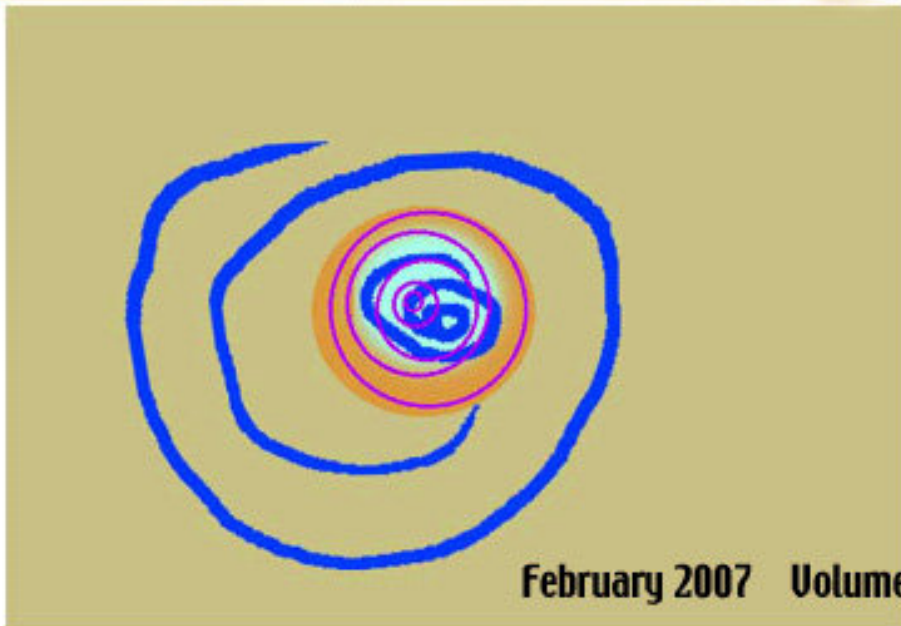




Electric Dreams



February 2007 Volume 14 Issue 2

E.l.e.c.t.r.i.c D.r.e.a.m.s

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E.l.e.c.t.r.i.c D.r.e.a.m.s

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Electric Dreams: <http://www.dreamgate.com/electric-dreams>
Cover: Cover by Caroling Geary

<http://dreamgate.hypermart.net/ed-covers/ed14-2cov.jpg>

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One would think that when the world is full of dream and dreamwork events, that Electric Dreams e-zine would be bigger than usual, but in fact just the opposite is true. Why? Partly because most Electric Dreams staff are involved in the projects we talk about, and there are lots of them this month. So apologies for the late issue and without further ado...

In this issue:

Global Dreaming News editor Harry Bosma, brings you dream news and events from around the world, online and offline. If you have dream news you want to get out, please send those to Harry for next month's publication at ed-news@alquinte.com

Lucid Dream Exchange editor Lucy Gillis searches the globe for lucid dreamers and their experiences. This month is an article on the how Steve Parker uses W.I.L.D. or "Wake Initiated Lucid Dream" technique to achieve lucid dreaming. Be sure to read "Steve Parker Goes W.I.L.D.!"

What is the World Dreams Peace Bridge? Jean Campbell and Joy Fatooh bring you up to date on this global dreaming community and the projects they manifest through dream sharing in this month's View from the Bridge, "Reflections from the Full-Moon Nights When the Mirror is Not Enough."

The dream contributed by Stan Kulikowski II this month, "Maddox Effect," is also the inspiration for this month Electric Dreams cover by Caroling Geary, Stan's Maddox Effect Portal". Find out about the dream, the portal and how you too can experience the Maddox Effect.

The way we tell a dream is rarely the way it actually happens to us. How important is the way we contextualize the dream telling, how do we contextualize dream fragments? These and other gems of dreamwork wisdom are found in DreamRePlay creator, David Jenkins, PhD as he explores the many sides of the dream in "Introducing the Dream."

Smiling lobsters with human teeth, a water bottle sitting inside the stomach, and people aging a thousand years in just three seconds...another dream section of the Electric Dreams magazine from Kat Peters-Midland!

Get your own dream published on Electric Dreams by submitting at http://dreamgate.com/forms/dream_flow.htm

Janet Garrett archives past issues so you can search out specific articles and authors in an easy-to-access format. These articles contain a wide range of information for dreamers and dreamworkers. You can see her work progress and view hundreds of article on dreams at:
<http://www.improverse.com/ed-articles/index.htm>

Cover by Caroling Geary, graphics by Stan Kulikowski II
<http://dreamgate.hypermart.net/ed-covers/ed14-2cov.jpg>

For those of you who are new to dreamwork, be sure to stop by one of the many resources:

<http://dreamgate.com/electric-dreams>
<http://dreamgate.com/dream/library>
<http://dreamunit.net/news-en/>

Electric Dreams in PDF: Temporarily offline

To Infinite Dreaming, and Beyond,

-Richard Wilkerson

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G L O B A L D R E A M I N G N E W S

FEB 2007

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Email all dream news to Harry Bosma at his special ed-news@alquinte.com address.

