

Therapist Uncensored - Episode 201 Transcripts - Jungian Dreams

[00:00:00] **Ann Kelley:** Hi everyone. I'm Ann and we have the honor of having Jungian analysts in our studio today. We have Lisa Marchiano and Deborah Stewart and together with a friend of theirs, Joseph Lee. They produce a podcast called This Union Life and I've asked them on the show today. And what I would love to do for those of you in our audience out there that might not even know what it means to be a union analyst, maybe you could start there?

[00:02:26] **Lisa Marciano:** Okay, sure. Well, Jung was a colleague of Freud's. Jung was born in 1875, so he was quite a bit younger than Freud. And they had this kind of legendary friendship and Freud kind of anointed Jung as the Crown prince who was going to take over the field of psychoanalysis after Freud passed on. But then Jung had some ideas of his own. So like Freud, he believed in the unconscious and that it was incredibly powerful in terms of shaping our motivations in ways that we're not always conscious of. However, he saw the unconscious really differently from Freud. So Freud felt like the unconscious was the repository for things that had never really made it to consciousness, or perhaps had been forgotten or repressed. And Jung said, yes, it's all of that. It can also be the birthplace of startling new ideas. The unconscious, the personal and conscious connect us with the collective unconscious. This sort of stratum that undergirds all of us, that connects us through the realm of archetypal imagery. So Jung is famous for giving us words like introversion and archetype concepts like shadow and collective unconscious synchronicity. These might be terms that you've heard - he kind of created his own way of understanding. The psyche and dreams were an incredibly important part of it. Dreams young felt were symbolic and they show us what the body thinks of how we are doing in the world. So in training there is a lot of personal work. There's a lot of time spent reading myths and fairy tales because these are eternal images that show us universal patterns, and there's a lot of time studying dreams.

[00:04:23] **Ann Kelley:** It reminds me of just being completely taken with Joseph Campbell's work in the power of myth and really learning about the perspective of the collective unconscious, the power of the story that is there for all of us. So tell me a little bit, you. I have heard one of you say that dreams can vividly help us remember and unpack what we are struggling with and can lead us in a path. And that's what I loved about what you just said, Lisa, about the distinction between Freud and hearing and looking forward. It's such a positive direction. It's our potential. It's not just our pathology. And dreams are a big window to that. How do you guys use dreams in your work with clients? Deborah, what are your thoughts?

[00:06:30] **Lisa Marciano:** I liked what you said about sort of, are we looking back and just kind of noticing where we came from or are we facing forward? And Jung very much said that Dreams can help us do both

[00:06:44] **Ann Kelley:** Mm-hmm.

[00:06:44] **Lisa Marciano:** When you reflect on the past and say, look, here's the genesis of the problem. You can almost always use dreams diagnostically in that sense. But Jung also believes very strongly that dreams help us look forward, that they can point to word surprising new developments, and sometimes they can act as a warning. Jung said someplace that dreams he wouldn't consider these dreams prophetic. They're more like a good weather forecast or a medical diagnosis. The unconscious is reading the environment. It's noticing what you're doing, and then it might say to you "if you keep on doing that thing, we could have a problem."

[00:07:28] **Ann Kelley:** Mm-hmm.

[00:07:29] **Lisa Marciano:** But also dreams point us to the telos of the psyche, and this is this Greek word that means end. One of the kinds of critical ideas of Jung is that we each come into the world with a sort of inherent blueprint and that it is our sort of psychological mission to fill out as much of that blueprint as we possibly could. The Jung analyst, James Hillman talked about the acorn that we all come into the world as an acorn and we've got all of the information to become an oak tree, and we're each of course, going to be our own oak tree. We're not gonna be exactly alike. There's a sense that the guiding center of the personality that Jung called the self Idea about where we are going, and we are often not conscious of that. We may even think the personality may think I'm going somewhere else, the guiding center of the personality may have other ideas, and a lot of times that sense of telos shows up in a dream and it can find its way forward.

