

EXCERPT FROM *KABBALAH and the POWER OF DREAMING*

Kabbalah and the *Power* of *Dreaming*



Awakening the
Visionary Life

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THERE IS NO UNCONSCIOUS

Dreaming is a process that feeds upon itself. A person who wishes to start this process must catch the tail of the beast, the “Leviathan” from Hebrew lore that hides at the bottom of the ocean (the ocean in question being the subconscious), and “. . . makes a path to shine after him” (Job 42:24). The beast is the great body of knowledge in us that lies submerged beyond our conscious thoughts. *Can we learn to tap this body of knowledge?*

The word “unconscious” is a misnomer that has been bandied about for far too long, creating a false thought-form. Are we to accept that two-thirds of ourselves are forever sunk in the cold waters of the unknowable? Or can we, like the great Leviathan, come to the surface and tip over, exposing our hidden parts?

If we persevere in examining the subconscious carefully, we will see that it *does* reveal its secrets. If we dare to ask a question of our subconscious, we will be granted an answer. Therefore, for the sake of truth, let’s agree to ban the word “unconscious” from this book and from our vocabulary. Instead, we will use the word “subconscious.”

To inquire about the subconscious is the first step in this journey we have undertaken together. But what do we inquire about, since what we are seeking is hidden? How do we catch the tail of the beast? Where do we start?

TWO DIFFERENT REALITIES

Let's first clear the way by getting rid of a problem that our conscious mind has constructed for us: the myth that reality, defined as measurable, verifiable, repeatable phenomena, is the only reality there is. The conscious mind, caught in its own powerful thrust to provide irrefutable proofs for the nature of all things, has thrown out the baby with the bathwater.

Disowning its twin sibling which is the imaginal mind, the conscious mind has fed upon its ability to "know" reality. For four centuries and more it has gloried in measuring, verifying, and proving what it knows. A huge cultural ego has grown around this ability to fix knowledge.

In the words of this theorizing ego: What cannot be proven is not true, what is not verifiable does not exist. The mathematical, causal, delimited world is the *only* certain and grounded truth, all other phenomena are phantasmagoria of our minds unless proven otherwise.

This way of thinking is very seductive, as it greatly reduces the uncertainties we face and allows us to believe that we control our environment. This way of thinking has provided the basis for extraordinary technical achievements and discoveries about the physical world, and we are not here to deny its obvious validity. But pinning down a captured butterfly, while saving it for our inspection, also kills it. Rather, we would like to make a commonsense plea for the right to describe and study the *imaginal* world using *that* world's categories and priorities.

OTHERWORLDLY EXPERIENCES

What do we make of the countless otherworldly and elusive experiences people report that do not fit in with our verifiable world? It seems none of us are completely immune to such events, yet few of us will readily admit to having experienced them. However, when prompted, it is amazing how many people will talk of seeing ghosts, dead relatives that came back, guides, and angelic visitors.

They'll talk of mirrors exploding for no known reason, objects disappearing and reappearing a few days later; they have had dreams that came true, double visions of the real world and another world superimposed, or an instant recognition of truths that changed their lives.

Recently, I had dinner with a neighbor who told me that several

times she had seen what she described as a Rembrandt-like figure appearing at the foot of her bed. “He was real, I saw him exactly as I see you! He stood there and looked at me intently, I felt he wanted to tell me something. I was scared to death!” Are all these people having delusions? Are they projecting their fantasies onto the real world? Or are they picking up on actual phenomena out there?

Strange perceptions, fantasies, hallucinations, eerie sounds, smells or tastes, goose bumps and other kinesthetic reactions, dreams, daydreams, visions, déjà-vu, clairvoyance, telepathy, sudden unfounded intuitions and certainties, non-causal happenings: the list is bewilderingly varied, yet I can volunteer a guess that 80 percent of the population has experienced at least one such phenomenon in their lives. It is also safe to assume that, like the lady with the Rembrandt-like visitor, most of us are scared to death by these phenomena that we don’t understand.

Disbelief, embarrassment, and fear are the most common reasons why we shy away from giving permission to our minds to really examine these experiences. So let’s create a working axiom, one that for the time being will help assuage the doubts (and embarrassment) of your left brain: *what cannot be proven is not necessarily untrue*.

This allows us to accept what we “see” while we yet lack the simple logical tools, or a paradigm, to prove it. As for fear, is it not there to teach us courage? Confronting mysteries may lead us on fascinating adventures we would otherwise miss if we were to give in to our fear.

TWO “REAL” WORLDS

Therefore, can we agree that the messages of both the objective left brain and the subjective right brain are “real” in different ways? Driving around a curve on a small dirt road in Massachusetts, I bumped into a polar bear. He was real! I saw him! He stood in the middle of the road staring at me, but in objective reality, well, he was not there, he existed only as a vision. My left brain knew for certain there are no polar bears in Massachusetts. Did my vision of the bear have any meaning?

For my right brain it did; there was something shockingly powerful about the hulky, silent bear that I couldn’t ignore. It made me change the way I was conducting my life at that time. Otherworldly phenomena have a way of doing that. They shake us up, as surely as coming close to being run over by a truck will shake us up in real life.