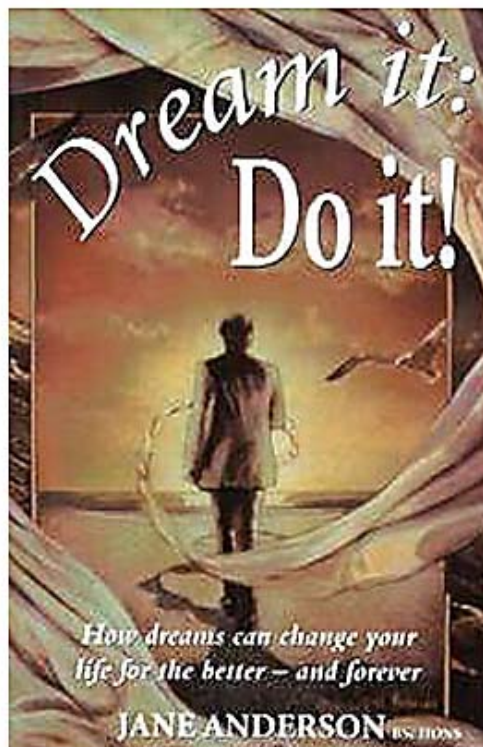




Jane Teresa Anderson's



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Dream It: Do It!

How dreams can change your life for the better – and forever

Jane Teresa Anderson

Dream It: Do It!

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About the Author



Jane Teresa Anderson BSc Hons is an internationally acclaimed dream analyst, dream therapist, and dream alchemist living in Brisbane, Australia, consulting worldwide through her website at www.dream.net.au and blogging at www.JaneTeresa.com.

Published by Hachette, Random House, and Harper Collins, Jane Teresa is the author of six books including *Dream Alchemy*, a frequent guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across. She also hosts a monthly podcast series, *The Dream Show*, at TheDreamShow.TV

With an Honours degree in Zoology specialising in neurophysiology from the University of Glasgow, (graduating as Jane Teresa Newton), Jane Teresa has been researching dreams since 1992, and developing and teaching dream alchemy practices (exercises) that transform unconscious limiting beliefs.

As a dream analyst, Jane Teresa is able to reveal a dreamer's unconscious mindset and show how this is affecting the dreamer's waking life. As a dream alchemist and dream therapist, she is able to create exercises based on this insight - simple exercises using the dreamer's personal dream symbols – to help transform the dreamer's mindset for more enriching outcomes.

CONTENTS

- About the Author
 - Preface - River of Dreams
- Have You Ever Had a Dream Which Changed Your Life?
 - How to Make Your Dreams Truly Life Changing
 - The Questionnaire
- On Spirituality, Universal Life Force & God
 - River 1
 - Nellie - Given New Life 1985
 - River 2
 - Dee - Reason for Being 1965
 - River 3
 - Sarras - Life: 'Live in Fear Every Day' or 'Live in Faith Every Day' 1992
 - River 4
 - Wraith - There is No Time 1966
 - River 5
 - Grace - Noah's Ark 1994
 - River 6
 - Lorna - A Mystical Experience 1965
 - Ocean Dip
 - John - In the Still of the Night 1968
 - Ocean Dip
 - Anne - My Awakening 1992
 - Ocean Dip
 - Rowyn - Reality 1990-94
 - River 7
 - Cheryl - Stop Crying, I'm Ok 1984
 - Good Advice 1993
 - River 8
 - Violet - Dream of a Dark Night 1971
- On Following Instructions
 - Ocean Dip
 - Pam - Change of Direction 1991
 - River 9
 - Susannah - Meeting My Ancestor Spirit Guides 1991
 - Ocean Dip
 - Sue - Husband to Leave 1977
- On Releasing the Past
 - River 10
 - Calli - The Scarecrow 1989 (a recurring dream)
 - The Game of Illusion 1990
 - Ocean Dip
 - Phillipa - The Old School 1994
 - River 11
 - Moni - The Letter 1994
 - Ocean Dip
 - Barney - Shot! 1994
- On Precognition
 - Ocean Dip
 - Annie - Luke's Story 1993
 - River 12
 - Jaquie - Working with the Inner Self 1978
 - River 13
 - Cassandra - Caught in the Fence 1986
 - River 14

Daniel - Warning from Daniel 1985
 River 15
 Harry - Three Tidal Waves 1993
 Ocean Dip
 Fiona - Love and Music 1980
 River 16
 Zohara - A Glimpse of the Future 1988
 On Realising Potential
 River 17
 Peter - The Water is Perfectly Safe 1994
 Ocean Dip
 Vi - The Tree 1990
 River 18
 Lee - The Mysterious Gift 1992
 A New Self 1993
 Ocean Dip
 Heather - Jacaranda 1990
 Ocean Dip
 Mary - A Change of Scene 1986
 Ocean Dip
 Michaela - Michaela's Dream 1985
 River 19
 Mell - The Riverwall Dream 1992
 Ocean Dip
 Wendy - Babies 1980 - 1990
 River 20
 Andy - The Winds of Change 1994
 River 21
 Akira - Where Am I? 1990
 Ocean Dip
 Dee Dee - Courage 1987
 River 22
 Kate - Trusting the Process 1994
 Ocean Dip
 Caroline - Warning 1986
 River 23
 Francoise - The Dolphin 1994
 River of Women 1992
 Ocean Dip
 Willow - The Precious Jewel 1991
 On Seeking Answers
 River 24
 Beth - Creatures of Habit 1994
 River 25
 Julie - Zenith 1991
 Ocean Dip
 Caz - To Remain or Not to Remain Married? That is the Question 1993
 Ocean Dip
 Jayne - Decision 1992
 River 26
 Arthur - Little Dove 1991
 On Crisis
 On Impact
 On Taking Action
 On Regrets
 On Health & Wellbeing

