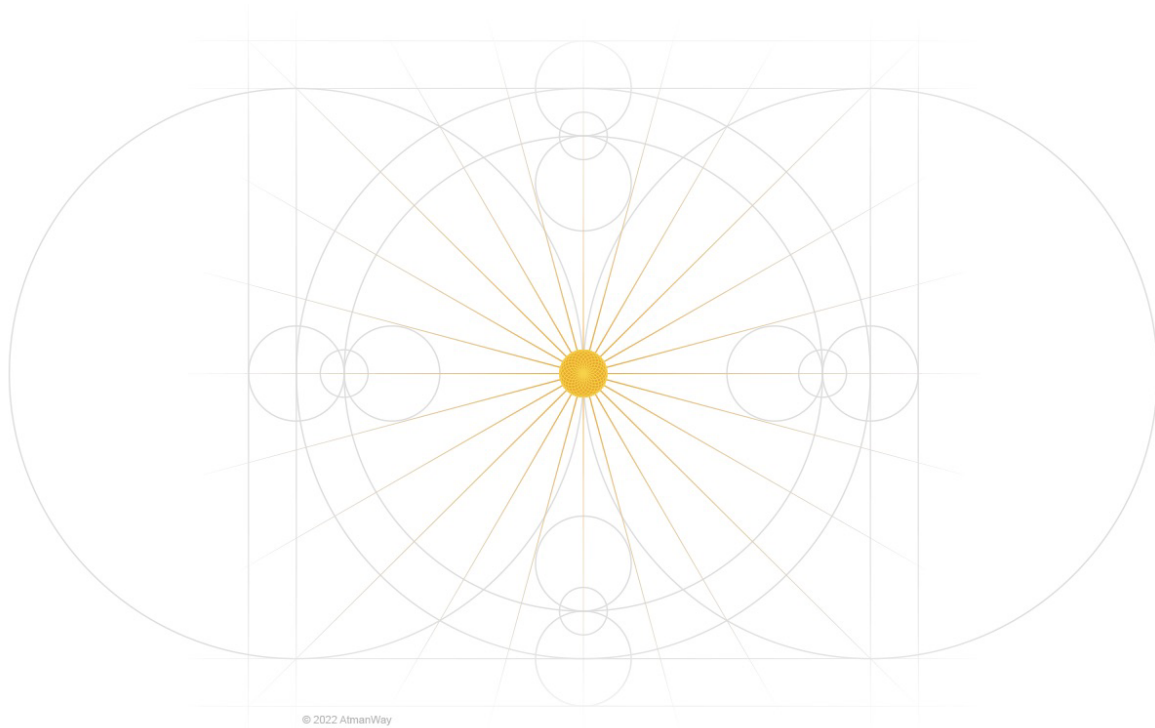


DREAMING-OUT THE WORLD

**Dreaming-out the World**  
*In Dialogue with the Imaginal*  
*Co-creating with Soul, Life and Cosmos*

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### Abstract

This paper explores the transformative role of dreams in sensing and manifesting new realities. It posits that dreams and visions emerge from a liminal interworld, the Imaginal realm, which seeks to guide our evolution, by communicating through a universal symbolic language. These messages carry archetypal codes and directional signposts to orientate our human journey, beyond the limits of visible reality and rational thinking only.

The essay invites to see and sense beyond vibrant dreams and visions of the Imaginal space, , embracing a heart-centered approach to consciously bridge the visible and invisible divide and catalyze change at personal and societal level. It highlights the integration of a “kind of magic”, that blends intuition and self-awareness, to elevate consciousness and foster global peace.

Ultimately, this work calls for collective courage to dream-out, imagine and bring about a new world of possibilities that honors and uplifts the sacred essence of our human existence.

*Keywords:* Dream, Imaginal, Wisdom, Dialogue, Transformation, Heart, Leadership, Consciousness, Shift, Humanness.

