

Getting in touch with yourself

- The art of understanding dream language -

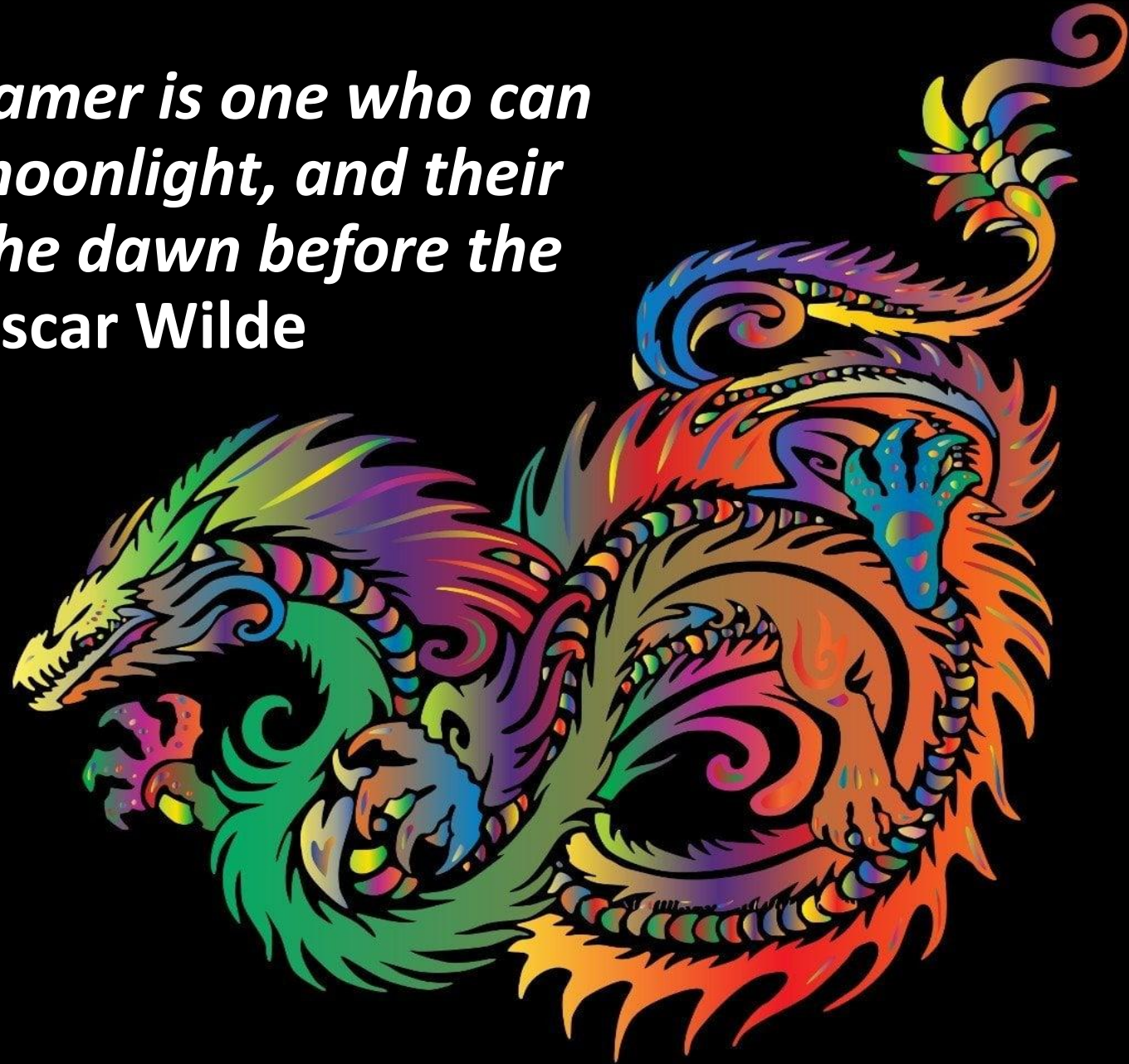


Yes, I am a dreamer. For a dreamer is one who can only find their way through moonlight, and their punishment is that they see the dawn before the rest of the world. - Oscar Wilde



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**I'm KinDD
Hello World!**



Content and trigger warning



Some content on the panel may be uncomfortable and act as a trigger. However, since this panel does not belong to the 18+ category, this content is kept within limits. Nevertheless, if you are sensitive to topics that can be upsetting, please take care of yourself.

