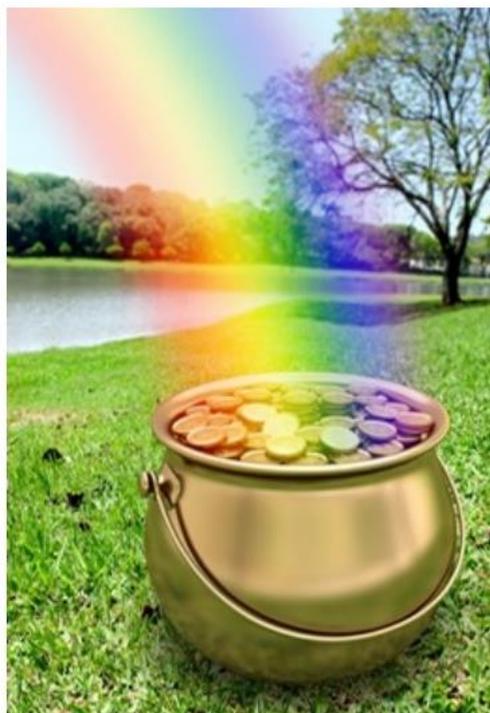


# Finding the **Gold** in the **Gobbledygook:**

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*Using Your Dreams to Create Your Dream Life*



**SHEILA BALGOBIN**

***"THE DREAM DETECTIVE"***

# Table of Contents

I.	Acknowledgments .....	4
II.	Introduction: A Gift Denied.....	5
III.	What exactly ARE Dreams?.....	7
a.	Ancient Wisdom .....	9
b.	Modern Science .....	11
IV.	Finding “The Gold in the Gobbledygook” .....	25
V.	Crying Out for Help...and Not a Dream in Sight.....	28
VI.	The Impact of Dreams on Our Lives.....	31
VII.	Writing Straight with Crooked Lines.....	34
VIII.	Finding My WHY.....	35
IX.	Daring to Dream .....	37
X.	The Dream Detective is Born .....	39
XI.	The Dare to Dream Delivery System™ .....	41
a.	Manifest .....	42
b.	Remember .....	43
c.	Interpret.....	44
XII.	Dream Case Studies .....	46
a.	Playing with Lions .....	47
b.	From Fear to Freedom .....	50
XIII.	My Own Gold in the Gobbledygook .....	53
XIV.	Bibliography .....	56
XV.	About the Author.....	57

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## I. Acknowledgments

- To the loving Spirit which guides me and blessed me with a gift that I finally have learned to appreciate and share – thanks for sending the lifeboat!
- To Cheryl Chapman, Marion Bevington and all of my WHYse women – little did I know what I was getting into when I went on that retreat in Morocco....you all have helped MY dream come true and I can't thank you enough. Now I can help others achieve their dreams!



*My wonderful WHYse women in Marrakech – November 2017*

## II. Introduction: A Gift Denied

I didn't choose to be *The Dream Detective* .....it chose *me*.

I was always drawn to nature and healing, even as a young child – I always seemed to “know” things and my entire family insisted I was an “old soul” come back to earth.

No one thought it strange, though – in my family I was the fourth in a long line of “dreamers” – women who were called to be healers and dreamers, helping people along their healing journeys.

I first truly understood the power of dreams when I was about 8 years old – I had a vivid dream about my cousins who lived in Brooklyn, NY and rarely saw (I lived in the Bronx and it was almost like visiting another country to see them!); they were watching TV when an electrical spark suddenly set the television ablaze. I then saw everyone rushing out the door and my aunt rushing towards them. My aunt asked if everyone was alright and got out safely and one of my female cousins answered everyone was safe, but the dog didn't make it out.

I woke up, startled and shaken – *the time was 1:38 am*.

I thought no more of it.....until the next day.

The morning after my dream, another of my aunts who lived nearby came to the house; she asked us to get together any clothing we no longer wore. When my mother asked why, my aunt replied that their youngest sister had been burned out of

her home, with my aunt arriving from work as the house burned. When we asked what happened and if everyone was okay, *my aunt repeated almost word for word what I heard in my dream!*

Additionally, when I asked what time it happened, my aunt replied

“About 1:30 in the morning.”

My blood ran *cold*. I never mentioned that dream to anyone and the fact that I “saw” everything as it happened frightened the daylights out of me.

That dream had a strong and peculiar effect on me – I could dream true, but I didn’t like being able to see disasters and trouble!

And so I denied my gift, speaking of it to no one outside of my family; I used the gift for my own benefit (and occasionally others when Spirit moved me to do so), but I denied its’ existence as much as possible. I definitely did NOT want to see or be the bearer of bad news.

Despite my refusal to share my gift, in the end it would not be denied.

*But, I had to be ready first.*

More on that later.....

### III. What exactly ARE Dreams?



*“Don't ignore your dreams, in them your soul is awake and you are your true self.”*

— Bangambiki Habyarimana, Pearls Of Eternity

If you were told by someone that every night you were given a gift that helped you with your life and soul and was completely free, would you believe it...or accept the gift?

You CAN believe it, because it happens every night that you dream!

The unseen world of our psyche is revealed to us in our dreams, symbolising the reality of our inner life. Every dream

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should be preceded by the words “it is like this with your soul this day.” Dreams can be said to express the thoughts of the unconscious mind, but they are quite different from those generated by the conscious mind (i.e. the part of us that says “I”). Whereas the conscious mind works with words and concepts, the unconscious mind speaks with symbols, images and stories (parables).<sup>1</sup>

How people understand and see their dreams depends on time and circumstance – from ancient times to modern, dreams have in turn been heeded, praised....and even vilified. A look at thoughts – ancient and modern – can tell us a lot about how we understand and react to our dreams.

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<sup>1</sup> (Sanford, 1978), p. 18.

### **a. Ancient Wisdom**

Kingdoms and empires have risen and fallen because of dreams – ancient Egyptians, Greeks, Persians and Romans all gave great credence to dreams.<sup>2</sup> From the Egyptian Book of Dreams, the Bible to the Greek oracle at Delphi, virtually every activity in daily life was viewed in light of any dreams.

Both the ancient Babylonians and Hebrews believed that dreams could be good or evil – i.e. coming from angels or demons. In the Bible alone, dreams are mentioned at least 60 times in the Old Testament and only 8 in the New Testament (there's a reason for that, but more later!).

One of the most famous dreams in the Bible is that of King Nebuchadnezzar, who suffered with a common problem – he was unable to remember his dream! That was unimportant though – he ordered his soothsayers and wise men to interpret his dream; reasonably enough, the wise men asked the king to tell them his dream so that they could interpret it. The King's response was that they were to provide both the dream details and the meaning to him, on pain of death.

All of the dream interpreters of the land (including the Hebrew Daniel and his three friends) were to be executed because no one knew or could interpret the king's dream. To save his life and those of his friends, Daniel petitioned to see King Nebuchadnezzar and when admitted into his presence, went into a trance which allowed him to both learn the contents and meaning of the king's dream. When the king asked Daniel why the dream was revealed to him, Daniel replied that it was so that the king "would learn what it means and that you should understand your inmost thoughts:"<sup>3</sup>

The emphasis on dreams in the Bible were also prominent in early the early church – every major figure of the early Christian

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<sup>2</sup> (Sanford, 1978), pp. 5-6.