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*“An image is nothing more  
than that which stands between us and the light.  
It allows us to see, without going blind,  
part of the silent dialogue  
through which reality is witness to our imagination.”  
(Enrique Enriquez)<sup>1</sup>*

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<sup>1</sup> Enriquez, E. (2024), Sacred secret book, Enrique Enriquez, New York 2018-2024 (private limited edition)

## Seeing Beyond

There is a reality that longs to commune and communicate deeply with us to help us evolve. Suspended between the visible and invisible worlds, it is the birthplace of visions and dreams. It speaks a universal language that reverberates in our human heart and carries out soul codes to orientate our human journey. It is the Imaginal realm.

### In Between Worlds – the Imaginal realm

*“We humans are curiously bilingual;  
we speak the language of this world, with all its charms and nuances,  
but we also strain toward that invisible [...] to which we belong.  
That invisible but always impenetrating other is the Imaginal realm”*  
(Cynthia Bourgeault)<sup>2</sup>.

#### *Imaginal realm*

The word Imaginal does not mean “imaginary”. It denotes a world that exists between the natural and the spiritual worlds. One that mediates between the visible, sensory reality, and the invisible, mystical realm of the divine. An intermediate world-bridge that welcomes imaginative consciousness to flow, and allows for cognitive imagination to thrive. The phenomenological term “imaginal” stems from the Latin expression *Mundus Imaginalis*. Introduced into the French language, by Henry Corbin (1903-1978), Islamic scholar, and friend of C.G. Jung<sup>3</sup>, it was coined to indicate an intermediate, invisible realm, Islam and Sufi wisdom traditions had long alluded to<sup>4</sup>. The term has its immediate origins in Islamic and Sufi mysticism.

Several Persian and Arabic terms, share a meaning very close to that of the term “imaginal.” That is the case for example for *alam al-mithal* (the world of images, archetypical ideas), *malakut* (the subtle world of the souls), *barzakh* (the interworld), *hurqalya* (the world of the celestial Earth, of celestial corporeality), *na-koja-abad* (the land of nowhere). All these expressions, taken from theosophical literature, translate contemplative experiences, arising from

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<sup>2</sup> Bourgeault, C. (2020). *Eye of the Heart: A Spiritual Journey into the Imaginal Realm*. Shambala publisher (p.23).

<sup>33</sup> Carl Gustav Jung (1875–1961), Swiss psychiatrist, influential philosopher and pioneering evolutionary theorist, founder of analytical psychology, author of many works, including the *Red Book or Liber Novus*.

<sup>4</sup> While Etymologically, this term was derived from the Latin phrase *mundus imaginalis*, it appeared first in Corbin’s 1964 text ‘*Mundus Imaginalis, or the Imaginary and the Imaginal*’ (Corbin, H. (1964).

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the agent imagination (*imaginatio vera*), and designate the qualitative space of this imagination (*mundus imaginalis*)”<sup>5</sup>.

The *Mundus Imaginalis* opens a liminal space, a threshold between the visible and the invisible, the material and spiritual worlds. It denotes a subtle and fluid “intermediate realm suspended midway between form and formlessness, a boundary zone separating the denser causality of our earth plane from the finer causalities that lie above us in the logic worlds”<sup>6</sup> According to Corbin, far from being rationally unreal or nonexistent, the Imaginal ontologically defines a real imaginative knowledge that functions beyond our ordinary ways of understanding and perceiving. It is a visionary way of knowing and sensing our soul has access to, when we let go of the idea of a separation of matter and spirit – particularly while we sleep.

### Bridging Dreams

Dreams are one of the way the Imaginal speaks. For Islam and Sufi wisdom traditions, when we fall asleep, the soul visits the Imaginal realm in dreams<sup>7</sup>.

Dreams serve as a bridge between the conscious and unconscious, and the emergence of the Self. For me the imaginal closely aligns in fact with C.G. Jung’s concept of the *collective unconscious* – a shared reservoir of archetypal images and symbols that transcend individual experience and connect all of humanity. As the repository of the memory of humanity and its most ancient roots, it holds “the knowledge of the Cosmos, it is within us. it is where visions come from”<sup>8</sup>. Jung refers to such dream space at the intermediate reality that is neither purely material nor abstractly conceptual, and yet vital for our spiritual development and self-individuation, and where our Soul journey towards oneness and wholeness unfolds, and the universe reveals patterns through visions and dreams.

