

DREAMS

EXPLORING THE SECRETS
OF YOUR SOUL



Marilyn C. Barrick, Ph.D.

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DREAMS: *Exploring the Secrets of Your Soul*

by Marilyn C. Barrick, Ph.D.

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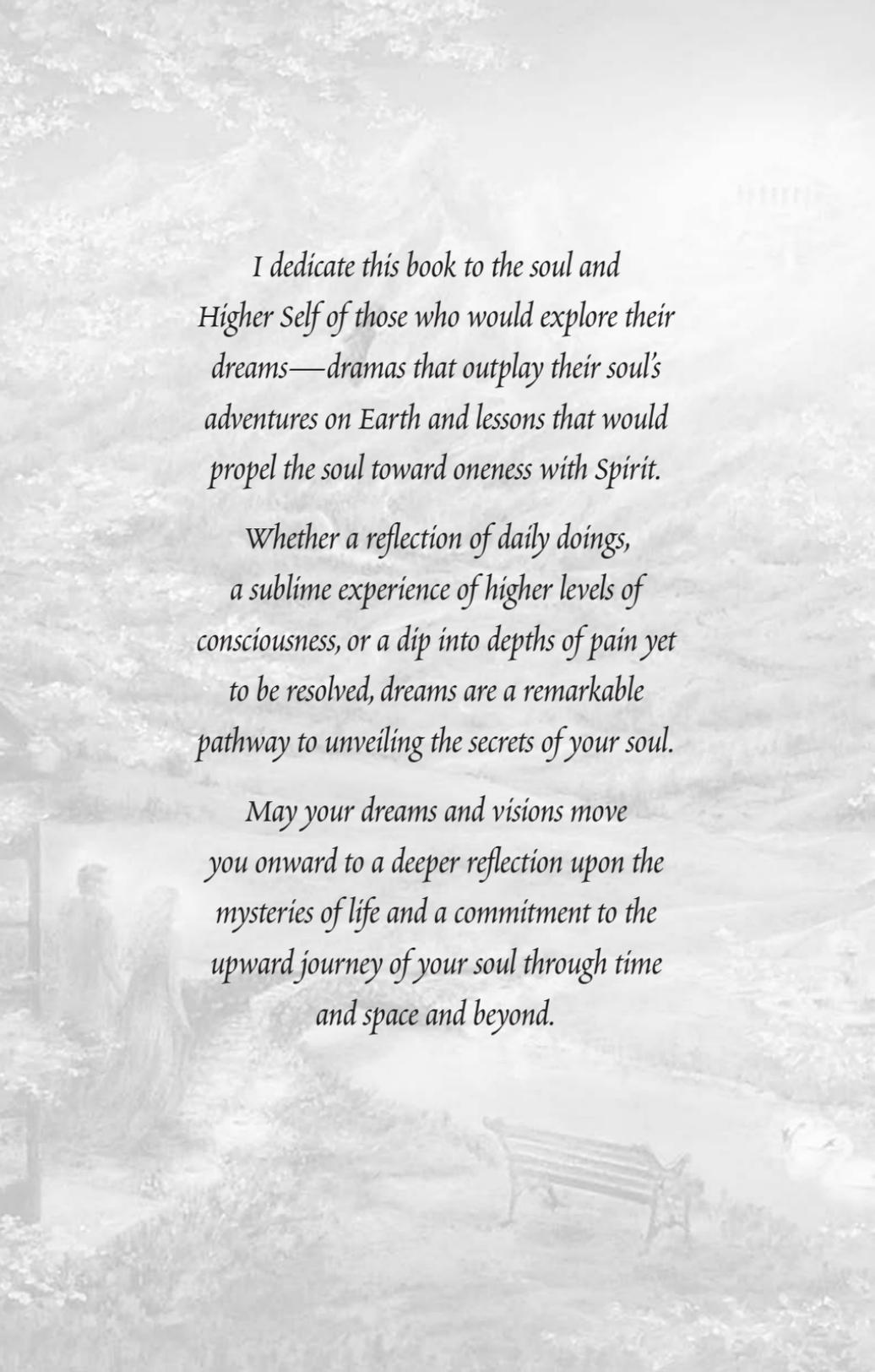
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The background of the page is a faded, artistic illustration. It depicts a landscape with a path leading through a field. In the foreground, there is a wooden bench. In the background, two figures are visible: one appears to be standing and another is seated or leaning over. The overall style is soft and ethereal, with a light, hazy atmosphere.