<sup>3</sup> (Sanford, 1978), pp. 12-15.

church, right through to St Augustine, cited dreams as the way God spoke to humans. Many church fathers wrote psychological treatises on dreams as well.<sup>4</sup>

Religions all over the ancient world all knew and understood that quiet and peace were required in order to manifest their dreams – and would often undergo particular rituals to prepare them for the experience, for example, the prophet Elijah went into the wilderness and Jesus into the desert. Native Americans go on a pilgrimage as part of their vision quest and Aborigine people go “walkabout”. The ancient Greeks slept in a special, isolated chamber in the Temple of Asklepius, in order to receive a healing dream.<sup>5</sup>

Even today among cultures which still practice traditional ways – such as the Aboriginal people of Australia and the Hopi Indians of the Southwestern United States, they speak of “Dreamtime” and dream the future world of their grandchildren, respectively. According to the Aborigine people, “you can kill the kangaroo, that is not a problem – because you cannot kill kangaroo dreaming”; while the Chief Seattle stated that dreams were “given men in the solemn hours of the night from the Great Spirit”; the Nez Percé prophet Smohalla declared that “wisdom comes to us in dreams”.<sup>6</sup>

But all of that changed from the Middle Ages onwards - ancient beliefs in dreams connected humans to their sources of spiritual life, which has now largely been lost to people in modern times; a gulf has developed between our conscious lives and our soul lives.<sup>7</sup>

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<sup>4</sup> (Sanford, 1978), p. 7.

<sup>5</sup> (Sanford, 1978), p. 13.

<sup>6</sup> (Sanford, 1978), p. 6.

<sup>7</sup> (Sanford, 1978), p. 7.

## b. Modern Science

***“Dreams are the royal road to the unconscious”***

*-Carl G Jung*

Arguably, modern humans have become caught up in the attitude of rationalism and materialism – and in this context, *dreams make no sense*. Right brain thinking simply cannot understand dreams, because they do not follow “rational” laws and conventions – and modern society is heavily reliant on right brained thinking (which counts, enumerates, assigns values to things). For this reason, modern and particularly Western cultures, leave dreams out.<sup>8</sup>

*Why and how did this occur?*

Interestingly enough, it was the Church itself that created the breach – as it became more institutionalised, the Church itself became materialistic and succumbed to the rationalistic view of the modern world. The church conveniently ignored the fact that they were rejecting dreams, which went against the view of both the Bible and early Christianity.<sup>9</sup>

The modern world competed the split between the conscious and unconscious minds; all the forms of interaction that nourished our ancestors (dreams, rituals, religious expression) have largely been abandoned by modern people as being primitive or superstition.<sup>10</sup>

Nevertheless, there were still those who believed very strongly in dreams; notably, American Abraham Lincoln. He believed in

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<sup>8</sup> (Sanford, 1978), p. 7.

<sup>9</sup> (Sanford, 1978), p. 8.

<sup>10</sup> (Johnson, 1986), pp. 9-10.

and followed his dreams throughout his life, including several significant ones, which seem to predict his death.<sup>11</sup>

In the 20<sup>th</sup> century, renewed interest in dreams emerged, with studies of a more scientific nature taking place from World War 2 onwards. Laboratory studies with ECG machines showed that a certain type of brainwave and REM (rapid eye movement) occurred in *EVERYone*, whether they recalled their dreams or not!<sup>12</sup> It had also been demonstrated that REM (i.e. dreaming) is a psychological need. Experiments which were carried out, during which subjects were deprived of REM – either by waking them at the start or by the use of drugs which suppress REM; the subjects soon exhibited symptoms of:

- Anxiety
- Irritability
- Poor concentration

In addition, people who were alcohol- or drug-dependent would dream constantly, once they were no longer drinking or taking drugs. In extreme cases of alcohol addiction, the “DTs” (delirium tremens) or hallucinations experienced by alcoholics, appear to be the breakthrough of REM into their waking hours.

In all cases, it was determined that REM was essential for good health.<sup>13</sup>

In modern thought about dreams, arguably two personalities stand out: Sigmund Freud and Carl G. Jung, both of whom had very clearly defined ways of looking at and understanding dreams. Their specific differences centred around what the dream represented for the dreamer and how it was presented.

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<sup>11</sup> (Sanford, 1978), p. 6.

<sup>12</sup> (Sanford, 1978), p. 8.

<sup>13</sup> (Sanford, 1978), p. 9.

## Sigmund Freud

Sigmund Freud was the first person in the modern era to postulate and present scientific evidence of the unconscious mind. However, Freud saw the unconscious as the repository of personal memories which have either been forgotten or repressed, particularly memories that had disturbing moral associations attached to them.<sup>14</sup>

Freud viewed dreams as wish fulfilment disguised in some way, i.e. there was a manifest vs latent meaning to the dream.

### *Why?*

His premise was that the wish or desire was so shameful or embarrassing in waking life that it needed to be disguised by the dreamer.<sup>15</sup> The dreamer used *dissimulation* to distort the true dream content.<sup>16</sup>

Freud also looked at dreams from a causal standpoint – if this, then that.

Freud's theories with regard to dreams were rooted in the principal that all fundamental energy in humans is basically sexual libido, which always seeks pleasure and gratification. The Superego, however (in the form of parents, society, etc.), acts upon the unconscious as the "moral police" of the psyche, preventing the individual from attaining pleasure. Dreams, therefore, were on the surface about one thing, with the "hidden" desires buried underneath, i.e. the manifest vs. latent content.<sup>17</sup>

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<sup>14</sup> (Sanford, 1978), p. 15.

<sup>15</sup> (Freud, 2001), p.123.

<sup>16</sup> (Freud, 2001), p. 141.

<sup>17</sup> (Samuels, Shorter, & and Plaut, 2007), p. 48.

## Carl G. Jung

According to Carl G. Jung, the easiest and most effective way to investigate the unconscious and its' contents was through dreams, the material of which consists of both the unconscious and conscious minds, along with both known and unknown content. Jung set great store in dreams, which he saw not only as the path to the unconscious, but as part of a process which was largely regulatory in nature, i.e. dreams expressed the "other side" or counterpart of our conscious attitudes.<sup>18</sup> In broad terms, Jung believed that dreams were

"spontaneous self-portrayal, in symbolic form of an actual situation in the unconscious. The relationship between dreams and consciousness is a compensatory one."<sup>19</sup>

Contrary to Freud, Jung saw dreams as psychic products which could be either causal or purposeful in some way. And rejected Freud's assertion that all dreams (and indeed all human drives) were due solely to a drive for (sexual) pleasure and biologically driven.<sup>20</sup> Also in contrast to Freud, Jung believed dreams to be psychic products which could be either causal or purposeful.

