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Dreams... How the Light Gets In

I've had a lot of insights about my life in the last few months as I've gone through my Soul Coaching® Training, followed by my own 28 day experience of the program. The words of Leonard Cohen's song, "Anthem" seemed to provide the soundtrack for some of my experiences, and I share part of the lyrics because it has everything to do with dreams and soul.

The birds they sang at the break of day
Start again I seemed to hear them say.
Do not dwell on what has passed away
or what has yet to be.

Ring the bells that still can ring
Forget your perfect offering.
There is a crack, a crack in everything.
That's how the light gets in.

We are all cracked. In fact one of my teachers said that our parents-and I would broaden that to life in general- gives us our "sacred wounds". We develop into who we are by the challenges we are presented with and the choices we make as we respond to these experiences. We are all cracked and wounded and that gives us our jumping off point for our psychological and spiritual growth.

Dreams provide us with the way to see where the cracks are and, at the same time, dreams are the vessels that carry the light. Dreams illuminate our foibles, our fears and our strengths, and they show us our spirit. Dreams carry the light into the cracks and help us heal. So Mr. Cohen has is right and the instructions for life and dreaming are right there in his lyrics. "Start again..... do not dwell on what has passed away or what is yet to be.... that's how the light gets in...." I'll leave it to you to unpack his poetry and find meaning that speaks to your own life and dreams. But this is clear: your dreams will help you bring in the light of your spirit and of Spirit. When I wish you "sweet dreams", know that I'm am wishing you nothing less than enlightenment and self-knowledge through your dreams.

What Does it Mean When...?

What does it mean when you dream about **water**?

The human body consists of nearly two-thirds water, so it makes perfect sense that you would dream about it. Water is generally considered a symbol of the **unconscious** and the **emotions** held within. It can also relate to your spiritual energy as well as your physical condition and health.

Was the water in your dream calm and peaceful or turbulent and destructive? Is the water crystal clear or murky? Stagnant and stuck or flowing and free? Where were you in relation to the water? So for example, the water in your dream may be stormy but you may ride the choppy waves in a strong ship, undisturbed. Or, as it relates to a your health, perhaps you dream of a leaky pipe that causes a flood and find that you awaken with a post-nasal drip and a cold not far behind. In Soul Coaching® we spend one week connecting with the element of water. Dreams of water are extremely valuable and can act as a barometer for you, giving you vital information about your body, mind and spirit.