*I dedicate this book to the soul and
Higher Self of those who would explore their
dreams—dramas that outplay their soul's
adventures on Earth and lessons that would
propel the soul toward oneness with Spirit.*

*Whether a reflection of daily doings,
a sublime experience of higher levels of
consciousness, or a dip into depths of pain yet
to be resolved, dreams are a remarkable
pathway to unveiling the secrets of your soul.*

*May your dreams and visions move
you onward to a deeper reflection upon the
mysteries of life and a commitment to the
upward journey of your soul through time
and space and beyond.*

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Prologue

*The dream is the theater where the dreamer
is at once scene, actor, prompter, stage manager,
author, audience, and critic.*

—CARL GUSTAV JUNG
General Aspects of Dream Psychology

Dreams have always been personally meaningful to me. Throughout my life, they have guided and stirred me to explore the inner mysteries of soul and spirit. Their metaphorical messages have revealed depths of my being that I might not have understood in any other way.

My work as a psychotherapist is in transpersonal psychology, meaning the study of human experience that goes beyond the individual's persona, personality or ego. It is an emerging "fourth force" in psychotherapeutic theory, the other three being behaviorism, psychoanalytic theory and humanistic psychology.¹

The emergence of transpersonal psychology came about because in the 1960s and 1970s clients were reporting experiences that traditional theory did not address or explain to our satisfaction. What was happening to the human psyche when young people were getting "high" or freaked out on psychedelics? How was a therapist to differentiate between a normal person's meditative and mystical experiences and a psychotic's hallucinations and delusions?

Researchers and clinicians alike searched for answers. Emerging evidence came from three main streams: laboratory studies on biofeedback, altered states of consciousness and meditation; therapists' case studies of clients' mystical dreams and meditative work; and anecdotal reports of people's "natural high" experiences.

As transpersonal psychology quickly grew, therapists and researchers developed a new perspective and a new language to explain their findings. We began to hear about paranormal phenomena, transformational experiences and cosmic awareness. Spirituality and the search for the sacred entered the popular consciousness as acceptable life paths.

My work in transpersonal therapy is primarily with people who have been seeking the high road in their lives but have detoured and found themselves stuck somewhere on the low road. They may be uncertain about their direction and confused by their conflicting emotions. Their dream characters and circumstances dramatically portray the ways in which they are stuck and what it will take to free them and get them back on the upward trek.

Dreams can be a map for the soul's journey, unlocking hidden secrets and opening new vistas. I'll tell you one of my own childhood dreams that makes the point.

This was a recurring dream I used to have as a youngster. At that particular time, life seemed scary and confusing to me and I would wake up absolutely nauseated from the following scenario. In my dream there were two huge wire circles that were bigger than the earth, and I had to put the bigger one

inside of the smaller one without bending them. The bigger one was dull colored and the smaller one was bright gold.

As a child I didn't understand the message, I just got nauseated. But as I looked back on the dream as an adult, I realized my soul was expressing my absolute frustration with trying to do the impossible. In the dream, I was not only the child trying to do an impossible task, I was also the two circular wires that were bigger than the earth.

What did the wire circles represent? I believe the golden one represented my hopes and dreams, which were going around in circles and not coming true. And the larger, dull-colored one represented my problems, which seemed totally overwhelming and bigger than life to me. My problems were bigger than my hopes and dreams and I couldn't overcome them until I shrank them. (Many dream images carry a message with this kind of dual meaning.)