Dreams fish in the same net of the Imaginal cosmic ocean. As we dream, we relax, our breath softens inside, and lets our heart access and dive into the Imaginal realm. It is the sea, our Soul swims into and refreshes, and comes back resurfacing gems from the depths.

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<sup>5</sup> Shariat, A. (2024) “Henry Corbin and the Imaginal: A Look at the Concept and Function of the Creative Imagination in Iranian Philosophy” <https://doi.org/10.1177/039219219103915605>.

<sup>6</sup> Bourgeault, C. (2020). *Eye of the Heart: A Spiritual Journey into the Imaginal Realm*. Shambala Publications.

<sup>7</sup> Macdonald, D. (2009), *Development of Muslim Theology, Jurisprudence, and Constitutional Theory*. (p. 234)

<sup>8</sup> Brenda, C (2020) *The Red Book: A record of the journey of the soul of Carl Jung (Week 1: Initiation and how the red Book began)*, Ubiquity University course (January 2020)

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### **Dream Power**

Dreams hold power – the power of remembering who we really are and what we are capable of, inviting us to embody and serve manifesting a new reality, wanting to emerge in between worlds.

*Besides angels and birds, the only oracle that visits us is that of dreams.  
We should imitate dreams and angels.  
(Enrique Enriquez)<sup>9</sup>*

Dreams since old ages were viewed as holding prophetic powers, offering perspectives into divine and earthly creations. When we dream, it appears we temporarily leave this visible reality and enter a heightened state of consciousness—a time when true inspiration can strike<sup>10</sup> and influence the course of actions. We access a state that has the capacity to inform, awaken and empower us beyond the ordinary, remembering who we are and what we are capable of. The Imaginal realm acts as a parallel deeper world that coexists next to ours and wants to communicate, merge and manifest new possibilities. Our dreams and visions connect us with an interior space, that we can argue, speaks and wants to communicate with and shape our exterior space. It not only communicates, it wishes to commune with us, carrying a message for us to listen and manifest to bridge the world of possibility and reality.

### *Re-Mind and re-Heart*

Dreaming reminds us we are more than just a head with a body and one life. It connects us with, and reminds us of, a larger field we are all part of an invisible, nonlinear realm beyond space and time. It reminds us we are infinite beings that come from the stars. And as we wake up and awaken to our infinite essence, we can bridge, integrate, and manifest a wider and richer reality. We realize we can participate in, and co-create with, life.

Dreaming thus suggests the existence of an invisible dimension that speaks to us, and wants to be brought forward through us. And it keeps knocking and nudging until we awaken, act and grow. Dreams hold the power to shake, redirect and awaken humanity. It is a power that originates from the Soul, as the source and space our dreams ultimately dialogue with.

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<sup>9</sup> Enriquez, E. (2024), Sacred secret book, Enrique Enriquez, New York 2018-2024 (private limited edition).

<sup>10</sup> Barrett, D. (2017), Answers in Your Dreams, by Deirdre Barrett in Scientific American, Volume 26, March 2017.

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We could say, playing with words, and daring to coin a new concept, that the Imaginal realm ultimately serves to “re-Heart”, to connect to the world of the Soul. If the verb *re-mind*, from a Latin-Germanic hybrid of *re* ("again") + *mind* means in fact “to recall (something) to one’s mind”, or “put (someone) in mind of (something), and bring to the remembrance of”<sup>11</sup>, *re-heart* within this context may imply re-calling, and expanding that remembrance, to our own heart. Hence, by re-connecting the Mind-Heart space, we re-activate heart memories, *re-member*, bringing together again in our body, dreams, and visions of our Soul.

### *From Heart to Soul*

The Imaginal dimension we experience in dreams and visions connects with the same substance of the Soul. It is the cosmic ocean the Soul belongs and returns to anytime we engage with dreaming or visioning. From here we get flashes and glimpses of an invisible world, whose veils are gently momentarily lifted for us to see and find inspiration and insights.

It is a space where we are invited to walk with and lead from our soul, to bring forth and make visible our essence and gift to us and the world.

