

A collection of personal stories shared between two women, which span a decade and weave friendship, cycles of birth and death, breast cancer, inter-generational healing, instruction, teaching and recovery together through dreams, art, shamanic practice and imaginative writing.

Dream Stories: Recovering the Inner Mystic

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4200.html?s=pdf>

Dream Stories
Recovering the Inner Mystic

Copyright © 2009 Connie Caldes and Kellie Meisl

ISBN 978-1-60145-869-8

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

For reasons of privacy, names and events in this book have been changed.

Book cover design by Todd Engel

Book cover original art by Kellie Meisl.

Printed in the United States of America.

Booklocker.com, Inc.
2009

Portions of the following chapters were previously published in *Dream Network Journal* (www.dreamnetwork.net):

Chapter 1 Shamanic Dreamtime
Chapter 4 Casting the Heroine
Chapter 5 Waking Dream
Chapter 6 Planes, Dreams and Eagle Feathers
Chapter 9 Dream Themes

Table of Contents

About the Authors	xiii
Connie Caldes	xiii
Kellie Meisl	xiv
Preface	xv
Note to Readers.....	xvii
Foreword By Roberta Ossana	xix
Introduction – An Initiation: Removing the Mask	1
Chapter 1 – Shamanic Dreamtime: Discovering the OtherWorlds	3
Chapter 2 – Soul Healing: Walking the Walk	11
Chapter 3 – Creativity Heals: Releasing Old Patterns.....	21
Chapter 4 – Casting the Heroine: Healing From Breast Cancer	27
Chapter 5 – Waking Dream: Finding The Lost Little Girls.....	45
Chapter 6 – Planes, Dreams and Eagle Feathers: Dream Flight	53
Chapter 7 – Synchronicity: Making Amends with Ellen.....	59
Chapter 8 – Shock, Horror and Ghastly images: Healing Trauma	63
Chapter 9 – Dream Themes: Broken Teacups	77
Chapter 10 – Connecting to Our Roots: Greek Dreams	83
Chapter 11 – Dreaming With Those On the Other Side: Heaven’s House	91
Chapter 12 – Shape Shifting Ancestors: A Mahican Encounter	95

Dream Stories

Chapter 13 – Animal Spirit Dreams: The Chocolate Mare	101
Chapter 14 – Sanibel Dreaming: Fusing with the Elements ...	109
Chapter 15 – Lucid Dreaming: Bedside Visitors	115
Chapter 16 – Community and Healing: A Shamanic Dream Ritual	119
Chapter 17 – Planting Dream Seeds for Connie: Growing the Dream	129
Chapter 18 – Honoring a Sojourner: The Good Mother’s Dream	135
Chapter 19 – Garden in Your Slippers, Paint in Your Pajamas	139
Chapter 20 – Cycles of Birth and Death: Shamanic Dream Art and Teaching	145
Chapter 21 – Conscious Power: Using Life’s Metaphors	149
Chapter 22 – The Mosaic Medicine Man: Dream Doctors	161
Chapter 23 – Dreaming a Field of Dreams: Precognition and Family Dynamics	167
Chapter 24 – Golden Greek: Chrisoula’s Story: Confronting Family Secrets	171
Chapter 25 – Birthing Our Dreams	181
Concluding <i>Wisdom</i> – Your Inner Mystic is Your Healer and Guide	187
Epilogue – Dream Stories Heal	189
Bibliography	191
Recommended Reading	195
Recommended Audio	199

Chapter 1

Shamanic Dreamtime: Discovering the OtherWorlds

By Connie Caldes

*I do not know how to distinguish between our waking life and
a dream. Are we not always living the life we imagine we are?*
—Henry David Thoreau

The shamans of indigenous cultures consciously traveled the *dreamworld* to heal individuals and ensure the survival of their communities. Resurgence in this ancient wisdom indicates that our culture is opening to the gifts of dreaming and the many benefits of listening to dream wisdom. Personally, working with my dreams has taught me much about my inner being and the need to listen to my heart.