When I began my work as a transformational therapist, I realized that the solution to my childhood dream was spiritual alchemy and self-transcendence. I could indeed shrink the larger circular wire of my problems and expand the golden circle of my hopes and dreams. Now I could stop running in circles. As I accelerated in spiritual awareness, I would be changing my perspective on seemingly unsolvable situations and realizing my higher vision.

With a sense of excitement and inner joy, I realized the transformational opportunity and I have pursued that journey ever since. My childhood dream has been an inner polestar, always guiding me onward and upward.

I have learned that in the world of dreams our soul becomes a great dramatist with a definite statement to make. As the ego sleeps, the soul, in concert with the Higher Self, uses the sensory impressions of the day to stage an inner message. Our nightly dramas reveal the unique dimensions and inner reflections of our soul. They convey a metaphorical message to the ego, the outer self. The message is a call to action.

Our mystical dreams reveal our divine potential—who we already are in our Maker's eyes, the being we may choose to become. Positive dreams reveal our soul's upward growth and development. Seemingly mundane dreams, cloaked in the sensory impressions of the day, have inner messages about our soul's journey. Even our worst nightmares reveal inner parts of ourselves that are crying out to be healed—traumas, conflicts and hurtful habits that stubbornly plague us from subconscious levels.

The dream message can guide us on an inner healing journey. When the going gets tough, the dream points out old baggage to discard. To our joy and amazement, under the baggage we discover hidden gold.

I have written *Dreams: Exploring the Secrets of Your Soul* for kindred spirits looking for keys to self-transcendence. I hope to ignite an excitement about discovering your magical inner being. I hope to stir you to explore the mysteries inherent in your dreams—to dig into hidden nooks and crannies and toss old baggage, to claim the gold of enlightened understanding and to take wing into higher consciousness.

As you pursue the heights and depths of your own mysti-

cal nature, I believe that you, too, will delight in exploring the precious, hidden secrets of your soul. May your journey through dreamland be an illuminating and enriching adventure.

Introduction

*I will pour out my spirit upon all flesh;
and your sons and your daughters shall prophesy,
your old men shall dream dreams,
your young men shall see visions.*

—JOEL 2:28

In my practice as a transformational therapist and as a serious student of the world's mystical truths, I have confirmed for myself that life is a sacred adventure of the soul. Our souls have inner yearnings and mystical secrets ready for our discovery when we pay attention to our lives and to our dreams.

Psychology in its essence is the study of the soul—my soul, your soul. We begin to understand the more obvious nature of our soul when we probe our motivations, thoughts, reactions and behaviors. When we pursue the understanding of our nightly journeys, through our dreams, we are exploring our soul's hidden secrets.

The Journey of the Soul

My understanding of the journey of the soul has its roots in the pursuit of *gnosis*, a Greek term for inner knowing. Raised in a traditional Christian setting, I developed an early sense of inner knowing from my prayers, reading of scripture and communion with Jesus. My soul awareness was also nourished by music, nature and occasional mystical dreams and visions of the heaven world.

As an adult, I meditated and kept track of my inner visions and spiritual dreams. I felt drawn to the mystical aspects of spirituality. My inner nature resonated with the mysteries of the Kabbalah, the Essenes, the Christian mystics and the mystical threads of Buddhism, Hinduism, Taoism and Sufism. I explored esoteric teachings as well—Theosophy, Rosicrucianism, the I AM Activity, the Bridge to Freedom and The Summit Lighthouse.

My own experiences and those of my clients have taught me that we can travel the high road of spiritual initiation and attainment. We can choose to be one with the mind of our Creator, to exercise loving compassion toward everyone we meet and to claim the empowerment of our soul's divine heritage. Our dreams and visions become guideposts along the way.

A Reverence for Spirit

I had the opportunity as a child growing up in Arizona to learn about the customs of many American Indian tribes. Even then I understood their profound reverence for the spiritual essence of all life. And I learned that they considered dreams to be among life's most important experiences.