Jung, through his own and his patients' experiences, realised that dreams and fantasies were to be taken seriously; in them he could find the key to understanding the "secret background of life," which *contained hidden solutions to life's problems*. Jung believed he had found the hidden field in which vital missing pieces to the puzzles of people's lives.<sup>21</sup>

Jung believed that individuation – the lifelong process of becoming the people we were born to be – was the true purpose of the human soul and dreams were a means of

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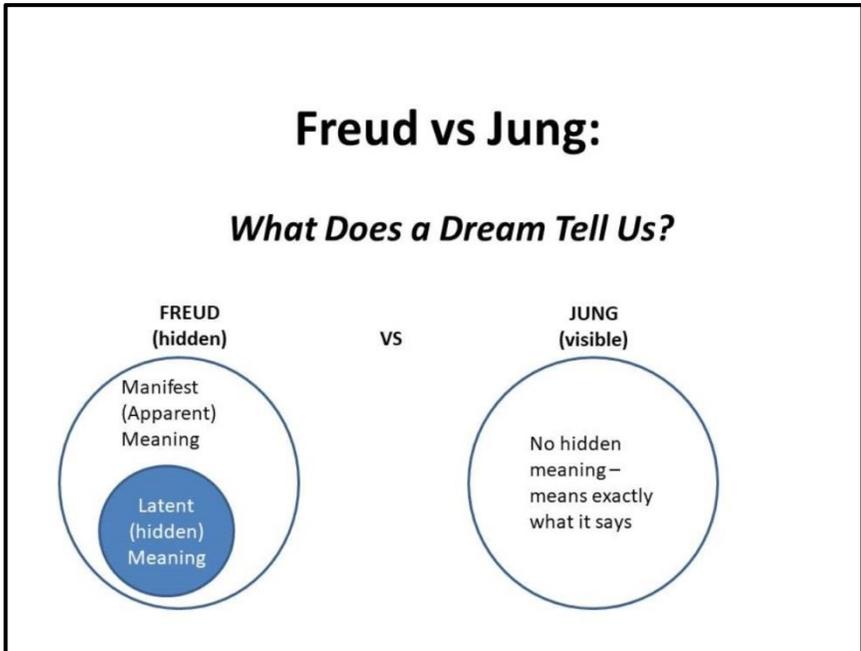
<sup>18</sup> (Jacobi, 1973), 70.

<sup>19</sup> (Samuels, Shorter, & and Plaut, 2007), p. 48.

<sup>20</sup> (Sanford, 1978), pp. 10-11.

<sup>21</sup> (Berger & Segaller, 2000), p. 40.

accessing deeper wisdom to help us toward being the people we're born to be.<sup>22</sup>



**Freud and Jung saw dreams differently**

However, he noted that the ego/mind (the “I”) is unaware of the fact that what we call “I” is actually far greater; the unconscious is far more vast than the small piece of us that is self-aware. Our egos tend to believe that the unconscious *doesn't even exist*. The unconscious is treated as something being outside of ourselves, rather than the deepest content within us.

We act as if “someone else” (if you're a bit older, you may remember comedian Flip Wilson's skits where outrageous behaviour was justified by “the devil made me do it!”) – but it's not the devil without that causes outrageous behaviour – it's what bedevils us from within!

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<sup>22</sup> (Johnson, 1986), p. 11.

So the Ego merrily goes along creating its' own little world in which what it is the sum total of reality – not realising that the Ego is the small cork bobbing on the ocean of the unconscious...not realising that huge forces are at work in the deepness of the ocean. Here lay centres of alternative consciousness and values; attitudes and ideas, along with mythical kingdoms and other little islands, just waiting to be discovered by the conscious mind.<sup>23</sup>

In our dreams, myths, fairy tales, visions and behaviour we become aware of the contents of our unconscious minds, of which ordinarily we have no knowledge or understanding. Like atoms, the unconscious can only be perceived via the impact they have on our conscious mind.<sup>24</sup>



***The conscious mind is a tiny cork floating on the ocean of the unconscious***

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<sup>23</sup> (Johnson, 1986), pp. 8-9.

<sup>24</sup> (Sanford, 1978), p. 15.

## The Collective Unconscious/Archetypes and Dreams

It is in this symbolic, ancient way of expression that we come to understand the unconscious mind and its' messages – which is why ancient myths and fables can be valuable in understanding the meaning of dreams.

Freud was the first person to come up with the notion of the “collective unconscious”, which implies that all humans share the same basic psychic structure. Whether we are Aborigine or Alaskan Inuit, we all function the same way psychologically. Just as we all have the same body parts arranged slightly differently, so it is with our thought patterns and emotions. Our psyche is moulded by our experiences, including the unconscious patterns or archetypes operating within us. *The collective unconscious contains not only the wisdom of the past, but also shows the energy available for the future.* The heart of the unconscious' objective is the drive towards the development of a unique, whole personality.

Jung also believed in these common elements of the man psyche, preferring to call them “archetypes”, i.e. the basic building blocks of the mind. Archetypes are described as “inherited patterns which express themselves in human behaviour, emotions, fantasies and ideas; they are analogous to unlearned patterns of behaviour in animals and plants. Archetypes not only include psychological representations of instincts, but physical ones as well, using imagery, emotion and meaning.

Once you've understood the archetype and it's meaning in the context of your life, you understand what it means.<sup>25</sup> It's a form of psychological shorthand – *a lot of information densely packed into a short “tv show” you see in your sleep!*

But first, you need to learn the language! We need to start with *symbols*.

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<sup>25</sup> (Sanford, 1978), pp. 16-17.

## The Unconscious and Symbol Formation

The unconscious has the ability to create images and use them as a form of shorthand, by using them as symbols that form our dreams. In essence, our unconscious creates a language through which the unconscious communicates its' contents to the conscious mind. Image symbols find their way to the conscious level through two means:

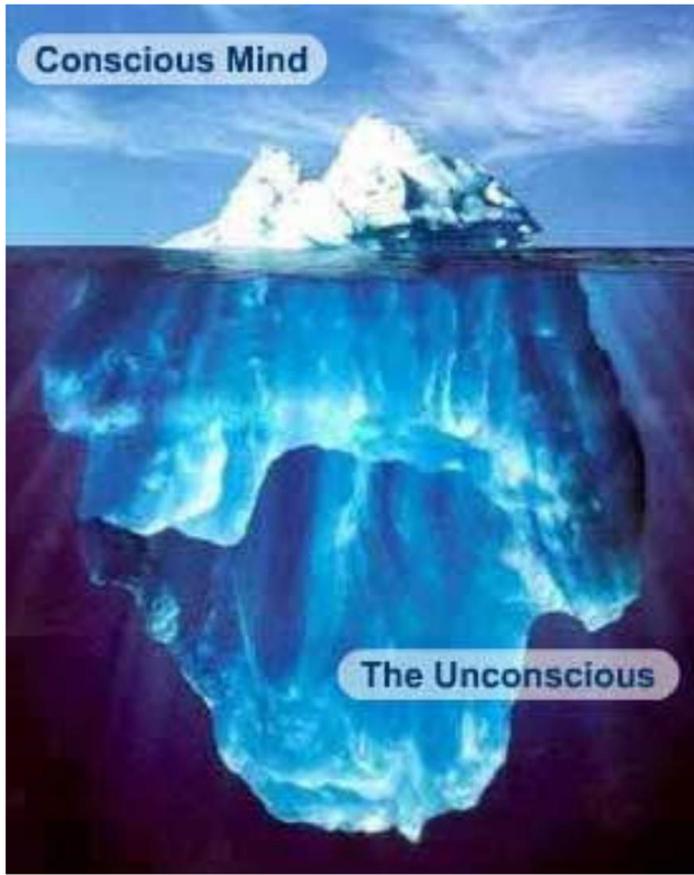
- Dreams
- Active imagination (not covered here as it is beyond the scope of this book).

