

TO THE READER

INTRODUCTION

- My dream background
- The basic concepts of this book
 - Interpretation and explanation of dreams
 - The meaning of dreams
 - Understanding and insight of dreams

Practice above all

Beyond dreams

FREQUENTLY ASKED QUESTIONS ABOUT DREAMS

- What is the importance of psychoanalysis to the understanding of dreams?
- Do dreams have any sense at all?
- Are people interested in their own dreams crazy?
- Can dream interpretation be harmful?
- In what way may understanding dreams be beneficial for me?
- Is it possible for everybody to learn to understand dreams?
- Do clairvoyant and precognitive dreams exist?

IN SEARCH OF THE MEANING OF DREAMS

- Our nightly companions
- Obstacles in the seeker's way
- The keys to my own exploration
- The tale of two telephone poles

FROM DREAM INTERPRETATION TO DREAM APPRECIATION

- In search for dream interpretation
 - Psychoanalytic view of interpretation
 - The historical burden of interpretation
 - Interpretation, presupposition and prejudice
- Dream Appreciation
 - Unlearning
 - Beyond a priori assumptions

THE ESSENCE OF DREAMS

- Scientific research
 - Natural sciences
 - Human sciences
- Intuitive research
- Freud's wish fulfillment
- Carl Gustav Jung's homeostatic model
- Frederick Perls: dream as a projection of self
- Moreno's psychodrama
- Social dreaming
- Symbols, metaphors, meanings
 - Meaning is the invention of waking consciousness
 - Freud and sex
 - Jungian archetypes
 - Medard Boss: dreams do not symbolize anything
- Montague Ullman's dream view
 - Dreams out of therapy rooms
- The many shapes of images
 - The fiery lava of images - the difference between Freud and Jung
 - Images of language
 - The red thread of feelings
 - The stars in the sunshine
 - The criteria for understanding dreams; the aha!-moment
 - Images of individual and society
 - Dreams as reflectors of the inner and outer world

METHODS FOR UNDERSTANDING DREAMS

- Routine, expertise, virtuosity
- Understanding dreams on one's own
 - Remembering dreams
 - Searching the recent emotional context
 - Previous day
 - Dream diary
 - The fishing question
 - Separate the wood from the trees
 - Investigating symbols and feelings
 - Staying with the dream
 - Problems when working on one's own
 - Surroundings
 - Dreams have no messages
 - Guiding and counseling dreams
- Working with one another
 - Two spotlights are better than one

DREAM SHARING IN A SMALL GROUP SETTING

- Two essential factors for a functional dream group
- Montague Ullman's Experiential Dream groups – the most powerful tool for understanding dreams
 - Dream group definition
 - The history of Ullman dream group process
 - Setting up a dream group – you can do it yourself
 - General principles of maximizing safety and discovery factors
 - Maximizing safety
 - Maximizing discovery
 - The stages of dream group process
 - The dream group process
 - Presentation of the dream (1)
 - Listening to the dream (1A)
 - Clarifying the dream (1B)
 - The game - playing with the dream (2)
 - Projecting feelings (2A) and metaphors (2B)
 - The dream is returned to the dreamer
 - Dreamer's response (3A)
 - Search for recent emotional context (3B.1)
 - Playback - reading the dream back (3B.2)
 - Orchestration – composing the whole (3B.3)
 - The demarcation line between interpretation and projection
 - Big and small crimes
 - Blind detectives
 - Projection or repression?
- When a dream does not open - about the importance of dream groups' goals
- Other forms of dream groups

DREAMS AND SOCIETY

- Culture automatisms
- Dominant culture and subcultures
- The subculture of psychiatry
 - A dream group is not a dream therapy group
- Life outside dream groups
 - Dreams outside dream groups
 - The dream group of humanity

DREAMS AND THE UNIVERSE

- Sources of dream images
- Creativity
- Art and art forms
- The art of dreams

A key in the lock of its society

Common sources of science and art

The similarity of Einstein's and dreams' creative processes

Breaking up the world view of day consciousness

The world view of a quantum physicist

The implicate order and religions

Dreams as mediators between manifest order and perceptual order

The projections of dreaming and waking life

The sameness of subject and object

False awakenings and lucid dreams

Beyond the known

From the understanding of dreams to the understanding of life

EPILOGUE

END NOTES

Index