

The Amazing Transformational Power of Dreams

Billie Ortiz, Dreamworker

Over the years, I have often seen the amazing transformational power of dreams but rarely have I seen such a dramatic change as I witnessed during a recent dreamwork retreat.

Here are excerpts of the dream we worked on titled "The Big Turn On":

I'm a sexy blonde movie director on set with a bunch of muscular male actors and electricians. I've had a spiritual revelation about replicating myself and then leaving. I'm standing on a ladder, writing secrets in my journal... secrets about the grand snuff-out. All the men are in love with me, and don't want to hear about me leaving. Then, on the movie set, my clones and I are working to finish the project. We are all wearing cable knit wool sweaters. Then, someone flips the switch (turning it on). I'm focused on my own internal process of excitement. I experience a cosmic light show — mind-blowingly beautiful.

We began to explore the dream by asking, "Why are all the female movie directors wearing these particular sweaters?" We asked the dreamer if she had ever owned a sweater like this in the past. The dreamer then recalled that she received a cable knit sweater as a gift from her mother-in-law when she was first married at age 18. She remembered that it was her "favorite garment" and she felt "warm and comfortable" when she wore it. Then we asked what happened to the sweater and if she still owned it. The dreamer responded, "I guess I grew out of it."

We asked questions about her first marriage and what had happened to end it. The dreamer recalled how she had wanted to leave the mar-

riage as she was not feeling sexually fulfilled. The dreamer recalled that when she discussed her lack of fulfillment with her mother, the mother suggested that she visit the family minister who would "help her to learn to enjoy sex." Then the dreamer, very tearfully, described how the minister sexually abused her.

The dreamer then mentioned how her style of dress had been a source of frustration lately. She even illustrated this by tugging on her shirt collar to show everyone how she "always buys collared polo shirts".

Now a lot of the symbols in the dream began to make more sense to all of us. The "sexy" part of the dreamer was covered up with a bulky sweater to protect her from the emotional trauma of the sexual abuse. Her feminine qualities were hidden away from the world. But the dream continually hints at the desire for this sexual energy to return to the dreamer's life... "All of the men want me." A deep desire for sexual union is reflected in the orgasmic imagery of the light show.

"I've had a spiritual revelation of replicating myself." Often when we go through deep emotional trauma, we "split" ourselves in order to deal with the pain. In the inner workings of our psyche, this can seem like a "spiritual revelation" as we've found a way to compensate by developing other personality traits to handle all of the repressed emotions. This is hinted at again with the line, "I'm very focused on my internal process."

"I'm standing on a ladder, writing secrets in my journal."

This line becomes more clear too after the dreamer revealed the sexual abuse. We often carry around these secrets of our past. We brought the session to a close, hugged the dreamer and thanked her for being so candid about her experiences.

When we returned for the evening session, the dreamer walked in absolutely radiant, wearing a gorgeous, flowing batik dress! No more collared shirts and jeans. Her femininity was no longer covered by the "bulky sweater." She then shared with all of us that two dreamers in


the group were so moved by the realizations that stemmed from her dream they graciously offered to purchase her a dress at the gift shop to celebrate the "uncovering" of her femininity.

Dreams always come to help us heal, to help us live our lives more fully and joyfully. If we take the time to honor them, the dreams reward us endlessly.

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Billie Ortiz is an intuitive dreamworker who completed a five-year dreamwork apprenticeship in 2001. Since 1997, through her extensive work in private and group sessions, she has helped scores of dreamers on the path to self-discovery through a better understanding of their dreams. She can be reached at 303-929-6122 or wakeuptoyourdreams@earthlink.net. Billie is sponsoring two Dreamwork Retreats with Jeremy Taylor in 2004. For more details, please turn to the calendar listings.



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