For many years, I have known that dreams were guiding me in making choices. Dreams of long-lost friends prompted me to look them up. Terrifying dreams demanded that I make major changes in my life. Dreams of deceased loved ones eased my pain during difficult periods. Precognitive dreams surprised me. And, mystical dreams left me in awe.

I thought that everyone dreamed this way, with deep emotion, vivid color and powerful content. I think everyone does. Some do not remember. Some do not want to remember because they don't like the message contained in these dreams. Others have been told that dreams are nothing more than random nerve firing and consequently, they discard them as useless. But many believe that there is much more!

We are a confused culture when it comes to understanding the purpose and meaning of dreams. Are dreams communications from our soul? Is it possible to extract

Dream Stories

guidance and wisdom from our dreams? Can we find creative solutions to complicated problems (including those that are technically challenging) in our dreams? Albert Einstein spoke of his dreams guiding him in his work on Relativity. Do we work out our everyday issues in the following night's spontaneous dreams?

If you have come to believe that you might be more than your physical body, I invite you to consider working with your dreams as a means of exploring your spirit. There are many ways to do this, but it is best to begin by keeping a journal. And, if you don't remember your dreams, state an affirmation just before going to sleep and write down something when you wake, even if it is a feeling or thought. Begin to send a signal to your deeper self that you wish to lift the veil between your conscious and sub-conscious. In recording my own dreams, I've found that I have many types, a few of which I will share here.

A profoundly healing dream came to me in 1999 in which I perceived myself to be outside of my body:

Child in the River

I wake up to find that I am floating above my bed and facing upward. A card comes through the ceiling with a light blue angel inscribed on it. I realize that I am free of my body and wish to stand on the floor. I am transported to the desired position with sensations that are somehow familiar to me. I pass my hand through the curtains and confirm my ghostly status. A river forms in the floor of my bedroom, under my favorite window. As I look into the river, I am surprised and somewhat fearful because I see a little girl struggling in the current. I realize that this little girl is my younger self. Birds appear in the window behind the river.

Shamanic Dreamtime

This dream has had life-changing consequences for me. First, the sensations of being outside the body during a dream were beyond exhilarating. For me, they confirmed that we are so much more than our physical selves. Next, I did everything within my power to further explore my childhood and the meaning of this image. This process has been deeply healing and has guided me in discovering gifts that I might bring to my friends and community. And finally, the dream compelled me to learn about shamanic healing, which has led me to many enriching life experiences and even new work.

I have had many lucid dreams in the recent years and find them to be exciting. A lucid dream is when we *wake up* in the dream and realize that we are dreaming. Here is an example of such a dream.

T-Rex Attack

I am running from a T-Rex. Suddenly, I become fully aware that I am dreaming, feel fear flow out of my body and turn to face the T-Rex. I punch his snout repeatedly until he turns into a non-functioning blob. Then, he re-emerges from the blob and goes after me again. I attack him again and he is reduced to another blob. This time it is really over. I am very pleased with my power and that I did not give in to fear.

When I woke from this dream, I was acutely aware that the attack was an illusion. I strive to reconnect to that deep knowing when other fearful situations arise. Also, I felt sad when I thought about this dream and wondered if the T-Rex might have had a message for me. When I used a technique to go back inside a dream to search for more information, I heard the T-Rex say "Slow down!" My immediate thought was that this was a commentary on my life-style, but soon after, I received a speeding ticket. In looking back in my dream journal, this was the second time that I received a speeding

Dream Stories

ticket right after dreaming of the T-Rex. The T-Rex might be more than a metaphor for a police officer with a radar detector, but I will be checking my speed whenever the T-Rex shows up. And, as usual, synchronicity was about to strike. A few months later, I was driving down a road and noticed a large green construction vehicle. The side indicated the brand as *TeRex*. My foot went for the break pedal immediately as I assumed that I was getting a warning. Just one mile later, on what was a very rural road sat a police officer pulling over unsuspecting drivers.

