
CHAPTER 15

ANGELS AND DREAMS

Dream experts tell us that everyone dreams. However, not everyone remembers their dreams. Why is that? And what about psychic experiences? Supposedly we're all capable of them, so why do some people have them and others don't? In today's regression I find answers to both questions.

I think I've mentioned before that I don't dream," I said to Pamela. "But somewhere along the way I learned we dream every night, that we leave our bodies at night to lower its vibration so it can repair and restore what needs to be done, and that dreams are an account of where we go and what we do on those adventures. If this is true, why don't I remember my dreams? I mean, I remember them once in a while, like maybe two or three times a year.

"Also, I don't have any psychic experiences," I went on. "I want to see auras and hear spirit communication and stuff like that. So I want to find out what's blocking that, too."

NMR revealed that my psychic experiences were blocked because I was suppressing childhood memories of communicating with spirit. The nuns who taught kindergarten had caught my five-year-old talking to her spirit friends and told her it was wrong, so she became afraid of communicating with spirit. We needed to talk to my five-year-old. I also learned that I did dream frequently, I just didn't recall my dreams because of something that happened in seventh grade. So we needed to visit my seventh-grader, too.

First we talked to my five-year-old. We found her in kindergarten, and the nuns were there. "The nuns talk to you about a lot of things—is that true?" Pamela asked.

"Yeah," a five-year-old voice responded, "they mostly make up things for us to do and ways for us to play together. This is really the first time I've been around other kids to play. I'm not quite sure about it. Mom just brought me here one day and dropped me off and left. I didn't like it very much, but then I got used to it. My friends are here with me, all the friends that I talk to that nobody else can see. They're still the ones I like the best."

"Do they come to school with you?"

"Oh yeah. I wouldn't come without them."

"What do they do when you're studying? Do they study too?"

"They're just here. We don't study, really. We draw and stuff like that. And they're right here with me."

"Do you talk to them out loud sometimes?"

"Yeah."

"And so what happens when you talk to them out loud and no one else can see them? Does anyone ever say anything?"

"Well, I don't talk to them very loud, see, and most of the kids don't pay any attention. They either think I'm talking to somebody else or they don't really care. It's the grown-ups that care. They say that talking to my friends is bad. They say

there's nobody there and that you can't talk to someone who isn't there.

"I say yes, there's somebody there. It's my friends. And they say, but there's nobody there—look, look. And they go through all this stuff to show me there's nobody there, and they say it's wrong. And I say, well, what if it's my guardian angels that I'm talking to?"

"And they say, 'You can't talk to your guardian angels. Your guardian angels are there to protect you, but you don't talk to your guardian angels.'

"And I say, 'Well, I talk to *my* guardian angels. And my guardian angels talk to *me*.' And this big tall nun in this funny-looking dress says, 'No, no, that can't be, and you'd better stop that or people are going to think you're crazy and will make fun of you. And you'll get punished.'

"So I stop because I don't want to get in trouble. I still talk to them at home because then I'm all by myself and nobody knows. But now I'm a little nervous about it. I don't really believe I'm doing something wrong, but I can't do it at school, so even when I talk to my friends at home, it isn't as much fun."

"Do your spirit friends stop going to school with you when you stop talking to them at school?"

"That's a good question. I think I leave them at home because what's the point, you know? I figure maybe I'm getting big now and I've got to learn to do things on my own. At school we have a little post office and we play games, and I think maybe I can learn to play with some kids that are, like, *there*. Because next year I've gotta start with books and really learning things, and that's gonna be with other kids. So maybe this is like some kind of entranceway into that world. Maybe my other friends should be my at-home friends."

"Do any of them ever say anything about the big nun in the funny-looking dress saying that they weren't really there and that it's bad to see them?"

"I don't know if they say anything, but they just kind of let me know—I'm not quite sure how—I just kind of know I wasn't like really, really bad or anything like that. I just can't do it at school because they don't like it. I think the nuns are wrong, but they don't like it so I just don't do it in front of them. It's like everything else. If they don't like it, I still do it. I just don't do it in front of them. I don't like that, but hey, you gotta do what you gotta do."

"Very good. Now close your eyes and leave that kindergarten. Go to a place where your friends are gone. Where are you now?"

"I'm in seventh grade. [This voice is more mature.] "I feel like I'm out in the world now and I've got things to do after school. I have other friends now, so my imaginary friends aren't around me any more. I don't really miss them. I feel like their time is over."

"And when you go to sleep at night, what's happening with your dreams?"

"I dream about boys. I dream about the boys I want to like me."

"And what happens when you dream about them?"

"They like me!"

"In your dreams?"

"Yeah."

"Does that happen in real life?"

"No. Different ones like me but not the ones I dream about."

"Do you know that dreams are symbolic?"

"No."

