



Meditation Four

The End of the Fourth Seven Days



Taking Stock

Here's What Happens...:

I review my experiences during the past 28 days of this experiment in *Dream Solutions! Dream Realizations!* I examine how my understanding has developed concerning the problem I originally stated as the Focus of my Quest. I evaluate what has been accomplished and what remains to be done. I have a dialogue with a source of wisdom within myself to evaluate my work. I choose one of my dreams and practise some of the dream interpretation skills that I have learned. I relate the understanding that I achieve from this dream to my experiment in *Dream Solutions! Dream Realizations!* I express this new understanding in the form of a poem written from my dream. I use this poem to guide me in my future efforts until such time that I am ready to once again embark on a Dream Quest and experiment in *Dream Solutions! Dream Realizations!*



STEP ONE

Review your efforts from this past week at fulfilling your daily contract to apply your new, Best Guess solution. What kinds of success did you have? What kinds of problems? Write down some brief notes about your experiences applying your new, Best Guess solution.

Example:

I have been having a good time with my revised Best Guess. The concept of conspiracy, of "us-ness" as opposed to "me and them" has helped enormously. I enjoy searching for commonalities between myself and the other person. I am finding I am more relaxed with the other person as we have a sense of sharing.



TAKING STOCK: 1



*My Experiences Applying My New “Best Guess”
Solution to My Problem*



STEP TWO

Review your written work from the past three meditations. Examine particularly the development of your formulation of your problem and your own Best Guess solution. How has the Focus of your Quest changed over these weeks? How has your Best Guess solution changed? Write down some notes about the evolution of your understanding of the problem and its possible solution.

Hint:

Study in particular what you wrote in Meditation One, Steps 5, 6, 7, 9, 10, 11; Meditation Two, Steps 10, 11, 13, 14, 15, 16, 17; and Meditation Three, Steps 1, 3, 7, 13, 14, 15, 17, 19, 20. These are the steps in which you state the problem, make statements about your current Best Guess solution, draw inferences from your dream interpretation work about possible solutions, or in which you develop daily contracts to apply your current Best Guess solution.

Example:

The Focus of my Quest began with an attempt to combine two different themes. I was concerned, at the conscious level, with how to attract more customers to my business. My dreams from that first week, however, seemed to be more concerned with my feelings of shyness. These two were combined then in my initial Best Guess of "Think of the other Guy," which proved to be good advice for both shyness and attracting customers. Asking questions of the other guy was my initial action to apply. I found this a useful beginning, redirecting my attention in a constructive manner, but it didn't speak to my feelings of awkwardness, and although it was designed to get me past self-consciousness, it seemed to increase it. The feeling aspect was then dealt with in terms of friendliness and the feeling of being "at home." Interest in the other guy became making the



TAKING STOCK



other person feel at home. That gave me an image to concentrate on, to assume that I was hosting the other person to relax in an "at-home" atmosphere. That was a good image for me and did a lot to help me with my feelings of self-consciousness. Yet, I was still feeling strained, it required an effort to do it. I guess I was taking it too seriously, and seeing the other guy as a challenge. The dream dialogue of the wink introduced the need for humor, and for making me think less in terms of me vs. the other guy and more in terms of us. Developing a personal motto, "Trust in the Flow of the Dance," gave me a larger perspective in which to view the Focus of my Quest, as it now related to my general feelings about life. The conspiratorial wink had a larger purpose to it. Revising my dream helped me to see the importance of taking "time out" when I met someone, and to use physical communication as well as verbal to express the feeling of being at home with one another. I also realized that my business goal was not simply to attract more customers, but also to relate to customers in a particular way so that we all could feel very good about ourselves. I have found this part of my Experiment in Dream Realization to be the most exciting, as it has given me a new sense of enthusiasm about my work.





TAKING STOCK: 2



*Observations about the Changes in How I View the
Problem and about the Development of
My Own “Best Guess” Solution*



TAKING STOCK: 2 continued





STEP THREE

How would you now formulate the problem that has been the Focus of your Quest?

Example:

Originally:

Overcoming shyness, attracting new customers.

