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Guiding the Way, Lighting the Path

I remember learning about mythology in high school and being frustrated at not knowing how to pronounce some of those Greek names yet at the same time, bored to tears. Perhaps you were too. I imagine that it had as much to do with my age and my teacher's lack of imagination, than the subject itself. But that was a long time ago and I now find that I'm fascinated by mythology.

Pictured (right) is Charon the ferryman greeting Mercury. Charon is the one who ferries the souls of the newly dead across the River Styx to the Underworld. I sometimes think we all need someone like Charon in our lives; a guide to show us the way as we head into the uncharted waters of our psyche. Whether you are new to dreams or soul work or a seasoned traveler, find a competent guide who can shine their lantern on the road and show you the potholes and pitfalls on your path.

As the days get darker and the nights longer, we often turn inward and examine our lives and our choices. Why travel alone when you can have a guide for the journey home to yourself? This is true for dream work and it is true in most areas of our life.

What Does it Mean When...?

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

Do you dream in black and white, with the odd dream in vivid Technicolor? Or are all of your dreams in color? Curtiss Hoffman (2004) writes that, "investigation with individual dreamwork supported the premise that color in dreams relates directly to the waking emotional situations that stimulated the dream." In waking life, color can bring about an emotional response, and in dreams color can represent those emotions. Of course, there are many different researchers with many different theories.

For the average dreamer start with your own associations to any color that stands out in your dream. What are your associations to that color? How does the color make you feel? No matter how many people may think that a particular shade of green is associated with nature or healing, if you hate green, it is likely to have a different meaning for you. Also, check to see if there is the use of color in the language of the dream as well. In our culture we may say someone is "green with envy", "tickled pink" or "feeling blue". Dreams love to use puns to get our attention or drive home a message so be sure to look for the use of color in these ways as well.

And finally, if you typically dream in color, then any dream that is in black and white will stand out. Paying attention to the absence of color can be just as illuminating.