Since dreams symbols make no sense to the rational, conscious mind (left brain again!), they become weird, meaningless or the result of a dodgy takeout dinner! However, if we take the time to learn the language of dreams, we discover an efficient, elegant and direct system of communication, through the use of symbols particular to YOU.<sup>26</sup>

*THIS is the language of dreams!*

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<sup>26</sup> (Johnson, 1986), pp. 19-20.



*Freud compared the mind to an iceberg*

Jungian psychotherapist and ordained minister Robert A. Johnson explains in a nutshell were polyvalent or capable of having multiple meanings, depending on the context in which they occur, as well as the inner and outer circumstances of the dreamer.<sup>27</sup>

Generally speaking, the orientation of the unconscious is complementary or compensatory to conscious attitudes adopted; the more one-sided the conscious mind is, the greater

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<sup>27</sup> (Jacobi, 1973), p. 71.

the possibility that vivid dreams with strongly contrasting but purposeful content will appear as an expression of the self-regulatory function of the psyche.

To cite an example - if a person shy and easily bullied by others, a dream may portray her/him as a bully or domineering. *Whatever may be lacking in our conscious lives will find some kind of expression in our unconscious and therefore our dreams.*

The compensatory function of the unconscious functions negatively or positively, i.e. either by reducing the individual to dependence on physiological, historical and phylogenetic conditions OR else positively by providing a sort of “guiding image” which corrects a self-devaluating attitude and encourages a “better” direction of consciousness.<sup>28</sup>

In modern human psyches the conscious mind has become over-emphasised, consequently the repressed, dammed-up unconscious minds threatens to burst through and drown the conscious mind with its’ contents. The need, therefore, for the Western mind to integrate the unconscious into the psyche is a problem – for individuals as well as whole nations.

The breach between the inner spiritual life and psychological health in modern humans in the title of a talk he once gave at a seminary: “Your Neurosis as a Low-Grade Religious Experience” – in other words, if we don’t go to spirit, it comes to us as a psychological complex or neurosis!<sup>29</sup>

Jung, arguably, wouldn’t have disagreed with Johnson!

Jung posited that the innate compensatory function of the psyche always focuses on individuation, i.e. the drive of the psyche towards wholeness. He considered that the

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<sup>28</sup> (Jacobi, 1973), p. 78.

<sup>29</sup> (Johnson, 1986), pp. 10-11.

unconscious contents of the psyche acted as a counterbalance to our outer actions and attitudes.



**The modern Western mind largely ignores the existence of the unconscious**

There are cultures, however – generally Asian and African – which, according to Jung, have a different view of the relationship between the conscious and unconscious. On the one hand, you have the European mind, which prizes rational thought above all else (while rejecting the reality of dreams), while the African, Native American and Asian perspectives of reality accepts the relationship between the conscious and unconscious; indeed there is generally no separation between the two in these cultures.<sup>30</sup>

While all dream content may have manifold meanings which is conditional upon the individual dreamer; therefore, in order to

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<sup>30</sup> (Jacobi, 1973), p. 81.

interpret the contents of a dream correctly, a therapist requires thorough knowledge of the dreamer's life situation and inner world. It's only after that the context of the dream has been established that interpretation to begin.<sup>31</sup>

I have found that clients almost always know when they hit upon the correct interpretation (whether fully or only partially) of a dream – the interpretation “clicks” with them!

Not only did Jung disagree with Freud on the aetiology and meaning of dreams, but the method of interpreting them also was a source of contention (among many between these two giants of psychological theory) – while Freud believed in *free association*, Jung did not work in this way, as he believed the chain of associations actually led *away* from the meaning of the dream, rather than engendering clarity.

In contrast, Jung used *amplification* as his interpretation method of choice – rather than an unbroken chain of causally connected associations leading backward to the dream, Jung preferred a process which was broadened and enriched by analogous images. Amplification is a limited, controlled and directed association process which circles around the dream nucleus and therefore helps the therapist put his/her finger on exactly what is being presented.<sup>32</sup>

While the process of association was employed to interpret dreams by both men, Jung later varied his technique, in accordance with his findings in his client work. Jung saw dreams as commentaries on personal (vs universal) complexes.<sup>33</sup>

Or, as one anonymous five-year old put it,

***“Dreams are television you see in your sleep!”***

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<sup>31</sup> (Jacobi, 1973), p. 77.

<sup>32</sup> (Jacobi, 1973), pp. 84-85.

<sup>33</sup> (Samuels, Shorter, & and Plaut, 2007), p. 48.

*A very accurate description – after all, it is the story of YOUR LIFE and YOU are the executive producer!*

Dreams can help us to discern not only the momentary situation of the dreamer, but also what progress or blocks s/he is making with the situation in question.<sup>34</sup>

YOU decide what roles people, places and things adopt in your life – whether it's done consciously or not!

As a general rule, dreams are not primarily concerned without adaptation to outer life; rather most dreams in the modern world have to do with the development (by the “Ego” or the part of us that is self-aware and uses “I”, i.e. the conscious mind) of the “right” attitude to adopt towards the Self (as Jung referred to our fully integrated selves – conscious and unconscious). The reason for this is that this primarily relationship is far more disturbed by modern ways of thinking than is the case with more so-called “primitive” people (those who have *not* lost their connection to the inner world or unconscious).<sup>35</sup>

In the next chapter, a look will be taken at symbols and their origin and significance in dreams, as well as look briefly at types of dreams.

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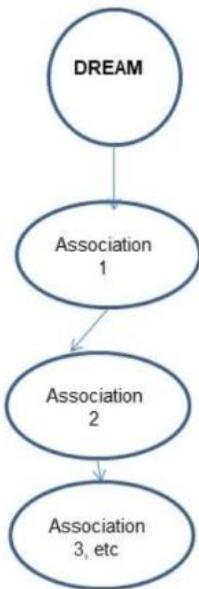
<sup>34</sup> (Jacobi, 1973), p. 89.

<sup>35</sup> (Jung, 1990), p. 208.

# Freud vs Jung:

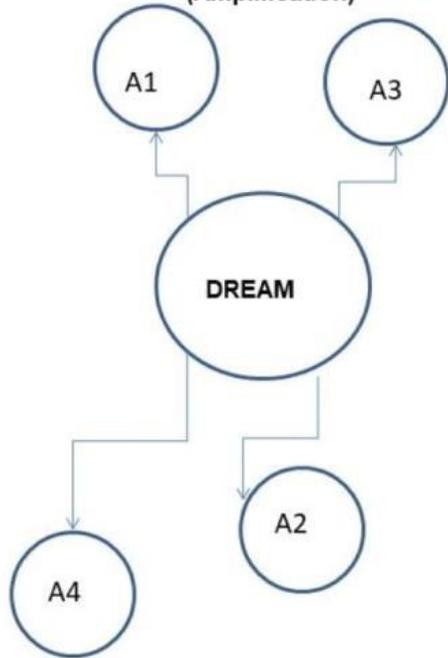
## *Dream Analysis*

**FREUD**  
(free association)



VS

**JUNG**  
(Amplification)



*Jung believed in amplification vs Freud's free association*

## IV. Finding “The Gold in the Gobbledygook”

From this point onward, I’ll be looking at dreams from a Jungian perspective – it feels natural to look at dreams in this more holistic way – or as I like to say, “I was a Jungian before I knew what that meant!”