Finally:

Using my business contacts as an opportunity to encourage myself and the people I meet to realize how good it is to feel at home in the world and to trust in the flow of the dance.



TAKING STOCK: 3



*My Final Formulation of the Problem:
The Focus of My Quest*



STEP FOUR

How would you now formulate your final, Best Guess solution to this problem?

Example:

When I meet people, taking time out to extend, both physically and verbally, a feeling of being at home with one another.



TAKING STOCK: 4



*A Tentative Statement of My Final Formulation
of My Own “Best Guess” Solution*



STEP FIVE

Review your dreams from this past week. For each dream, create a title that expresses the story of the dream.

Example:

The Purrfect Wink Links Us



TAKING STOCK: 5



Titles for the Dreams of this Week



STEP SIX

For each dream title, write down some ideas that the title reminds you of concerning your efforts to apply your new, Best Guess solution to your problem. (You may also perform this analysis on the titles of your earlier dreams as well.)

Example:

The purrfect wink suggests the contentment feeling of purring first—first get into the feeling of being at home, of trusting in the flow, the flow of the purring. The wink is the physical extension of the feeling and it links us in communion, in a sense of being together. There is no need for shyness. There is a natural flow of friendship and a natural exchange through the business at hand. We both feel at home and purrfect!



TAKING STOCK: 6



*My Dream Titles Suggest Ideas about Using
My “Best Guess” Solution*



STEP SEVEN

Reread your description you wrote of your past peak experience, and the “Personal Motto” you developed from that experience, in Meditation Three, Steps 8–9.

Close your eyes and imagine yourself going to visit a very wise person, a person who is the source of the wisdom expressed in your personal motto. Write out an imaginary conversation with this wise person. Discuss with this person your experiences working on Dream Realization and your progress developing a solution to your problem. Get this wise person’s comments on your progress and ideas for the future.

Hint:

You might begin by discussing with this person your “Personal Motto,” as this person is the living example of the truth it expresses. That will help you bring this person’s wisdom to life for you. Then proceed to discuss your efforts at problem-solving.)

Example:

Me: (I approach a man who is performing some kind of dance-like exercise, perhaps something like Tai-Chi. I see him moving his arms and legs smoothly in large, flowing patterns. He seems very peaceful, happy). Hello, there. May I talk with you?

Man: Well, hello there to you. Here, please join me for a moment. Just follow my motions.

Me: (I begin to make movements like him. I feel awkward at first, then I see him wink at me and I relax and find that my body is caught up in the movements quite automatically and effortlessly. It feels very good.)

Man: Well, now, you did very well. My name is Dr. Flow. How can I help you?



TAKING STOCK



Me: I've been on a Quest and I wanted to talk over my progress.

Dr.Flow: A Quest? (I see him begin a little dance, mimicing someone searching.)

Me: Yes, I have been searching for a way to develop customers for my business and for a cure to my shyness.

Dr.F: My goodness! (I see him continue his little dance, expressing shyness, searching with scrutiny, exaggerated forehead wrinkle.) And how have you done? Has your Quest been a success?

Me: (I see myself do a little dance for him, gesturing a welcome to him, inviting him in to my space as I wink at him.) I have made progress, I think, for I have changed my focus, from worrying about myself and my thoughts about my inadequacies and what the person may be thinking about me, to focusing on the other guy, taking time to extend a welcome of friendship and making the person feel at home. I know that it feels good to feel at home and so I am confident that the other person will enjoy what I am offering.

Dr.F: Yes, I do like your little dance. (I see him begin to pick up on my dance and moves into my space. We start dancing together. I follow his movements then realize that he is following my movements. We simultaneously mirror one another and the source of our dance is beyond us—we are both being "danced" together. We start laughing.) I can see that it has helped you to overcome shyness. Has it helped you gain customers for your business?



feeling, and we get to talking, it is fairly easy, and seems to feel quite natural, to learn about the person and find out how my business may be of use to the person. Sometimes my products and services themselves are of no use, but my approach, which is genuinely fun and relaxing for both of us, makes an impression. I know I am building good will for my business.

Dr.F: That sounds excellent! (He does a little dance of exclamation and applause.) So what more do you need?