We can dream of departed loved ones. In the late 1980s, I had a series of dreams about the wishes of my grandfather who died in 1975. I will discuss these dreams in detail in a later chapter. The dreams centered on my father and his love of baseball. I felt profoundly guided and supported by my grandfather in these dreams. Many months later, I found myself sitting in the movie *Field of Dreams*. I was blown away by the strong connection between the story in this film, my family history and the dreams of my grandfather. At that time, I could not make any sense of how I could have dreamed the themes in this film prior to its release. These things still surprise me when they pop up, but I don't try to understand. Rather, I know that it is confirmation from the otherworld that our waking reality is limited, and that we are not limited to it!

I wake up in a state of awe when I dream of reading poems or hearing music. This dream was one of my favorites:

African Chorus

A friend and I take a ride to the ocean. A group of people, African except one Asian male, in gorgeous colorful gowns, walk toward me on the shore, singing a beautiful African song. I hear sophisticated harmonies in a foreign language. They pass me, turn and face me and sing more. An African man in his fifties leads this group.

Shamanic Dreamtime

The vivid sights and intricate sounds in this dream mystified me. I felt honored by the chorus of beautiful people. A little more than a year later, I found myself working with Malidoma Some, author of *The Healing Wisdom of Africa*. It did not surprise Malidoma or me that he looked very much like the man that led the chorus in my dream.

I sometimes see beautiful ethereal visions in my dreams. They have an *otherworldly* feel to them. One showed up at a time when my husband had partial hearing loss and was being tested for a brain tumor:

Eagle Totem

I “wake” to a beautiful sight in my room. Near my husband’s tall chest of drawers is something that looks like a totem pole, except it is ethereal, appearing to be made of a lightweight tissue paper-like substance with all sorts of filigree patterns cut out all over. On top, sits a beautiful pure white bird. In front of this totem-bird image is a swirl of energy and light rotating in a clockwise direction, like a spiral towards its own center. This image appears to be riding on the end of a light beam that is pouring in the window.

When I woke from this dream, my memory of the breathtaking image in front of my husband’s dresser convinced me that he was not in medical danger. This feeling was soon confirmed when the MRI came back negative and his hearing returned. This dream is still my lifetime favorite!

I’ve learned from Sandra Ingerman, faculty member for *The Foundation for Shamanic Studies* and author of *Soul Retrieval* and *Medicine for the Earth* that from a shamanic point of view, power animals empower, protect and guide human beings. I dream of many species each month and notice certain animal images showing up repeatedly. As an example, I

Dream Stories

often dream of bears. Amongst Native Americans, Bear is the Great American Medicine Animal. For others, Bear is the Great Mother. When the Bear shows up in my dream, I honor the dream by working with it extensively, searching for messages of protection and healing.

Dreams of death are often frightening. Some people think they mean that they are going to die soon when these dreams might be pointing to part of them that needs to die to open to a deeper life. This is not to say that death dreams are never about physical death, but I've had two dreams of my own death, both of which directed me to terminate an unhealthy relationship in order to resurrect myself.

Synchronicity in many forms is a natural by-product of dreamwork. You will see the images, people, animals, symbols and more from your dreams show up in waking life in the most unusual of ways. You will know when it happens. And those that believe in the magic of the universe will be receptive to your stories. Your relationships will be more exciting if you share your dreams and synchronicities.

There are many gifts of the dreaming. Dreams can help you recover lost aspects of yourself, find your soul friends, discover your life's work, deepen healthy connections, find the courage to end destructive relationships, write with greater creativity and be in touch with your inner guidance. The gifts are endless. Set intentions when you go to sleep. Ask questions. Look for answers. Your life will change! May you find your own majesty! And may you have wonderful dreams!

Shamanic Dreamtime

Song of the Deer

By Connie Caldes

Written on 1/10/02

*Reaching for the clouds,
Winding as I climb,
Infinity abounds,
Entry to the worlds.*

*Artemis, my companion,
Dancing by the river,
Moonlight lit lagoon,
Garden of the night.*

Chapter 2

Soul Healing: Walking the Walk

By Kellie Meisl

Walking is man's best medicine.
—Hippocrates

I began to walk everyday during my pregnancy to maintain my physical health. When my son Benjamin was a year old and I had been at home with him for that year, my reasons for walking became much more conscious and therefore, so did the way I live my life.

