

Explore the World of Meditation

With
Martha Giudici



Mandala/Divine Ideas

DREAM DIALOGUE
(Reference: Tape 3, Side 1)

Find a comfortable position in your chair and relax your mind and body for meditation. After relaxing the mind, LET THOUGHT COME AS IT WILL.

LET THOUGHT FLOW—pictures, images, feelings, nothingness—whatever comes accept it, observe, and remember. If nothing comes, DO NOT TRY TO THINK. Practice sitting (30-45 minutes) until thought comes. Return gently from your meditation and record the content *immediately*.

Now, with a pen and paper handy, recall the image or feeling and begin to dialogue with it. It is *you* talking to *you*. You know what the symbols and feelings mean because you dreamed them. All are phases of your thoughts.

DO NOT try to think of the meaning; let the symbol or feeling tell you.

DO NOT reject thoughts because you do not think they relate.

WRITE DOWN whatever comes and inquire into it. (e.g., "What does that mean?" "Who are you?" "Why do you feel that way?") Ask appropriate questions just as you would of another person (the inner you). If you do not get replies, DON'T SWEAT IT. Relax, let go, and the response will emerge at the right time, perhaps much later when you are engaged in another activity.

DO NOT reject or condemn any thought that comes as it has important insight for you. If it is disturbing, remember, you thought it and you can unthink it or rethink it in a more positive way, once you have accepted it. You cannot release or change that which you cannot accept. NOTE: *Accept* does not mean *approve*, it is merely the act of accepting for the purpose of making further disposition of the thought.

MOST IMPORTANTLY: Remember, God is with you all the way. The Lord of your being—the spirit of God in you—guides you into that which you need to know for your soul's unfoldment and spiritual growth. You and the Lord of your being are the best interpreters of your dreams.