Me: Well, when it works, it works. But sometimes things seem a bit hectic, I may catch someone at a bad time, there may be a tension in the air, and I get thrown off a bit. (As I talk, I see Dr. Flow do another dance, mimicing someone acting in a very hectic manner, quite "up-tight." He makes me laugh.)

Dr.F: Yeah, sometimes people don't want to relax and take it easy, even when it would really help them. Don't take it personally, just move along.

Me: That's probably good advice. Trying too hard isn't right—it's the opposite of what I want. Just move along.

Dr.F: Don't mind if I do. (He starts to dance away, making like a little gust of wind.) Remember the flow!



TAKING STOCK: 7



*In Dialogue with a Very Wise Person, the Living Example
of My Personal Motto, I Achieve a New Perspective on
My Efforts at my Dream Quest*



*In Dialogue with a Very Wise Person, the Living Example
of My Personal Motto, I Achieve a New Perspective on
My Efforts at my Dream Quest*



TAKING STOCK: 7 continued





STEP EIGHT

Pick a dream (from this past week or earlier in your Quest) that seems to most closely relate to your efforts to solve your problem. Use the ideas from the dream titles to guide your choice. As an alternative, pick a dream from anytime during this experiment that you feel is particularly related to your efforts at Dream Realization.

Outline the action plot of this dream. Do a scenario analysis to find out “what’s happening” in the dream. In extracting the action plot, replace particular nouns with indefinite pronouns (such as somebody, something, etc.) and emphasize the verbs in the dream – what is happening, the action. (See Meditation Two, Step 2).

Example:

Passing a friendly feeling, someone encounters something higher, exchanging communications links them equally, and something continues.



TAKING STOCK: 8



The Action Plot of My Dream



STEP NINE

Write a sentence or two about how the action plot of this dream might reflect something about what you have learned during your experiment in Dream Realization. How has the development and improvement of your Best Guess solution, for example, taken you closer to the Focus of your Quest? By what route of “trial and error” learning has your Best Guess improved? What have you learned? Let the action plot of the dream trigger answers to such questions.

Example:

I began with a Best Guess that was based on a trick, a diversionary tactic—beating shyness by thinking of the other guy and asking questions. But I was quickly brought back to the necessity of dealing with the feelings involved in the exchange. Passing by a friendly feeling reminds me how I can't pass this by, but must first tune into my image of comfortableness—being at home, having a friendly visit at home. Encountering something higher reminds me of how my focus gradually changed from worrying about my experience to being concerned with the other person's experience, a shift that changed the shyness quality, surrounding meeting someone “in an elevated position” who could look down on me, into a challenge, a challenge “higher” than overcoming shyness, a call to reach out and touch someone. Exchanging communication (in the wink) stresses the equality, the quality of “being in the same boat,” which also served to change the situation to one less conducive to shyness. As the focus kept changing, apparently away from the issue of shyness and more into hospitality and good feelings, the feelings of shyness also seemed to disappear. Self-consciousness, at the root of shyness, seems to have been



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based on a feeling of alienation, of being separate from other things. Having the responsibility of hosting a friendly and comfortable meeting pulled me into the dance of life and shyness lost its roots.



*The Action Plot of My Dream Reminds Me of
What I Have Learned On My Dream Quest*



TAKING STOCK: 9 continued





STEP TEN

Rewrite your dream into as brief a form as possible. For example, can you condense your dream down to only 15 words? Pretend that you are sending a telegram of your dream and have only 15 words. Pick 15 words that are the most important and express most clearly the plot and significance of the dream.

Example:

Walking by friend's house, see cat in tree, wink one another, walk along.



TAKING STOCK: 10



*I Rewrite My Dream Telegraph Style,
Using a Few Important Words*



STEP ELEVEN

Pretend that each word represents a clue about your efforts at Dream Realization, signifying something that you have learned about the solution of your problem. For each word in your shortened dream text, write out what that word suggests about your efforts at Dream Realization.

Example:

Walking by: Don't be in a hurry. Take your time.

Friend: Be friendly. Extend friendship.

Cat: Cozy as a cat. Make people feel cozy.

