

Applying Dream Insights

A Study of the Dream Quest Experience



Dreams are not easy to understand. How we respond to them makes a difference. If we act on a dream, based on whatever insight we might glean from it, the next dream will be easier to understand. That's what this research project concluded.

When 200 people worked with their dreams for a month, meditation helped them recall their dreams, but putting their dream insights into action was an even more powerful stimulant to

dream recall. The participants in this project used my *Dream Solutions!* guidebook, because it provided them a problem-solving, dream interpretation adventure consistent with Cayce's recommendations. The workbook provided a structured, 28-day learning experience, with weekly exercises in a dream journal using "inspirational writing," a special form of self-expository writing recommended by Cayce.

The process began with seven days of dream collection while the participant thought about a variety of personal questions or problems that might be desirable to resolve. The major task of the first weekly "study night" (the seventh day) was to use the past week's dreams to select a single problem to focus on for the rest of the project. The written exercises led to a clear statement of the problem, called the "focus a the quest." Also developed was a tentative "best guess" solution to the problem based on interpretive dreamwork. From this educated guess, the participant developed a plan for applying this working solution experimentally on a daily basis that coming week, along with a "daily contract," promising to attempt daily application. Each night the participant also placed a "dream petition" under the pillow to sleep on it.

The petition was of the form, "If I abide by my daily contract and try out my best guess every day, but it doesn't work so well, then dreams, show me a better way."

While applying this working solution during the second week of the project, the participant collected another week's worth of dreams. On the next study night (the 14th day) and similarly on the third and fourth study nights (21st and 28th days), the workbook led the participant through another series of



APPLYING DREAM INSIGHTS



new dream interpretation exercises. These guided, journal-writing experiences focused on what the dreams might have to say about the results of applying the preceding week's working solution. It also led the participant to further modify the solution, based on the dream interpretation work.

By the end of the project, participants had learned several new ways of interpreting dreams using inspirational writing in a dream journal. They had also been guided through an experience of Cayce's recommended cycle of dreaming, dream interpretation, insight, application, and further dreaming and interpretation. And, most significant to the participants, they made some progress on the problem at hand.

During the project, participants maintained a daily log of events related to dream recall, meditation, and application. In the morning, participants rated their dream recall and the clarity of these dreams, which is relevant to Cayce's prediction that dreams can become easier to understand. In the evening, they recorded whether or not they had meditated during the day (meditation was not required by the project) and whether or not they had fulfilled their daily contract that day.

The results reported here are based on an analysis of the data of the first 200 participants to submit responses.

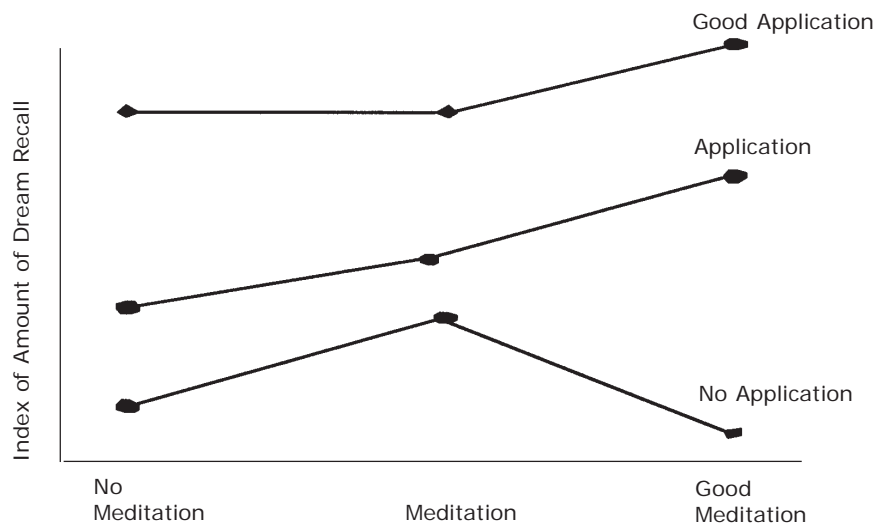


Figure 1:
Amount of Dream Recall as Function of Yesterday's Meditation and Yesterday's Application of Dream Insights

DREAM SOLUTIONS! DREAM REALIZATIONS!