Native American customs fascinated me. As a teenager I became interested in the way many tribes provided a rite of passage for their youth involving dreams and vision quests. Usually these rituals were for the boys, and I remember wishing I could have a special rite of passage.

Although beliefs and practices differed from tribe to tribe, the Native American people had a heritage of being deeply in

touch with the sacred. They saw the divine spirit in nature and in animal life. And they sought divine intervention through dreams, visions and rituals.

Elders and healers would periodically isolate themselves from the rest of the tribe to fast, pray and meditate. They were in pursuit of dreams that would bring guidance and new direction. A common understanding was that the dreamer's strong will and concentration would draw the particular kind of guidance he needed. When I realized that many of these early customs and rituals had not survived into modern times, I was saddened.

Although today Native American cultures are highly respected around the world, in the 1940s and 1950s they were not. I remember seeing Navajo women in Arizona sitting on the pavement selling for undervalued return their beautiful wares of jewelry, pottery, leather goods and blankets. The ever-present souvenirs of Indian headdresses, totem poles and tomahawks perpetuated a stereotyped warlike image. Young men from the reservations faced discrimination and difficulty getting good jobs. They sometimes ended up discouraged and expressed their frustration by drinking and driving wildly over the desert.

I remember thinking, how tragic that "civilization" could so divest us of a sense of honor and civility toward this people. How tragic that the young men and women of the tribes were no longer encouraged by the larger culture to stand tall in their natural reverence for nature and the dignity of their soul and spirit.*

*The soul, whether housed in a male or female body, is the feminine counterpart of Spirit. Our spirit (lowercased s) is our masculine essence; thus we say the spirit of a person is joyful, lethargic, melancholy, and so forth.

Fortunately, today we see a renewed respect for Native American traditions, especially in the area of alternative spirituality.

The Life Story of Grandfather

As a prelude to our exploration of dreams, I would like to present a glimpse of the life of Grandfather. He was a revered warrior and shaman of the Lipan Apache tribe who spent his entire life seeking to understand and practice the eternal wisdom of Spirit. His soul's journey speaks to us of the high road of spiritual attainment.

Grandfather cultivated an ongoing connectedness to Spirit through an intuitive approach to everyday tasks. He learned respect for the cycles of nature and had a deep reverence for the essence of the sacred in all life.

The life journey of Grandfather was written by Tom Brown, Jr., a noted wilderness survival trainer.¹ He tells us that Grandfather lived a nomadic existence and trekked through forests, deserts and mountains all over North and South America. In his lifetime Grandfather walked thousands of miles, searching for and communing with his Creator. He walked alone, except when called to teach, to pass on what he had learned.

Following the way of ancient seekers throughout the ages, Grandfather prayed and communed in solitude and obeyed the inner guidance of the Great Spirit. He experienced life-saving lessons from the spirit of God in animal life. For example, a lizard came to his rescue and led him to water when he was in the blazing heat of the desert.

In the land of ice and snow he overcame loneliness and

experienced the unity of all life while watching the Northern Lights. There he was, lying in a snow bank, seemingly alone in the icy wilds, when his intuition prompted him to look around. And sitting in another heap of snow, practically next to him, was a ptarmigan (a kind of grouse), equally engrossed in watching the cosmic lights in the sky.

Grandfather respected all life. He loved and served people. He did his part to take care of nature and understood that we are God's caretakers of the earth. He was a practitioner and teacher of eternal truths, and yet as civilization moved on he saw little of what he taught being transferred to the younger generations. Only the few carried on the ancient sacred traditions.

I pay tribute to Tom Brown for passing on his heritage of Grandfather's walk with the Great Spirit. This captivating story awakens us to the eternal mysteries of God and to holy treasures hidden in the wilderness. We, too, can hear the voice of Spirit within when we listen with heart and mind and soul.