[00:08:51] **Ann Kelley:** So I think what I hear you saying is that with the Acorn description, it's like that we all have this great potential to become our full person, and as in our journey. With that full person that we want to listen to our more unconscious self, not just our more present conscious self because we all have a lot of defenses. We talk about that on the podcast. We have all sorts of ways or things that have happened to us both in our own ancestral history as well as our own personal history that may block us. And that by listening to ourselves in the dreams and the unconscious process, we get information about that. Am I hearing you accurately? How hard is that in session for people to be able to be open to that?

[00:12:59] **Lisa Marciano:** Both of you mentioned defenses because, you know, that's something that Jung didn't really talk about, that was very much Freud's concept. I think that is such an important way to think about the psyche.

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The longer I do this work, the more I find myself thinking in terms of what are we all defending against? And most of the time, we spend a lot of time defending against unpleasant feelings and unpleasant emotions. I think I'm going to use a dream example, Ann, that will lift up what you were just speaking with Deb about. And it's actually Joseph's dream and I don't think he'll mind me sharing it because he just told me the story again. That's very fresh in my mind. So he was a young man and he had a business as a technique teacher. He had his defenses, as do we all, and part of his defensive structure was that he was a very spiritual person. And I mean, I think it kind of served a defensive function for him at that time, being in that sort of spiritual mindset. So here was the dream. He was in his twenties. He lived in this apartment in the dream, he's in his bed in his apartment and someone walks up the stairs and he wakes up terrified in the dream. He sees the man at the top of the stairs in the dream, he reaches into his nightstand table, pulls out a gun and shoots him, and the man falls back down the stairs. Joseph actually did not own a gun, but there was one in his dream. And this dream happened again and again and again. Joseph told me eventually it was happening every night. So he actually had a friend who was a Jung analyst and he told her about the dream and she said, why don't you do an active imaging? So he kind of intuitively dropped back into the dream in his imagination. And this time when the man came up the stairs, instead of shooting him, Joseph said, are you here to teach me? And the man said, I'm so glad you asked me that. Let's go for a walk. So in his imagination, Joseph went for a walk with this man who had been coming up the stairs every night in his dream. And the man talked to him for a long time and he said, in essence, it was very moving. To hear Joseph say this even just a few weeks ago, and it's been many decades since he had the dream. He said, you have to take from life what you need. At the time, Joseph had this business. He was not doing any advertising, he was not doing any marketing. He wasn't really keeping his books. He was barely making enough money to pay the bills. After he had his imaginary walk with his dream figure, he started a mailing list. He started sending out mailings before he came into town for different events. And in a year he had doubled his small business. The ego was defended against this information that you needed to be a little more savvy and business-like, because the ego was invested in this idea of being a very spiritual person who doesn't need to worry about the business, but we all gotta eat, you know? And he was in this mindset that was defensive.

[00:17:08] **Ann Kelley:** Wow. I love that story and there's so much to it that you like the thought of maybe him having to even find his own internal aggression. To be able to get out there in the world. So he's like shooting this back and shooting it back, but he had to have his own internal aggression to be able to get out and say, I deserve to be this person and make money. So you've, at least in that story, an integrated dream, but also your imagination. Is that a common way that you guys work with dreams when you work in session to, to interweave the analysis with imagination?

[00:19:47] **Lisa Marciano:** And one of the things that's true about dreams is that we tend to lie with the attitude of the dream ego. So Joseph likely woke up from that dream and thought, God, who was that guy trying to break in? That was really scary. I'm really glad I shot him. So our first take usually when we have a dream, is to be in alignment with the ego attitude. But the new thing that's come to show us something is not always the ego in the dream, not the in the dream. Oftentimes we feel angry or crossed in some way by some element of the dream, and it's very likely that that's where the juicy stuff is. So active imagination, like Deb was saying, is this experiential way of getting behind that defensiveness of the ego. The ego wants to just align with what we already know. You know, that the guy coming up the stairs must be bad. If you can drop into an imagination, you may have this experience of the guy walking up the stairs as this guy, as this person who's there to help you and show you something. But, you know, week on the podcast we, we spend the. Half of the podcast talking about a topic, any number of topics from a union perspective. then we always interpret a listener's dream so our listeners can, uh, submit a dream to the podcast. And then pick a dream every Monday morning and the three of us go at it. And it, it is to, uh, a lot of times come to an understanding of the dream without active imagination as well. And you can hear. kind of walk around the dream symbolically. Uh, you can hear how we do that on the podcast.