- Online:
- Radio Show - Dream Time - Wednesdays
 - Dream Video Picks of the Month

- IASD Newsletter available to non-members

Physical world:

- Dreams and Culture - London Dream Conference
- Dream Fires at Vernal Equinox (Danish Assoc)
- Berkeley Dream Institute

Books, movies, research:

- Dream Videophile has Dream Movies

Reminders:

- Dreams Studies - Want to Help?
- Various calendars
- Strehphon Says: Podcasts and blog
- Ritual DaFuMu for Peace

* * * ONLINE * * *

- IASD News: Radio Show

IASD is excited to announce "Dream Time," an Internet radio program. This new show will focus on the Science of Dreaming and will aired be on Modavox's VoiceAmericaT Health & Wellness Channel You can also listen through a link from the IASD, DreamScience.org. The show will be hosted by IASD Past President and Executive Officer, Bob Hoss. Live Feb 21, 2007 and broadcasting each Wednesday at 9am Pacific (Noon Eastern), the show will air with a rebroadcast 12 hours later.

www.health.voiceamerica.com

www.dreamscience.org

- Dream Video Picks of the Month

Creating and sharing videos is now easier than ever before. What are dreamers putting online?

Lucid Dreaming videos - how to, all about, odd experiences:

<http://www.youtube.com/watch?v=EEcqb6f7itA>

How to Lucid Dream and have OBE I
<http://www.youtube.com/watch?v=QqlhkPkpNMM>

How to Lucid Dream and have OBE II By Matt Jones
<http://www.youtube.com/watch?v=EEcqb6f7itA>

Have you found other dream videos, or created your own, let us know. -- Richard Wilkerson

- IASD E-Newsletter

Not just for IASD members, the IASD E-news keeps you up on all events sponsored by the International Association for the Study of Dreams. Editor, Jacquie Lewis, Ph.D.
Subscribe here

iasd-eNews-subscribe@yahoogroups.com

* * * PHYSICAL WORLD * * *

- Dreams and Culture - London Dream Conference

Dreams and Culture
2nd International Conference
of the
Nordic and North European Network
for the Study of Dreams

Bishop Grosseteste University College Lincoln, England

7-9 September 2007

Each and every person dreams. Our dreams reflect the culture in which we live, our culture shapes our dreams and in some societies, dreams have shaped culture. This conference explores the ways in which our dreams and culture interact and encourages submissions from a range of disciplines. These may include anthropology, the arts and humanities, psychology, biology, physiology, education,

religion, philosophy, spirituality, and clinical and therapeutic disciplines. Themes may include: explorations of dream content in different countries and cultures; dreams in film, art, the media and literature; the impact of religion upon dreaming; dreaming in the curriculum; cross cultural approaches to dreams; working with dreams from different perspectives; spiritual and philosophical approaches to dreams, amongst others.

Submissions for the following are invited:

Paper presentations (20 minutes plus 10 minutes for questions). Submissions for papers from students are strongly encouraged for a student symposium

Workshops (1.5 - 2 hours for the practical demonstration of an approach with maximum audience participation and minimum time spent on presenting material)

This conference is brought to you by an international team from different cultures. The conference venue is suitably located for this theme in the beautiful Roman city of Lincoln: a city of culture and history crowned with a Norman castle and Medieval cathedral. The conference is being hosted by Bishop Grosseteste University College Lincoln - a small, friendly, Higher Education institution founded in 1862 and set in its own leafy grounds.

<http://www.asdreams.org/england07/index.htm>

- Dream Fires at Vernal Equinox

Dream Fires at Vernal Equinox

21st March 19.30- 21.30 p.m.

Danish Association for the Study of Dreams (FFSD)

At vernal equinox day and night are of equal length. Light and darkness meet, and we move along with Spring into a period of increasing light.

-- From olden times such passages have been important to the culture, to the inner and outer growth, and to man's attachment to and respect for the rhythm of the earth.

The Association is intent to reiterate at each vernal equinox this ritual, which is based on old traditions, renewing it with contemporary meaning.

We shall use our dreams as a portal into the inner world and through the fire unite with the power of nature. Contacting the dreams and the fires will create a connection between people on this earth as well as a tangible and shared network of light and consciousness.

We invite everybody to meet in small or large groups, public or private, on this particular evening. Or, of course, do it on their own.

We suggest to follow below points so as to create a common reference, thus intensifying the bond and facilitating the sharing of experiences:

1. Time and date: Wednesday 21st March 19.30 - 21.30 p.m.
2. The participants to gather in groups. If you are alone, you might visualize the connection to other groups or participants.
3. A fire to be lit, or alternatively a candle symbolizing the fire.
4. The participants to share their dreams around the fire. This can be done in different ways like e.g. telling the dreams, drawing them or showing drawings of them. Meditation, songs, dance, and music are other options.
5. Dream incubation. Before the end of the ritual to focus on the dreams of the coming night. Each individual to visualize the fire before going to sleep.
6. Reflection. Anybody having the desire and energy to do so, is invited to share their evening by mailing experiences, thoughts, dreams, drawings, etc. to the Association.

