

October 30, 1991

JEY is here and your prayer is heard. Know that JEY has been aware of the interest that you are showing in dreams and would at this time be able to help you. So be it. Now allow JEY to give voice to this. . .or in this case, allow JEY to write. So be it.

When you are in a time of sleep, there is that which is a change in the amount of energy that is needed for the body to survive. In other words, sleep provides a time for the rest of the body and mind, and when that occurs, it is then possible that the occurrence of that you call dreams takes place. When it is known that the mental self is willing to accept the material that is provided through dreams, it is wise that the individual would attempt to remember the dream. JEY would ask now that you would provide the time just for JEY to write and then JEY will provide that which is a rational approach to giving the material to those in the gathering.

First, allow JEY to tell this. As a the group approaches the time for the contribution that you will make, know that it is important that you provide them with material that is Truth, and JEY will attempt to give that. And so JEY will at this time attempt to give such.

First, let it be known that a dream that one experiences, is simply a manifestation of the inner experience that is given through the unconscious. When one is able to be in a deep sleep that provides a time for the unconscious to manifest self, then those experiences that you call dreams are allowed to come forth. As you are aware from your own dreams, it is usually very difficult to understand the meaning. Know that the language of the unconscious is different from the language of the conscious. Thus, it is necessary to communicate through dream in a symbolic sense, and often those symbols are hard to interpret. A danger is inherent in attempting to give meaning to the dream. If you find you are unable to so give meaning to the symbols, then it is possible that you can receive help.

As you are aware, JEY has helped many who would come with regard to their dreams .

Now as those symbols are presented to the conscious self, it is often forgotten in the waking state and thus not of any immediate concern to the conscious mind. But when one is able to recall what has been presented by the unconscious, it is often with a bewildering demeanor. And so it is that one is more often liable to suppress the dream than they are to attempt to recall it.

What is important here for you to know is that indeed as in times past, the spirit within you does attempt to give messages through the dream state; and so it is often thought of as being a supernatural event. If you will cultivate the ability to recall and then interpret the dream, it will become a valuable tool for you as you continue on your spiritual journey. Know that it is possible to do so.

This is what JEY would recommend. As you prepare for the sleep state, seek that your spirit within would provide you with information that can be readily recalled upon awakening. When you awaken, and before you become involved in any activities, immediately ask to recall what you have been given and then make a written record of it. If you will practice this, you will soon find that there is a thread that runs through all of the sequences which will provide a clue as to the interpretation of the dream. If you will continue in your practice, you will be able to begin to understand the meaning of those things which are brought to you.

It is often necessary for you to seek help in understanding the dreams, and JEY will provide such; but know that it is often possible that the guardians of spirit of all who are present will be able to help. JEY would ask that you not ignore your dreams. They are important and they do form the basis for a message from the spirit within you. Know that the sleep state is an important learning time during your lifetime on Earth; and so it is that it must be used to full advantage.

As you are aware, it is possible for those who are in spirit to come and work with your spirit as you sleep; and as well, it is possible for the spirit within you to work with others who are outside your presence. Whether you allow this is your own initiative, but know that it is a time well used if you continue to allow your spirit within to remain active during your sleep state .

And so as you receive those messages during sleep, know that the word DREAM will take on new meaning to you. You are to understand that this aspect of your life can be carefully guarded by your guardian of spirit and know that as you seek for guidance and protection during your sleep time, it will be so.

If you are at this time unable to accept that you have the ability to interpret your dreams, know that it can be cultivate, even as any other spiritual knowledge is made clear to you. And so it is advised that you be alert to your dreams, that you recall them and record them; and as you then keep a record of all your dreams, you will soon be able to see the significance of them. Do not fear your dreams, but rather consider that they are a language that has great importance to you.

Know that even as those who are told about in your scriptures were mindful of the importance of dreams in their relationship to the Creator, even so they are important to you because NOTHING HAS CHANGED with regard to the Creator. You are a creation that has existed throughout eternity, and you still have the ability to communicate, or receive communication, as did those who you consider to have been of 'yesterday'. Know that as JEY has said, there is only the NOW, and so you consider the NOW and be aware that the communication or the closeness of the spirit within to the Creator will provide the opportunity in the now, even as in what you consider to be the past.

JEY would give thanks for the opportunity to provide this information, and there will be more to be given in the day to come. Be at peace and go in the love of those in spirit. Know that we are assisting in the preparation.