
UNDERSTANDING OUR DREAMS

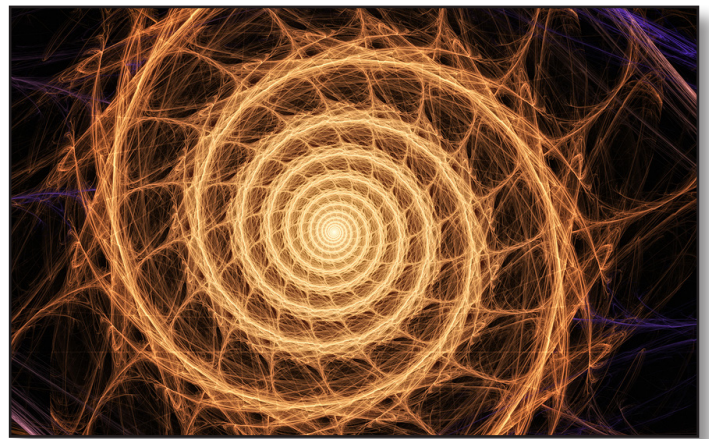
– Monika Muranyi

All of us need sleep to function properly the next day, yet not everyone can claim that they dream. Why? Do we all dream? If so, why do only a few remember them? Why do some recall their dreams and others don't? What do our dreams mean? While there are many answers to these questions given from a diverse range of experts, there is no common agreement about the true purpose of dreaming. Kryon, an entity channeled by Lee Carroll, helps unravel this puzzle, and gives us a new way of looking at dreams.

Have you ever had a vivid dream? Have you ever been startled awake by a terrifying nightmare, with your heart rapidly beating, convinced that what you just dreamt was real? What about a prophetic dream – one about a future potential that later happened? Perhaps, like me, your dreams are nonsensical, difficult to grasp, and filled with either people from your past, or perhaps characters from the TV show you watched before going to sleep? Regardless of the type of dream you have experienced, trying to understand them can often be difficult. Thankfully Kryon has given us some insights about the reason for dreams, and the process involved. Never heard of Kryon? In simple terms Kryon can be described as an angelic entity who gives profound messages for humanity. Lee Carroll is the original channel for Kryon and has been delivering messages from Kryon since 1989.

According to Kryon, the purpose and function of our dreams are extremely complex, and even after reading the explanation given below, you may not fully understand it. However, the information from Kryon provides a different perspective that may help you better understand the role of your dreams. Even if you have never recalled having a dream Kryon says that we all dream and the reason can be explained in three categories: Biological, Physiological, and Spiritual.

Biological: From a biological aspect, dreams are actually a memory release and rewrite. They are a form of mental clearing that the body must perform in order to actually reorganize the brain during the sleep state. It moves things around and prioritizes the plac-



es where memory is stored. In the process, you often get flashes of what it's doing. So this is the clinical truth, not yet seen or accepted by science*. Soon, however, as you're able to map the energies of the brain in real time, this will be shown. Remember where you read it first!

Physiological: The memories that are moved from place to place are often done in a priority that's driven by your fears, loves, passions, and even your addictions. This is a hierarchy that remains very telling in analysis, and hasn't changed much through the centuries of Human existence. The nonlinear attributes ... seeing people in places they never were, or couldn't be within a real 4D time line, are common, since the brain is moving these things in a nonlinear way. Think of it this way: You're carrying a box of photos of all your life experiences. Suddenly you drop the box, and the photos go everywhere. As you pick them up, they're not in any order. The past and present are all mixed up. As you hold the photos in your hand, your Aunt

Sally is next to a home that she never saw, visiting your children whom she's never met. In addition, you pick up certain photos first that have more energy for you than the others, since they're going to be filed in a specific place that needs to be more available to the brain for remembrance. So the brain actually prioritizes the memories in an order that's telling. This is where the psychological analysis has been so valuable in the past.