River of Dreams - the Sequel
Keeping a Dream Journal
Acknowledgments
Resources

Preface - River of Dreams

I came upon a river, perhaps no more than three or four metres wide, tumbling, lively, dispersing spangles of sunlight as it washed its way through mountainous soil. Up here, amongst the peaks, it was spring.

Stepping into the river I slipped beneath the surface, feeling its fresh yet warming waters flow across my skin. It seemed no miracle that I could easily breathe down here, surrounded by crystal water. I swam, froggy style, easily and with overwhelming tranquillity, following the river bed, observing every rock, colour, animal and plant along the way. The river was not deep and occasionally my knees touched the sand, reminding me to refine my swimming style.

And so I journeyed, neither needing to come up for air nor wishing to. (I, whose heartbeat races at the thought of being submerged in my waking life!) In time I came to the place where the river spurted into a waterfall, where its inner silence was transformed into a noisy, splendiferous sight, every drop that once slid within the body of the river now turned inside out, flung into the air, on the outside, for all to witness. Thousands would gaze upon the waterfall, perceiving the view from many angles and from great distances. Here, where the river splayed itself into the world, I need follow no longer.

Turning, I swam back and on past the point of entry, peacefully flowing, now heading upstream to find the source of the river, its origins. Satisfied, I turned again, finally to emerge at my own starting point.

I repeated this process through twenty-five different rivers, then lay content in the sunlight to absorb.

Within each dream lies life-changing potential which, if acted upon, can bestow anything from minor life improvements to total personal transformation. This was the premise of my first book *Sleep On It*, which was based on an in-depth survey of 160 dreamers over a period of a year. Shortly after its publication, I felt the need to reach out and find people whose life-changing dream stories could be told in greater personal detail, and also to open myself to further research into what makes any particular dream truly transformative.

When I dreamed the 'River of Dreams' I had already prepared much of the work for this book and was at the stage of deciding how to present it. I knew that I wanted to tell many of the dreamers' stories in greater detail, but I was also aware of my publisher's word-length requirements.

I awoke straight after this dream knowing exactly what it meant. There was no need for interpretation. Each river was one dreamer's story. Water often symbolises the emotions or the subconscious, and the river itself can be seen as the 'flow of life'. I knew I should present twenty-five life-changing stories in detail and then dip my hand into the ocean, into which all rivers run, to retrieve insights from the rest.

The dream suggested that I should enter each dreamer's life around the middle of the river, which I perceived as being the moment of the life-changing dream itself. Each story in this book therefore opens with the life-changing dream in question.

After immersion in the dream, re-living the dream experience as each dreamer had, mine was then the task to follow their lives both to the point where each changed life burst forth into the world (the waterfall) and to the place of origin, the source of each

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dreamer's tale. While I should observe and experience the full length of each story, my dream advised me not to go too deep: my occasional grazing of my knee on the river bed reminded me, symbolically, to tighten and refine my writing style, to view the overall span of the tale rather than its depth.

My dream reference to not coming up for air was a reassuring one for me, since my deadline was not far away. The tranquillity of each swim gave me the faith that I could write the book smoothly, with great concentration, in a limited amount of time, and that I would not feel the need to come up for air. Through holding this picture in my mind I was able to peacefully apply myself in concentrated periods that, years ago, would have caused me tremendous stress. Ah, the value of a dream!

Halfway through writing the book, I felt the need to add a detailed life-changing dream of my own, but anonymously, because it involves other people whose identity should remain hidden in respect for their private lives. You will discover, therefore, that I have swum twenty-five rivers - plus one, and taken nineteen invigorating dips into the great collective ocean of life to bring you this book.

On reviewing my own dream, 'River of Dreams', I laughed to see that even the significance of my 'froggy' swimming style was symbolically important. Frogs, in dreams, often symbolise transformation, since tadpoles metamorphose into frogs, and, far more importantly, ugly frogs transform into handsome princes! This book is the story of the transformation of forty-five people's lives through their dreams, but, unlike the fairytale of the princess and the frog-prince, these stories are true.

Have You Ever Had a Dream Which Changed Your Life?

Well have you?