The material that we receive will be edited and maybe put on our website.

We intend to present our Equinox Dreams Project at the North European Dream Conference in Lincoln, England next September. The theme of this conference is Dreams and Culture.

We do hope that the above will inspire you to participate. If you have any questions, you are welcome to put them to us by mail to mail@ffsd.dk

- Berkeley Dream Institute

The Dream Institute
1672 University Ave. Berkeley, CA 94703
510-845-1767

How to get your name on the Dream Institute newsletter list
- call and leave your name and address at 1-510-845-1767

The year began with a moving and wonderfully successful event—Jacqueline Thurston presenting, Lana Nasser performing—to bring sacred images from ancient Egypt to life. We had to turn eager folks away! Suggestions for future programs are most welcome.

As the featured dream shows, the time for “new wine” is here. Dreams were recognized by most indigenous and traditional religions as a source of renewal. “Culture Dreaming” may become one of the new wineskins. The Dream Institute is the only California venue offering it.

A new series begins this month; if you haven't yet attended, make time to come to this dynamic event.

NEW - STARTING THIS MONTH

ART & DREAMING Emily Anderson starts Sat Feb 10
This workshop opens the space for one's natural imagination and creativity to emerge through different art-making processes. Emily Anderson, M.A., is a multimedia artist and former co-director of the Oakland Art Gallery. Meets alternating Sat and Thurs: Feb 10 & 22, March 10 & 22, April 14 & 26.

CULTURE DREAMING a new series begins Sat Feb 10 3-5pm
Participate in this exciting new mode of dreaming for social change. After a brief meditation, we tell dreams as they emerge; we then look at cultural aspects of the “big dream” just co-created. Observers welcome.

DREAM GROUP Richard Russo & Meredith Sabini begins Feb 15
An 8-session dream group to meet twice a month on Thursday evenings

beginning Feb 15. See enclosed flyer.

CONTINUING PROGRAMS - OPEN TO ALL

Study Group for CULTURE DREAMING Feb 3 March 3 April 7
This began in January, continues through April. A focused group for those who've previously attended. To join now, please plan to attend all 3 sessions. Call to reserve.

DREAM STUDIES OPEN FORUM Monday Feb 12 7:30-9:30 pm
Mike Morrison and Kelly Bulkeley (GTU) present, "Caregiving in Time of War:
PTSD and dreaming among military veterans"

DANCE & DREAM Lana Nasser Sunday Feb 18 2-4pm
This class combines Middle Eastern dance movements, breathing exercises, vocalizing/sound, and visualization to work with dreams in an embodied way.
IASD LECTURE SERIES Wednesday Feb 21 6:30pm, lecture at 7
Dr. Alan Siegel will present. (IASD members & students \$10)

JFK DREAM-SHARING Tuesday Feb 27 7-9:30pm
Open to current students and graduates of the Dream Certificate Program.
Hosted by Judy McEnroe.

OFFICE & LIBRARY Open Hours & WORK EXCHANGE
Open Mon, Wed, Fri. Call 3 days ahead if you'd like to come.
Work in the "Wisdom House" 4 hours/month—make copies, stuff and stamp envelopes to send out our newsletter in trade for an event or workshop of your choice. Time & day relatively flexible.

Dream Institute of Northern California EVENTS

DREAMS & TAXES Friday Feb 23 7-9pm refreshments served
What if we reviewed and summarized our year's dream log as we do our finances? Come and learn ways to creatively survey a year's dreams, which you can continue at home. You will marvel at the recurring themes that emerge. Bring your dream journal. Follow-up meeting will be arranged. With Meredith Sabini.

SPRING EQUINOX RITUAL Sunday March 25 2-4pm

In March, Winter turns to Spring, a time of rebirth. Save this Sunday afternoon for live music, storytelling, and dream-sharing around our outdoor firepit.

* * * * *

Call for Art

We are always looking for art from local (Bay Area) artists to display at Fox Commons Art Gallery, which is housed in The Dream Institute. You can send slides, or call to bring your work by.

FEBRUARY Dream Institute Events

18: DANCE & DREAM
Lana Nasser 2-4pm \$20

21: IASD Lecture Series
Alan Siegel 6:30pm \$15

23: DREAMS & TAXES
Meredith Sabini 7-9pm \$25

27: JFK DREAM GROUP
7-9:30pm \$10

MARCH

10: ART & DREAMING
Emily Anderson 10am-1pm

12: DREAM STUDIES
OPEN FORUM
7:30-9:30pm \$5-15

25: EQUINOX RITUAL
2-4pm \$10-20

* * * BOOKS, MOVIES, RESEARCH * * *

- Dream Videophile has Dream Movies

Interested in films with dream-themes? Deirdre Barrett, PhD and others have reviewed dozens of films and have them listed and reviewed. Join the dream-movie craze and see them all!

<http://www.asdreams.org/videofil.htm>

* * * REMINDERS * * *

- Dreams Studies - What to help?