In Jungian psychology, symbols play a significant role in the interpretation of dreams; Jung called symbols “libido analogues” [*Note: libido simply means energy, in this case psychological*] because they transform energy into a form the conscious mind (left brain, which counts, evaluates and analyses) recognises and understands – in other words, symbols.<sup>36</sup>

### Symbols

Symbols, can be both personal and universal, depending upon the dreamer and her/his particular situation – which is why dream interpretation books and dictionaries are not the best or even primary source to understand a person’s dreams. Dreams come from within us and are born of desires and experiences – there is NO rule book of your life – every decision you do or do not make will determine who you are, so it only YOU who holds the keys to understanding your dreams!

In addition to looking at dreams for clues to his clients’ personal complexes, Jung added the technique of amplification; this technique employs myths, history and

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<sup>36</sup> (Jacobi, 1973), p. 94.

other historical content to be explored alongside the dream content.<sup>37</sup>

However, no matter what system is used, Jung declared (and I agree!) YOU alone decide how the material presented ultimately is interpreted...after all, it is YOUR dream!

Jung saw dreams as natural manifestations of the psyche; he reminds us, however, that the *unconscious is autonomous and pursues purposes unknown to the conscious mind* [my italics]. Dreams have their own language and laws which simply cannot be approached subjectively, with the psychology of consciousness (i.e. by the left brain or Ego)<sup>38</sup>. The language of the unconscious has its' own vocabulary and grammar, and is individual to each dreamer.<sup>39</sup> The inner life Jung describes is the secret life we all lead by day and night, in constant relationship with our unconscious selves; there is a constant flow of information between the two levels of ourselves, as they meet in dreams, visions, rituals and imagination.<sup>40</sup>

*Once you understand the language of your own inner world, you will have the keys to understanding your dreams!*

Have you or someone you know ever said,

*"I don't know what I was thinking!"*

Chances are you weren't thinking, you were probably acting under the impulse of the unconscious, which was trying to

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<sup>37</sup> (Samuels, Shorter, & and Plaut, 2007), p. 48.

<sup>38</sup> (Jacobi, 1973), pp. 72-73.

<sup>39</sup> (Sanford, 1978), p. 19.

<sup>40</sup> (Johnson, 1986), p. 9.

get your attention! The universe is a secret source of much of our thoughts, feelings and behaviour.

When we have an unexpected breakthrough of the unconscious into our conscious lives, we will often ask ourselves “*Where did THAT come from?*” or “*What came over me/him/her?*”

Sometimes, these “hidden personalities” are embarrassing, violent or humiliating when they show themselves, while at other times we find that we have awakened strengths and finer qualities that we didn’t even know we possessed. We can express ourselves with wisdom, clarity and intelligence at a higher level that we would never in a million years believe we were capable of!<sup>41</sup>

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<sup>41</sup> (Johnson, 1986), pp. 2-3.

## V. Crying Out for Help...and Not a Dream in Sight

I had created a course to teach people how to interpret their own dreams (after all, I can't help all 7+ billion people on the planet – and no one can do exactly what I can!)...

*And it had been sitting on a shelf for three years!*

I KNEW it was a good course and that people would find benefit from it – but for some odd reason, I couldn't seem to get it off the ground. Nothing seemed to be happening for me lately and I just didn't understand why!

Even my dreams seemed to have abandoned me....and I truly felt despair...and anger, jangling my nerves and making me tearful and angry in turns.

And then, one day.....

“I can't TAKE this anymore!”

I raged at the sky.

“My business is stuck, my life is stuck, what the HELL am I supposed to be doing? WHY is this happening? What do I need to be doing?”

I screamed until I was hoarse...and my husband came into the bedroom to ask who I was yelling at.

“ME, I'm yelling at ME!”



The frustration boiled and snaked around the room – you could almost touch it. I was mad as hell and I wasn't going to take it any more...but had NO idea of what to do to get my life moving again.

But Spirit had another plan for me....

Temporarily calm after my screamfest, I was suddenly reminded of a joke – the one where the man of faith is waiting on God to save him from a flood and ends up drowning while waiting. He gets to heaven and he asked God:

“Why did you let me drown? My faith was strong and I just KNEW you were going to save me!”

God answered,

“I sent you a boat and a helicopter, what more did you want?”

The irony of it – *we don't even recognise our salvation when it comes our way!*

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Remember that joke...you'll understand why later!

All I knew at that point was I was frustrated, broke and despite doing everything I could to get my life moving again, I was going nowhere....

But look at the word nowhere more closely....instead of being *nowhere* suddenly Spirit showed me that Spirit was working and was *NOW HERE* and was about to shake things up a bit!

Out of the blue, I received a free ticket to one of those Tony Robbins-type events – you know the kind: lots of lights and fanfare, with speakers giving telling their success stories and making their pitches for their course, book, etc.

Since I had no plans for the weekend in question and I lived nearby, I decided to go along – the title of the event was intriguing and spoke to my feeling that I should be achieving much more than I was.

*What a weekend it turned out to be!*

## VI. The Impact of Dreams on Our Lives

In *Man and His Symbols* (1990) Jung explained how he came to realise that both the conscious and unconscious minds have critical roles to play in the equilibrium of the whole Self. When one or the other is out of balance, neuroses or other disturbances (physical, emotional or mental) can arise.<sup>42</sup> The conscious minds of modern humans continually create the illusion of a clearly shaped, “real” outer world which blocks off many other ways of perception.<sup>43</sup>

The idea of the unconscious comes from the simple observation of daily human life; there is material contained in our minds of which we have no awareness of, most of the time. The unconscious is an entire universe of invisible energies, forces, forms of intelligence and even *distinct personalities* that live within us.

Dreams in Jung’s view, according to Robert A Johnson (1986) were expressions of the unconscious; they could arguably be seen as dynamic mosaics, composed of symbols that express movement, conflict, interaction and development of the immense energy systems that lie within the unconscious.<sup>44</sup> These dream elements occur in all kinds of variations and derive from diverse sources – from “the remains of the day” to the deepest contents of the unconscious. The language of dreams is an ancient one – it’s symbolic and pre-logical. A language of images, dream meanings can only be discerned with the use of a special interpretative method, such as amplification.<sup>45</sup>

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<sup>42</sup> (Johnson, 1986), p. 6.

<sup>43</sup> (Jung, 1990), p. 208.

<sup>44</sup> (Johnson, 1986), p. 19.

<sup>45</sup> (Jacobi, 1973), p. 70.