Spiritual: With the coming of the new energy, Lightworker and ascension status has changed all the potentials, and a brand new piece of the dream puzzle emerges. Your newfound awareness is suddenly part of this memory rearrangement. In addition, if you're working at it (being a Lightworker), the dream process has changed its purpose. It's now actually a rewrite of the past within your DNA (in addition to the biological sorting of neuron storage, as seen above)! This is very difficult to describe. Think of it this way: Return to the photos on the floor. Now, as you pick up each photo, you get to rewrite the emotions and energies around them with a new, enlightened mind. The father that abused you is now the "partner in karma," and an entity who did a good job of stirring your life up. The brother who committed suicide and shamed the family is now the one who gave you a gift ... a kick in the pants to find out more about spiritual things. The partner who loves you, who may be lying next to you, is becoming more precious with your new divine eyes. So you're not just rearranging the memories. The brain is rewriting them. This is a powerful new attribute that shows a new enablement for Humans, and is primal to the teachings of Kryon and the other channellers of the New Age. Now, the photos you pick up first are the ones that you're rewriting and are thereby changing your very time line in this place called Earth.

The biological and psychological aspects cooperate fully with your enlightened state. They're subservient to the divine plan in your body, and have rearranged the priorities to help you fulfill a change in your DNA.



Recurring Dreams

Many psychologists believe that recurring dreams indicate the presence of an unresolved conflict, from either stress or past trauma. The explanation of the repeating dream is because you have not corrected the problem. Others claim that recurring dreams have an important message that you are not hearing, hence the repetition of the dream. What if I tell you that a recurring dream is none of these things? Sounds controversial, right?

Many will disagree, but here is what Kryon says...

"If some of you have dreams that repeat and repeat a process or a song or an action seemingly all night (although dreams are actually happening in just a few seconds), it doesn't mean anything. Don't try to read into it. Instead, it's a smokescreen to let the brain and the divinity unify. The brain creates a feedback loop that runs while it does things that are beautiful, out of sight, and filled with new abilities for your consciousness."

Wow! That certainly gives a new perspective on recurring dreams. Hopefully, if you're experiencing a recurring dream, you can now relax and be at peace with it. You may even wish to tell yourself, "*I am at peace with my dreams. I trust the inner workings of my own divinity. All things around me are appropriate and bring me benevolence. I expect miracles in my life.*"

How to interpret dreams

Kryon explains that dream interpretation should consider whether or not the Human is working on their enlightenment. Many of those who interpret dreams discount the new spiritual aspects of the process. For example, did you dream of Aunt Sally? Why? Perhaps you're rewriting how you felt about her and bringing her into a new light? Perhaps she's visiting you in a multi-dimensional way to help you process and rewrite her history within the scope of your life? This is very, very common. Another example is dreaming about those you lost during your 4D time line. You see, it's very complex, but it has also changed with the new energy that is on the planet. Look for far more nonlinear things in the dream state.

When examining dreams in a nonlinear way it's important to understand that what we dream about is a metaphor. For example, Lee Carroll the channel for Kryon has told me about some of his dreams. The theme is related to his work with Kryon. He has dreamt about various scenarios of his seminars being a total

failure, of sitting in the chair to channel and opening his eyes to an empty audience, and having others tell him what an awful job he did! Lee explained that these dreams are simply about Self-Worth. So many of us face this same issue. Lee's example demonstrates that even those who we think have it all figured out are still working the puzzle of our duality. Perhaps that's why positive statements and affirmations are so powerful, immediately before and after we sleep.

Hint: Next time you prepare to go sleep, spend some time reflecting on the things you are grateful for. You may even wish to place your hands on your heart as you express your gratitude and appreciation. Your gratitude increases your allowance to receive even more. Relax and celebrate the benevolent things that surround you, as you gently drift into your soul calm sleep.

* In a recent article some scientists now think that dreams defragment our brain.

Source: <http://blogs.discovermagazine.com/crux/2012/05/14/is-the-purpose-of-sleep-to-let-our-brains-defragment-like-a-hard-drive/#.WHq5uLYrKfU>