On the sunny days in fall of 1998, I began to listen to a tape series as I walked. Listening to tapes devoted to human consciousness was a practice I did every morning to prepare for my work as a teacher. Walking and listening together was a new exercise for me. Walking is a naturally balanced exercise and incorporates both hemispheres of the brain, so the combination of walking and learning worked well for me. Sometimes I would walk and listen for an hour or more while my son slept peacefully in his carriage. The first series I listened to was Caroline Myss' *Energy Anatomy*. It had a major impact on my thinking. The information she shared made it glaringly clear that *how we use our energy—and allow our energy to be used—has everything to do with the life we have*.

Shortly after listening to Myss' series several times, I began my own inner process of healing work. I started to direct my energy in a focused way with intention. I understood the concept of deliberately focusing attention toward clearing energy to produce a desired result from listening to Ester and Jerry Hick's *Abraham Basics* series. It introduced to me such

concepts as *Law of Attraction* and *Law of Deliberate Creation*.¹ What came to me naturally were exercises in cleansing, healing and recreating myself through identifying my energy centers and focusing upon them. The exercises have a physical composition to them because I am directing my energy toward my physical body—and physically walking while doing them. They also have a cognitive component because I am unplugging from outdated belief systems that no longer benefit me, and I am creating new mental spaces for a different way of thinking. I am bringing in new thoughts and ideas with intention. The exercises contain emotional elements because I work with my feelings, allowing them to surface, experiencing each as it comes to me. The exercises are spiritual in nature because I am examining all of these processes to discover my highest good, my *Reason for Being*. I am surrounded by spirit *in* nature while I am performing them as well.

As I walk and tune into all of the aspects of myself, I place an intention while I am navigating through each layer that any stagnant, harmful, or pent up energy that I possess will dissipate into infinitesimal tiny particles. I ask that this energy will then flow in a rhythmic way through the channels where it is contained and keep moving. I also take care to send this energy in millions of directions so that harmful energy is not released back into the world. When I begin my focus on my physical pathways, I may be feeling pain in an area of my body or a general fatigue that needs to be cleared. Or, I may just scan my body allowing the areas of heaviness and undesired energy to be revealed to me. Similarly, when I focus on my emotions, if an unresolved issue is producing strong feelings, that may be where I place my intention for resolution, but I also make space for emotions to surface freely. I work on the cognitive aspect of

¹ Esther and Jerry Hicks, *The Law of Attraction: The Basics of the Teachings of Abraham* [CD] (Carlsbad: Hay House, 2006).

Soul Healing

myself by honing in on my thoughts. When I do this I may be working on changing a belief I have taken on that no longer serves me, or I may want to clear my mind to create open-minded space for new thoughts for a new project I am doing. I find working on changing thoughts and beliefs requires a lot of awareness and attention. Thoughts of all kinds need to surface unconditionally and be acknowledged as they are let go of. I work on matters of spirit by tuning into my dreams and to the natural world.

Blocked energy can take on various forms including physical, emotional spiritual and cognitive. It may manifest physically as in the experience of illness. Stagnant energy may affect spirit; this happens when one experiences blocked creativity or a lack of purpose in life. Energy blockages show up in emotional forms too. We see this in the high incidence of depression experienced in our culture. Stale energy may manifest cognitively as attention deficit disorder or a learning disability. Of course there are layers within layers as a spiritual crisis may also induce depression and depression may lead to physical pain and so on. Always, as I work with energy, I have the underlying intention to disperse any blockage by changing its form, allowing it to flow, and healing the area by sending pure energy, in the form of light moving through me.