Although there are many types of dreams as there are dreamers, there are three types that I have found to be the most prevalent:

a) *“Emotional smokestack”*

I call these *daily “housecleaning” dreams*: these dreams are the most common – they help us digest the “remains of the day” – e.g. someone cut you off at work, you had an argument with your boss or spouse, etc. These help “clear the decks” of undischarged stress – a sort of *emotional smokestack*.<sup>46</sup>

b) *Healing/problem solving*

The unconscious mind focuses the dreamer’s attention on an unbalanced state (whether in body, mind or spirit) and suggests a way (or several, if you don’t “get” the message right away!). These dreams, however demand that the dreamer be psychologically strong enough to avoid being overwhelmed by the unconscious (as in the case of people diagnosed with schizophrenia or paranoia). As long as the inner psychological situation is acknowledged and understood, we become subject to constant, nameless anxiety.<sup>47</sup>

c) *Prophecy*

These are what I call “big medicine” dreams – those dreams of such great importance that you never forget them...even if you don’t remember all the details! Several of my own “big dreams” have not only literally saved my life – they brought my second husband back into my life, so I’m truly a believer!

These dreams often foretell the future (sometimes years in advance!) but always contain a message and a choice – the

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<sup>46</sup> (Sanford, 1978), p. 21.

<sup>47</sup> (Sanford, 1978), p. 33.

outcome is determined by how your respond (or not!) to the message.

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## VII. Writing Straight with Crooked Lines

There's an expression in Brazil which translates as:

***“God writes straight with crooked lines”***

and I was about to find out just how crooked the lines could be.....

As for that *Power to Achieve* event and my free ticket....actually, I *hated* the event – there was so much about it I disliked: the late start (my pet peeve, I arrive everywhere early!), oversubscription leading to absolute chaos during the event, the list went on and on! However, there were a couple of diamonds among all the slag of the weekend.....

Two of the speakers got a standing ovation – one was a 12-year old who had written an inspirational book documenting his recovery from illness and a lady named Cheryl Chapman from an organisation called Find Your WHY – they were the highlight of the day, as far as I was concerned.

I really liked Cheryl – she was witty and down to earth and I could relate to what she was saying....she talked about finding one's WHY in life and being/doing that.

What I *REALLY* liked about Cheryl was that she was offering a prize drawing of a week in Morocco on a retreat to help women find their WHY in life – THAT, as you can imagine, caught my attention!

I eagerly filled out the raffle entry (placed on everyone's seat)....and when I saw people dropping theirs on the floor, I picked them up and filled those out too! I really needed help and I had always wanted to go to Marrakech....

## VIII. Finding My WHY

I didn't win the prize, despite all the cards...but I was registered as a member of the *Find Your WHY* group and had online support.

I was quite disappointed, but knew something was shifting...I just hoped it would shift quickly enough before I went under financially!

And then I got "the phone call" – you know the kind of call....the one that changes your life.

It was Monday, the day after the end of the Power to Achieve event....and quite unexpectedly, it was a call from Cheryl Chapman! After introducing herself, she began to explain the reason for her call:

"We thought we were going a bit mad....we kept seeing raffle cards with your name on them! Marion was all for throwing them away, but I refused; obviously you were someone who really wanted to go on the retreat!

We had a sudden cancellation due to a bereavement, and since you were obviously keen to go, I thought I'd ask if you were still interested in going to Marrakech."

I replied that I really did want to, but money was tight and I didn't think I'd be able to pay everything in one go....and then an extraordinary exchange began, in which Cheryl had pinpointed both my state of mind (and finances!) and asked an important question:

"If money was not the issue stopping you, would you attend the retreat?"

Cheryl had barely finished the question, when I broke in,

“Hell yes, I would! I have been asking (screaming) at the universe to show me a way forward, and maybe this is it!”

After a discussion about arrangements (I felt this was so important I was willing to draw against my pension to pay for it!), the discussion drew to a close....with a joke!

Remember that joke I mentioned earlier? Well, the joke was on me – and it was the joke that sealed the deal!

Why?

Cheryl just happened to mention the very joke that had popped into my head while I was having a go at the universe days before –

“Who knows? Maybe this is the lifeboat you’ve been waiting for!”

BINGO!

If I had been waiting for a sign from above, this was it – a simple joke with a world of meaning!

I finally had been thrown a lifeline by a passing lifeboat before I drowned in frustration, despair and debt!

I was ready...well, almost ready.

After my conversation with Cheryl, I feverishly began to make plans; I had to pay for the retreat; buy a ticket (got the very last of the cheapest seats!); get a haircut, pack....oh, hell, I forgot I had appointments! (cancelled before I went to bed!); and 24 hours later, I was on my way to Marrakech!

The only other time I acted in such a mad way was when I married my first husband.....

## IX. Daring to Dream

My trip to Marrakech didn't start too well – I had never travelled on a budget airline before (and hope I never have to do so again!) and did not expect to pay a ridiculous price for water and a little snack...or being charged for having both my purse and a carryon bag – since when does the purse on my lap constitute baggage?? I was steaming, and had to make an unexpected (and unwelcome!) withdrawal from an ATM, but the warm sunshine calmed me...a little!

I soon met three other women who were travelling to the retreat; we were met by the driver from the *Villa Dinari*, where we would be staying for the next week. I was unsettled still, but the cheery attitude of the ladies soon had me feeling more relaxed....and it was wonderful being back in Africa – my husband and I had always wanted to travel to Morocco, but I was making the trip alone.

And my roommate for the week oh, sweet irony – *she* turned out to be the woman who got the raffle ticket I didn't get (and became a great friend!).

I *needed* this break, if only to clear my head....the prior year had been a hard one – not only was business excruciatingly slow, I had had several serious drains on my finances, including the funeral of my brother in New York.

I was hoping that whatever was blocking my path and blighting my business would be removed – or at least get some clarity on what I needed to do to move things forward!

But first, I had to get to know my fellow attendees – it was obvious some of the women already knew each other; once more, I felt the outsider, but was determined to get past the feeling. I enjoy meeting people, but I knew this experience

was going to leave me feeling raw and too exposed at times.....but to heal a wound, sometimes it needs to be lanced and the poison released!

## X. The Dream Detective is Born

I finally had the help I needed – not only did I finally start to lay to rest old ghosts that held me back from the success I knew I could be (and could acknowledge past successes for what they were as well), I found a way to properly systemetize my dreams into a workable, viable paid course!

*And all of it done in the warm November sunshine of Marrakech!*

The shift I had hoped for was occurring...I had found what truly made my heart sing – dream interpretation – and had been given a practical method to be able to systemetise (and more importantly how to *monetise*) the course I had sitting on my shelf *for three years!*

I had learned how to turn my course (which just needed some tweaking, which my fellow WHYse women gave – we were a true conglomeration of skills and talents!) et voilà! *The Dream Detective* and the *Dare to Dream System™* were born.

The much-needed shift was already occurring, even before I left Morocco; my website was voted 17<sup>th</sup> among the top 50 online stress management sites and some inquiries regarding work had come in! I not only felt better about myself and my “quirky” ways, but I had found a community of strong, independent and supportive women with a wealth of talent and warmth.

I had hit the jackpot – but the work was just beginning; although I had a course sitting on a shelf for three years, I needed to turn it into a course that I could truly market and be proud of!

