

The Importance of Dreams

1. Many ancient cultures placed great importance on dreams. Dreams were considered to be the way in which the Gods and Goddesses communicated to the people. Visions which were received were considered to be a waking version of the night time dream. Some people were considered to be more gifted dreamers and visionaries than were others. These ones were called Dreamwalkers. Dreamwalkers were brought into the Dream Circle. In the Dream Circle the Dreamwalker was taught how to remember dreams accurately and how to report the dreams without filling in the gaps with inaccurate information and without editing the dreams because of embarrassment or shame.

It was through the Dream Weave that Dreamwalkers would gather information for the people. The Dream Weave is the spider web of interconnectedness throughout the universe. In Celtic traditions this is the domain of Arianrod, the Weaver and the balancer of justice and truth. Arianrod has many functions on the Dream Weave. She is the one who counsels the souls of the departed as to the web they have woven throughout their lives and how best to improve that web the next time around. She is also the one who helps Dreamwalkers along the sacred path of the Dream Weave, bringing them closer to the truth as to who they are and what is needed for the people. Almost every culture has in its history a God or Goddess who correlates with Arianrod.

The duties of the Dreamwalker were honored in ancient culture. But somewhere along the way, people began to lose their connection to the Dream Weave. Some say that it was with the emergence of particular religions. Others say that this happened as a result of the Industrial Revolution. It is difficult to determine accurately what brought about the change, and perhaps that is because it is a result of a number of factors. Yet here we are in the 21st century and many people are so disconnected with the Dream Weave, which is such an integral part of our psyches, that many do not even believe that they dream at all. Modern science has, through its research of Rapid Eye Movement (REM) sleep, determined that although most people reach REM sleep, there are some who have difficulty achieving this level of sleep. REM sleep is the state of sleep in which particular brain waves are able to occur, thus allowing the sleeper to access their dreams and process life's daily events. Without REM sleep, the psyche suffers and health problems can occur.

In addition to modern medicine helping people to access REM sleep, there is a growing movement in Shamanism to reinstate the Dream Circle. The modern day Dream Circle is one in which current issues are dealt with and ancient traditions are reintroduced. This helps the participants to begin the journey of rediscovery of the Dream Weave and the messages that it brings. These messages are initially for the dreamer, to help the dreamer to sort out and heal a variety of issues. As the Dream Circle continues, the dreamers become efficient Dreamwalkers. As this transition progresses, the Dreamwalkers are able to access a variety of types of dreams for the participants of the Dream Circle and for their community at large.

There are a number of different types of dreams that can be experienced. To name a few, there are pure entertainment dreams, which ancients used to call "holds nothing dreams" or "goes nowhere dreams." These are your typical adventure dreams or comedy dreams which are there purely for the purpose of allowing the psyche the benefit of escapism. There are also non-gift dreams. These

dreams give us nothing of value and are just foggy and disconnected images or thoughts. There are abundance dreams, in which the dreamer is given guidance or inspiration on what is needed to create abundance in his or her life. Good intent dreams, or “wish dreams,” are dreams in which the dreamer receives something, for the self or for others, that the dreamer has been wishing or hoping would happen. These dreams do not always come true, but sometimes if one person dreams it on behalf of another person there can be some medicine value to the dream. There are also precognitive dreams. These the ancients would call “Medicine Dreams” because they were impeccably accurate in predicting events that have not yet happened. This type of dream is a rare gift, and one that many seek.

There are other aspects of the Dream Weave to which the Dreamwalker is also responsible. For example, because we are all connected unconsciously through the Dream Weave, some Dreamwalkers are called upon by spirit to enter the dreams of others for the sole purpose of helping them to heal in some way. This is much different than a dream in which a person dreams about a Dreamwalker, but in which the image of the Dreamwalker is simply a projection of some aspect of the dreamer’s own self. When a Dreamwalker enters a dream for the purpose of healing, he or she may or may not even be in the form that he or she physically carries in the waking state. The form that appears in the dream is one with which the dreamer can immediately relate. The message is then delivered clearly and concisely and the dreamer knows, even beyond the image presented, who it is that is delivering the message. How the dreamer responds to the message that has been delivered is entirely up to the dreamer. Considering the intensity of such dreams, is it any wonder that there are strict ethics involved in being a Dreamwalker? One must always be aware that dreamwalking into another’s dream is only done when spirit calls, only for the highest good of all, and only according to the free will of all. If any of these conditions are overlooked, the Dreamwalker risks becoming a Dreamstalker and suffers the severe consequences thereof. A Dreamstalker is the psychic equivalent of the telephone nuisance caller. When one becomes a Dreamstalker, spirit has wonderful and profound ways of creating a boomerang effect, which brings the Dreamstalker to realize the error of his or her ways. There are then ceremonial healings that take place to right the wronged energies of both parties.

It is my hope that the Dream Circle, as it is reintroduced into the community, will be something that will enrich the lives not only of the participants of the Dream Circle but of the members of the community at large.

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