Wink: Being joined in fun with the other person, no one to feel self-conscious.

Home: Feeling at home. Extend the "at-home" feeling to the other guy, help them to feel at home with a friend.



TAKING STOCK: 11



*The Words in My Condensed Dream Each Provides a Clue
about My Efforts at Dream Realization*



STEP TWELVE

Gather together your ideas about what you have learned in your experiment in Dream Realization from the three sources above:

1. Your review of your past work and dreams (Steps 1-6 above).
2. Your dialogue with the wisdom figure (Step 7).
3. Your interpretive work with your chosen dream (Steps 8-11).

Make some brief notes about what these three sources indicate about what you have learned.

Example:

What I Have Learned From Review of past work:

Think of the other guy. Friendliness. Feeling at home. Wink in humor, touching, togetherness. Trust in the Flow of the Dance. Taking time out. Relate to customers as self, meeting their needs, helping them feel comfortable.

Dialogue with Wisdom Figure:

Dr. Flow. Moving with the other person. A mirror, seeing ourselves reflected in the other person. When encountering resistance, move along, don't shove.

Dream Interpretation Work:

Don't pass up taking time out for the friendliness feeling. Purring, contentment, images of comfortableness. Reaching out. Don't assume the other person wants to remain aloof or distant. Hospitality.



TAKING STOCK



Reviewing Past Work:

I Note What I Have Learned:

It doesn't have to be a trick if I can work on my feelings. If I get into the correct feeling state, then everything flows naturally.

My Dialogue with A Wisdom Figure: I Note What I Have Learned

To relax. To let go. Don't take it personally how people respond.





TAKING STOCK: 12 part 1



*Reviewing Past Work:
I Note What I Have Learned*



TAKING STOCK: 12 part 2



*My Dialogue with a Wisdom Figure:
I Note What I Have Learned*



*The Interpretation of My Dream:
I Note What I Have Learned*



TAKING STOCK: 12 continued





STEP THIRTEEN:

As a final integrative act, try to write a poem about what you have learned from your *Dream Realization* work. A good way to get started is to look through the material that you wrote during this meditation and copy down words and phrases that strike you as particularly meaningful or important. Note words and phrases from this meditation that seem particularly meaningful. These could be:

- phrases from your descriptions of what you have learned
- words or phrases from your latest formulation of the "Focus of your Quest" or your latest "Best Guess" Solution
- phrases used by your wisdom figure
- the title of your dream
- words or phrases from your evaluation of the action plot of your dream
- words or phrases from your dream itself
- words or phrases that you wrote based upon the word-clues in your dream
- other words or phrases that occur to you as you work on the poem

Example:

- when shy, think of the other guy
- friendliness; make yourself at home; my friend's home
- Trust in the flow of the dance
- a wink in time saves worry; don't think--wink!
- take time to wink; out on a walk, taking time to enjoy life
- meeting, encounter, a dance, a chance
- winking together, being together in the dance
- contented cat at home in a tree; sly, shy cat



TAKING STOCK: 13



*Words and Phrases from My Meditations:
The Ones Most Meaningful or Significant*



STEP FOURTEEN

Look over your list of words and phrases and see how you feel about them, what themes seem to emerge, what words or images repeat themselves. Then ask yourself, “what words and phrases in my list would I choose

- to describe my dream?”
- to express my interpretation of this dream?”
- to express what I have learned from this experiment in Dream Realization, or to describe what I
- now understand to be the solution to my problem, the answer to my question, or the fulfillment of the Focus of my Quest?”

For each of these three categories, write down the words and phrases that you would use.

Example:

Dream: walk, friend's home, meet cat in tree, wink

Interpretation: encounter people, extend “at home” feeling, wink, conspiratorial wink of togetherness, chance to dance, joining with other person

Realization: Think of the other guy with a wink, extend a soft fuzzy, make the other person feel at home, doing business is feeling comfortable, what can I do for you?