One of the specific ways I work on removing blocks and healing old wounds is by doing an exercise I call, *Cleansing the Pathways with Healing Light*. As I mentioned, sometimes I have a specific focus on an area that feels blocked, other times I discover where energy is blocked as I move through the exercise. For this exercise, I envision energy in the form of cleansing and healing light traveling through me. The light often takes on different qualities spontaneously, such as color. I identify my physical channels, where energy travels, as I go along: my brain, synapses and nerves; my heart, blood vessels, and blood cells; my bones, muscles, tendons, and ligaments;

Dream Stories

and, my glands and organs. It is helpful to look at an anatomy book to get a general idea of the inner workings of the human body. But it is not required, as generally tuning in helps you to get a sense of where things are located. I then go through my chakras, whirling energy vortices, beginning with the chakra at the base of my spine or root, my navel, my solar plexus, my heart, my throat, my third eye, my crown and ending with chakra above my head, which I envision to be my connection to divinity. I name each area, sending and feeling the cleansing light while it is releasing the blocked energy, and allowing it to be transmuted. A wonderful book for understanding the basics of chakras is *New Chakra Healing* by Cyndi Dale.

I perform this exercise for about a half an hour, envisioning each part of my whole being, the pathways and channels of my body, my emotions, my thoughts and my spirit, acknowledging each area, one at a time, removing blocked energy, then sending light. As the light moves slowly through each area, beginning in my head and feet simultaneously, I see and feel the light meeting in my solar plexus and intertwining along my spine. Then, the upward moving light continues traveling up, through my hands, arms, heart, throat, head and above, while the downward energy continues down through my abdomen, hips, legs, and finally my feet and into the Earth.

It is in my third chakra (solar plexus), the energy center of personal power, where the light intertwines in my cleansing exercise that I focus on my emotions. In a process I call *Community of Emotions* I allow all of my feelings to surface: anger, sadness, fear, joy, calm, confidence. I envision the emotions together in one *space* located in my solar plexus. I begin with the predominant emotion that is with me in the moment. Each emotion is given its time for expression; I feel and embrace each emotion. I thank the emotion for its purpose, for its contribution to the whole. I then envision each feeling connecting to its counter-emotion to provide a harmony. Often,

Soul Healing

I find myself operating on only a few emotions. By bringing in the full spectrum of emotions, I achieve balance.

Tuning into my physical body and my emotions will often propel me to other areas I am working on in my life. Many times issues of how I am relating to the world around me will become the focus. I recognize that relationships, whether between two or more people, people and places, or people and things, are an entity of their own. Relationship to *things* might mean my relationship to time or money for instance. This concept is well explained in Neal Walsh's first book, *Conversations with God*. His chapter on relationships has been invaluable to me. Therefore, I realize that it can be effective to send love and positive thoughts to the constitution of a relationship. While performing this exercise I call *Rainbow Ribbons of Light*, I envision my relationship in need of healing contained in a glowing, blue sphere of light. I place an intention that all harmful beliefs or thought patterns that are held within this relationship be removed and healed. I take time to acknowledge the beliefs or thoughts that surface, and then let them go. The blue sphere of light acts as a protective environment where the relationship can heal and maintain its pure essence. From within the protective sphere, I extend loving thoughts using rainbow ribbons of light as a visual. They gently flow between and around the other being and me. If I am focusing on a relationship to a thing such as time, I extend out each ribbon with a positive thought such as time flowing freely, or always having enough time. I envision a never-ending continuum of time that spirals and flows rhythmically. Each ribbon is my gift to the relationship, my offering toward healing, toward connecting in a purer way. Eventually, these beautiful rainbow ribbons of loving thoughts and visions are encircling "us". They undulate and swirl. I allow myself to absorb the love and place an intention that the entire entity of the relationship will absorb the love as well. Since I do not attempt to heal others without their consent, my intention is

simply around healing the relationship I am in with others. As Neal Walsh states about relationships, “Let each person in relationship worry not about the other but only, only, only about the Self.”²

Around the time I was going full force with what I call my *Meditative Walking*, a synchronous event occurred. I began studying dreams with Connie. She too was a stay-at-home mom, home with her son who is just one year older than mine. We had been friends for ten years by this time, and began talking on the phone, mornings, while our sons napped. In no time, our conversations turned to the topic of dreams. We had both experienced lucid dreams in our lives as well as many significant dreams we each held in our memory that dated back to our childhoods. Connie recommended I read Richard Bach’s series beginning with *Illusions*, followed by *The Bridge across Forever* and *One*. I read them while she reread them and our daily phone conversations turned into book discussions including the lucid dreaming aspects of the Bach stories. Bach believed in the power of dreams and of a parallel universe where one might be able to visit an alternate aspect of oneself. I also gave Connie the *Energy Anatomy* tapes to listen to. My focus turned to working with my dreams with more intention.