[00:21:43] **Ann Kelley:** Oh, that I, I did hear you, uh, a couple times and I really enjoyed that and I found myself curious, uh, and I'm sure listeners out there, so a lot of times when dreamwork is happening in therapy, it's associated with what's going on for that individual in their life. And when they're sending you the dream, you don't have that context. You're just hearing the dream. So what are you going. Uh, when you're analyzing these dreams or taking a stab at it on your podcast, when you don't have the client there in front of you and their history and their struggles,

[00:22:17] **Lisa Marciano:** Well, of course Jung said that you cannot analyze a dream without the dreamer there, so we're breaking the cardinal rule. However, Yeah, he did.

[00:22:34] **Ann Kelley:** But there's so much symbolism, right? That's the whole, there you're, you're, there's so much rich information. Talk to us a little bit about what you're using in those contexts.

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[00:22:43] **Lisa Marciano:** so I wanna say just a couple things. First of all, when we were in training, we were sometimes given this exercise, okay, right. Here's a dream Dreamers, the 35 year old man go. And I was always just gobsmacked at how much we could get out of the dream. And then sometimes the teaching analyst would say, Yeah.

[00:23:02] **Lisa Marciano:** And here's the life situation and it, and it's like, you know, oh my God. Um, so you can tell a lot from the symbolism. And I also do wanna share that when Dreamers submit the dream to the podcast, they do usually provide just a little bit of a life situation. So, you know, I just broke up with my girlfriend and I'm really sad about it.

[00:23:22] **Lisa Marciano:** And, and so that can kind of help us orient. But we are going. What's inherent in the dream? It is a language. Symbolism is a language, and we can often learn a lot about someone by looking at the dream. It's a, it's a little bit like a psychic x-ray, I don't wanna

[00:23:40] **Ann Kelley:** Mm-hmm.

[00:23:41] **Lisa Marciano:** but then again, it kind of is.

[00:23:46] **Ann Kelley:** Well, what are some of the, what are some of the things that you're looking for in the.

[00:24:08] **Ann Kelley:** Mm-hmm.

[00:25:00] **Ann Kelley:** Mm-hmm. . Mm-hmm.

[00:25:26] **Ann Kelley:** Mm-hmm.

[00:25:41] **Ann Kelley:** That makes sense.

[00:26:30] **Lisa Marciano:** Yeah, I mean, um, young said, and I, I wholeheartedly agree that you know that most of the time when he hears a dream, the first thing he thinks is, I have no idea what this dream means. And it happens so often, even after all of these years of working with dreams, that a client brings in a dream and tells me the dream.

[00:26:47] **Lisa Marciano:** And I think, I have no idea what this dream means. And so we, we do just kind of walk through it. Like Deb said, we start with the setting. The setting often

[00:26:56] **Ann Kelley:** Mm-hmm.

[00:26:56] **Lisa Marciano:** psychological situation. and it may kind of show you what the dream is about as well. So if the setting takes place in your office, not, not that most of us go to an office anymore, but, uh, once upon a time we used to go to offices. And, uh, then it might be about work, if that takes place in the bedroom. It might be about your marriage. Uh, uh, that's a little, that's a little cookie cutter, but it can give you a hint, uh, depending

[00:27:21] **Ann Kelley:** Right.