Every dream is potentially life-changing, and at a rate of about five dreams a night (yes: we all dream and you can learn how to recall them all!) for 365 nights a year, more than 1,800 opportunities to improve your lot have flicked behind your closed eyelids for every year of your life. The only difference between the dreamers in this book and those who answered 'no' to the opening question, is What? That's what I wanted to know, and that's where this story begins.

First I had to find people who had taken life-changing action because of a dream. Through 'The Dream Research Bank' I had access to a number of people who had life-changing dream stories to tell. The Dream Research Bank is an ever increasing network of people throughout Australia who keep in contact with my dream research through a quarterly publication, 'Dream Net'. This provides details of various research projects which members can take part in and areas of dream experience I am interested in collecting, alongside informative items on dreaming. [Post-script, August 1999: The Dream Research Bank has now been transformed into the web site and its associated activities.]

I was keen to attract a broad range of life-changing dream stories, so I increased the invitation through a publicity drive in early January 1995, calling for people who had 'a dream which changed your life somehow, for better or for worse', through a large number of radio stations and newspapers across Australia. The response was immediate and very encouraging, and it was not long before I had identified all the contributors and despatched the initial questionnaire to each one.

The questionnaire (see end of this web page) was comprised of twelve simple questions which the dreamers were invited to answer in whatever detail they felt appropriate. My approach was to pose questions which interested me, but not to request tight, statistically accessible replies. I wanted each person to feel free to tell their own story within the loose guidelines of my questions, while also giving me points of reference to make comparisons and draw conclusions about the material as a whole. In retrospect, I feel this was a worthwhile method which enhanced the individuality of each story as well as allowing each dreamer's personality to add his or her own hue.

I decided not to give a precise definition of what I meant by a 'life-changing dream'. I left it open to people to decide for themselves what they considered to be 'life changing': if you've changed your life because of dream, you know it - you don't need someone to define it for you. As Beth, one of the contributors to the book, said, 'Giving up smoking was a really big thing for me, so I am sure it's classified as life changing', while for others, such as Nellie, Sarras and Dee, 'life changing' is a rather

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mild way of saying, 'life saving'. Nellie's dream returned her from the point of death, Sarra's dream experience renewed her will to live after aborting a suicide plan, and Dee had actually died, had her dream experience, and then been resuscitated to live a changed life.

I realised that asking people for unstructured written replies could be too time consuming or daunting, so I offered the dreamers the option of a phone interview. These interviews were recorded on audio tape and later transcribed. I also phoned several of the people who sent written replies to ask for expansion or clarification, and these interviews were also recorded and transcribed. This combined approach worked well, since some people felt they could express themselves more clearly through the spoken word, and in conversation, whereas others preferred to contemplate their exact choice of words, or felt they communicated more intimately through writing, as if they were reflecting on their lives through a personal and private journal. Two of the contributors were talented writers who adapted their unpublished material to suit the interests of this work. The overall results was a range of expression and style which complemented the variety of stories being told.

Confidentiality was a major consideration in preparing for this book. All contributors were invited to choose a pen name for themselves and for other people who appeared in their dreams, and to change place names to prevent identification. All other details are accurate. Finally, after preparing the manuscript, I invited each dreamer to check and edit their story. They all did. What you read on the following pages is what actually happened, without any distorted perception from the author!

Forty-five life-changing dream stories are told in this book, twenty-six in detail, and the remaining nineteen in a series of inspirational glimpses. Each dream, combined with the actions taken by the dreamer, reflects several overlapping themes. Fifteen dreamers took action on some sort of instruction given in their dream, while fourteen dreams revealed aspects of self-understanding. Ten dreams had a highly spiritual content, while nine exhibited themes of reassurance or support. Releasing past hurt was a common to eight dreams, while taking back control of a situation, recognition, realising potential, improving relationships and getting answers to important questions were each observed six times in various dream accounts.

I have chosen to present the dreams in six central themes - Spirituality, Following Instructions, Releasing the Past, Precognition, Realising Potential and Seeking Answers - simply because these represented a wide cross-section of the themes present in the dreams. Most dreams belong in several categories, and I could have elected to categorise the same dreams under completely different headings. The point was not to focus on labelling, but to compare how different dreamers handled similar themes. My research findings based on these comparisons are incorporated in the text.

Each story begins with the life-changing dream, simply because, in each dreamer's life, the dream itself was really the start of it all. As you read each opening dream, try to experience it as the dreamer might have done; let the mystery of it wash over you, then follow the dreamer's footsteps to discover how each dream translated into life-changing consequences. After each story I have added 'Jane's Interpretation', to help guide you further in your understanding of the dreams and how to make practical use of them. These sections throw added emphasis on the original interpretations, or suggest parallel meanings which the dreamer may have missed. I have also included useful techniques and hints on elucidating dreams, using these dreams as examples. You will find strange and beautiful dreams, but you will also find some which run close to your own dream experiences. My interpretations, suggestions and ideas,

combined with the inspirational tales told by the dreamers, should give you all need to embark on your own life-changing adventure.

But wait one moment; before diving into the rivers and dipping into the ocean ebbing and flowing through the rest of this book, I'll give you some advance preparation skills.

*** END OF SAMPLE ***

Enjoying this book?

