

Dreams: Windows to the soul

AVON LAKE

By Bridget Byam Novak

(Editor's Note: This is the first in a series of stories in which PRESS writers take an in-depth look at alternative pathways to peace and spirituality. This week, Avon Lake resident, dream interpreter and metaphysics expert Evstarr White spoke with The PRESS in an insightful look at both self-examination and alternative healing via dream analysis.)

All her life, Evstarr White knew she had an intuition beyond that of most people. In the decades since she started studying dreams, White has amassed a sizable library and has attended dozens of formal and informal lectures by pioneers in this field. She is passionate about dream analysis, and promises that one can learn much more about one's self by using the various techniques mentioned in this exposé.

"Dreams come to us so that we can heal ourselves. They exist to teach us. If something comes to you in a dream, then you need to deal with that issue, whatever it may be. We are always prepared to handle what-



Evstarr White, of Avon Lake, finds that dreams are often the windows to our souls.

Q&A with Evstarr White

ALP: How can I better understand my dreams?

EW: Journaling your dreams is the best way to start analyzing them. By journaling, you see patterns and have a reference book of your own. Also, we must make a conscious effort to think about our dreams and make them an important part of our lives. Often we discount them and let them quickly exit our mind. Discuss your dreams, think about what they could mean or what they might symbolize.

ALP: What about nightmares?

EW: A good way to control nightmares is to visualize a better ending to what is usually a terror. Re-create in your mind the nightmare, and make a conscious effort to control the outcome of the new dream to come. Face the key element in the dream. For instance, if in your nightmare, you are scared by a big dog, recreate a sequence in your mind where you face the dog instead of running so it can chase you. Yell at the dog and rush it away. Be in control.

ALP: Tell us about dream regression therapy.

EW: Dream regression therapy involves the assistance of a professional therapist to enter a trance-like state. In that state, the mind recalls childhood memories, even those deeply hidden in the subconscious mind. This type of therapy, too, can help individuals revisit past lives lived. In the trance, you are fully awake, but able to go deeper within yourself than you can when you are awake. Many people find dream regression therapy to be quite helpful.

ALP: Why do dreams seem so real?

EW: Dreams, on another level, are real. When we dream, our souls actually leave our bodies to commune with other souls. If, in a dream, you see a loved one and hug and talk and visit, your souls actually have hugged and talked and visited. When you awake with a sudden jolt, like you're falling off a cliff, your soul is reentering your body abruptly. If dreams seem real, it's because often they are.

ALP: What is the goal of dream therapy?

EW: What we seek for optimal self harmony is control of our lucid dreams. By that, I mean when we awaken, partially, in a dream and begin to make the outcome as we would like to see it. Taking control in lucid dreaming enables us to take control in our waking lives. It is empowering.

ever it is that we need to address. You don't dream anything you cannot truly handle." White said.

A deeply spiritual woman, White says she is led by her higher power to do her work and considers herself lucky to be able to share that gift with others. She feels that this brings her closer to God, rather than in competition with Him. Since dream analysis is to help one's self, White believes that we honor our own personal God when we use dreams to learn about ourselves and to take a different direction when necessary.

According to White, everybody dreams. People who claim they do not dream simply do not remember them.

"Perhaps this is a defense mechanism from childhood. Perhaps night terrors were too much and the body programed itself to suppress dreams altogether. White added. The mind and the psyche are so powerful that this type of dream suppression is quite believable.

Dreams only come to us in REM sleep, the state of deepest sleep signified by rapid eye movement. Medical studies show that when individuals were deprived of REM sleep, biological and physical effects occurred. This underlines the fact that dreams may play an important role in our lives - perhaps more important than we would ever expect.

"Pay particular attention to repetitive dreams. Repetitive dreams should be a big

red flag for an individual. Something needs to be addressed, something needs a closer look." White said. "Take immediate action when you have a repetitive dream. Your self is attempting to send you a message," she added.

When we have a specific problem or area of concern, we are often too busy in our daily lives to face the situation. Therefore, we tend to push the problem far back into the subconscious mind. It is the subconscious mind, which works even while we sleep, that harbors the concern and re-issues it to us in the form of dreams.

"Look at your dreams as metaphors. They symbolize our existence and act as a window to one's own soul." White said.

According to White, dream interpreters are not the ones who actually interpret the dream. It is only as individuals that we can analyze and interpret our own dreams. Input from others can often be helpful in how you look at your dreams. White participates in small groups, which share thoughts and ideas with regard to their dreams.

Dreams are not always so difficult to figure out. Often the meaning is right before us.

"You can bet if you dream you are a passenger in a car and your mother-in-law is driving it, that she controls parts of your life, much to your dislike. Especially if you are a person who would rather drive than ride." White said.

Putting Evstarr to the test...

The PRESS has compiled several dreams and asked dream interpreter Evstarr White to help analyze them:

Dream 1: In my dreams, I am being chased by a lion.

EW: The lion in the dream is an authoritative figure. Someone (who is represented by the lion) is pursuing you and it makes you uncomfortable.

Dream 2: In my dreams, I often find myself naked in a crowded place.

EW: The dream could mean one of several things. First take a look at your own feelings with regard to nakedness. Does it make you uncomfortable to be seen naked, or are you comfortable with your body? Based on that answer, the dream interpretation will vary. If you are confident and comfortable with nakedness, then it may represent your own power. If nakedness makes you uneasy, then it may represent your vulnerability in that situation.

Dream 3: In my dream, I'm in a house that I've never lived in, but that I know well.

All of the doors on the first floor are locked, and scary things are behind those locked doors.. They are always accidentally let out.

EW: That the dream takes place on the first floor is significant. It's not the attic, which would represent something higher than our reach. Nor does it take place in the basement, which might signify something below us, both literally and/or figuratively. Since you're on the first floor and the doors are within your reach, you should open one and confront whatever it is that scares you. The familiar house could be of a past life.

In summary, dream interpretation is yours and yours alone. "Your dream, for instance, of an airplane will be altogether different than an airplane dream had by a pilot." It is in figuring dreams out that we find peace within. Interpreters can help you understand what certain parts of your dream might signify, but only you can truly decipher your dreams. Only you can use them to enhance your waking hours.

If you are interested in help with analyzing your dream, Evstarr White can be reached locally at 930-4869.

Pathways To Peace