

September 2009

Tough Stuff

When I was in Amsterdam this summer I met "Death" in Dam Square. Every time I tried to capture his photo, he turned his head away or hid from the camera. After a few attempts, I finally got it.

I realized that when Death turns his head away from us, it is indeed a good thing! I am writing this after visiting a friend, colleague and mentor who is wrestling with Death. She is a worthy opponent but Death always wins. So we pray that it is a good long time until Death collects his due.

This follows on the heels of a summer where everywhere I turn, someone I know is either dealing with serious illness personally or knows someone who is. But if you are a student of **Dreams** and **Soul**, as many of us are, we can't turn our heads from Death, even while praying that Death will turn from us. As a metaphor in dreams, death is an ending, which gives us a chance to give birth to new beginnings. (See below.) As a fact of life, death means the end existence, pain and loss, especially for those left behind. If you believe in reincarnation you may see death as a transition back to our souls, where we shed the cloak of our personality and return again to our true spirit and nature. Even so, it is an ending.

We live in a society that fears Death and turns from it, in fact runs from it! I suggest that we cannot afford to do this because when we do, we lose out on a chance to open our hearts and offer love to those who are dying and we lose out on the experience of receiving it from them in return. As well, we lose out on opportunities to have meaningful conversations that will give us closure, but also stir our soul and cause it to grow. When we face Death, we sometimes come to see it as gift. And in that same way, that's what dreams and soul work do: they cause us to grow and see the gifts in our lives. I know this topic is "tough stuff" but our souls require nothing less.

What Does it Mean When...?

What does it mean when we dream about **death**?

Dreams of death are rarely precognitive and only a very small percentage of dreamers dream about an actual death that is about to happen. Death in dreams is symbolic of an ending. Often they will point to something that is about to end or help you deal with an ending that has already happened. Themes of letting go may be related, as well as transformation and rebirth, the death of old patterns, ways of thinking or behaving.

If you dream that someone you know died, ask yourself what this person is like, then see if those characteristics are something that need to "die" in you. (If you take a shamanic approach to your dreams, where dreams may be showing you the future, it couldn't hurt to check on the person you dreamed about to see if they are okay!)

Remember that your dreams are pointing you in the direction of growth and healing and by allowing something to die within you, something new can come through and you can transform your life to a whole new way of being.