It is a reality that takes shape out from the creative desert of the soul. The lonely and pregnant space where our inner creativity arises, in solitude – or in *Soul-litude*, we could say.

The desert is an ancient image in our collective unconscious: it is in the desert, that mystics saints, and knights, would literally go to visit and find their soul, as the fruit of the desert. Jung acknowledged the image of the lonely desert as the place of the soul, where we go to receive abundance of visions and images that show us the way of what is yet to come<sup>12</sup>.

Dreams invite us in that desert to nourish, reconnect to and restore our sacred orientation. That silent desert image invites Silence, as the prerequisite to access Wisdom. Silence encourages to *silent* the exterior noise to *listen* within to the inner voice, that from the well of wisdom whisper to us. It is here, we are called to surrender, to tune in to that imaginal light frequency to receive and decipher within and through the heart ancient codes from our Soul. Dreams and visions invite us into embracing that language.

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<sup>11</sup> Online Etymology Dictionary, Remind (<https://www.etymonline.com/word/remind>)

<sup>12</sup> In Jung, C.G. (2012) *The Red Book: Liber Novus. A Reader’s Edition*, W. W. Norton & Company (p.143)



### **A Heart Language**

The Imaginal is a reality that speaks in a universal language, beyond intellectual rationality. It is a semantic we can access through the door of our heart and carries soul codes, coded information from our Soul, as signposts to orientate our human journey. Dreams courageously speak of and lead to our Soul, that is here to guide expressing needs and nudges to bravely act.

### *Through Images and Signs*

The world of visions and dreams is a dimension that speaks in a language that goes beyond our respective local tongues, and yet it is our mother tongue, unlearned and equally known to everyone as if we were all offspring from the same cosmic mother. It operates beyond time and space, free from boundaries or limitations, in the vocabulary of images and signs. The wealth of the Soul exists in images; says C.G. Jung, and “he who possesses the image of the world, possesses half the world”<sup>13</sup> It uses a grammar and symbols to code and decode universal wisdom patterns, archetypes, and images to exchange messages from and to our Soul.

*“Signs are not true (until we see) they come from where truth comes from.”*  
(Enrique Enriquez)<sup>14</sup>

When we acknowledge that attempt of communication and exchange with the Imaginal, we realize we all have one language that connects us all and we share: the language of the Heart.

### *Into Sacred Humanness*

The Imaginal Heart language is a shared idiom that speaks of ancient and future history. Connecting ancestry lessons and lifetimes memories, across ancient civilizations we seem to have forgotten, and new worlds that are yet to come, the Imaginal realm highlights that is imperative we remind, integrate, and heal the separation from our Soul to grow and evolve as humanity. It ultimately evokes our sacred humanness. It is a voice that invites to see and appreciate who we really are and what we are here for, in other words, what it means to be human and fully embody our sacred humanness. The Imaginal voice whispers to me that, in these times

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<sup>13</sup> In Jung, C.G. (2012) *The Red Book: Liber Novus. A Reader's Edition*, W. W. Norton & Company (p.30)

<sup>14</sup> Enriquez, E. (2024), *Sacred secret book*, Enrique Enriquez, New York 2018-2024 (private limited edition)

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of chaos, fragmentation and polarization, we humans can learn from and be like trees. Like trees, firmly grounded on the Earth and resourced by (sacred) waters, we can reach and elevate towards the Sky, illuminated by Light and Love within and around, we can integrate, rather than separate, we can bridge visible and invisible realms, embody and radiate Wisdom in the world.

### **Vibrant Dreams (& key messages)**

My oneiric life has always been very rich and active. Sleep has always a balm effect to me, one that soothes, replenishes, and recalibrates my inner compass, particularly when dreams offer an opportunity to reconnect and *re-source*.

#### *Breadcrumbs from the Soul*

“What dreams did you have?” It is a question I ask my kids in the morning; a question I learned to ask myself since I was a child. I find, the more we practice recalling dreams, the more we remember. I see dreams as *Soul breadcrumbs*. Similarly, to the pieces of bread *Hansel and Gretel*, in the fairytale, leave behind in the forest to mark their way back home, dreams in my view act as core signposts, which our Soul leaves behind, to indicate our way-back to the Source.