[00:27:22] **Lisa Marciano:** that that's one thing. And then you work through the major images in the. And in a, in an a y understanding of the dream, the most common way we understand the dream is that it is commenting on the inner world. So that if your, um, third grade teacher is in your dream, is not a dream about your third grade teacher. It is a dream where your dream maker picked your third grade teacher uh, um, personify an aspect of your personality. So therefore the an, you know, Someone brings me a dream and it's got their third grade teacher in it, I would say, tell me about your third grade teacher. And I'm not really looking for, uh, you know, 18 minutes of stories about the third grade teacher. I'm wondering what's the main thing? What's the essence? Oh, she was the one who understood that you actually had a learning disability and helped. To get tested and remediated for that or whatever. Okay, well that's really important. Um, so then, you know, then we have a sense of what that might be in the psyche. we do that for every element to really go through an involved dream. It can take a whole session. and like Deb said,

[00:28:36] **Ann Kelley:** Right.

[00:28:37] **Lisa Marciano:** by feelings. What, what are the feelings in the dream? Are they positive? Are they negative?

[00:28:41] **Lisa Marciano:** We don't always trust them because again, uh, they're, they're likely allied with the, uh, dream ego attitude, which, which is defending against things. But the quality of the feelings can maybe give us a hint about what might be the new thing and what might be being defended against and what we ought to let in. And as Deb also said, we, we look at the story, so we look at how the different parts are related to one another. It is, um, it is a bit of an art and, uh, it's, it's not always the case that working on a dream reveals. This, uh, clear sense of what it is you're talking about. I don't know that he used this word, but he did talk about the aha moment. So

[00:29:27] **Ann Kelley:** Mm-hmm.

[00:29:28] **Lisa Marciano:** on a dream with your analyst or maybe with someone else, or even just on your own and you, you come to this understanding of like, oh, that's what it's about. You can sort of feel it in your body like a click. Um, so it's a slow process. It's a kind of, um, Recursive process where you, you look at the images from many different ways. You may amplify the images with material from myths or fairy tales, um, that that can sometimes open something right up and you can really understand, uh, you know, something at a deeper level. And then, and then you know that you're, this is a dream that's informed by the collective unconscious.

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[00:30:15] **Ann Kelley:** It's interesting you should say that, like the, the aha moment. I'm thinking about I, I, before we jumped on, I told you that I found the two of you through a recommendation of my analyst and. . Um, some of the most powerful work I've done is with her, with dreamwork and, and it sneaks up. It's not every session.

[00:30:34] **Ann Kelley:** It's not the only thing I'm doing in session. I'm having sort of deep talk, body oriented therapy, but these dreams will come into the work, and it is exactly how you described it, at least it's just this, like, as we're going through this setting and the essence and the, you reminded me of yourself. The association with your third grade teacher.

[00:30:54] **Ann Kelley:** You may not have thought about your third grade teacher since third grade, so why is all of a sudden your third grade teacher appearing in your dream and to slow down and give it some room and like what's the, what's your association? Just in my experience of even going through the process of. Having that association, all of a sudden as I'm talking, I can feel myself having the aha.

[00:31:17] **Ann Kelley:** It's not even the analysis that's coming down the road, right? It's like, oh my God, as I'm saying it, the, you know, maybe I'm stuck at work or something and, and this process of somebody discovering something or believing something or seeing something in me comes out. If that example, I don't notice, but it's, it really is an aha, isn't it?

[00:31:38] **Lisa Marciano:** Yeah. Young said something, I'm paraphrasing him, but he said this several times. Dreams always tell us something we didn't know, and think about that. Dreams always tell us something we didn't know. if you wake

[00:31:50] **Ann Kelley:** Mm-hmm.

[00:31:51] **Lisa Marciano:** like, Ugh, I had a dream about my terrible boss. Yeah, my boss is terrible. Uh, you probably haven't understood the dream. The dream is trying to tell you,

[00:31:58] **Ann Kelley:** yes.

[00:31:58] **Lisa Marciano:** is using, most likely using your boss to tell you something about yourself or perhaps the dream is using that image to, to highlight something about that relationship that you maybe weren't aware of before, it's not

[00:32:14] **Ann Kelley:** Mm-hmm.

