

Children and dreams

With George Rhatigan

I have found, with my work with children and young people that they, once you get their co-operation, are much easier to heal than older folk who are more resistant to change. You can simply tell a child to take a few deep breaths and go back into a dream and he or she will be instantly there. A strange thing then happens. When the child talks to the characters in the dream, he or she will be answered with great wisdom and understanding.

As mentioned previously, dreams are like workshops and they invite co-operation and interaction. In the case of recurrent nightmares, the techniques offered here provide a means of re-empowering and supporting a child to transform their dream and thereby overcome his or her fears.

Facing our Monsters

For example. If a very young child dreams of being chased by a monster in their dream, invite them to close their eyes and relax and re-enter the scene that they saw in their sleep. Reassure them that they cannot be hurt by this monster. Tell them that this is their dream and therefore, they have the power to create whatever they want in the dream. Remind them that they want to make the dream better, and that they don't want to be afraid of the monster any longer. You can then suggest that they invite their favourite superhero, or an angel or even another guide that they know, trust and admire to be there with them in their dream. They can then imagine the angel or the superhero or guide transforming the monster into another more palatable form – for example a butterfly. Or if there was a frightening animal, they can change it- for example changing a lion into a little kitten. In this way, they learn not to run from their fears but to face them and not to be afraid.

It can be very helpful to establish a habit of sharing dreams, perhaps around the dinner or breakfast table with your children. In this way,

the family can engage together with the unspoken messages of their collective dream life, gain insights into one another's inner world and even be entertained by the stories and dramas that dreams provide.

Preparing to re- enter a dream

Older children can be introduced to the process of interacting with their dreams in a more exploratory way and this can be especially supportive in the case of illness.

Dreams reflect how memories of birth and early childhood and our learned, habitual negative reactions to those memories determine our personality and consequently our illnesses. Are we still habitually angry or depressed because of the perception that we were apparently not loved at birth or early childhood? These memories and the effect they are having on our health and wellbeing in present time will be illustrated in our dreams.

When a person re-enters their dream and asks; "What am I doing to myself because of this memory, or because of this person ? (usually Mum or Dad)", the answer may show how the influence of a parent genetically or telepathically is creating the illness or the feeling of depression, suicide or self-sabotage of relationships, career, etc.

Next, the dreamer asks; "How do I change this dream around so that I receive healing? "As usual, the answer will come intuitively. Usually it helps to call in an expert. For example, if he or she needs to heal or eradicate influences coming down a parent's genetic line then the child can be invited to visualise a tree to symbolize this. A friendly gardener is then brought in to treat it – perhaps by pruning, removing defective fruit or unnatural root growth.



Guided visualisation meditation for children

If cancer is the problem, then a rat catcher would be more appropriate to deal with negative life forms than a gardener. This indicates that one is willing to co-operate with Higher Authority.

In the case of cancer, a dreamer's first reaction might be to use violence to destroy the rats (cancer images). This is *not* recommended. The rats represent the effect of negative energy on body cells. Energy cannot be destroyed. It can only be transformed. The dreamer might "be told" to construct a Triangle of Light between the self and the rats and to visualise the rats being sent up to the sun or to the Universe. The cancer image can be levitated up one arm of the triangle and come down the other arm in a more positive form. So, a dog or a bunny rabbit might be offered as a more appropriate form of energy than a rat.

Most people, especially children doing this work cannot be expected to remember the questions to ask when they re-enter a dream. A parent can supervise the operation which can be repeated over and over again until the sub-conscious has learned that the dreamer does not want, need or deserve the cancer.

It can be useful to play soothing music in the background during this process. Using the same music each time to help re-iterate the impressions upon the sub-conscious mind.

Questions to ask when you interact with your dream:

1. What are you?
2. What do you do?
3. Why do I need you in my life now?
4. What part of me do you represent?
5. How can I change this around to bring healing?