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The Dream – A brief cultural overview

Dreams are actual realms the soul travels to
– The self has a sleeping and waking part.
(Chinese Mythology)

Dreams as a possibility for contact with spirit
entities – Dreams have prophetic content.
(Norse Mythology)

The world itself is a dream of God –
During sleep the soul leaved the body.
(Indian Mythology)

Body and soul as two separate entities - In waking
consciousness, the soul is a servant of the body.
Only at night the connection to the body is loosened.
(Greek Mythology)

The Dream – A brief cultural overview

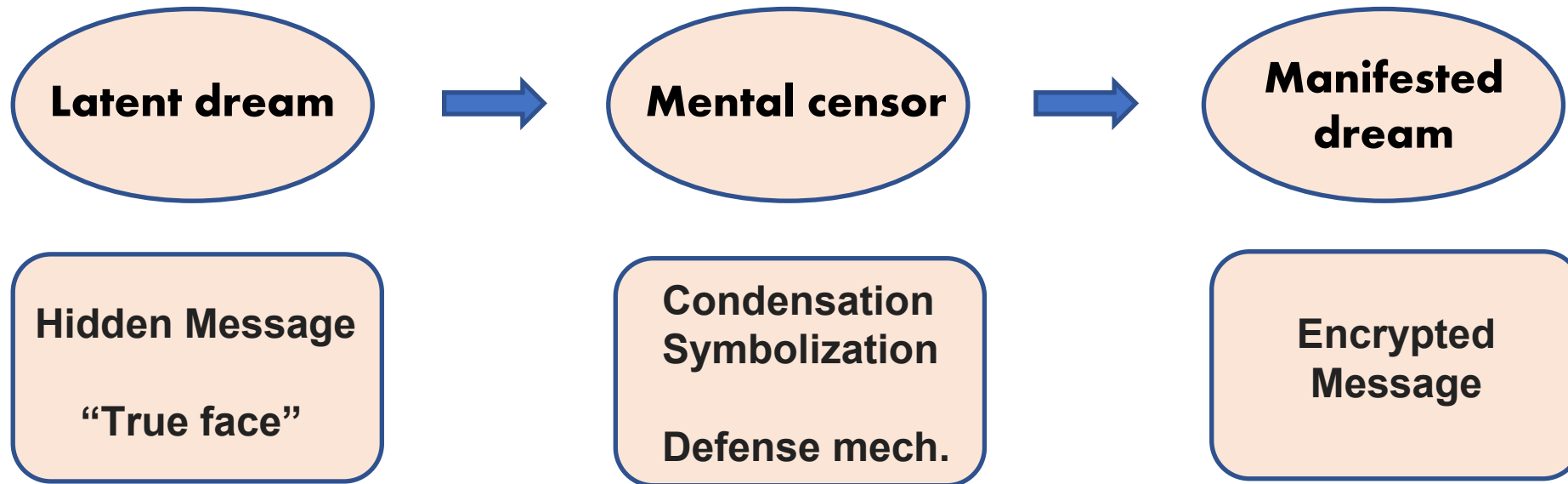
Hippocrates, the forefather of western medicine used dreams to find a diagnosis.

Because the body is immobilized during sleep and the soul does not have to cope with external life situations, it can perceive deficiencies of the body and depict its condition in dream images (Matentzoglu, 2011).

→ The dream is a message from the soul, which, if correctly interpreted, allows a diagnosis to be made.

A theory behind dream language

Psychoanalysis

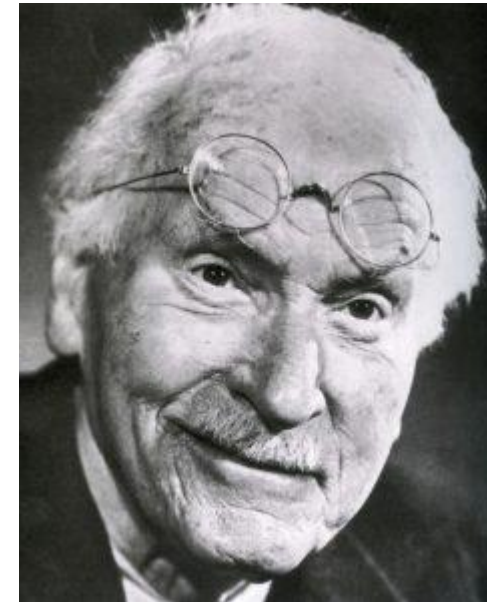
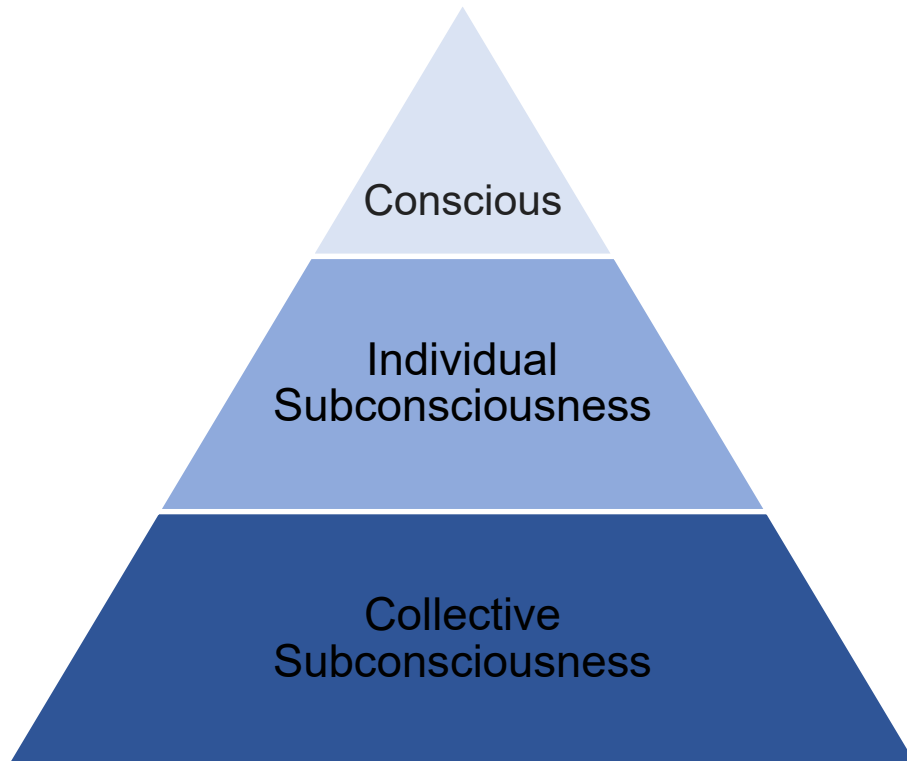