Grandfather's dream of passing on his heritage to future generations is not lost. As we seek to preserve the beauty of nature, return to a more sacred way of life and create inner and outer peace, we are keeping Grandfather's quest and vision alive and well.

Rediscovering Our Identity in Spirit

How do we rediscover our identity in Spirit while leading hectic lives that seem to continually accelerate? How can we be as connected as Grandfather was and receive the promptings of our soul and Higher Self?

I would point to a teaching that runs through all the world's spiritual traditions—that such understanding comes through the highest communion of the heart. A precious book, *Heart*, published by the Agni Yoga society, expresses it beautifully:

In substance, the heart is an organ of higher action and offering; hence each offering is of the nature of the heart. . . . Each throb of the heart is a smile, a tear, and gold. All of life flows through the heart. . . .

It is not without reason that the Teaching of the Heart is so needed for the life of the future. Otherwise how will you cross the boundaries of the worlds? . . . The heart is not wholly one's own organ but is granted for highest communion. . . .

A certain hermit emerged from his solitude with a message, saying to each one whom he met, "Thou possesseth a heart." When he was asked why he did not speak of mercy, of patience, devotion, love, and other beneficent foundations of life, he answered, "The heart alone must not be forgotten, the rest will come."

Verily, can we turn toward love, if there is nowhere for it to dwell? Or, where will patience dwell if its abode be closed? Thus, in order not to torment oneself with blessings that are inapplicable, it is necessary to build a garden for them, which will be unlocked to the comprehension of the heart.²

Many mystics and spiritual teachers direct their students to commune with Spirit through the heart. Elizabeth Clare Prophet says, "Love is the alchemical key." She reminds us that love is the nature of God and the essence of our own Higher

Self. Love is magnetic. It draws us close to the angels; it draws us close to one another. Love as the compassionate heart heals our pain. It is truly the greatest power in the universe. Where is it to be found on Earth but in the secret recesses of the heart?

And so, as aspiring adepts of the heart, hand in hand with our Higher Self, we can pursue a sacred journey. Our dreams and visions along the way become beacons to guide us. Living the mandates of heaven on Earth, we quicken and illumine the questing of our soul and move ever closer to oneness with the Infinite One.

We begin our journey by exploring the mystical roots of dream interpretation and looking at what people through history have said about dreams. We will look at lucid dreaming and Tibetan dream and sleep yoga as a path of spiritual adeptship through dream work.

Throughout the book, I analyze dreams of friends and clients to show how you can discover the symbology of your own dreams. Together, we will pursue the thread of connection between the dramas of daily life, our nightly dreams and the inner journeys of our soul.

As an explorer of your inner territory, you can journey through your own dream world guided by the pages of this book. You can learn to penetrate your dreams and unveil, layer by layer, the secrets of your soul, the fullness of who you are—and who you may become.

CHAPTER ONE

*Mystical Roots of
Dream Interpretation*



*Though inland far we be,
Our souls have sight
of that immortal sea
Which brought us hither.*

—WILLIAM WORDSWORTH
*Ode. Intimations of Immortality
from Recollections of Early Childhood*

Since the dawn of civilization, humanity has been fascinated with dreams and dream interpretations. This is understandable because we spend approximately one-third of our life sleeping, and a good bit of that time dreaming.

A sixty-year-old person, for example, will have spent twenty years sleeping and dreaming. It makes perfect sense that our interest would be kindled. Who wouldn't want to peek into that mysterious otherworld and discover what happens to us while our head is resting on our pillow?

To the ancients, dreams were considered sacred, a way of communing with the divine in the world of Spirit. Experiences in the dream world were taken as seriously as events in waking life. Over thousands of years, dreams and the study of dreams have gained, lost and regained credibility as cultures changed. Yet, all of the ups and downs in credibility have not changed the reality that we do dream.

Guidance from the Great Spirit

As we've seen, Native American tribes highly regarded dreams, for many of the elders and wise men of the tribes were mystics and philosophers. The presence and guidance of the Great Spirit through nature, visions and dreams influenced every aspect of tribal life.