You can help dream research gain a better understanding of the amazing realm of dreams through participation as a subject! Do you qualify? See the IASD Bulletin Board for a list of research projects looking for subjects.

http://www.asdreams.org/research/research_idx.htm

- Various calendars

Nicole Gratton (Canada):

http://www.nicole-gratton.com/calendrier_01.htm

Robert Moss (USA):

<http://mossdreams.com/xcalendar.htm>

Jeremy Taylor (California):

www.jeremytaylor.com/pages/schedule.html

International Association for the Study of Dreams

<http://dreamtalk.hypermart.net/bb2005/viewtopic.php?t=1851>

- Strephon Says: Podcasts and blog

Strephon Kaplan-Williams is an international expert on dreams and dreamwork. Now in retirement age Strephon gives his podcasts.

<http://strephonsays.com>

- Ritual DaFuMu for Peace

The World Dreams Peace Bridge, on the 15th of each month, is holding a monthly DaFuMu - a collective dream of good fortune - to support peace.

For more information go to:

<http://www.worlddreamspeacebridge.org/dafumumonthly.htm>

To join the World Dreams Peace Bridge discussion group, just send an e-mail to worlddreams-subscribe@yahoogroups.com .

END NEWS =====

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Cover : "Stan's Maddox Effect Portal"
Caroling Geary

<http://dreamgate.hypermart.net/ed-covers/ed14-2cov.jpg>

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Caroling Geary read Stan Kulikowski's dream, the "Maddox Effect", (see below for reprint) on the DreamShare list. Inspiring! She wrote, " ... this is a plan." She saw it as an evolutionary technology or ritual and responded to the need to visualize the geometry of the planets in a poster with the horoscope. She channeled the graphic as she would work on her own dream, letting it flow without preconceived ideas of the result. In imagination, she went into the dream, stepped on the ferry, and experienced the portal rift. The top part of the graphic is the finding of elements and the bottom part finding the alignment. Later

she asked, "could the dream be showing you a chart where working with magnetic energies would be enhanced?"

Caroling explains her dream background on her website:
wholeo.net.

See <http://www.wholeo.net/Trips/Art/MR/dreamJournal.htm>.
Her works are Copyright 2007 Caroling, wholeo.net. All rights reserved. You may copy them for non-commercial use, if you use this attribution.

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An Excerpt From The Lucid Dream Exchange
Steve Parker Goes W.I.L.D.!
(c) Lucy Gillis 2007

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The heart and soul of The Lucid Dream Exchange is its lucid dreamers. From their first-hand accounts, readers can learn a lot about the lucid dreaming phenomena. This month, Steve Parker shares his experiences with the W.I.L.D. technique.

Steve Parker Goes W.I.L.D.!

Editor's Note: A "W.I.L.D" is a "Wake Initiated Lucid Dream"; a dream in which the dreamer enters the dream state consciously, without first falling asleep. The term "W.I.L.D." became popularized after it appeared in Stephen LaBerge's ground-breaking book, "Lucid Dreaming". See this book for further information.

I have been trying the W.I.L.D. technique. I was able to obtain very vivid dreams with this technique. I finally became lucid using the W.I.L.D. (I only have time to try it on the weekends. During the week I have to get up at 4:00 a.m. every morning for work. On the weekends I sleep in. It is a great time to try the W.I.L.D. technique.)

Sunday August 13 2006 7:00 a.m.

Several times I have tried the W.I.L.D. technique. Usually I try the technique in the afternoon or after a good night's sleep. I wait for the images to pass by. I then try

to catch onto an image. When I do this I keep repeating "I am dreaming". A couple of times this sent me immediately into very vivid dreams. I was getting close but not quite lucid.

The Sunday morning after a lot of sleep I tried the W.I.L.D. technique. I saw images go by and almost fell completely asleep. I tried to keep my consciousness awake. In a half-sleep state I was able to grasp an image. I saw grass below my feet. I said "I am dreaming" and the image became more clear. When I realized I was becoming lucid because of the W.I.L.D. technique I almost woke up. I kept repeating, "I am dreaming". This kept me lucid.

I then suddenly stepped into this image and found myself in a lucid dream environment. I was walking down my street. It was daytime and I was looking at the front lawns of my neighbors. The dream environment was very realistic. As I was walking down the sidewalk enjoying the summer day I decided it should snow. Snowflakes started falling and soon the sidewalk was covered in snow.

I then decided there should be a strong wind blowing against me. A very strong wind blew up out of nowhere and it was hard to even take a step forward. I decided it should become hurricane strength. The wind intensified. I decided to fly up into the air and let the wind take me. I floated up and the wind took me sailing away. I swooped up and down, my nose coming inches from the pavement. I was not worried and was enjoying this great sensation. I could feel the wind and how powerful it was. I was able to keep this going for a while and had a lot of control of this lucid experience.

After awhile it became a vivid dream. While in this vivid dream I became lucid again. I started floating again. I then woke up.