- A dream is the fulfillment of unconscious desires
- Dreams contain a message that needs to be decrypted to understand it

A theory behind dream language II

Development of the individual – by Carl Gustav Jung

Process of Individuation – Become who you really are

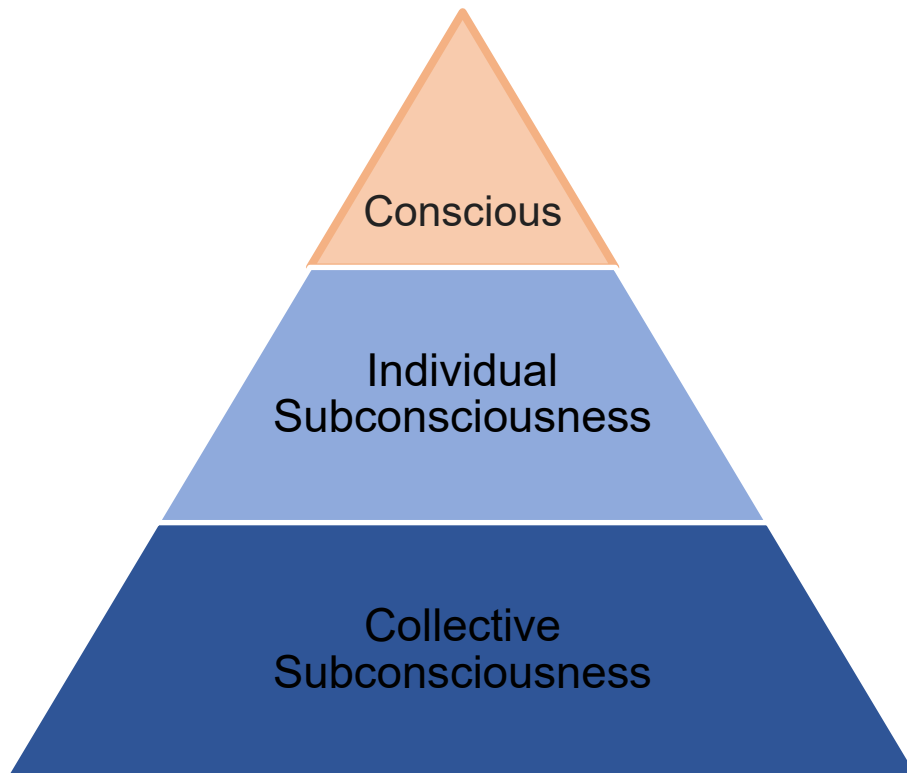


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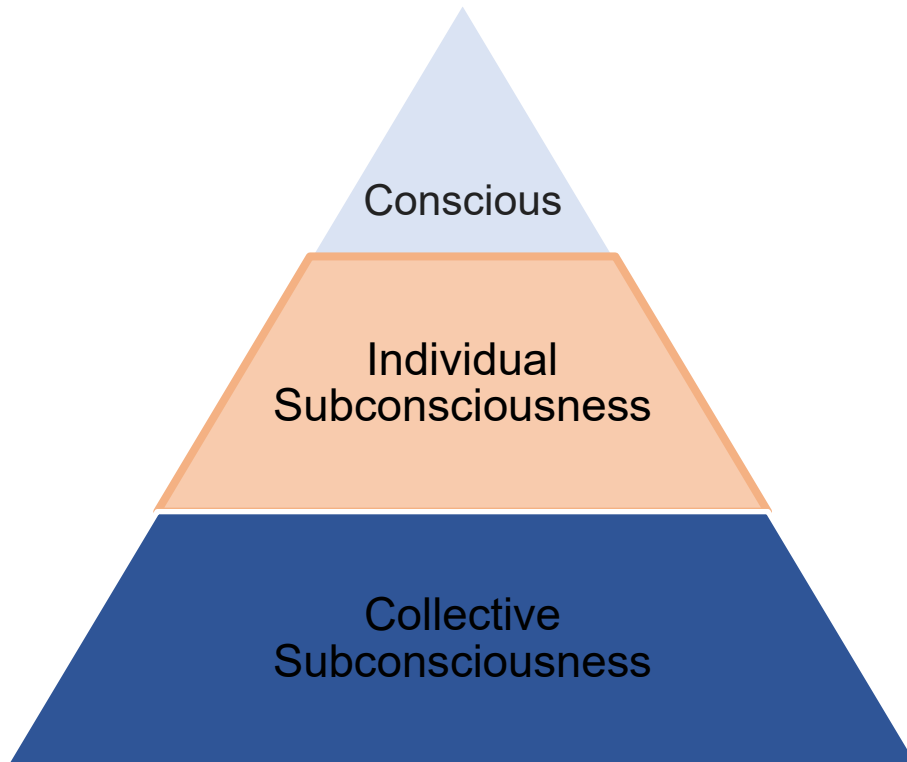
The consciously experienced and reflected self



