

The Four Rules of Dream Interpretation

With George Rhatigan

1. Everything in the dream is Me
2. Everything in the dream is linked through Cause and Effect.
3. I am responsible for Everything in the dream.
4. What I am trying to Avoid in the dream is what I Need Most in waking life.

Rule One: 'Everything is Me'

Dreams, being creations of the mind, reflect such aspects of the self as ideas, ideals, emotions, hopes, fears, health and sexuality. They recreate our functioning which has four basic outlets of expression,

(A) Physical (B) Emotional (C) Mental (D) Spiritual

(A) Solid symbols, such as a house, car, or the earth, represent the body. For example, if the structure of the house in your dream is shown as in need of repair, it indicates poor physical health in the present or future.

(B) Fiery symbols, as in fire, electricity, bombs or gunfire, symbolize the emotions. If emotion - or lack of it - is a problem then look for reference to these fiery symbols. Take note of the effect they have on the solid structure in your dreams such as lightening striking a house or fire consuming a hospital. Such dreams contain health warnings. Sometimes, the sources of heat, or emotion, are conspicuous by their absence as, for instance, a dream about a fireplace with an unlit fire in the hearth - a pun for heart. This indicates the repression of normal emotional expression which, in waking life, can lead to physical problems with the heart. The same dream might draw your attention to a crack in the chimney wall indicating problems with the circulatory system in present or future time. The heart needs the stimulus of emotion to stay healthy.

(C) Airy or ethereal symbols, such as the wind, atmosphere, weather, interior of a room or building - literally the space between these four walls - indicate your state of mind. For example, darkness to the front of a house or building can indicate a depressing or pessimistic view of life or the world. A 'heavy' leaden sky carries a similar meaning, while a dingy, dirty room with filthy furniture and old rags scattered around indicates an angry state of mind. The way we decorate or desecrate our rooms in waking life is a reflection of the way we think and the same is true in our dreams.

(D) Water symbols such as rivers, lakes, canals, the sea, household water, rain and even bodily fluid, reflect the dreamer's philosophy of life, his spiritual expression - as in music, art, religion, psychic awareness - and the bloodstream. For example, if a dream features a man-made canal which is geometrically structured and artificial, then spiritual expression is limited rather than natural and free-flowing. This can indicate influence from a rigid form of structured religion. A contained source of water, like a lake or pond, indicates the dreamer has no outlet for spiritual expression, especially if the water is stagnant. Material considerations - land surrounding the water - are inhibiting spiritual flow. If the waterway is dirty and polluted - a river, stream or canal with sewage, plastic bags, rubbish or other waste matter floating or being dumped into it - then the dream may be indicating the state of your blood stream. This usually means that toxic waste from the colon is entering and polluting the circulatory system. A polluted waterway can also indicate a sense of guilt and a need to feel 'clean'. This usually comes from former life (religious) influences.

Rule Two: Cause and Effect

Everything in a dream is linked to everything else to show Cause and Effect. In applying this rule, we find that apparently unconnected emotions, characters, events and objects are symbolically linked, however illogically, to illustrate this. Look for a symbol to indicate the Cause of the dreamer's problem and another symbol to show the Effect. Future indications are often shown in this way because if the dreamer is

not experiencing the effect at present then he or she may do so in future. The cause of the problem, usually in the past, will be established at an early stage in the dream - perhaps during the first two sentences of the dreamer's account. It is often connected with his or her emotional response to parents and is often indicated by a character or location described in a negative way - for example, "the kitchen was dirty when the woman came in" - digestive problems linked to the dreamer's mother. This rule may also be applied to show why the dreamer limits his or her gifts, talents or powers, is, depressed, or cannot get on with a spouse, boss, partner, why his or her career is not getting off the ground, or why other life troubles of this kind are occurring.

Rule Three: 'I am Responsible'

The dreamer is always, without argument, personally responsible for what is happening, has, can, or will happen in a dream. In this state, we find all kinds of apparent accidents, blockages to progress, and other impediments to movement. On the surface these may seem to be out of our control but in applying Rule Three we assume responsibility for our progress. Take a dream that shows delays at an airport. This clearly illustrates a reluctance to get some new project off the ground. Road blocks or obstructions in the dreamer's path mean reluctance to clear obstacles to progress.

Rule Four: 'What I try to avoid in a dream is what I need most in waking life'

This rule is similar to the previous one in that both refer to the way we can control or 'spoil' our dreams. Even subconsciously we have the ability to change the dream and the characters appearing in it if we do not want to accept what it is telling us. A dream is not simply a message coupled with healing but is also our response or reply to this. Our Higher Self decides we need healing and guidance in a particular area of life and a dream is dispatched expressly for this purpose. In it we are asked to accept and develop a positive quality in accordance with our agreed Life

Purpose. This quality might, for instance, be compassion because in a former life we had a tendency to judge ourselves or others too harshly. Such a pattern of self-criticism re-appears in this life to threaten our emotional and physical wellbeing, and must be eradicated if we are not to suffer the consequences. Such a situation can be shown in a woman's dream like the following:

A kindly judge (Guide) sits on the bench as friendly advocates (Healing Agents) plead her case. (This shows she is asked to soften her rigid judgmental attitude and show compassion to herself.) Initially all is well but then things begin to go awry. She cannot hear the judge. Defence counsel now appears as a foreigner speaking an incomprehensible language. She is found guilty and sentenced to death. When Rule Three is applied to the dream it suggests that the dreamer may be bringing trouble or illness on herself by a sense of guilt.

Rule Four asks us to look for what we have been avoiding. This might be shown as a positive quality or the means to acquire it or avoidance of a spiritual gift or power. To accept and develop this, the dreamer may be asked to eliminate its negative counterpart as in the previous sample where harsh judgment precludes compassion. Another person may be asked to develop humility in a dream that emphasizes arrogance or to show forgiveness instead of resentment. Such dreams will often show the consequences of negativity (Rule Two) in terms of emotional upset or ill health.

When you write out your dream, rule out two columns one on either side of the page. It helps to underline negative words and phrases and list them under "I am" on the right hand column and "I need" on the left hand column. It is also valuable to intuitively give a title for your dream and to record the date. Use the template below as a guide.

I AM	TITLE: <i>Picking up Nuala</i> Date: 12 March 2019	I NEED
<p>I am <u>picking up</u> people – I am helping people. In the dream it is the dreamer who is doing the helping. (He is serving his mother, his aunt and Nuala. This can be an indication that in real life he is doing TOO MUCH. This is a health warning.)</p>	<p>I am driving my car into the Phoenix park in Dublin. I see my old friend Nuala standing there by the side of the road- it is in a part of the Phoenix park where there <u>are wide open spaces</u>. I <u>pick up</u> Nuala in the car and then I also collect my mother and my aunt.</p> <p><u>Note:</u> The three women mentioned in the dream are now deceased – the dreamer is invited to look at his relationship with these women and how it has affected him in present time. To do this, he can re-enter his dream and “talk” telepathically with these women. Why are you appearing to me now? What part of me do you represent? (remember the rule of dream interpretation that everything in the dream is part of the dreamer) Why do I need you at this time? As these are no longer living, it can be a task for the dreamer also to instruct the women to go into the light and to release them – to release them from the dreamer and release any negative influence that they are having upon him.</p>	<p><u>Wide Open Spaces</u> – as in the Park indicate openness of feelings, and the heart.</p> <p><u>Nuala</u> was a friend who used to throw parties and be sociable –I need these qualities.</p>