I found in this W.I.L.D. induced lucid dream that I was in more control of my dream environment. In clarity and other aspects it was not any greater than other lucid dreams. If you are taking a nap or oversleeping this is definitely a quick way to become lucid. Do not try hard, and allow your mind to relax. Keep repeating "I am dreaming" and grasp that image and do not let it pass by.

Here is another example of a W.I.L.D. attempt and what appears to work for me.

Sunday August 20 2006 8:00 a.m.

I have had a very good nights' sleep. I am lying in bed very relaxed. I start drifting off repeating, "I am dreaming". I can now see my hands. I am observing them. I am lucid. I have used the W.I.L.D. technique. I now shift to another image. I am looking down on a huge city. It may be a map. The city is in 3D. Each building stands out clearly. The W.I.L.D. technique is working. I now say "I am dreaming". I feel the rush of wind as I separate from my sleeping body. At this moment I wake up. It is disappointing to wake up now. I was ready to enter my W.I.L.D. lucid image.

In this state of alpha sleep it is easy to wake up. W.I.L.D. seems to work best when you are relaxing after a good nights' sleep, or trying to take an afternoon nap. I find it does not matter what position you are lying in as long as you are comfortable. Also you feel your body is warm but not hot.

Now you let your mind relax and drift into a light sleep. At this time you will find yourself in dream clips that do not last very long. While in these dream clips keep repeating, "I am dreaming". Your mind is still awake. Upon studying a dream image remind yourself that you are dreaming. This helps to put you into the dream that you are observing. The trick now is not to wake up while you are aware that you are dreaming. Hold onto the lucid dream and do not panic. Now you can enjoy a lucid dream.

W.I.L.D. WITHIN A VIVID: A brief lucid experience. It is interesting in only that I was able to conjure up a "W.I.L.D." while dreaming.

Monday October 23 2006 a.m.

I am having a vivid dream of an amateur boxing tournament. They want me to officiate. I do not mind since I used to officiate amateur boxing for nine years. I do not have my referee uniform. It is okay, they will allow me to wear my street clothes. I walk over to my judging chair. I sit down and look around. I do not recognize anyone here, which is unusual. I relax, as there is some time yet to the first

bout. I decide to close my eyes and see if I can initiate a W.I.L.D. It works. A large wooden house appears before me in great detail. I now say "I am dreaming". I approach the house and get closer and closer. I know I am lucid in this W.I.L.D. experiment but I cannot hang onto it. I now wake up.

Happy lucid dreaming,
Steve

The Lucid Dream Exchange is a quarterly newsletter featuring lucid dreams and lucid dream related articles and interviews. To subscribe to The Lucid Dream Exchange send a blank email to:

TheLucidDreamExchange-subscribe@yahoogroups.com

You can also check us out at www.dreaminglucid.com

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THE VIEW FROM THE BRIDGE

Reflections from the Full-Moon Nights
When the Mirror is Not Enough

Jean Campbell and Joy Fatooh

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I was wondering how to communicate in this month's View From the Bridge the response that came to last month's very stressful communication on The World Dreams Peace Bridge about the execution of Saddam Hussein. How could I say that the response was, for many, to return again to the image of the child? My question was answered with this spontaneous, poetic, summary from Peace Bridge member Joy Fatooh.

Reflections from the Full-Moon Nights when the Mirror is Not Enough

Anna to the Bridge:

"The images of a Baby in so many dreams have made me notice that a Baby is the blessed mingling of 2 very different beings - something New, of each one, yet unto itself. Maybe as we continue to share with one another our deepest longings - who knows what new life we will create? So important that we do - from Love, in its deepest, highest, most intense expressions."

Rita to the Bridge:

"The way I related to the baby in your dream (which was not at all what it had to say to you yet was a gift to me) found its way in a dream of mine last night - as I was dreaming with Joy - I was looking in the mirror at myself when I was in my early 20's - after a long dream that reflected my courage and my faith - and told myself how much I loved myself."

David to the Bridge:

"That sounds like an amazing dream. I really enjoy dreams of mirrors. It is so interesting to see what is reflected back to you, and love for yourself is about as good as it gets. Thank you for sharing."

Rita to Joy:

"all I remember... is the end scene where I am looking at myself in the mirror and find that I love myself very deeply and at the same time Chip [the cat] is waking me up and licking my face:)) I wake up light and happy."

Joy to Rita:

"Connecting with the mirror fragments in my dream, and my waking up light and happy.... Now why did my mirrors cover multiple containers of food? Many opportunities for self-nourishment beneath the protective cover of self-love? So cold, though! - all floating in cold water. Needed to be warmed."

Ken to the Bridge:

"Hi Victoria, sorry to hear you are feeling that way about the romance side of life, hope things turn around for you (big full moon out there and as I look at it the words 'wait for Henry' keep coming to mind, might be nonsense but ya

never know! When the right chemistry is there everything will go well for you i'm sure."

Joy to Rita:

"Gradually lost recall while I lay between waking/writing and drifting back to sleep - all I recall is having access to a big compartmented stainless steel thing as if in a restaurant kitchen that has multiple wells for prepared ingredients, ready to be used, floating in their liquids; one would expect the wells to be rectangular but they're parallelogram-shaped, and covered with parallelogram fragments of broken mirror than simply rest atop the foodstuffs, tofu and mushrooms and so on, pale and wet and cold to touch. Later while drifting the association 'while Suzanne holds the mirror,' last line of a song I'd been thinking of, comes drifting in....