*“Dreams are the speech of my soul.  
I must carry them in my heart and go back and forth, over them in my mind,  
like the words of the person dearest to me.  
Dreams are the guiding words of the soul.  
Carl Gustav Jung<sup>15</sup>*

#### *An Imaginal Journal for Big Questions*

Founder of psychoanalysis, Sigmund Freud (1856-1939) asserted interpreting dreams is the royal road to a knowledge of the unconscious activities of the mind<sup>16</sup>. I am grateful to have firsthand material I use as internal bearings and waypoints to navigate that royal road.

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<sup>15</sup> Jung, C.G. (2012) *The Red Book: Liber Novus*. A Reader’s Edition, W. W. Norton & Company (p.132)

<sup>16</sup> Freud, S (1900) *The interpretation of dreams*, in *The Standard Edition of the Complete Psychological Works of Sigmund Freud*, vol 4–5, translated and edited by Strachey J. London, Hogarth Press, 1958 (p. 608).

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I keep an *Imaginal dream journal*, as a place I go to, to note down and save memorable dreams. I have taken the habit to note down dreams, at times when feel they carry a message and I wake up with a *vibrant dream*. I call “vibrant dreams”, dreams that have radiance and resonance, offering luminous insights, illuminating existential questions we humans carry inside, since birth.

- *Who am I? And where do I come from?*
- *Why am I here? And what I am here for?*
- *Where am I headed? And whom shall I grow into?*
- *Who can we become together, as humanity?*

Vibrant dreams are contributing to finding answers to these. The insights I find there are precious, gems I treasure, deep inside my heart. They feel delicate vulnerable seeds, yet they keep growing and nudging inside with care and love, to unearth and bring forth valuable gifts, that silently guide me from the dark to the light.

My own dream journal commenced with a seminal dream had with my Soul.

*THE YEARS OF WHICH I HAVE SPOKEN TO YOU,  
when I pursued the inner images, were the most important of my life.  
Everything else is to be derived from this.  
[...] the later details hardly matter anymore.  
My entire life consisted in elaborating what had burst forth from the unconscious [...].  
But the numinous beginning, which contained everything was then.”*

The Red Book  
(Carl Gustav Jung)<sup>17</sup>

### **Extracts from a Dream Journal**

As vulnerable and relevant as it feels, here are included a few examples of foundational dreams. Selecting and choosing the ones to share is not an easy task. I notice a mix of anticipation and a resistance. Some boldly extrovert, flashing with joy and excitement while others sensibly introvert, withdrawing from the audience not ready and willing yet to be seen.

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<sup>17</sup> Jung, C.G. (2012) *The Red Book: Liber Novus*. A Reader's Edition, W. W. Norton & Company.

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### *1. Meeting Soul, the Imaginal Companion*<sup>18</sup>

I am in a suspended geography beyond space and time. I do not remember seeing anything around, or anyone else but me, from within and above. I can only hear the gentle sound of my breath, and as I breathe in and out, my whole attention turns within and focuses deep inside.

There inside, I encounter the Soul. It feels like it is the first time she manifests plainly to me, as my Presence - the essence and gift I bring to present. I learn she dwells inside and outside me. I can connect with her through my breath, she dances both in the World and with the Spirit within and around me.

Deep within I know her name is Leyla, she comes with that name, but beyond any gender. I receive, I can listen to my Soul and Spirit speaking to me, through Silence. We engage in a rich silent dialogue. Towards the end, it all distills in three clear take-home messages and one bold request, as key steps and guidance in life:

*Be in the Field. | Listen. | Ask (Questions). | and finally, ...Stand Naked.*

The latter intended metaphorically, is an invitation to embrace vulnerability as a strength, and authenticity, removing the veils that cover and hide our core and essence.

A memorable dream, it left me with a sense of being held, and ultimately guided by my deeper Self and higher Soul. I had it right after returning home from the UK, where I was proactively dedicating on my personal development and pursuing executive coaching training certifications. Since then, that dream has accompanied me, and progressively revealed the Soul's invitations.