A theory behind dream language II

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Everything I know, but am not thinking about at the moment;

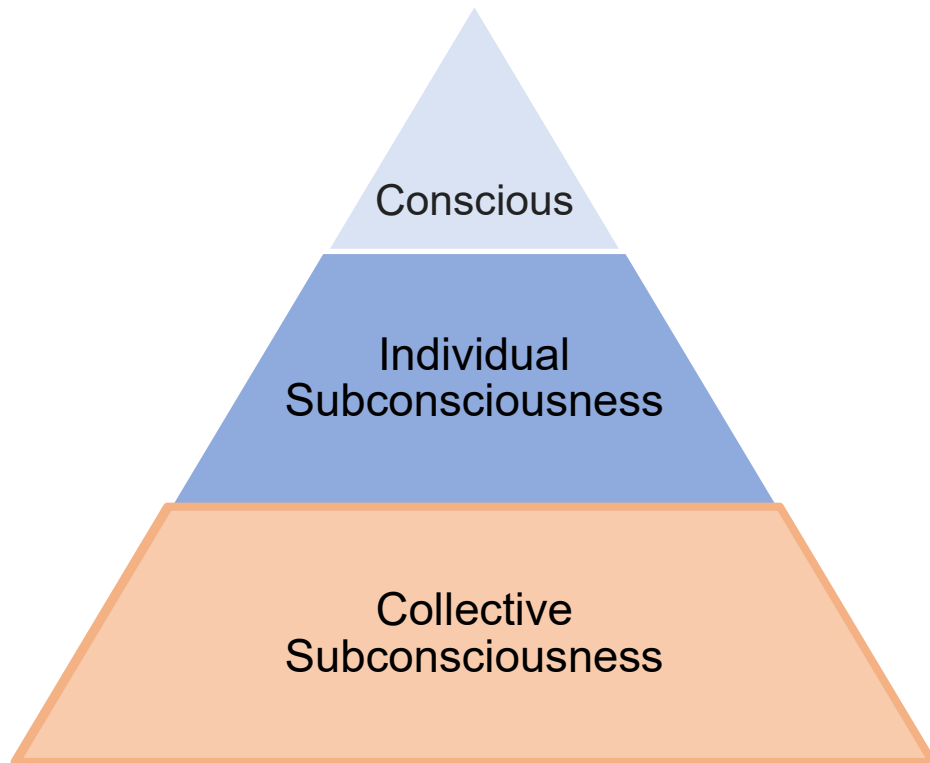
Everything I was once aware of, but have now forgotten;

Everything that is perceived by my senses, but not observed by my consciousness;

A theory behind dream language II

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Process of Individuation – Become who you really are



common to all individuals.

It is like a sea of experiences from which we draw and which shapes our being and experience

➔ Archetypes



Nachtmeerfahrten - Night Sea Voyages



For modern people, the one true adventure worth living can only be found within. – C.G. Jung

In many myths, the hero must embark on a journey through the night sea, encountering mysterious creatures and dangerous situations.

The psychologist Carl Gustav Jung (1875–1961) undertook such a journey of discovery himself, exploring the world of symbols and archetypes to understand their significance for our lives.

What can we learn from myths and dreams? What do our “anima” and our “shadow” tell us in the process? What do modern-day voyages into the night sea look like?

Jung ventured into dangerous territory, but above all, he discovered the creative richness of our unconscious—the healing potential of archetypes and symbols, which, when properly harnessed, can lead us to a more fulfilling life. A cinematic journey through the life of C. G. Jung and into the powerful world of myths, dreams, and symbols.

Why do we dream? - Symbolization

What is originality? It is seeing something that has no name yet, that cannot yet be named, even though it lies right before everyone's eyes. Such is human nature that it is only the name that makes a thing visible to them in the first place. – F. Nietzsche



Through symbolism, we make the intangible tangible and the inexperienceable experienceable

In the neverending story, Bastian needs to give a name to the childlike empress to prevent Fantasia to fall apart

He named her *Moonchild*

A practical approach to symbolism



Magritte, 1937 – Meditation

A practical approach to symbolism

What is a symbol?

A symbol has several levels of meaning
Our mind fills the symbol with meaning

→ Not necessarily a picture!



Difference of Symbol & Sign

A sign usually has only one layer of meaning



A practical approach to symbolism

Symbols – the language of the soul



Magritte, 1928 – The lovers

What do you sense?



A practical approach to symbolism

Symbols – the language of the soul

What do you sense?



Magritte, 1928 – The lovers

Background:

Magritte's mother committed suicide after prolonged period of depression. The body of Rene Magritte's mother was found in a river and it is said that her face was wrapped in the fabric of her skirt.