Joy to the full moon, same moon shining on us all:

Suzanne by Leonard Cohen

Suzanne takes you down to her place near the river

.....

<http://www.leonardcohenfiles.com/album1.html#0>

(editor - including link to Suzanne lyrics, I'm not sure they aren't copyrighted - RC)

And Jesus was a sailor
When he walked upon the water...

...And you want to travel with her
And you want to travel blind
And you know that you can trust her
For she's touched your perfect body with her mind.

...for the tune, history and commentary
<http://www.globalpoet.com/cohen.htm>
which maybe answers, what has all this to do with peace?

Leonard Cohen quoting Irving Layton:

"A poet is deeply conflicted and it's in his work that he reconciles those deep conflicts. The place is the harbor. It doesn't set the world in order, you know, it's the place

was one of the last major services to collapse, taking with it the last feeling of cooperative security.

many of the third world developing countries were slower in their decline, not having so far to fall, and so i came to live in mexico city. i could struggle with the language but eventually got enough fluency to get by.

the last weekend of each month i attend the meetings of the local club of the macintosh paranormal users. we attend lectures and demonstrations devoted to a mixture of computer technology and occult themes. such as, how to keep the batteries on laptops charged with hand cranked personal generators, or the manufacture of candles to illuminate hidden messages from angels. this club meets at a conference facility outside of the city, and i usually get a ride with another member who lives on the edge of town.

i go to the catholic church to meet him. there is a garden of statues devoted to various saints that i must cross before i climb down the steep sides of a grotto. at the bottom i find him waiting as usual in his van which he somehow manages to keep supplied with petrol. it looks like a volkswagon van, but its body has been modified with strange features. he sits up front in the driver's seat with a steering wheel as expected, but to start the engine he must stroke several cylinders on the dashboard until the vehicle begins to purr then the engine fires up. he must convince the machine to take us where we want to go.

we ride a few kilometers through empty fields and vacant groves. most of the agricultural activities continue but only on a level for local consumption which requires less time and fewer laborers. soon we come to a forested mountain. a small village about half way up is where the convention center is found.

once inside, i see that there are fewer attending the meeting than there was last month. this drop of participation is to be expected as more and more of the technical equipment that we possess becomes inoperative. that is part of the reason why arcane processes have been added to our activities as these are the replacement when engineering fails. if this pattern of attendance continues the club will cease its activities later in the year.

one of the members gives a demonstration on how to repair a CD ROM drive from a common failure that has developed when playing disks with a certain format. another speaks on how to detect gremlins who are attracted to some forms of computer networking. the backbone of the internet broke long ago with the failure of the satellites, but some of us continue to use local area networks in corporate buildings, or, in my case, my house. my friend who drove me here today talks on the maddox effect which is some use of magnetism to influence celestial forces during certain astrologic events. i do not follow much of his presentation because i have trouble visualizing the geometry of the planets as he speaks too quickly.

i sit in the back of the room as usual. there are several other members of the club's governing board who greet me. i was once on the planning committees and some of them remember me.

when the meeting is over, we return to mexico city in the van. my friend has brought a couple others back with us. when we pass through the small village on the mountain side, i can see that he had found time to put up some posters about the maddox effect. one of them has a horoscope showing the alignment of planets which would have been useful during his lecture if he had displayed it.

when we get back to the catholic church on the edge of the city, i thank him for the ride and remind him that if he ever needs my help with vehicle maintenance, i would be glad to be of assistance. i have many tools which i know how to use. he tells me that he does need a new cup head starter motor, but i do not have one anymore.

as i depart to go back home, i get the feeling that something is not right with the sunlight and gravity of this place. whenever i leave him, i must use the symbolic ferry in the middle of the statue yard beside the basilica. it is a small flat top boat in a pool which floats on the water for only a meter or two to the other side. you are expected to give a coin for charity to the nun operating the ferry when we reach the other side. i think that during this short ride the sky changes. i look up at the sun through the cloud cover but i can not detect any obvious shift in its appearance. if i were here on a starry night, i could probably tell when the dimensional shift happens. somehow, the paranormal club is not part of this planet any longer and i have found a way to attend using an unknown portal rift in the church yard.