TAKING STOCK: 14, part 1



Words and Phrases to Describe My Dream



TAKING STOCK: 14, part 2



*Words and Phrases to Describe
My Interpretation of the Dream*



TAKING STOCK: 14, part 3



*Words and Phrases to Describe My Realization:
What I Have Learned about the Answer to My Question*



STEP FIFTEEN

Now try your hand at writing a free-form poem (rhyming doesn't matter) that accomplishes three things at one time:

1. The poem tells the story of your chosen dream.
2. The poem expresses your interpretation of the dream.
3. The poem expresses some of your dream realizations. That is, it expresses what you have accomplished toward solving your problem, toward reaching the Focus of your Quest.

To begin your poem, take those chosen words and phrases, change them around and arrange them into a pleasing pattern, one that makes sense and feels right to you, one that tells your dream, gives your interpretation of the dream and that expresses what you have realized in your Dream Quest. Use as a title for your poem the same title that you would use for the dream itself.

To write your poem, think of it as a brief arrangement of words that convey meaningful feelings, that capture or express some of the images that you've encountered in your work on *Dream Solutions*, *Dream Realization*. Don't be concerned about the format of the poem—rhyming and line length, etc.—but rather concentrate on finding words that match your feelings and imagery.

Example:

The Winking Cat

In Walks of life I chance to Meet

Strange things, New People, odd circumstances.

Shyness always beckons to me

I know it well, Looking Down on me

Like this here Cat up in a Tree!

Yet it Winks at me and I wink right back.

Winking together, being together!

What a Dance is Life!

There's always time to Feel At Home:

Here, let me show you how!



TAKING STOCK



My Dream Solutions/Dream Realizations Poem



STEP SIXTEEN

Somewhat like a moment of self realization, when you can look through the eyes of your dream's ultraconscious vision and experience some truth—that is dream realization. Creative writing—playing with the words in your dream—often fosters dream solution. Sometimes it also provides an avenue of self-expression.

Dream solution and creativity require a relaxed, playful spirit. The limitations of a fixed form, however, may paradoxically stimulate such playful creativeness. Often in fact, there can be no creativity without the presence of limits. If you are willing to accept and work with them limitations breed transcendence.

Here is a traditional poetic form whose limits provide an excellent opportunity for dream solutions and dream realizations through creative writing—the Haiku.

Sev'nteen syllables

In lines of five, sev'n, five:

Image brings meaning.

While playing around with the words in your dream, and with new words that come to mind as you try to fit your writing into the form constraints of Haiku, you may discover new feelings about your dream images. In fact, Haiku is well suited to developing and expanding an impression of one dream image or symbol into a full expression of meaning.

Example:

Ugly face monster:

Hate, anger, rage—tears of rage!

Your eyes crave my love.

Haiku may also be used to condense an entire dream into a concentrated, seventeen-syllable vision. The emotional impact of the dream is highly focused. The Haiku dream reveals the heart of the matter. It can be a superb method of dream expression.



As a form of dream interpretation, Haiku dream solution can become an effective exercise in superimposing dream reality upon our ordinary vision. If you can perceive in proper perspective the challenge of formal Haiku, a third line that presents an unexpected complement to the first two is both consistent with tradition, and also yields valid dream solution.

Here's how to approach Haiku dream solution: condense the essence of the dream into the first two lines. Use the third line to convey some truth about your life that correlates with the dream's vision, your dream realization!

Example:

Cat in tree I see

Create surprise, if you please.

Shyness winks at me.



TAKING STOCK: 16



My Haiku Dream Solution, Dream Realization



TAKING STOCK: 16, continued





STEP SEVENTEEN

Make a drawing of your Dream Solution - Dream Realization. Use symbols from your dream. You may also make a collage using pictures of your symbols cut from magazines. You could use images that tell the story of your dream, suggest its interpretation, and show what you have learned, just as in your Haiku.

Example:





TAKING STOCK: 17



My Dream Solution, Dream Realization Picture



STEP EIGHTEEN

Carry your poem with you and read it everyday for awhile to remind you of your inspiration and your success at dream solution, dream realization. Post your picture by your bed. This final act of testimony in step eighteen will give you confidence in what success you did have, and will encourage you to continue to apply your Best Guess solution for all its worth, and will remind you that you can engage in a new cycle of creative problem solving with *Dream Solutions! Dream Realizations!*

Good Work!

