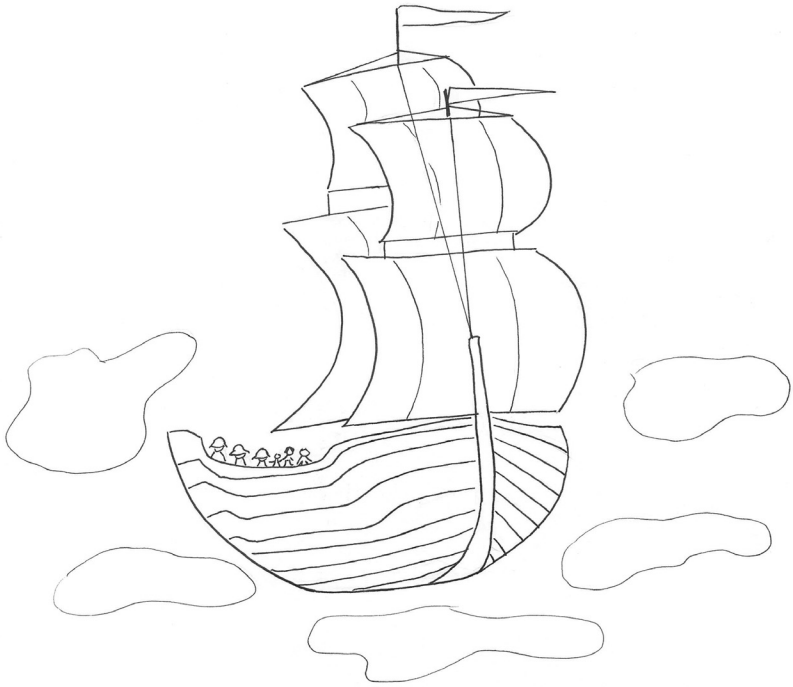




*"Our Lord has, in his great mercy, called you and led
you to him by the desire of your heart."*

The Cloud of Unknowing¹



Then I see and write the following:

*“Now people are coming back in a big ship floating
across the sky.*

*The man in the toga has been leisurely goofing off,
but sees the big wooden ship
and knows he has to prepare and get down to work.
They are here.”*

Candy Smith
Dream of 2/24/07

Table of Contents

Foreword <i>by Joyce Rockwood Hudson</i>	11
Acknowledgments	21
Introduction	25

PART I – DISCERNMENT

Chapter 1 - Who am I?	31
Chapter 2 - A Matter of Faith	41
Chapter 3 - Dreamwork Techniques	49
Chapter 4 - The Voyage Begins	63

PART II - FORGIVENESS

Chapter 5 - Messy, Stinky Things	77
Chapter 6 - A Bathroom Breakthrough	85

PART III - UNDERSTANDING

Chapter 7 - Working with Symbols	97
Chapter 8 - A Message from the Past	107
Chapter 9 - Letting Go of Guilt	117
Chapter 10 - The Religion Squeeze	127
Chapter 11 - Don't Block the Process!	135

PART IV - HEALING

Chapter 12 - Rescuing the Feminine145
Chapter 13 - Where Are You, Jesus?153
Chapter 14 - Restoring the Balance163

PART V - COMPASSION AND GROWTH

Chapter 15 - Finding Feminine Wisdom173
Chapter 16 - Black and White Thinking183

PART VI – GUIDANCE

Chapter 17 - The Question203
Chapter 18 - Learning What’s “Key”221
Chapter 19 - An Ending and a Beginning.....231

PART VII – INTEGRATION AND ACTION

Chapter 20 - An Ancient Call243

Epilogue247
Twenty-Eight Lessons
in Deciphering Dreams and Dream Symbols253
Permissions259
Endnotes262
Index of Dreams.....272
About the Author.....274

Introduction

In June 2007 I was scheduled to present a workshop on dreams and dreamwork at our “Faith in Arts” weekend at my church. During the previous five months I had been on a spiritual journey through dreams that had taken me on a deep exploration of myself and my relationship with the Divine. This book is the culmination of that journey. Through my dreams, the dreamwork process, and synchronistic events, I was given new insight into a world of *meaning* and the many signs that God gives to guide and affirm us.