It is to about being both in the world and in the one *quantum* field, sensing the energy that connects us all, as one with *All That Is*. We can listen inside to and through Silence, access the well of Wisdom that is available to everyone, hold the heart as the gateway, that allows to engage with the plane of greater consciousness, and the window that opens into, and connects others' hearts. We can foster a Dialogue with Life, Soul and the World, aware of the power of questions – trusting that answers eventually land upon gently holding an inquiry for some time. The request is an invitation to open and show up our heart in our own way, courageously stand in our full *nakedness*, translucent and transparent to our Light and essence.

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<sup>18</sup> From PMF Dream Journal, "Meeting Soul, Leyla" – Dream 18-19/5/2014 | Private Journal.

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This dream reminds the Celtic *Anam Cara*. *Anam* is the Gaelic word for “soul,” and *cara* the word for “friend.” In early Celtic traditions, an *anam cara* was believed to act as companion or inner guide—someone with whom one could share the innermost thoughts and reflections. Irish poet and philosopher John O’Donohue (1956–2008) draws upon this concept in his work, and the importance of the inner landscape essential to personal and spiritual growth. In his view Soul’s dreams are to be celebrated as gateways into a realm where the ordinary boundaries of life dissolve, and we are free to communicate with deeper truths, access unseen dimensions of innermost existence and creativity and experience unity with something greater than ourselves.

### 2. *Iperborea Heart Language*<sup>19</sup>

We are on a plane that is forced to land on a remote country, a piece of land surrounded by water, a green secluded island up by the North pole. We land and crash on a plateau, just a few of us unharmed. It is night, pitch dark, some of us are scared, I am not. When we get out of our vehicle, I notice it is not damaged, and in a dash it disappears out of sight.

We go and find shelter in a glass rectangular-shaped structure that has just one door. All the rest of the walls and ceiling are made of transparent glass. As we go in, somebody is lying on the floor, probably in need of rescue. I kneel to check in. We pull out my phone, hoping that it would work as we are clearly in a remote land, that feels like in a foreign dimension. I am not sure whether it is me on the phone, or someone else, but the line works. We dial an emergency number for help. The service immediately locates us via GPS, and sends a team to rescue. I have a strange feeling of not wanting to be rescued and carried away, and at the same time doubting it may happen, as it is neither simple nor rational to find where we are. My individual train of thoughts transforms into a collective debate. One person only says she will go away, she does not want to stay. Those who remain need to internally prepare and get ready.

We start to move our arms, in a martial arts way, so as to cleanse and purify the energy and protect ourselves, waiting for something to shift in our glass box space. There is a short moment of agitation, as the one person to rescue and somebody else start to walk out of the structure – to the left, towards a sort of cliff, and prepare to go away, rescued by unidentified vehicle, either a flying object or another means of transportation, back to where they belong.

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<sup>19</sup> From PMF Dream Journal, “Iperborea, waist-snake and heart language”– Dream 1/4/2023 | Private Journal.

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I stay where I am, I do not want to go away. I believe, I am with my wife. It is now just us and a few others remaining in the end. There is suspense, anticipation and hesitation regarding whether we should wait inside or outside.

I decide to move outside of the glass structure. All of a sudden, I notice passing by, walking along a pathway, unpaved with no asphalt, a white sand trail, a stream of people. It feels the scene of a parallel reality unfolding at the very same time, I get now to experience and was not enabled before. I slowly cross over, people pass by in silence, dressed in a primitive essential way.

A man stands out towards me, makes yet contact and ideas just start to flow and connect. He speaks in a language, that feels new to me. Initially it resembles to Spanish, but it is not. I realize we connect through the heart. There is a quality that allows us to communicate and understand beyond words – it is like speaking a universal heart language. His presence is warm and reassuring. The message I receive is to join the stream of people and venture into a village.

He equips me with a belt, a special snake belt. It is a real snake it puts around my waist. The snake is alive, and revolves around itself, makes a few turns, into a knot on the left right, and there it buckles up. I like my new belt. While it feels supportive and holding me well, I am not sure whether the belt will stay as it is or the snake may revolt and bother me. I move on and walk for a while, until at some point, I see also other people. Not all other are so receptive, some more distant.