=(awake at 09:30. i have never been to mexico city. i did have a VW van for a few years when i lived in amherst. i am currently a member of the pensacola macintosh users club which meets once a month to discuss things related to apple computers. it is a good source for assistance in trouble shooting problems which most repair shops do not support. i was also a member of a UFO society that met in gulf breeze a few years ago, but they have disbanded mainly due to personality conflicts of the leadership. these two experiences seem to have combined in this dream. much of this content seems directed by others outside myself and i am just going along trying to make the best of the situation. my unnamed friend drives the van, others give lectures, and a nun operates the strange ferry ride while all around us the social structure of the world is falling apart. this may be just an assessment of my current situation because if it portends that i should take a more active role in my fate, i do not see where such effort should be directed. i would naturally lean toward science and technology for any rational solution, but those seem to be the processes that are failing while the paranormal and superstition take over. i doubt i would very happy in a world where this inversion happens, but this dream seems to suggest that i could at least survive even if i did not control my progress through it.)=

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=== no wise bird tries to charm a snake

|| -- j kent clark
--- stankuli@etherways.com

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Introducing the Dream
DreamRePlay
David Jenkins, PhD

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When someone says "Tell me your dream," you rarely begin with the actual dream. Before delving into the plot, the drama and the details, you usually start with an introduction. Although seemingly a formality, introductions actually hold important cues about the dream.
Various Introductions

"I've only got a fragment"
"You won't believe this dream"
"This dream happened the night my boyfriend and I had a fight"
"This is a very boring dream"

The introduction might be as short as a sentence. It might be longer than the entire dream. For example, identifying a particular character in the dream might become a larger task than describing the dream.

Introductions tell you when or where the dream occurred--
"Tuesday night" or "At my uncle's."

Sometimes they prejudge the dream--"It's not very important."

Occasionally they issue a challenge--"You'll never be able to interpret this one."

The introduction can be a comparison--"Everyone's had the dream where. . ." or "No one has ever had a dream like this one."

Quite often, the introduction apologizes for the dream--
"All I can remember is. . . " or "It's only a snippet."

The Importance of Dream Introductions

I realized how important the introduction can be when I was telling my own dream in one of my groups. Like so many other people I said, without thinking, "It's only a fragment."

At that moment I knew that I was apologizing for the dream.

I have heard thousands of dreams and I know that, at the start, the dreamer has little idea what adventure might be in store. But here I was, trying to forestall any surprises, to put some spin on my own dream.

Underneath, I had two very different worries. Firstly, that everyone would be bored stiff; that no one would have anything to say about this worthless dream. Secondly, I hoped that the dream might help me with a particular waking problem, but I didn't want to feel disappointed if that didn't happen.

Knowing that I had both high and low expectations of this dream work helped me understand the dream better.

I realized that the introduction to the dream is part of the dream work and a valuable asset. An introduction can do three things: it orients the dreamer, it orients the audience, and it shapes expectations.

What to Do with an Introduction

Exactly how the introduction is incorporated into the dream work depends on the particular situation. Here are some examples.

This dream happened when I was staying at my brother's. I dreamed I was on a boat in a lake. Suddenly there was a storm and I had no way of getting back to the shore.

Her brother was not in the dream but he was present in the introduction. Therefore it's legitimate to bring her brother's perspective into the dreamwork. The dreamer should imagine the dream as though he had witnessed her on the boat in these difficulties. It will be immediately

obvious to her whether or not her brother is an ally when she is in trouble.

I can't believe anyone could have this dream. I dreamed that the toilet was overflowing and there was mess all around. I was disgusted.

The dreamer needs to know that bathroom dreams are quite common.

This is just a snippet. I dreamed that an elephant was eating a mouse.

The dreamer downplays the importance of the dream by referring to it as a "snippet." Perhaps it is unimportant and perhaps not.

I love this dream. I dreamed that a brand new animal had just come into existence. Everyone was crowded around, admiring it. The animal was so pleased to be alive. It loved all the attention.

That's a great dream and the introduction is consistent with the dream.

I already know what this dream means. I dreamed that my mother gave me a silver platter.

I would take the dreamer at her word and not try to offer any interpretation. She simply wants to announce something to the world.

Conclusion

The introduction is not part of the dream but it is part of the dream work. Sometimes, you'll find the introduction contains the key to the entire dream.

DIAL-IN DREAM GROUPS

Whether you live far away or close by, a phone group allows you to get a sense of dream work in a very convenient way. With this new work, I hope to communicate the pleasure and the excitement of dream work to many people.

Day: Monday January 26th

Time: 5pm-6pm Pacific Daylight Time
Dial-in Number: 620-782-2200 (Kansas)
Access Code: 707172#

DREAM GROUPS

The Saturday drop-in group (\$20) is from 10 am to noon at 2315 Prince Street in Berkeley. The nearest major cross street is Ashby and Telegraph. Please let me know if you are coming.

SHARE DREAM OF THE WEEK

If you enjoy reading Dream of the Week, please tell your friends. They can read back issues and subscribe (free) at DreamOfTheWeek.com.

Best wishes

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Dream RePlay

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web: <http://dreamoftheweek.com>

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Smiling lobsters with human teeth, a water bottle sitting inside the stomach, and people aging a thousand years in just three seconds...another dream section of the Electric Dreams magazine from Kat Peters-Midland!

Dream title: My Son

Dream date: 1/4/07

Dreamer name: firewolf

Dream text: I am in some type of school and am married to a handsome young white man. We have a beautiful baby boy, and he looks white, but has my big brown eyes. Even in the dream, the impossible love I feel for my son burns bright in my heart until it's almost unbearable. My husband storms in the room with our son, in his arms. He is furious.

