are wishful thinking dreams, where you process events of the day. Second 1/3 of the night are precognitive dreams, where your mind predicts future events. These are difficult to remember, but important to write down and interpret if you can. Third 1/3 of the night, just before waking, are Venting Dreams. These are the most common dreams you'll use for interpretation and dreamwork.
- 2. Psychological or Physiological:** Physiological experiences that occur during dreams will be represented in the dream content. These dreams are not to be

interpreted psychologically. For example, if you overeat before bed, you may have a disaster dream because your body has to work so hard to process the food while you sleep. Fearful dreams can come from being too cold at night, which sends a fear signal to the brain. Be careful to not interpret physiological dreams psychologically.

**3. Timing Clues:** There will be timing clues in every dream. These tell you the time in your life when the emotional experience that's being vented first began. If there are multiple time clues, they represent different times when the same condition arose.

**4. Content:** Separate the content into literal and symbolic. Go through each symbol and ask yourself what it means to you. Why is it important? What does it represent. Remember what John Kappas said, "Your conscious interpretation of a symbol is usually the correct interpretation."

**5. Emotional Feelings:** Write out the emotional feelings of each symbol, and each part of the dream. Be thorough.

**6. Venting:** What's being vented in the dream?

**7. Triggered:** What triggered the dream? How does it relate to your current life situations?

A fun Mnemonic for remembering this process is: **Some People Teach Children Entirely Via Television.**

Remember to only go with interpretations that feel right and make sense to you. There's no need to stretch and guess. Work slowly through the symbols and they will eventually yield an accurate interpretation. You'll feel a release and a relief as you take in the contents of the dream. Use what you learn to create hypnotic suggestions for use in your Energized Self Hypnosis practice.

## OTHER TOOLS TO WORK WITH YOUR UNCONSCIOUS

**Corrective Therapy:** State what you want to explore in sentence form. Give at least 5 synonyms for each word in the sentence. Continue until it is difficult to think of a synonym.

For physical suggestible, find a synonym of each word from the original sentence all the way down.

And, for emotional suggestible, give a synonym for each word in the previous sentence.

I	want	to be	confident
me	desire	nothing	strong
self	aspire	echo	potent
mask	need	vibrate	intensity
face	require	resonate	brightness

- **Emotional suggestible**
- **Physical suggestible**

**Paris Window:** It is a simple technique that allows you to explore a conflict from more than your own point of view. It is very helpful for specific situations, giving you access to resources or more possible solutions.

1. If you were to describe the problem to someone else. How would you do it?	2. How do you think others feel about your problem?
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3. How do you feel about others feel about your problem?	4. Area of solutions, resources.
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Start working in the first square and take your time filling out the rest. When you finish the first 3, come up with possible solutions and describe the resources you found during the exploration.

A definitive solution might not appear immediately, but you will get a wider perspective of your situation so you're on your way toward making a decision based on a broader analysis than just your emotions.