On the average, participants recalled at least some dream material on 38 percent of the mornings during the four-week project. The chances were approximately 50-50, however, that the dream material wouldn't be at all understandable upon awakening.

On the average, participants meditated on 61 percent of the days during the project. Participants indicated that they did something to fulfill their daily contract on 76 percent of the 21 days when contracts were in effect. They indicated that they had an especially fulfilling application experience on about one-third of those days (24 percent of total days).

Stating our research hypothesis in terms of these log entries, our prediction was that, on days following application, more dreams would be recalled, and those dreams would be easier to understand than on days following no application.

To test this hypothesis, the daily log data were analyzed as shown in Figures 1 and 2.

The average amount of dream recall observed (Figure 1) is presented as a function of the meditation and application ratings made the day before, allowing

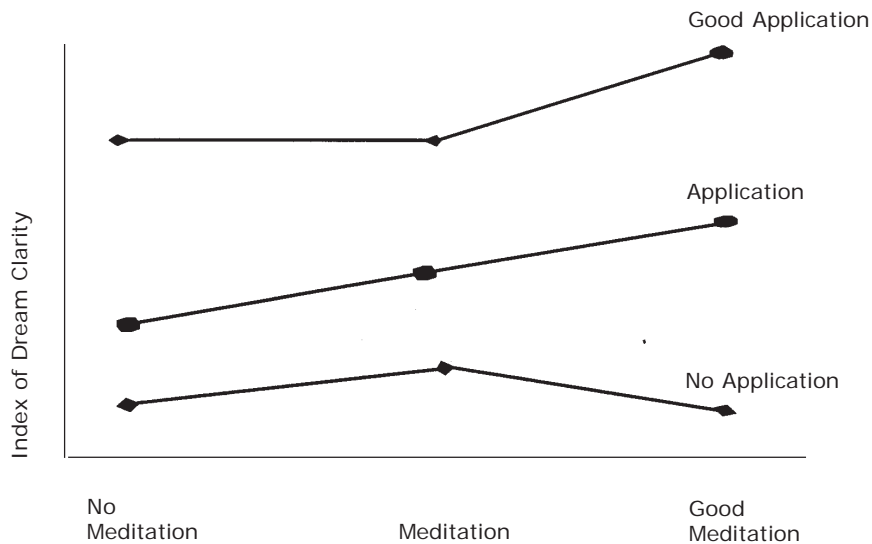


Figure 2:
Clarity of Recalled Dream as Function of Yesterday's Meditation and Yesterday's Application of Dream Insights



APPLYING DREAM INSIGHTS



us to see the contribution of meditation and application to improvements in dream recall on the following day. The three lines correspond to the three possible application ratings from the day before: the highest line (“good application”) represents the most dream recall. The bottom line (“no application”) shows dream recall when there was no application the day before. Clearly, good application leads to more dream recall than no application. Each line connects three data points, each of which represents a subset of the data divided according to the meditation rating given the day before. Notice that as the lines move from the far left (“no meditation”) to the middle point (“some meditation”), dream recall improves. Moving from the middle point to the point on the right (“good meditation”), the top two lines continue to climb up, but the bottom line doesn’t. “Good meditation” improves dream recall relative to “some meditation” only in the two instances where there was at least some application. Looking at Figure 1 as a whole, it is clear that dream recall is more a function of application than of meditation.

More pertinent to our hypothesis are the results shown in Figure 2, where dream “clarity” is plotted as a function of both meditation and application. Again, the same pattern of results can be seen. Although meditation has some degree of influence on the clarity of dreams recalled the next day, the application of ideas from prior dreams has a greater influence than meditation on the understandability of subsequent dreams. In fact, as with dream recall itself, a good meditation with no dream application leads to vaguer dreams than no meditation at all if there is at least some dream application.

These results appear to provide clear support for Cayce’s admonition that “in the application comes the awareness.” When participants did apply the insights gained from their dreams, the next day their dreams were clearer and easier to understand.

That application proved to have more effect on dreams than meditation gives us all something to think about. *Attunement itself may not be that helpful unless the person is also attempting to put the results of that attunement to work.*