Apparently someone insulted my son for having a biracial mother (me). The next day I go into some school office. I am scared and angry. I have lost my baby. And for hours I roam helplessly looking for him. Close to tears. But then as if by magic a crowd separates and there is my baby. And once again I am overwhelmed by the love I feel for him.

Dream comments: I'm 15.

Dream title: none given

Dream date: none given

Dreamer name: anonymous

Dream text: I dreamt that a spirit left out my body. When it came back in, I felt cold. I could talk but no one can hear me. There was a body above me, wrapped in a sheet. I couldn't see the face. Then the spirit came back in me and then I could move again.

Dream comments: none

Dream title: Crustaceans with canines

Dream date: 12/29/06

Dreamer name: Allie

Dream text: There were lobsters in my friend's yard. She lives on a farm, and the lobsters were frolicking in an empty field. The lobsters were smiling at me, and I came to realize that they had human teeth.

Dream comments: none

Dream title: Water Bottle

Dream date: 12/21/06

Dreamer name: rickets

Dream text: There was a water bottle inside of my stomach and I couldn't get it out.

Dream comments: none

Dream title: recurring dream:

Dream date: march 2005-til now most nights

Dreamer name: brown_eyed_girl07

Dream text: I'm in this huge house-like building and there I a lot of stairs and doors I have my 2 sons with me and we're running away from something; we are climbing these stairs that seems like forever. Then we go through a door which leads out to a stage with an audience, so we run right across the stage that leads us out to this net-like thing. We have to climb across and my youngest son who's 5 gets stuck. Then he finally gets free and we hide in this dingy room that's dark.

Dream comments: I have the same dream all the time.

Dream title: Flying

Dream date: 1/22/07

Dreamer name: narmen

Dream text: I was falling from a cliff but then I started flying up. I did not fall.

Dream comments: none

Dream title: thousand years ahead

Dream date: 10.12.2006

Dreamer name: karben

Dream text: A girl and I stand in a room, maybe my home. Then I get close to the girl and we both stand in front of a mirror. Another mirror appears behind us, so there was a doubling-holographic effect. We see each other thousand times. Then nearly at the same moment we begin to age for thousand years, so we look like grandma and grandpa in 3 seconds. This scares me and I wake up.

Dream comments: This felt very real so it scares me a lot to get old in such a short time. I did practice some lucid dreaming but this dream was out of my control, maybe it means something.

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----- END DREAM SECTION -----

----- END ISSUE -----

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SUBMITTING DREAMS and Comments about Dreams: EASY!

Electric Dreams will publish your dreams and comments about dreams you have seen in previous issues. If you can, be clear what name you want or don't want. Most people use a pen name. Please include a title for your dream and add them at the dream temple at <http://www.dreamgate.com/dream/temple>

**** All dreams considered anonymous, so you must carefully indicate if you do want your name or email left on the dream. Otherwise we substitute first or pen-names.**

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DREAM-FLOW MAIL LIST

The dreams we receive are all circulated anonymously on the dream-flow mail and discussion lists. You can subscribe and send in dreams directly or drop them off anonymously at <http://www.dreamgate.com/dream/temple>

The archives for DREAM-FLOW are at

<http://www.mail-archive.com/dream-flow@lists.best.com>

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SUBMITTING ARTICLES, projects and letters-to-the-editor.
<http://www.dreamgate.com/dream/electric-dreams/publication.htm>

Electric Dreams is responsive and experimental. If you have articles or suggestions on dreams, dreaming or dreamers - including book reviews, movie suggestions or conferences and meetings, we will publish them. I'm especially interested in creative interpretive approaches to dreams, including verbal, dramatization, and mixed media approaches. Send to:

Richard Wilkerson <rcwilk@dreamgate.com>

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SUBMITTING NEWS and Calendar events related to dreaming. We usually have a deadline at the 15th of each month. Send all events and news to Harry Bosma at his special ed-news@alquinte.com address.

SENDING IN QUESTIONS, Replies and Concerns about dreams and dreaming. We don't pretend to be the final authority on dreams, but we will submit you questions to our network and other Internet networks. Also, you are free to post special interest requests. Send those to Richard Wilkerson at richard@dreamgate.com

JOINING DREAM GROUPS sponsored by Electric Dreams. If you are interested in joining a group to discuss your dream with peers, contact Richard Wilkerson, rcwilk@dreamgate.com

JOINING DISCUSSIONS ON DREAMING. Electric Dreams supports the following discussion groups on dreams and dreaming:

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<http://groups.yahoo.com/group/dreamchatters>

The DreamWheel

<http://groups.yahoo.com/group/dreamwheel>
dreamwheel-subscribe@yahoogroups.com
dreamwheel-unsubscribe@yahoogroups.com

DreamShare

<http://groups.yahoo.com/group/dreamshare>
dreamshare-subscribe@yahoogroups.com
dreamshare-unsubscribe@yahoogroups.com

World Dreams Peace Bridge

<http://www.worlddreamspeacebridge.org/index.htm>
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