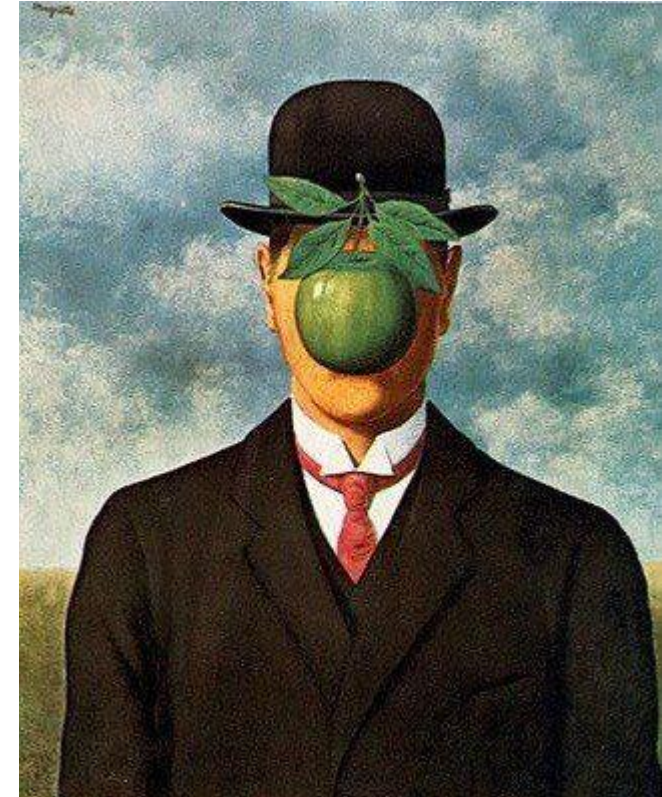
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Magritte, 1928 – The son of man

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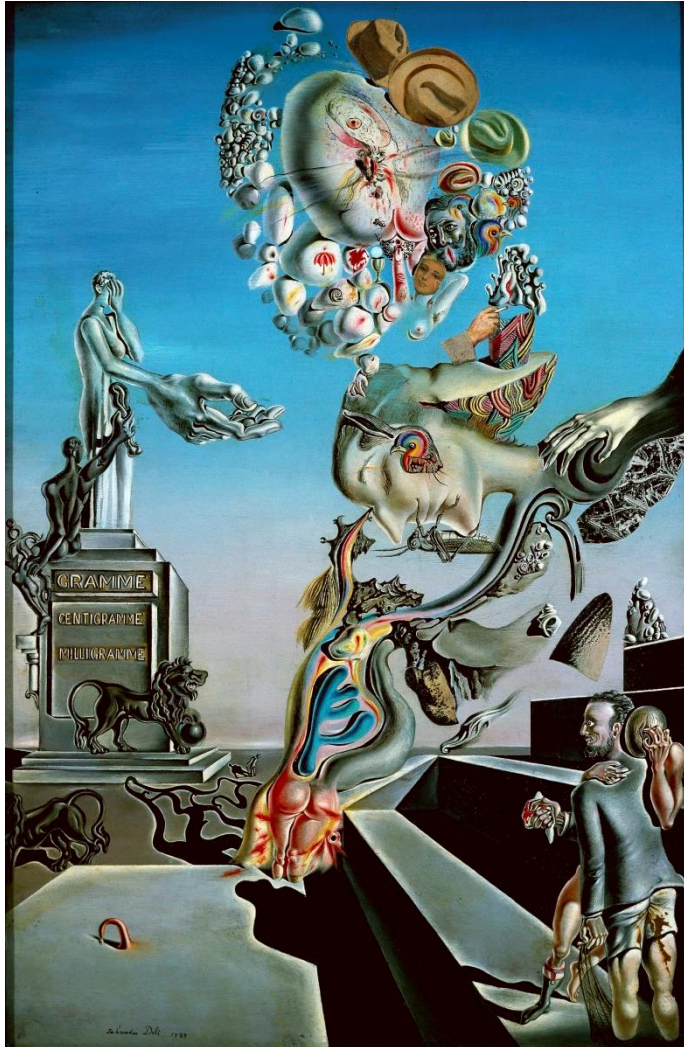
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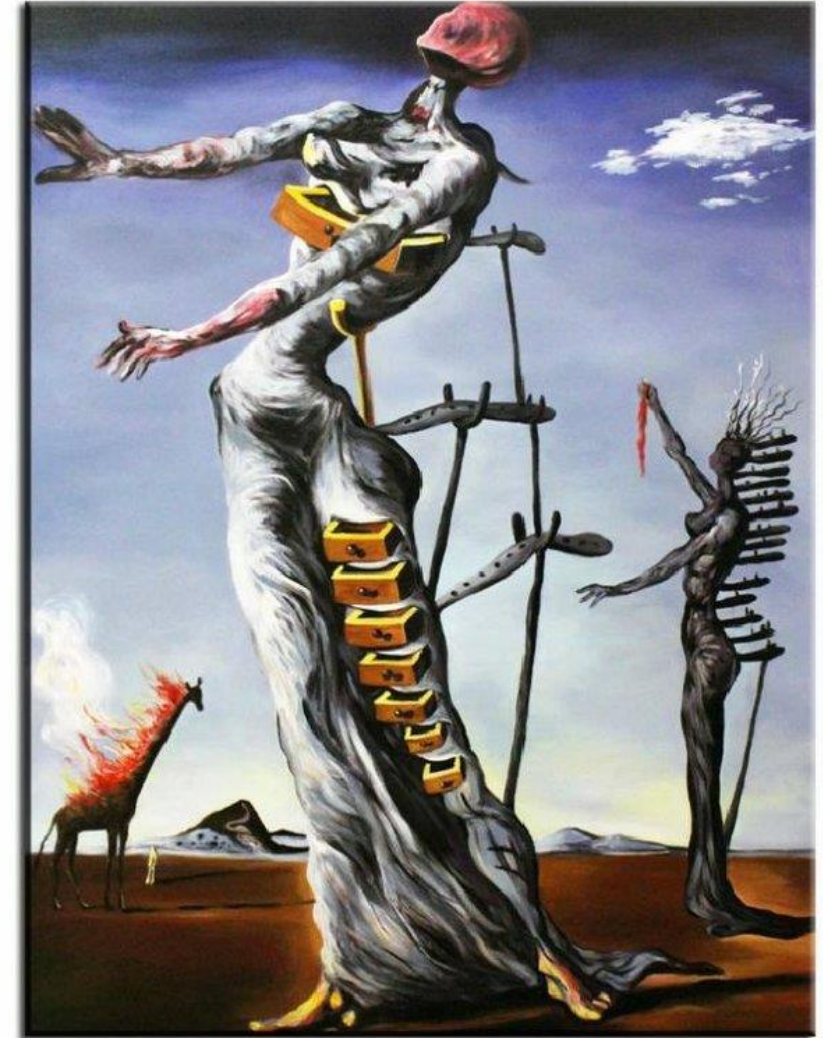
Magritte, 1928 – Man with melon