The most life altering lucid dream experience I have had came six months after I began discussing my dreams, while I was performing my *Meditative Walking* exercises daily.

Rainbow Swirl (March 18, 1999)

I awaken in my dream. I feel my entire body vibrating intensely. I can feel every part of my body from my head to my toes all at once. As I open my eyes, I see white light

² Neal Donald Walsch, *Conversations with God, an uncommon dialogue* (New York: Putnam Adult, 1996) p. 124.

Soul Healing

shooting through my body in sync with the vibrations. I hear celestial music playing. It is a soft rhythm with an “other world” quality. Then I see a swirl of rainbow colored light come toward me and undulate above my solar plexus. I observe another rainbow swirl above the African violet plant on the table at the foot of my bed. I look at the window beside it and see the blinds are raised though they were closed before sleep that night. I can only see darkness through the window. I try to rise toward the window but cannot. I realize I am meant to stay with the light. The light and vibrations feel very healing and I decide to direct them to my solar plexus. This sends little pinpoints of green light, which enter one at a time along my c-section scar. I then close my eyes and see bright green light in my mind’s eye. I also see a dark tunnel with the outline of a human form falling through it followed by a series of symbols, which I do not recognize, except for a pyramid.

I then awaken in physical reality with my hands still vibrating. I realize healing energy is contained within my hands. I know this healing energy is valuable and I do not want to waste it. I immediately think of giving this healing energy to my husband who has just been diagnosed with diabetes three months ago. We have been working together to find healing for his disease. Because it is late, and I do not want to wake him, I make the decision to re-enter the dream state and fly to him to send him this healing energy. I am able to do this with ease.

I fall back asleep and float out of my body to my husband Steve. I hover over him as he sleeps. I can see him clearly. He is lying on his back. I place an intention to send him the healing energy. Ruby colored light with gold flecks flows through me and into him through his entire body starting at his head.

This astounding experience altered my view of the composition of life. I now believe that our waking physical

Dream Stories

reality merges with other realms of reality—including the dream world and that we have access to these other realms. It is a matter of directing our energy with intention and focus. It is also a matter of having awareness. I believe the swirling rainbow light that was above the African violet plant at the same time it was above me, was showing me the *nature* of spirit and the connection between all living things. I am sure that my *Meditative Walking* exercises prepared me for this dream experience. In many ways those exercises came alive in my dream.

Coincidences in my life now grab my attention more readily. My dreams often merge with physical reality. I now see waking life as a dream, a waking dream, full of metaphors, synchronicity and serendipitous events calling to me, inviting me to explore their meaning.

Focusing my intention has changed my awareness dramatically. Working with my energy and bringing my attention to wellness has healed my life in a dramatic way. I am far clearer on how I live my life and, I am grateful to be walking this walk.

Soul Healing

**Walking,
A Metaphor for Life**
By Kellie Meisl

*Slowly,
slightly clumsily,
I move.
Flickers of crystals cling,
to the skin,
wrapping my ankles and feet.
Nature's breath burns my cheeks,
blows through me.
A dim golden ember, sends a faint welcome warmth,
to my bones.
Thickly layered Earth supports me,
Her sharp edges pleasingly dulled,
Her dark places tenderly swathed,
lie sleeping now,
tossing and turning,
in the life of their dreams.
Temporary hills and valleys,
settle themselves,
into an imposed yet harmonious relationship.
My body winds rhythmically with
some effort to keep my stride and balance.
Energy of Nature's elements,
moving through my own elements.
I open my containers.
I am
on an old familiar path,
with a
sacred new beginning.
Walking,
a metaphor for life.*

A collection of personal stories shared between two women, which span a decade and weave friendship, cycles of birth and death, breast cancer, inter-generational healing, instruction, teaching and recovery together through dreams, art, shamanic practice and imaginative writing.

Dream Stories: Recovering the Inner Mystic

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4200.html?s=pdf>