"They are."

"But these guys are real, they're real people," I insist.

"Well, they're *representing* your wanting to be loved. The boys that you like and want to have like you in your dreams represent your desire to be loved."

"Yeah, I can see that."

"When we're children, our parents don't teach us about our dream world and how to know the language of the dream world because *they* don't know, because humans have pretty much forgotten it. Do you know why? When churches came along, in an effort to control, they didn't want people getting messages from inside themselves."

"They took all that away from us."

"Exactly. They did. And so humans forgot it for a long time. But here we are remembering it again. And here you are at the age of twelve learning that your dreams are an important way to talk to you about what's going on inside *you*, because what's going on inside *you* is what affects your outer world. It makes things happen when they happen. It's important that you feel, inside yourself, that you are worthy of love, that your feelings matter, that you are a good person, and that life has good things in store for you. Do you know why your birth mother gave you up for adoption?"

"Because she was married to someone else."

"That's right. She hadn't really met you yet. She wasn't really paying attention to her inner self. So even though you were talking to her in your mind while you were inside her, she wasn't listening, really. She knew she had to give you up, so she was really closing that off. She didn't give you up because she didn't like you, or couldn't love you. She couldn't keep you."

"Then your mother and father adopted you. They wanted to have a little girl, and they picked you out of all the other babies. However, some people find it much easier to show love than other people. And I think your mom and dad find it harder to show love."

"The physical part, yes, definitely."

"So you felt that separation, that rejection. Babies love to be held and touched and hugged. And that doesn't go away

when we're twelve. We act like it does, but it doesn't. We still like to be held and hugged and to sit close."

"And this is the age," I said, "where you *can* be. You can make out and sit on a couch with someone's arm around you. So that's probably why I'm dreaming about these boys."

"Right. Your inside self knows what's missing. And it's actually figured out a clever way to say 'Okay, let's give it to you in your dreams, even while we're giving you a message, so you feel held close. Because maybe you haven't been taught about boundaries yet, so this way you don't get into trouble in school, or with the boys, either. That's the glory of dreams.

"And that's why I'm talking to you. The choice you make now about dreams affects you the rest of your life. Earlier, you made a decision—what's the use of dreaming when dreams don't come true?—because you didn't know what dreams are really about. But now you do know what dreams are about. So I'm asking what you think about dreaming for the rest of your life: Do you want to do it, or do you not want to do it?"

"Oh, I do!"

"Good, because that changes everything. And now that the grown-up you knows about dream language, you'll know what to do with dreams, too. Bring your dreams to your Higher Self, because the Higher Self can interpret them.

"Thank you, twelve-year-old. Talking to you was really important, and now, as you return into your joy, into your light, that's good.

"So now, adult Ann, let's go to that blackboard in your mind. Right there on the board erase: 'I don't want to remember my dreams.' Erase: 'It is bad to talk to spirit, it is a sin to communicate with or be in the world of spirit.' Erase: 'I will

be punished for talking to spirits and listening to spirits.' Erase: 'It's frustrating to dream. I don't want to do it.'

"You replace the old thinking with new thoughts. You write on that blackboard: 'My dreams are important to me. I desire to know my dreams, to remember them. I use my dreams for counsel, for guidance. I use my dreams to review events and understand them. It is *good* to dream. It is *good* to communicate responsibly with spirit. I am in connection with my guardian angel. I *do* hear my guardian spirit, my Higher Self. My Higher Self, my guardian spirit, *does* talk to me. The nuns were wrong and I was right. My Higher Self, which is my intuitive, spiritual self, my guardian angel, guides me, and I hear and pay attention to its voice.'"

After hypnosis, Pamela talked a little more about dreams. "People don't pay attention to their dreams, yet that's where the Higher Self is talking to us big-time. Spirit communicates through the mind. It uses the language of the mind, which is symbolic imagery. Ninety-nine percent of the images we see in our dreams represent something about the dreamer, an aspect of the dreamer, or an aspect of the dreamer's relationship with another person in the dream.

"These images and their symbolic meaning are different for each of us. As you begin to recall your dreams, their meaning will become apparent to you. Keep a pad or a recorder by your bed, and as soon as you wake up, just record anything—I feel groggy, I feel disgruntled, I'm certain I had a dream, I wish I knew what my dream was—just *anything* to get in the habit of recording it. This starts attuning your subconscious to the fact that you want the dreams, that you want to know what you dreamt."

After this session, I started recalling more of my dreams. I also learned to interpret my dream images. Now when I can't figure out the symbolism of a dream, I ask my Higher Self. Many of my dreams are messages of encouragement. Others are messages of guidance. Sometimes a catastrophic experience in a dream is really about my ability to overcome it. After this session I also started to focus on seeing and hearing things in the non-physical world. Little by little, I'm developing that skill.