A practical approach to symbolism



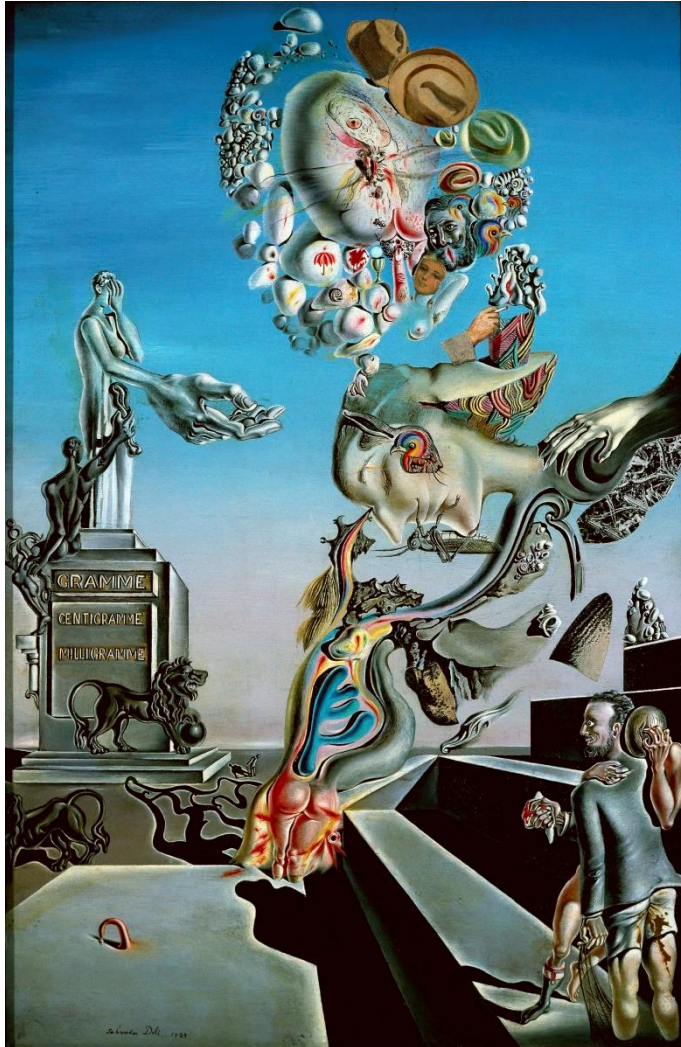
S. Dali, 1929 – Dark game

What do you sense?