[00:32:15] **Lisa Marciano:** attitude you went to sleep with the dream always brings something.

[00:32:22] **Ann Kelley:** Wow. That's really a powerful way to express that. That it's because it's, it's holding us in suspicion that we're just always, I think there's some belief that you're just always working through something in your dream as if it's a, a, a conflict that needs to be worked out. But the way that y'all are, are describing as I can really get a deeper feeling that this is a path, like to open up to the path, not make the assumption about what the conflict is, that there's a bigger path that's being talked.

[00:32:51] **Lisa Marciano:** I think that's true

[00:32:52] **Ann Kelley:** Yeah.

[00:32:52] **Lisa Marciano:** not know what the conflict is. We may not know what the problem is, you know,

[00:32:57] **Ann Kelley:** Right,

[00:32:57] **Lisa Marciano:** to think about dreams is that they are, they are problem solving vehicles, and the problem is

[00:33:03] **Ann Kelley:** right.

[00:33:04] **Lisa Marciano:** attitude, and you probably didn't know that your ego attitude was a problem.

[00:33:10] **Ann Kelley:** Can you, for those out there that might not understand the concept of ego, what would an ego attitude be?

[00:33:31] **Ann Kelley:** Right.

[00:34:02] **Ann Kelley:** Mm-hmm.

[00:34:09] **Ann Kelley:** All right. That's, that's really helpful. And so it's not always our conscious attitude that we're really addressing.

[00:34:37] **Ann Kelley:** Mm-hmm.

[00:34:53] **Ann Kelley:** Hmm.

[00:34:58] **Ann Kelley:** Yeah. And being out of, we, we speak on the podcast about the idea of being in the known is often where we. Where we want to stay sometimes to be able to avoid the unknown, like to be in the unknown, can be anxiety producing. It could be scary, and sometimes if we stay in the known, we're blocking ourselves from what could be in the unknown.

[00:35:22] **Ann Kelley:** The beauty of that, that, that it is actually a place of more security to be an open to the unknown to. Able to know that there's so much out there and to not be so sure. And so I love the way you're

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describing this, like opening ourselves up to our dream is another way of opening up ourselves to the unknown out there about ourselves, to not be so confident to not to be

[00:35:47] **Lisa Marciano:** absolutely. A dreamwork is very, very humbling.

[00:35:51] **Ann Kelley:** it really is. Are there, are there.

[00:36:17] **Ann Kelley:** All.

[00:36:31] **Ann Kelley:** That makes a lot of sense. So there's kind of almost this resistance to like, why would I go there? It's over. And you're inviting people in this process to say, there's so much rich there. And that to really grow into the full tree, to go back to the metaphor of the beginning, like opening up to this part of this process, this path is just there and it's for our ability to go in.

[00:36:55] **Ann Kelley:** And I, I notice that I know sometimes for, at least for me personally, I go through periods of time where, I don't remember my dreams at all, right? And I know I've met people, said, no, I don't dream. Like I don't have any dreams. And I've gone through periods where I can't remember my dreams. And then I go through a period where I'm thinking about 'em and I start to decide I really wanna open up to that part of myself.

[00:37:15] **Ann Kelley:** And it's miraculous how all of a sudden I start remembering my dreams. Is that common

[00:37:27] **Ann Kelley:** Mm-hmm.

[00:37:43] **Ann Kelley:** Right.

[00:37:58] **Ann Kelley:** Mm-hmm.

[00:38:07] **Ann Kelley:** Ah, that happens so easily. Yeah.

[00:38:24] **Lisa Marciano:** Yeah, yeah.

[00:38:27] **Ann Kelley:** Yeah, just ring me, skip the shadow stuff. Just gimme the good stuff.

[00:38:31] **Lisa Marciano:** Yeah. But I do think that, you know, you buy a dream journal, you put it on your bedside table, and know, low and behold, you're more likely to remember your dreams. Another thing that we offer in addition to the podcast is we have an online course we help you

[00:38:48] **Ann Kelley:** Hmm.