But before that could happen, I had to create the system –  
the *Dare to Dream Delivery System*™

## XI. The Dare to Dream Delivery System™

The first thing I had to do (after giving my programme a name!) was how to present it....and as I was The Dream Detective investigating dreams, I hit upon three words that both summed up what the course helped people do – as well as give me an easy way to remember the steps: instead of having an MRI scan of the body, I was teaching people how to perform one on their dreams! The three steps I devised over years of dreamwork with clients would help people to:

- **Manifest**
- **Remember**
- **Interpret**

their dreams.

*What exactly did that mean?*

I was about to find out!

Whatever methods I came up with, they needed to be simple and easy to understand – and easily explained in a video. Although my course was complete in terms of the curriculum, it was accompanying tools and videos that I needed to consider (and create!) in an effort to keep everything as clear and uncomplicated as possible.

I even had a nice little acronym for my easy to use, simple system: M – R – I ...but instead of taking an in-depth look at bones and tissue, I was helping people to closely examine their dreams!

With the help of my WHYse women, I was able to devise a **simple 3-step process** which would give people the tools they needed to be able to start interpreting and using their dreams.

### **a. Manifest**

To manifest a dream (or anything!) simply means to make it appear or become visible. Quite often people either dismiss their dreams as gobbledygook or insist they don't dream – the simple tools I taught people to use could help encourage dreams.

In the **FIRST STEP – to MANIFEST** dreams, I created the **CLUTTER CLEARING SYSTEM™** which will help gently remove any blocks to dreaming, using:

- **Healing Crystals**
- **Essences** (vibrational/flower)
- **Mudras** (hand yoga)

These techniques and tools not only helped people to bring dreams to consciousness, but would also help people to sleep better – a win-win situation!

## **b. Remember**

For all those who state they do not remember their dreams, there was a solution for that too – I created easy-to-use steps and a few more tools that would enable people to remember their dreams (not necessarily entire dreams, but those parts of the dreams that have the most emotional “charge” which are particularly important for the dreamer at that moment in time).

I already knew that people always dream – whether they are conscious of the fact or not! It’s when that natural process is disturbed that we bypass the dream sequence, causing sleep disturbances (nightmares, poor sleep, insomnia, etc).

Over the years I had learned or found simple tools and techniques that can help people to better remember their dreams. We don’t always remember all the details of a dream, but the content with the most emotional “charge” will be the most important and therefore the most memorable. It is also usually the subject that’s most “on top” in terms of the dreamer’s inner world.

As a result, in the **SECOND STEP, REMEMBER YOUR DREAMS**, I teach people my **BRAIN BALANCING SYSTEM™** which will help integrate the R/L hemispheres of the brain. Better integration means when dreams appear, the creative and descriptive halves **work together**.

Students would also learn the **VAKSA Technique™** - composed of **FOUR 30-SECOND EXERCISES** and AN **AUDIO LOOP (all which take less than 30 minutes)** which will create greater coherence between the hemispheres of the brain and will entrain the brain waves to the level of REM sleep, when dreams occur.

### c. Interpret

Here was the “meat” of my course – the other two aspects of my “internal examination” of dreams prepared the dreamer for the final – and most crucial – part: interpreting and understanding their dreams.

While I understood that what I do with clients cannot be duplicated (*The Dream Detective* is unique!), I could give them the tools and techniques they could use to give them greater insight into their dreams and to use that insight to move towards the life they desire...and *deserve*.

Every dream and every dreamer is different – and reading a book of dream symbols, while helpful, is not based on YOUR life and YOUR experience. The unconscious mind generally creates images based on our personal (and ancestral) experiences – and therefore the symbols used to communicate with the conscious mind are particular to the dreamer; however, having said that “big” dreams (as I call them) often encompass universal symbols and subjects from what Jung named the “collective unconscious”, i.e. the memories and lessons of all of humanity embedded within us all.

I had devised a simple system that helped people to break down their dreams and to unpack the information they contained.

The third and final step of the **Dare to Dream Delivery System**© is the **GOLD IN THE GOBBLEDYGOOK EXTRACTOR**™ which shows you how to:

- **Break down**
- **Analyse**
- **Grab the Gold in your dream**

With the help of Cheryl, Marion and my fellow WHYse women, I had finally created a system - *in just three easy steps and using simple tools* - that would help people to access and understand their dreams.

The course that I had created three years earlier – and had been sitting on the shelf since its' creation! – now was packaged in a format that would be easy to deliver – whether as a standalone course that people could follow for themselves or a full-blown live online course lasting six weeks.

I also did some investigating (and networking!) and began to investigate the possibility of offering the course on a retreat – maybe not in Marrakech, but somewhere warm and pleasant where people could relax, enjoy themselves and learn new skills.

My course was ready....and now I was too!

Now I just needed to gather testimonials and other evidence that I could deliver what I promised....it was time for some case studies.

## **XII. Dream Case Studies**

Having done much work over the years with clients and their dreams, I had a wealth of information to draw upon; however, I decided to select just a couple testimonials that really showed the transformative power of dreams.

I thank the ladies for their permission to tell their stories!

## a. Playing with Lions



A young womanpreneur I'll call Anika came to me as she was disturbed and frightened by her dreams, which were recurrent and made her fearful of starting her new business (bespoke non-alcoholic drinks for events, parties, etc.).

The contents of the dream were basically the same – being pursued, feeling fearful and uncertain. Anika recounted her dream:

“I was in a fenced open field with other people around and several lions were walking outside the fence. I was wary, but not particularly upset or worried about the lions. The fence was strong and sturdy and the lions would have to jump quite high to get over it.”

Suddenly, a woman sighted the lions, one of which had jumped over the fence and screamed. Anika saw the lion out of the corner of her eye on its back and felt a light

scratch on her hand; she only became alarmed when she heard the woman scream and then panicked....and ran!

Anika suddenly found herself in a building, a kind of tower – and felt trapped. She still felt fearful...but now felt *regret*, wishing she had remained among the lions!

As we broke down Anika's dream she began to realise that:

- The fear was not her own;
- The boundaries (fences) not only kept things/people out, but kept things in (i.e. unable to expand);
- She was not afraid of the lions, but picked up the panic and fear of others;
- While Anika was a bit nervous about the lions, one of them had actually laid down on it's back – and scratched her hand *in a playful way*;
- Running to safety into the tower actually left her feeling trapped and in darkness, as opposed to the bright, open field.

As a young entrepreneur embarking on a new business, she had legitimate fears, but had prepared herself well and realised that her dreams showed that it was other people's fears that were causing her to feel unsettled and panicked.

Anika was ready to “enter the lion's den” – as it were – and accept it's invitation to “play”, rather than panic.

Since that time, the dreams have stopped and Anika, I'm thrilled to say, is not only tickling her lion's belly but her business is going from strength to strength! Anika put aside other's fears around the success of her business and found the courage to live her dream – and she is SMASHING it!

You go girl!

You can watch the interpretation work I did with Anika on  
YouTube: <https://youtu.be/zqZj1n6GnPU>

**b. From Fear to Freedom**



Alison (not her real name) came to me for bereavement counselling following the death of her mother in South Africa. Alison, although born in England, moved with her family to South Africa when she was nine; she returned to the UK when she was 30.

