

Via Creativa – Dream Deeply

Dream. The very word conjures up a wistful walk into another reality. The word acknowledges an important part of life that we all have forever shared and still know nothing about. Toss the question, ‘What do you dream about?’ into a conversation and watch your babblemobile ramp off Linear Street onto Preposterous Parkway.

Dreams and even talks of dreams kick in the hocus-pocus part of your brain. Dreams siren the ship of your understanding away from the well-dug channel of rationality into the obscure tributaries of immoderate illusion. Having and remembering a vivid dream strikes up the band on the ethereal dance floor and invites your strictly-business consciousness to boogie. An intense dream can take the starch out of your underwear and put the fear of God into you all at the same time. It can shake and bake your processed consciousness into an entirely different casserole.

Whether you think of dreams as the mind at play or cerebral pro-cessing... Whether you consider them to be the product of an overactive hypothalamus or the offspring of an undigested anchovy ... Whether you are pretty sure that your nightly reveries result from past-life visitations, messages from God, flashbacks from the 60’s or aliens copulating in your ear... No matter where you think dreams come from, chances are, they still amaze and befuddle you.

Ancient writings are filled with references to dreams as prophecy, guidance, warnings and assurance. In scriptures and folk tales, dreams are often assumed to be answers to important questions. But, like the answers given by oracles, sages, seers and most ministers, dreams offer solutions in ambiguous riddles. Dreams just don’t do rational very well. Trying to push a dream into a logical pigeonhole is like trying to push a bowl of Jell-o up your nose. Not only is it pointless and futile, but when you’re done, neither the Jell-o nor your nose is recognizable. Could be fun, however.

Despite all the babblings of dream gurus out there, no one can really say for sure what dreams are about. But this we know: dreams point us to another reality. Another way of thinking. Dreams remind us that life as we experience it is but a teensy little speck in a universe of possibility. Dreams whisper to our media-shaped consciousness that we don’t know it all... that maybe hate is not inevitable... that our brains are capable of more than regu-lating body functions and computing our bank balance... that life is more - far more - than we could ever imagine. Even terrifying, sheet-drenching night-mares point us to a world that runs deeper and more astronomically boundless than anything CNN would ever admit to.

Picture faith as dream-living: Living as if love really is at the heart of all creation. Living as if all shall indeed be well. Living as if God loves you, nurtures you and does the same for each part of this crazy world. Living as if your life, itself... your body and soul... is unequivocally holy. Living as if you can make a difference in this world.

The logic of a 7 year-old could, of course, shoot holes in any of those goofy notions. But dreams keep offering themselves. And dream-living is always an option.

Our Winter Via Creativa is a time to go a little dormant. To let your sap run down to your roots. It’s a time to prop your feet up, doze off by the fire and dream of what might be. Of how life might be lived. It’s a time to let your soul sail among the stars of infinite possibility. Dream deeply.

- Howard