

## *Gems from the Guide*

### *233 Dream Interpretation (in L96)*

In this quote from L96 *Questions and Answers and Additional Comments on Laziness as Symptom of Self-Alienation*, the Guide speaks of great value – and challenges – of dream interpretation.

(See also these paragraphs of L96 on pages 39-46 of the *Devotional Format*:  
<https://www.garyvollbracht.com/wp-content/uploads/2022/03/L096GaryDevotional.pdf>)

**40** QUESTION: Can you give us suggestions for interpreting dreams?

ANSWER: I am giving them constantly, but let me just say a few words here, since this question has come up. One of the most dangerous things in dream interpretation is generalization. Beware of it. Always use the personal, subjective associations -- what you think, feel, and experience in connection with dream events. The tendency to escape from unresolved problems, from conflicts, from that part of you that has remained in illusion and immaturity, makes people sometimes read into dreams a high spiritual meaning that may or may not hold true. You objectify rather than probe the dream for its subjective meaning. Be careful of that, my friends. A dream always contains a special message to you from your own soul. To find this message is infinitely more constructive than looking for a consoling, pleasant message from outside yourself.

**41** Your fear of facing yourself makes you turn away from the constructive messages your soul delivers to you constantly. And you refuse to read these messages. Not only because they are not always easy to read -- it may take time, effort, patience, and a great deal of real inner will, as well as help from others who are qualified to help -- but also because you like to hear nice, pleasant things. When you perceive a much more constructive and productive voice of love that sometimes says momentarily not so pleasant things, you become so blind that you do not even perceive the love. You are blind to it because deep inside you connect love with what is pleasant and easy -- and, unfortunately, that is not always the truth. Productive love sometimes has to criticize. Whether this applies to another person or to your own dreams, your reaction to both is often the same. You turn away from it.

**42** Your own dreams are messages of love, although they sometimes reveal something to you that, at first, you do not want to know. Go to the trouble of deciphering them, even if at first you cringe away trying to forget them, trying to belittle their meaning because of their apparent "nonsense", or trying to put a very glorious, beautiful, flattering message into the dream from the spirit world. The true message that comes from your soul is instructive rather than flattering. That kind of message is from the real spirit world. It points to what really goes on in you, what is immediate.

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To answer your question with rules and regulations would be impossible. There is too much to dream interpretation. I have done this with my medium in a constant training process over the years. The fruits of this training are constantly being used, and this is the only way to learn. You cannot learn something that is constant and alive by learning a few rules, by hearing a few words. That would only be misleading. Were you to ask someone who speaks a foreign tongue to tell you something about it so that you could begin speaking it, what could they say that might be helpful to you? Your dreams are a language, and to learn it takes considerable time. Until you have learned this language, you need a translator. Then little by little you begin to learn it yourself, depending on how much talent you have for this language and how much effort you make.