The reactions she experienced with regard to the death of her parents differed greatly: where as she had spoken with her father two weeks before he passed away and felt a sense of closure, she hadn't seen her mother for over a year before her death and spoke with her several months before she died. Alison had no sense of *closure*.

Alison was also dealing with a bullying boss, the possibility of redundancy from her longtime job and had to decide whether to attend the laying of her mother's headstone in South Africa.

When Alison realised I worked with dreams, she immediately presented a recurring dream (recurring dreams – or variations on a theme – occur when we are not “getting” the message the unconscious is trying to

convey – the message keeps getting presented in various ways until we get it!).

Alison's recurring dream – on the face of it – was quite funny: Alison would find herself sitting on a toilet (and constipated!) in a toilet with transparent or no walls and other people able to see her. We looked at the “crappy” feelings and feeling unable to “let go” with other people watching.

As we worked through her dreams, Alison came to understand that:

- Her experiences as a child in South Africa under apartheid had taught her to be afraid to speak out, whether in defence of herself or others;
- She was very angry, but found it impossible to express it;
- She had gone from being an outspoken, adventurous child to a meek and shrinking violet of a woman.

Alison felt strongly that her ambivalence about returning to South Africa was not only because of her estranged relationships with her mother and two siblings (they firmly adhered to the apartheid system and the privileges it afforded them, while Alison and her father had abhorred the system).

Over the weeks that we unpicked the elements of Alison's dream, she was able to:

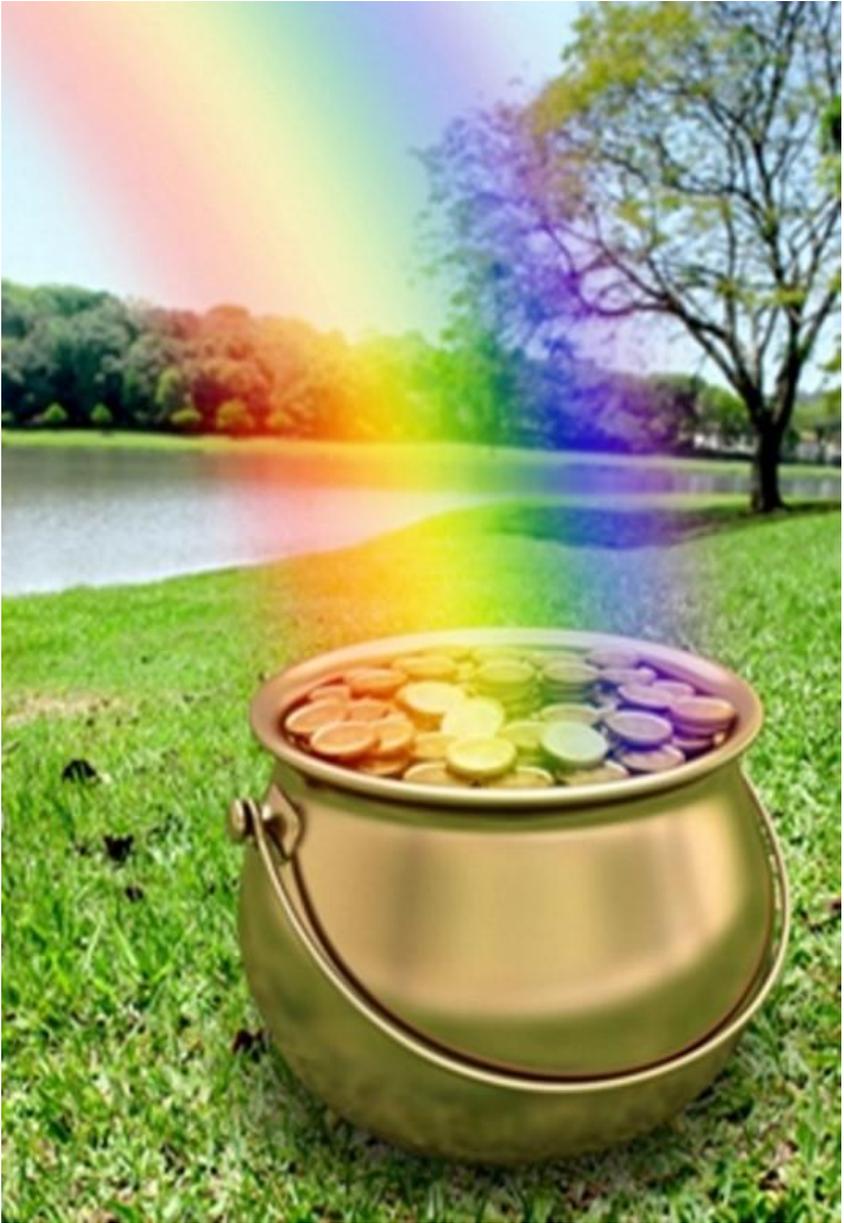
- Stand up to her bullying boss' emotional blackmail and take redundancy;
- Enrolled in the Open University to pursue a longtime passion of hers;

- Made an attempt to repair relationships with her siblings; her sister was more open, her brother was not;
- Decide to travel to South Africa for the laying of her mother's headstone, after initially saying she wouldn't attend.

Alison had learned that she COULD speak up without fear of retribution and that the mantra of "security at all costs" drummed into her by her mother had kept her in a job she hated and with a husband who, while supportive was also exerting emotional blackmail against her.

Alison recovered her voice -- and the "emotional constipation" -- and the dream! -- disappeared!

### XIII. My Own Gold in the Gobbledygook



For years I had refused, denied and hid my ability to understand dreams; I was Black, female, short, wore glasses and was a known “Brainiac” – I didn’t need the additional burden of being known as some weirdo who told people what their dreams meant!

But in the end, after twenty years of banking and 15 years of working as a therapist for a charity, while good and right for the person I was – *I was no longer that person* – I was finally old enough and secure enough in myself not to really care what people thought of me and had to do something that fed my soul –and not just filled my bank account!

I tried multi-level marketing with limited success (though I am working on that!), but the ONE thing that keeps people coming to me more and more as the days go by – is my ability as The Dream Detective.

*Ironic, isn't it?*

The one thing that is bringing me and my work to the attention of others and opening the doors I had been knocking at for years – was the ONE THING I had been so afraid to share!

*God truly does write straight with crooked lines!*

**SUCCESS**



**WHAT PEOPLE THINK  
IT LOOKS LIKE**

**SUCCESS**



**WHAT IT REALLY  
LOOKS LIKE**

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## XV. About the Author



**SHEILA BALGOBIN** is a native New Yorker and fifth-generation Dreamer – born with the gift of dream interpretation. After twenty years as a banker and stock broker on Wall Street, a dream saved her from becoming caught up in 9/11 and took her to London.

Sheila eventually became qualified in various complementary therapies and as a psychotherapist – and finally claimed her heritage as a *Dreamer*.

Sheila works with individuals and small groups, teaching students natural and drug-free ways of improving sleep, as well as how to interpret and use their dreams for their benefit. Courses are delivered online and on retreat.

***For more information, book a free dream consultation\* with Sheila at: <https://meetingwithsheila.com>***

***\*and get a free copy of the video Juicy Sleep Secrets as a thank you!***