[00:38:49] **Lisa Marciano:** work with your dreams.

[00:38:49] **Lisa Marciano:** It's called Dream School. And that is job one is helping people remember their dreams and then we kind of walk you through, now that you're remember them, what are you gonna do with them? So, um, uh, yeah, re recalling dreams. That's something we get a lot of questions about.

[00:39:10] **Ann Kelley:** So we will, for listeners out there, we will put, uh, their website on in the show notes. So if you're interested in the Dream School and listening to the podcast, you'll be able to track it. There and I'd like to spend a little time for those. There's a lot of people are not gonna be able to have somebody to sit with in an office that's gonna unfold these dreams for them, and so I really appreciate you having access.

[00:39:33] **Ann Kelley:** This is what I love about podcasting, right? Because we get beyond the therapeutic. Moment. I know we've been talking a lot about how to do this in session, but, uh, knowing that there's lots of resources out there for you to learn to start opening up. If you, you may be already doing it and you wanna deepen it, or maybe dreamwork is something you've been curious about and that there is a lot you can do to unfold it for yourself and that you can open up to be curious.

[00:40:00] **Ann Kelley:** And I love that y'all have this resource out there, um, that someone. , you know, in any book part of the country can, can hopefully access or tune into on some level.

[00:40:20] **Ann Kelley:** Mm-hmm.

[00:40:57] **Ann Kelley:** Mm-hmm. , right?

[00:41:11] **Ann Kelley:** Mm-hmm.

[00:41:20] **Ann Kelley:** Exactly. I love that. Yeah.

[00:41:30] **Ann Kelley:** Mm-hmm. . So learning to open up to it is by, by tracking it, by writing it, by logging, and just learning to open up to it. As y'all mentioned before, this setting. Um, what is the essence knowing individual? People that come up in your dreams kind of exploring what does that person mean? These are things that we can really kind of practice on our own.

[00:41:53] **Ann Kelley:** Are there any other recommendations that y'all would have for somebody out there going, I really want to make more of my dreams that you would have for them?

[00:42:00] **Lisa Marciano:** Well, uh, I, I do wanna add that young said that one of the purposes of analysis was to make Theand, uh, kind of fluent in understanding his or her dreams. he really thought

[00:42:13] **Ann Kelley:** Right.

[00:42:13] **Lisa Marciano:** of the goals that we

[00:42:16] **Ann Kelley:** Uhhuh.

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[00:42:16] **Lisa Marciano:** to know how to work with our dreams. And I, and I also know it is harder to work with my dreams. Than to work with

[00:42:23] **Ann Kelley:** Mm-hmm. . Isn't that the truth? Yeah.

[00:42:26] **Lisa Marciano:** dreams is hard, but can yield really rich dividends. So, uh, you know, we, we, we have, we have Dream School. We're a, we are actually, the three of us are actually writing a book that will be published by Sounds True in 2024. And I'm super excited about this book.

[00:42:44] **Lisa Marciano:** Deb and I were just talking. Earlier today cuz I think it's really gonna break it down and make it very bite sized. Very easy for people to learn how to work with their dreams. That's what we really wanna do because it

[00:42:57] **Ann Kelley:** Oh, that's exciting.

[00:42:58] **Lisa Marciano:** be able to have this relationship with the unconscious.

[00:43:02] **Ann Kelley:** Could you share for our listeners out there maybe some common themes that. You know, there's, there's the dream of falling. There's the dream. Like is there any, um, I know for me, when I was waiting tables, even years and years and years after waiting tables, I would have the dreams of being in the weeds and I couldn't get to that table and I could see it, but I just couldn't get it.

[00:43:26] **Ann Kelley:** And I kept trying. And I know there's common themes like that. Would y'all speak about a few common themes of maybe being chased? What they mean flying

[00:43:37] **Lisa Marciano:** Sh

[00:43:38] **Ann Kelley:** kind of.