I then find myself in a room in what looks like a hut, a simple shelter with a bed; I am there to sleep and recover. I recall a sensation of being there with my wife, and maybe some of my children, but if they are there, they are smaller, definitely not teenagers, under 10. I am there, waiting, not knowing what to do. The man shows up again, and keeps talking to me. In the meantime, I am changing and removing my own clothes as I have to get dressed in different way. As I change, the snake shows up again. It moves fast like a rabbit, or a cat. I am curious, I wish to put the snake belt again on the new trousers. The snake moves around in the room, and I attempt to catch and get hold of it to use it as a belt again. The heart-speaking man is there to kindly help, in a silent and reassuring way. The dream seems to be continuing with other different scenes (including the presence of a magician figure) that expands a sense of warmth in my heart.

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As I wake up early in the morning, I feel a urge to record the experience. While recording notes in my living room, my framed Tibet Mandalas, more precisely *thakti* paintings, from Nepal, call my attention. The diagram inside somehow possesses a quality that resonates with where I have been in the dream, something inside tell me I have just been visiting Hyperborea, a mythological civilization. In the dream if felt being located up near the North Pole, way up the Sami - Lapland region, higher up in the Northern Arctic circle. as if it were from the very top first on the right and then to the left.

I had this dream as the last one, upon delivering and facilitating the *Soul Leadership Journey*<sup>20</sup>, a three-month long experiential education program – a professional achievement which personally fulfilled me with joy and resonance. This was a fascinating, long, and vivid dream. It felt like journeying to another dimension, for a shamanic initiation ceremony, to receive a snake to wear around my waist, after activating and communicating through the heart.

As I am recollecting again the dream, I now wonder whether the shaman figure I encountered, offered a glimpse of *Abaris, the ambassador of Hyperborea*. Abaris is told to be a Hyperborean legendary sage, healer, and at the same time, as *priest of Apollo* known to the Ancient Greeks, as also a master *Melchizedek* teacher. It occurs he selected and formed many great masters over time, including Pythagoras who referred to him as the *Golden Arrow*. Stories tell in fact, he was always carrying or being carried by a special arrow (most likely a sacred Tibetan *phurba*, a flying magic arrow that enabled travelling across consciousness and space), which had been especially forged by the Greek god Apollo to heal the land, and give birth to a new civilization<sup>21</sup>

Surely in dreams anything is possible, I am twice honored for this incredible encounter. It appears indeed the imaginal realm does send remarkable messages. This dream message says, that by embracing our deepest instinct and trusting our wise intuition, we get to activate a universal and interdimensional language, the *language of the Heart*. It serves us connect beyond time and space, with ancient wisdom that heals our inner and outer land, so as to prepare the re-birth of a new civilization, a new sacred humanness.

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<sup>20</sup> A program co-designed and co-facilitated with Caroline Veerman, particularly inspired by Alan Seale, anchored on Transformational Presence approach, within general framework and support of the *Center for Transformational Presence*. (Soul Leadership Journey program page, AtmanWay.org website, <https://atmanway.org/soulleadership/>)

<sup>21</sup> Kingsley, P. (2010), *A Story waiting to pierce: Mongolia Tibet and the Destiny of the Western world*, The Golden Sufi Center.

3. *A Three-Headed Winged Horse*<sup>22</sup>

I bring my blue leather work briefcase to repair, and a little respectable man opens the door and welcomes me in a tiny ground floor apartment, into a room that is both a bedroom (with a double bed - to the front) and a kitchen (to the left).

In exchange to the bag, the man gifts me a three-headed winged horse sculpture instead. Which he starts to polish for me, and remove a layer of mirror-glass that covers its surface so that it can turn back to a special blue gold color. While he walks away, I continue “unlayering” the sculpture.

The horse sculpture grows taller and taller with me now being on top it (and I wonder whether it would ever fit in my house and in my kids’ rooms). I get a little bit scary, as I have the impression the horse sculpture is also animating underneath myself and wants to move and I might not be able to hold and control it, so I pray the man back to hold the reins and tame the horse. When I step off, the horse shaped sculpture starts to move and ride like a real horse.