S. Dali, 1935 – The burning giraffe

A practical approach to symbolism



S. Dali, 1929 – Dark game

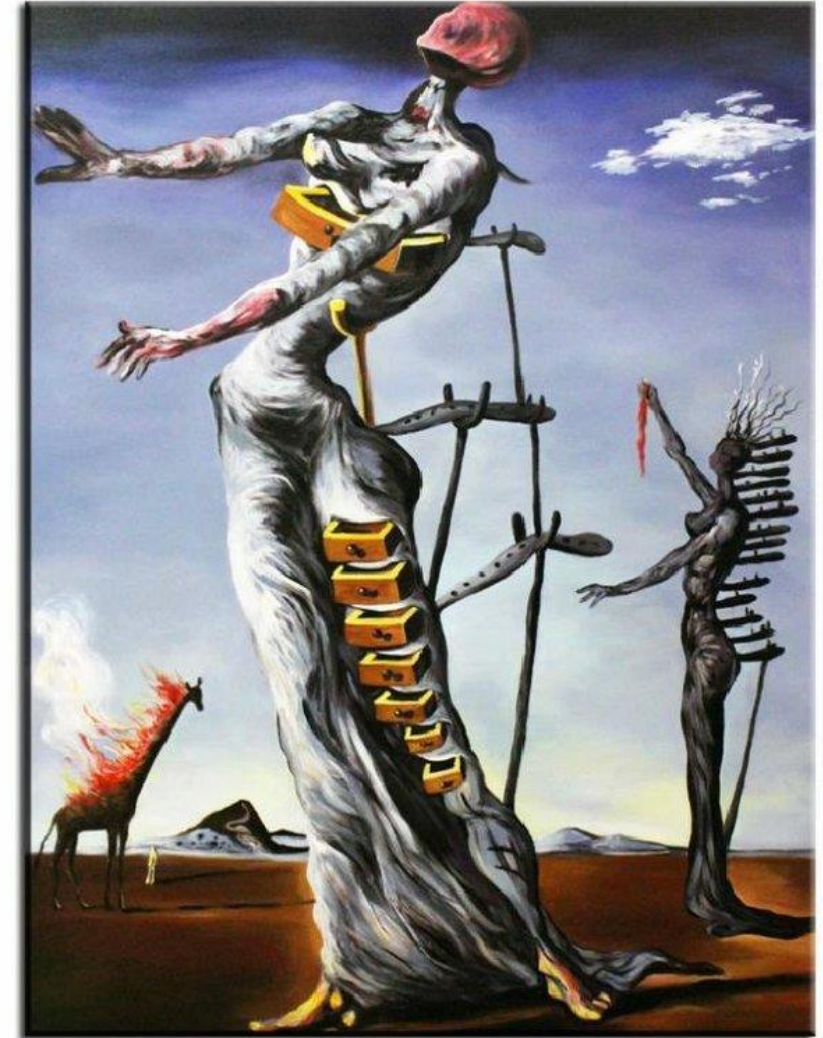
What do you sense?

Shapes are often dynamic and rounded with few sharp edges. They are more fluid in nature

→ The feminine is giving the structure

His inner world is rather unstructured
He has compensated for his lack of inner structure with the structure on the outside

Dali had built up a (unconscious) dependence on his wife.
When she died,
Dali decompensated and his mental illness broke out.