[00:43:38] **Lisa Marciano:** I'll, I'll take a first whack at it. One of the dreams

[00:43:42] **Ann Kelley:** okay.

[00:43:42] **Lisa Marciano:** often is very similar actually to Joseph's dream, that you're

[00:43:46] **Ann Kelley:** Mm-hmm.

[00:43:47] **Lisa Marciano:** and, uh, you hear someone rattling at the door. and or you see someone peering in through the window, or you realize that you're trying to lock the door and you can't get the door locked, or, uh, someone's on the other side of the door and you know they're gonna get in or they've come in. And I,

[00:44:03] **Ann Kelley:** yes.

[00:44:03] **Lisa Marciano:** uh, this dream is often an image of some unconscious content that wants to get your attention that you are defended against. Therefore, it is frighten. But as we saw with Joseph's stream, it doesn't necessarily need to be frightening. It's not actually, it's almost always not actually threatening. And so the thing is to get curious about it and say, oh, I wonder what wants to come in. I wonder what it wants to teach me.

[00:45:55] **Ann Kelley:** Wow. Okay. That's a great resource.

[00:46:01] **Ann Kelley:** Mm-hmm.

[00:46:17] **Ann Kelley:** Mm-hmm.

[00:46:34] **Ann Kelley:** Mm-hmm.

[00:46:48] **Ann Kelley:** Symbols.

[00:46:54] **Ann Kelley:** Mm-hmm.

[00:46:59] **Ann Kelley:** So finding the idea of the image, and there's all these resources out there to be able to make contact with what these have maybe collectively, symbolically, represents in our biggest, bigger psyche. And then what is the process? How are those symbols being used? What is the action? What's the the symbol?

[00:47:16] **Ann Kelley:** What's the meaning in your own personal life with that symbol? Okay. Yeah.

[00:47:28] **Ann Kelley:** Mm-hmm.

[00:47:35] **Ann Kelley:** Mm-hmm. . Mm-hmm.

[00:47:42] **Ann Kelley:** That's so interesting. When they've had no access to it, then yes. They still dream and No. That's so powerful. Really, really powerful. What is, so a few of them. What a, what does falling represent?

[00:47:57] **Lisa Marciano:** you know?

[00:47:58] **Ann Kelley:** I know that obviously it means something different depending on what's going on for that individual.

[00:48:02] **Lisa Marciano:** Yeah. It would, it would, uh, it would depend, you know, very much I think, on what's going on. But it can, it can represent, uh, a situation where maybe the ego has become a little too full of itself it needs to

[00:48:15] **Ann Kelley:** Okay.

[00:48:16] **Lisa Marciano:** a peg. it might be something like that, or it

[00:48:20] **Ann Kelley:** Oh, interesting.

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[00:48:21] **Lisa Marciano:** if you're kind of falling to your death or you're experiencing your death in a dream, uh, you know, that's obviously a very frightening dream, but it, it can often indicate that some aspect of you needs to die.

[00:48:32] **Lisa Marciano:** Maybe an attitude, a way of looking at the world,

[00:48:36] **Ann Kelley:** Hmm.

[00:48:36] **Lisa Marciano:** uh, some version of yourself that you've been holding onto.

[00:48:42] **Ann Kelley:** Oh wow.

[00:49:02] **Ann Kelley:** Yes.

[00:49:25] **Ann Kelley:** Mm-hmm.

[00:49:34] **Ann Kelley:** So that's a powerful step for a lot of people, isn't it too? We've spoken quite a bit about the collective unconscious and, and, uh, that's a powerful step. This idea that we have a larger sense of collectiveness rather than our own personal journey, just our own plight. Can you speak to that a little bit?

[00:49:54] **Lisa Marciano:** the powerful thing about that is it really, uh, very viscerally shows how universal our problems are. And that

[00:50:04] **Ann Kelley:** Yeah.

[00:50:05] **Lisa Marciano:** uh, comforting and even healing. So the truth is that what, when we're human and it, it doesn't matter what our skin color is, it doesn't matter what part of the world we live in.