Particularly noteworthy in this respect were the Naskapi in Canada. They lived in small family groups that were isolated from one another and from civilization. Consequently, they had to rely almost entirely on individual inner guidance for the counsel they needed in their lives.¹

The Naskapi believed the dreamer's soul was an inner companion and friend, *Mista'peo*, meaning "Great Man." *Mista'peo* was immortal and dwelled in the heart; following his direction was a sacred obligation. The Naskapi believed that each one must determine what is right by consulting the inner companion, *Mista'peo*.

This concept of an inner guide is very close to what is known esoterically as the "hidden man of the heart," another way of referring to one's Higher Self. Interestingly, the Naskapi depicted *Mista'peo* as a mandala, a symbolic circular design, which appears in a similar form much earlier in the Hindu culture.

The mandala is a symbol of wholeness and is considered a universal archetype. Its appearance as a Naskapi image is worthy to note because the people were so isolated they essentially had no contact with other civilizations.

Another interesting tie to Hindu culture is the belief in reincarnation by many tribes in North America, including the Eskimo and the Algonquin. Some even named their children for the person they believed the child had been in a previous life. Manly P. Hall, founder of the Philosophical Research Society, reports a legend where a parent gave his infant the wrong name. As the story goes, the baby cried and

cried and could not be comforted until the mistake was corrected and the child had the right name.²

While the Naskapi relied on inner guidance, other North American tribes sought deities and guardian spirits for divine inspiration and practical direction. For example, Maricopas attributed all success in life to guidance received from these divine beings during out-of-the-body experiences at night. The Iroquois believed dreams were of greater significance than daytime thoughts because the dreamer had been in contact with the guidance and wisdom of the soul. The Papagos received dream teaching in the form of dream songs. They believed positive actions could come through these songs, such as healing for the sick and rain for the crops.

We find similarities between Native Americans and the Polynesian people of the Hawaiian Islands. From ancient times, the native Hawaiians considered dreams highly important communications. Some were messages from ancestral spirits or the deities of the islands, whose advice was an important source of warning as well as a source of protection, healing and guidance for the future.

The native medical experts, *kahunas*, practiced dream incubation (a special ritual of preparing for, experiencing and remembering dreams) in special temples in order to receive divine healing guidance. Hawaiians also practiced dream incubation in their homes and believed that the soul, the *‘uhane*, could leave the body during sleep and have out-of-the-body experiences. Dreams were the story of the soul’s nightly travels.

*Dream Animals:
A Manifestation of the Self*

Along with many other Native American tribes, the Navajo revered the wisdom and guidance in their dreams as coming from dream animals as well as deities and spirits.

Jungian psychology explains that when an animal appears in a dream it is a manifestation of the Self, our higher inner guiding force. Thus, we come to know the Self by investigating our dreams and visions and understanding ourselves at a deeper level.

When we listen to and heed the inner messages from the Self, we mature psychologically and spiritually. The Self is often symbolized as an animal because it represents the divine essence of our instinctive nature and connectedness with our surroundings.

Jungian analyst M.-L. von Franz reported one woman's meditative experience in which the Self appeared as a deer. The deer said to the woman: "I am your child and your mother. They call me the 'connecting animal' because I connect people, animals, and even stones with one another if I enter them. I am your fate or the 'objective I'. When I appear, I redeem you from the meaningless hazards of life. The fire burning inside me burns in the whole of nature. If a man loses it, he becomes egocentric, disoriented, and weak."³

With my own clients, I have seen animal symbolism in the dreams of people who are not Native American but respect their ancient ways. For example, I had a client, an older woman, who loved buffalo. She had the following dream:

“I see two black bull buffalo. I step out of my car right next to them. Their heads are lowered as if to attack. I hesitate, and then I walk off with the buffalo following me. I awaken, thinking, ‘That’s kind of neat!’”