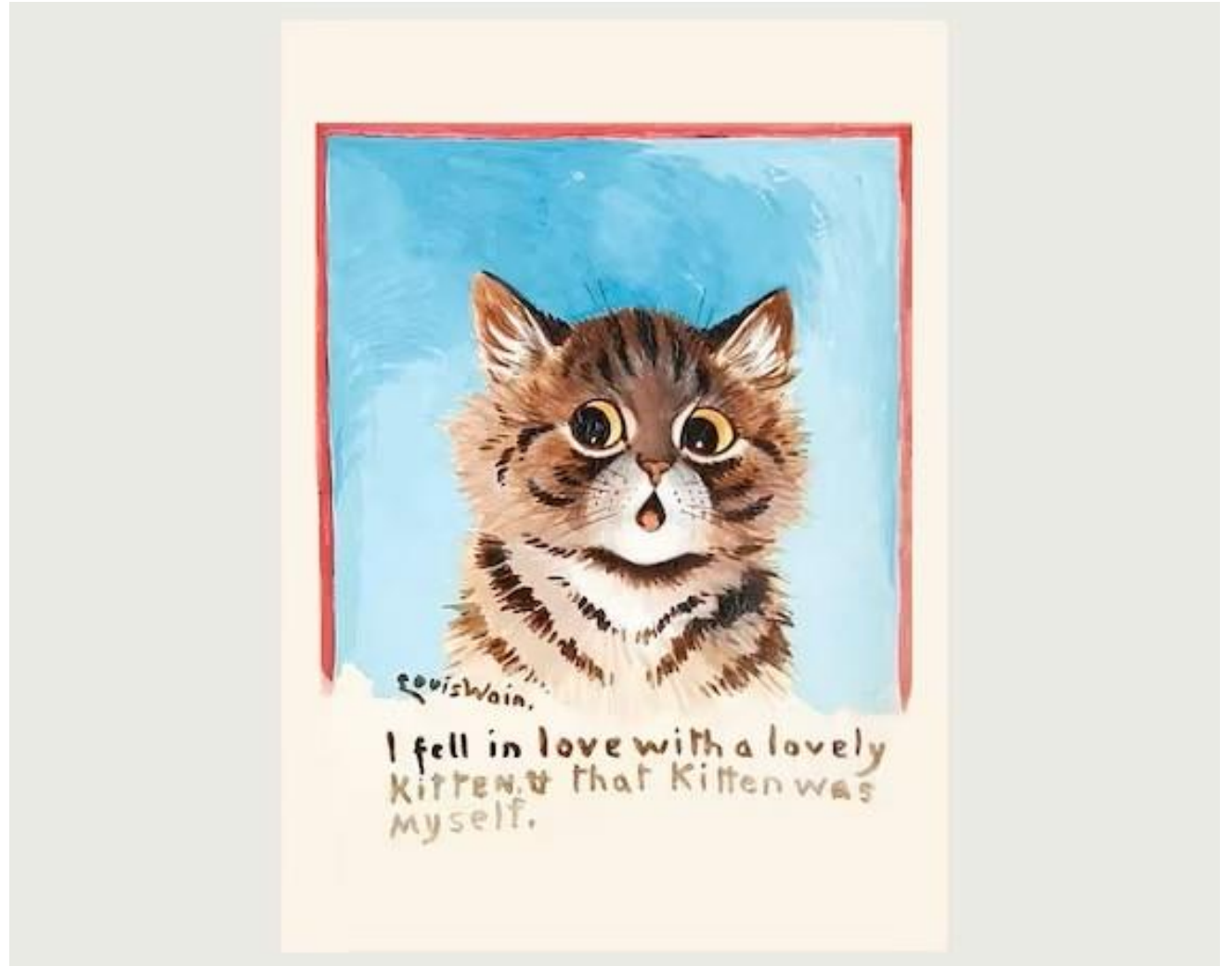


S. Dali, 1935 – The burning giraffe

A practical approach to symbolism



L. Wain – Taking Tea (1907)



L. Wain – Art Print

A practical approach to symbolism



L. Wain – I say stop it! (1907)



L. Wain – Cat's Nightmare (1907)

A practical approach to symbolism



L. Wain – The Kaleidoscope of cats

From 1907 to 1910 he lived in New York City, where he drew comics of cats. After his return, his mother died.

Around this time, he began to develop schizophrenia, which also affected his painting style. He became moody, sometimes behaved aggressively, and developed a distrust of his sisters. As a result, he was admitted to the poor ward in the "Springfield Mental Hospital" in 1924.

As a result of his illness, his cat pictures changed so that they eventually showed almost only eyes surrounded by wild ornamentation. He died in 1939.

Dream analysis – Examples

I am wolf and I'm walking through a winter forest. Coming to a snowy hill, I spot the spirit of a brown bear. It runs towards me and soon we are tumbling and wrestling down the hill. There was no aggression between us. It was just a show of strength. Once we reach the bottom we both part ways and I run further into the forest.

Farther in I find a frozen lake. In the center of it is a small island with a single leafless tree. On top of the ice I spy the spirit of a fox and with eagerness, I give chase. Around and around the frozen lake I chase the fox until it finally manages to escape me and flees into a hole. With the fox gone I continue on.

As I'm walking I can sense I am no longer alone. Another spirit has joined me, but I can not see them. They emit an air of impatience as if they have been waiting for me to arrive. My body then transforms back into a human and we continue on.

We come to stop at the end of a ledge, high up in the tree tops. Below we spot the spirit of a wolf. The spirit who is accompanying me says that it is sick. In my hands appears a bow and arrow. Slowly I lift up my bow and take aim. In a strong stern voice I hear " You must learn to focus." Before I could take the shot I wake up.

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Can we identify symbols?

The wolf

Brown bear

Frozen lake

Single leafless tree

Fox spirit

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What is the base setting of the dream?

I am wolf and I'm walking through a winter forest



The dream-self is shown as primal, emotion-led and social. The wolf normally acts in a pack, not alone. The winter landscape as a world that seems frozen in time.

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What is the dynamic?

How does the story of the dream evolve?

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The dreamer is running all on their own, living in a world of frozen emotion, an inner state where nothing can evolve.

Why is the world frozen? Because the protagonist is afraid of the warmth of a touch. That's why all living things are mere spirits. A spirit is ethereal, they cannot touch you.

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- What can be imagined here is, that the dreamer had an experience, where someone tried to assault them.
- Wrestling with a bear, as a symbol for a man (“furred and strong as a bear”)
- A tree, as a symbol of life, though it is leafless, it stands amidst of a frozen lake → Frozen Water / womb of life / the uterus

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- It's a change in perspective – The dream allows the dreamer to see his damaged part → part of the healing process starts.
- Killing the part that hurts them – Currently the only way for the dreamer to deal with the pain.
- The dream tells the dreamer – Don't point your aggressions toward yourself. The one who is hurting you is yourself.

Dream analysis – The story of the dream

The story of the dream – “named” and desymbolized:

This is the story of a being, that has lost its fate and will to live. It's wandering, although being in the form of a very social animal, all alone through a world deprived of life, where emotional or bodily warmth is something to be afraid of.

Because in the past, this being has been victim to traumatic events, their (emotional) world stands still at exactly this point.

To cope with this, it maybe puts the guilt for the events upon itself, ready to kill the one last thing that is not yet dead (or a spirit), themselves.

An inner voice, not really graspable yet, but there, a true healing force is showing this being what is happening here, namely that it is pointing it's aggressions towards itself.

The helping spirit stops this being, remembers it to stop and focus, to really see what it is doing.

There is a chasm between me and the world outside of me. A gap so wide my feelings can't cross it. By the time my screams reach the other side, they have dwindled into groans.

Isaac Marion

Dream analysis – Literature

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