[00:50:17] **Lisa Marciano:** It doesn't matter if we're human living in 2023 or human living in, uh, Uh, you know, 2000 years ago, human, the

[00:50:27] **Ann Kelley:** Mm-hmm.

[00:50:28] **Lisa Marciano:** is, is universal and that we have more in common than when, than there are differences. And, uh, you know, for me, this issue about the, the healing nature of recognizing in a very deep way, the universality of our experience and our suffering is, uh, illustrated by that.

[00:50:50] **Lisa Marciano:** Be. parable of the mustard seed. So there was a woman whose child died and she was

[00:50:58] **Ann Kelley:** Hmm.

[00:50:59] **Lisa Marciano:** bereft and she wanted to try to find a way to bring her child back. So she went to the Buddha and she said, please, please, can you bring my child back to life? And Buddhist said, uh, yes I can. you bring me, uh, some mustard seed from the home of someone who has never known trouble or grief. So she started knocking on every door. And as you can imagine, she couldn't find one house that hadn't been troubled by grief, and she went back to Buddha and said, in so many words, I get it, This is just part of the human experience. And so whatever we're going through to recognize that our pain. is our situation is the same maybe as a fairytale heroine, a story that's, you know, 3000 years old in its roots to, to see those themes played out over time and across cultures powerfully connects us with other people and lets us know we're not alone.

[00:52:02] **Ann Kelley:** Hmm. And just taking a moment for everybody to let that sink in. That was beautifully said.

And the idea that we're not alone is probably one of the most important aspects of building a sense of self and community, isn't it? In insecurity in oneself, is to know that our suffering. that we're not alone. And our successes, we're not alone.

[00:52:24] **Ann Kelley:** We're not the greatest, we're not the worst. You know, like that just there's a, the importance of feeling connected and that our goal in our dreamwork that y'all are really pointing out, it's not just for us to have our own period of success, it's for us to really grow in the deepest census that we can grow.

[00:52:45] **Ann Kelley:** And in doing so, we're growing. For all of us around, you know, we're, we're, we're asking a lot of ourselves to, to stand up and live to our best self for those around us, not just for our own personal gain. Um, but that's really powerful thought that we're not alone in our grief and our suffering and our things that are coming up for us to tune in and to use others to connect.

[00:53:12] **Ann Kelley:** It really, really. . Well, you guys have been wonderful. Is there anything I haven't, well, there's a thousand things that I haven't asked you, but is there anything related to those, uh, to the process of dreams that I haven't asked that you're just dying to mention before we get off? Anything that comes to mind?

[00:54:07] **Ann Kelley:** I like that point. I think we need to really, Deborah, we need to really, it's there whether you decide to pay attention to what's being communicated. It's really there, isn't it?

[00:54:30] **Ann Kelley:** That makes sense.

[00:54:37] **Ann Kelley:** I love that. I love that. Anything for you, Lisa?

[00:54:41] **Lisa Marciano:** No, I think Deborah said it best. Oh,

[00:54:44] **Ann Kelley:** said it beautifully. All right. Thank you guys so much for joining us. I think you really have spurred interest and, and for those of you out there that have your interest, um, peaked a little bit, check out the show notes and go to find their podcast. Uh, this Union Life and look for, and, and the book that's coming out.

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[00:55:05] **Ann Kelley:** I'm very, very excited about the book because for anyone out there, they can really gain and like, oh, I can do this. I can start remembering my dreams and see what comes in in the future for me. So that's very exciting.

[00:55:18] **Lisa Marciano:** We're having fun writing it,

[00:55:19] **Ann Kelley:** All right. All right. Have you, that's, and you said it comes out in, uh, in 2024. Okay. Very exciting.

[00:55:29] **Ann Kelley:** All right, well thank you guys for joining us. If, uh, what you heard today means something to you, you feel like you've grown, pass it on so other people can be motivated by their dreams as well. And, uh, if you take a moment to rate and review us, that always helps other people find us the thanks so much, and we'll see you around the bin.