In her associations she saw buffalo as friendly, protective, majestic. She said, “I’m comfortable with them. They symbolize the life of the Native American people, spiritual people who are in tune with right and wrong through nature. I have a great love for animals. I think I must have been an Indian in a previous incarnation.” She added, “The scene in my dream reminds me of a picture I have of two buffalo: one is a regular black buffalo, and the other one is all white, which represents the Great Spirit. In my dream, I have my majestic protectors with me.” Her dream message is bold and clear.

Ancient Explanations of the Mysteries of Life

During ancient times (and perhaps also today), the origin and journey of the soul were veiled in mystery. Stories about the soul were cloaked in mythology as people tried to understand and explain the mysteries of life. How did the ancients account for the forces the soul met in everyday life and during nightly travels?

Sometimes they simply personified the powerful forces of nature as mother earth, father sun, brother wind or sister moon. At other times, awed and frightened by seemingly supernatural happenings, they referred to these forces as gods and goddesses or angels, spirits, demons and devils. And they wove archetypal stories around them.

Over millennia, people who revered the sacred were receiving prophetic and enlightening messages. Sometimes the messages were delivered by powerful, unseen spiritual beings. Different cultures across the earth have given names to the invisible source of these messages: the Creator, the Great Spirit, the Tao, Brahman, Ein Sof, God, Elohim, Jehovah, Allah.

Sometimes people had dreams or visions of higher beings, whom they revered as angels, *sefirot* or etheric spirits. If the being was without form, it might be described as brilliant light. In some instances the being would reveal a form and give a specific name, as Archangel Gabriel did when he appeared to Mary in the Visitation and to Muhammad to tell him he was to be Allah's messenger. These powerful spiritual experiences, integral to various cultures, were passed down through the years, from generation to generation.

In every age and culture we find some have pushed beyond the barriers of human understanding to search for a higher knowledge. Such spiritual seekers in the ancient world honored their dreams and lived their sense of the sacred.

The mythology of ancient cultures reminds us that the soul's character and life-path originate in the divine. Our soul is cloaked in mystery upon the earth and our higher character and life-path are forged into the heroic through individual attunement, discernment, determination and decision-making.

Ancient teachings suggest that much of our true nature is hidden and only as we mature over a lifetime, or lifetimes, do the energy patterns of our original divine nature fully emerge

and crystallize. Thus, although our essential nature is pure energy, each of us has special gifts inherent in the patterns of our soul.

Like our Creator, our consciousness on all levels is profoundly fluid and changing as we move through our sacred adventures in time and space. Our Higher Self (Christ Self, Buddha Self, Krishna Self, as you will) retains the original divine pattern of our unique identity in Spirit.

Notes

Prologue

1. See the section on “Transpersonal Psychology” in Raymond J. Corsini and Alan J. Auerbach, *Concise Encyclopedia of Psychology*, 2nd ed., abr. (New York: John Wiley & Sons, 1998), pp. 902–3.

Introduction

1. See Tom Brown, Jr., *Grandfather* (New York: Berkley Publishing Group, Berkley Books, 1993).
2. *Heart* (New York: Agni Yoga Society, 1975), pp. 224, 225.

Chapter One: *Mystical Roots of Dream Interpretation*

1. The material in this section includes a compilation of historical information from M.-L. von Franz, “The Process of Individuation,” in *Man and His Symbols*, by Carl G. Jung et al. (Garden City, N.Y.: Doubleday & Company, 1964), pp. 161–71, 207–15; and Scott Cunningham, *Dreaming the Divine: Techniques for Sacred Sleep* (St. Paul, Minn.: Llewellyn Publications, 1999), pp. 90–114.
2. Manly P. Hall, *The Secret Teachings of All Ages* (Los Angeles: Philosophical Research Society, 1977), p. CXCIII.
3. Von Franz, “The Process of Individuation,” p. 207.

