

Dreams

Unitarian Universalist Fellowship of Vero Beach, FL, July 2015
Adapted from Cohasset, MA, and Augusta, ME

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
to the universe, to this community and to each other.

Check-in: How is your spirit right now?

Opening Reading

I know that if we meditate on a dream sufficiently long and thoroughly, if we carry it around with us and turn it over and over, something almost always comes of it. (C.G. Jung)

Dreams are...illustrations from the book your soul is writing about you. (Marsha Norman, playwright, screenwriter, novelist)

Topic Exploration

The dream is not so much a communication as a creation: "an uninterpreted dream is like an uninterpreted poem."

Are all poems equally worth interpreting? If you wrote a dozen poems a night every night of your life, would they all be masterpieces or would they all be trash? Not likely. And yet, if a poem or a dream calls out to you to interpret it, by all means find out what it means. Intelligent criticism or interpretation can at times greatly increase the depth of our understanding of a poem and in the best of circumstances, of ourselves as well. It is the same with the dream. (Stephen LaBerge, from *Lucid Dreaming* (abridged))

Questions / Sharing

In many cultures, recounting and interpreting dreams are important activities, essential to the spiritual life.

1. Have dreams helped you to identify or solve a problem, make a decision, resolve an emotional situation? Do your dreams inspire you? Frighten you? Comfort you?
2. Do you have recurrent dream images, settings, characters, events? Do they change as your life changes? Do you dream in color or black and white, or both?
3. Do you see dreams mainly as messages from within yourself, or have you ever felt that information from outside yourself arrived through a dream?
4. Do your dreams and your interpretations of them contribute to your spiritual life?
5. Reveal a dream of yours that had a lasting impact.
6. Have you had physical reactions to dreams?

Alternate Questions for Daydream Believers

1. Where do your day dreams take you? If you have recurring day dreams, share an example. If your day dreams have themes, what are they?
2. If you have taken time to reflect on your day dreams, what have you learned about yourself?

Closing Reading

Go assured that you can still dream.

Go assured that you can still let go.

Go assured that you can always come back from wherever your mind and heart carry you,

Go in peace. Return in peace.

Extinguish the Chalice

We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping

Adapted from small group sessions by the Rev. Janet Carlsson-Bull, First Parish UU, Cohasset, MA, and the UU Community Church in Augusta ME “Dreams”