A few weeks before the workshop, I found a slightly injured baby female cowbird near my house and brought her home. I put her in a paper bag and set her in a dark, quiet place as a friend once told me to do with birds that fly into windows. Later, when she seemed to have recovered from being in shock, my husband Adrian and I returned her to the spot where I had found her. We had no idea if her parents would find her or if she would survive.

The morning of the dream workshop, I dreamed that a small gray bird flew to me as I rested in a chair and put its feet on my mouth. Then it nestled next to my right cheek. It seemed to be a clear sign that what I would be doing that day was being blessed by the Divine! A passage that I often heard our diaconal minister, Susan, quote from Psalm 19 came to mind: “Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.”⁴

Through my dream journey, I had been shown by the Holy Spirit that I was to share my dreamwork experience, but to what extent hadn't been made clear. After the gray bird dream, I felt reassured that I was on the right track, and I was grateful for the affirmation.

As I played the guitar that morning for the opening service of the "Faith in Arts" workshop, we heard a knocking sound at the window in the front of the church, behind the altar. When we finished the final song, I left my guitar in the back and went to investigate. There, hopping against the window, was a female cowbird! I felt again that I was being given confirmation that I was doing what the weeks of dreamwork had prepared me to do. I thanked God for this beautiful affirmation.

A couple of hours later, as I began my presentation in one of the conference rooms, the little bird pecked at the window directly behind me! This was the third affirmation that morning! Any hesitation I had about relating how God speaks to us in dreams, and how we can develop a closer relationship with the Holy Spirit through dreams, dissolved.

The next day, a friend who knew nothing of what had happened with the bird the day before, said she felt compelled to give me a gift she found at the Arts Festival. She said she *knew* it was meant for me. The gift was a wooden plaque with a painting of a bird's nest and the words "Bless Our Nest." I was awed—a fourth affirmation that sharing this journey was what the Holy Spirit intended!



This book is about contrasts and balance, about the interconnectedness of all things that exist, from God down to the tiniest pebble. It's about the web that connects everything. Join me and learn about the inner and outer world, the spiritual and the physical, about the feminine and the masculine, about brokenness and wholeness, and about fragmentation and integration.

If anyone had asked me before this journey, about pursuing dreams as a spiritual practice, and about whether spending two to three hours a day recording and interpreting dreams was worthwhile, I might have questioned the wisdom of this path. The path didn't cost any money, but it exacted a price. I found that it only worked when I had a passionate desire to know the Holy Spirit better, and when I was willing to do the work necessary to understand and follow the guidance given. In many ways, I found its wisdom to be stricter than what parents, conscience, and religious systems expect. It was not easy, but it was worth it. It took time and commitment. It was enlightening, comical, and awe-inspiring! This path provided help with everyday situations as well as life's directions. It stirred up difficult memories and, through creative stories, healed me and gave me insight into the deepest levels of my being.

What I hope to do in the following pages is to shine a small light by recounting my own initiation into deeply meaningful dreamwork. I share it through journaling so you can see how the dreamwork unfolded—how I learned and stumbled, but ultimately healed through the process. The format has helped me reveal it more like a story, which has made it richer for me, as I hope it will be for you.

As I share my journey, sometimes you may find that I don't explain every dream symbol nor do I include every dream. This is because I either didn't see or didn't understand the meaning in those dreams and symbols. But I've learned that it's okay! The same dream can keep unfolding over days, weeks, months, and even years. The same or similar symbols will reappear if there is more to learn about them and about ourselves. A dream gives us what we need even if can't remember all of it. It's not necessary to carefully analyze every piece to get it all right. What is important is the unfolding process, the shift inside that wants to be known. It is more a dance with the dreams than it is a scientific dissection. The blossoming of our consciousness is in *us*, not in the dreams. The dreams are prompts, which, when worked with just enough, keep the new understandings coming.

Through Dreamwork you can learn to communicate with and understand your very soul. With that, you can attain the balance necessary to have healthy relationships in your life—with other people, the natural world, and with the Divine.

It is in that light and with thankfulness to the Creator for the shelter of his wing at night that I share this path with those who desire to know the Holy Spirit and themselves better.

- Candy Smith