Chapter Two: *Ancient Records and the Scientific View*

1. See Samuel Noah Kramer, *The Sumerians: Their History, Culture, and Character* (Chicago: University of Chicago Press, 1963), pp. 33, 136.
2. Michel Soymié, “Les songes et leur interprétation en Chine,” in *Les songes et leur interprétations: Sources orientales* (Paris: Seuil, 1959), p. 284.

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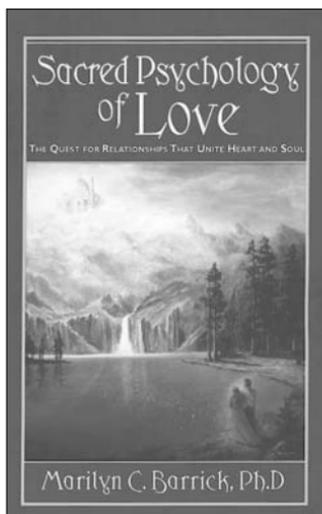
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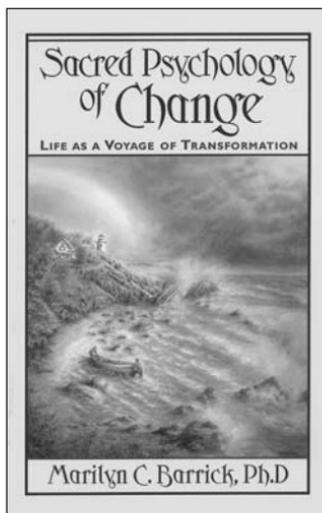
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Marilyn C. Barrick, Ph.D., is a clinical psychologist, minister and author of two popular books, *Sacred Psychology of Love: The Quest for Relationships That Unite Heart and Soul* and *Sacred Psychology of Change: Life as a Voyage of Transformation*.



Combining psychological expertise and in-depth spiritual understanding, Dr. Barrick specializes in spiritual psychology and transformational work, dream analysis, inner-child work, relationship counseling, Gestalt techniques, spiritual self-help exercises and EMDR trauma-release therapy. In addition to her private practice, she conducts workshops in the U.S.A., Canada and Europe.

Dr. Barrick has consulted as a psychological expert to schools, government agencies, professional advisory boards and mental health facilities. In the 1960s and early 1970s, she taught graduate courses for the Department of Psychology at the University of Colorado and served with the Peace Corps as a training development officer and field counselor. Since 1976, she has been a minister in a church that integrates the spiritual teachings of the world's major religions.

Dr. Barrick's perspective on dreams and her intriguing examples of dream analysis in her book *Dreams: Exploring the Secrets of Your Soul* are drawn from her clinical practice and ministry. As she puts it, "Dreams are a window through which we view the secrets of our soul. And dream analysis becomes a sacred adventure, where we explore the very essence of who we are and who we may become."

Visit Dr. Barrick's web site at www.spiritualpsychology.com.

DREAMS

EXPLORING THE SECRETS
OF YOUR SOUL

Everyone and everything in our dreams is part of us . . .

We spend one-third of our lives asleep—and most of that time we are dreaming. But we don't always remember our dreams or understand the messages they are conveying. Dr. Marilyn Barrick's fascinating work shows that our dreams are not only meaningful and connected with events in our lives, but they also hold valuable keys to our spiritual and emotional development. In fact, our souls are great dramatists and teachers, and the scripts of our dreams often contain profound and valuable guidance.

Dreams: Exploring the Secrets of Your Soul discusses Tibetan sleep and dream yoga, lucid dreaming, and techniques to help you more clearly remember and understand your dreams. Learn how to interpret your dreams through the powerful insights in this book and the author's visionary analysis of actual dreams. And discover how to decode the metaphorical messages of your own soul.

"This unique book on dreams integrates the soul's development on the spiritual path with personal dream work . . . It invites us to consider a greater potential of the self beyond life's ordinary conflicts and helps us open up to a greater understanding of the purpose of life."

—RALPH YANEY, M.D., psychiatrist/psychoanalyst
and author of *10,001*

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