I follow the horse until it stops by my mum’s house. Excited, I invite my mum out so to show her the incredible creature. She in awe and cannot believe what she sees is true, flabbergasted to notice that the horse has three different heads and wings also on the back. As we approach the horse I notice, that it is trying to pick something to eat on the ground; I bow and pick the food and hand it onto its mouth.

At that point, the horse smiles, closes the wings, the three heads become one, and the wings fold and withdraw into a kind of a rear backpack, and the animal morphs into a human-angelic being, by the appearance of an African Moorish - that looks like a young version of Balthazar (one of the three Biblical Magi and Wise men).

This fanciful dream came straight after, upon returning from a trip to Sevilla, in Spain.

It was in particular the first time I had ever seen an image of a three-headed winged horse. The shape, appearance and color of such mythological animal recalled the fine quality and presence of the powerful unicorns and deer depicted in the paintings of the British artist Robin Baring<sup>23</sup>.

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<sup>22</sup> From PMF Dream Journal, “3-Headed Winged Horse”– Dream 9-10/1/2024 | Private Journal.

<sup>23</sup> Robin Baring is a British Postwar and Contemporary artist born in 1931 with visionary paintings, drawings and watercolours (<https://www.robinbaring.com/>)



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This is a dream I was invited to work with, reconnecting with the powerful imagery, letting the different parts speak to me, particularly the old man, the winged horse and the human. <sup>24</sup>The little respectable old man, in Jungian terms, seems to be an image of the Self - the wise, all-knowing centre of our being. He lives in a tiny space, yet as the essentials (a bed to rest and kitchen to cook) to perform alchemy work. He transforms something in my work that needs attention or is worn out (blue leather work briefcase) into a magical opportunity. He gifts me with a three-headed winged horse, which he works on in an alchemical sense to reveal the blue-gold beneath, and later to elevate and transform my perspectives. The three headed horse may symbolize and integrate three areas of my mission, or a trinity of virtues to refine and give space to, in order to further animate and grow. The three headed horse expands as I attend the alchemical work. It trusts me to ride, however my mind worries to get out of control, and asks Wisdom's extra help to hold the reins. The Winged horse becomes alive and real as I got off to walk next to him. The moment I start to follow the horse, he takes me to what we could say is the archetypal Mother's house of Love and Attention. There, I am able to notice and respond to and feed vital needs, bring joy and balance. The horse transitions into a one-headed horse, and angel folding his wings - from the archetypal into the world we live in – and finally into an embodied younger version of a wise seer, a “Magus” capable to see, follow and point towards Light.

This dream still carries resonance and wisdom to further integrate and reflect upon. It fundamentally invites to reconnect and nourish our intuitive guidance, and angelic nature within, that has timeless wisdom, and that it is here to see, follow and show to those who cannot yet see, the rising light that shines for a new world to born.

### *4. Royal Fig, the Way to the Royal Heart*<sup>25</sup>

I am in a royal house, a white villa most likely in England or France, light is coming in from the outside garden, into the interiors with high ceilings, wide spacious rooms, some have walls full of paintings and framed pictures. There is a silent woman, sitting quietly in a corner of a room, she is a lady with the demeanor of a young queen, as her presence emanates royalty. I go by the main hall to receive someone who unexpectedly is coming to visit. As I stand by the entrance, I feel I need some water to both quench my thirst and get

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<sup>24</sup> I am very grateful to the help of a dearest companion Jungian analyst who provided valuable input to reflect upon.

<sup>25</sup> From PMF Dream Journal, “Royal Fica, the way to the Royal Heart”– Dream 1-2/8/2024 | Private Journal.

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rid of something disturbing my throat. The visitor walks his way unattended; it is a dear friend from school, running a historic retail business renowned for its deep connections to nature, design, and art; it seems we are supposed to meet to discuss a leadership project in the humanities space. He starts to wander alone, searching and finding his way, as we are meant to meet for tea. As he walks through the house, it feels as if it is me walking as if I were observing myself from above walking (un)aware of being me. I notice he passes (or I pass) without noticing the Lady Queen. As this happens, I am sad, and a voice-message pops up saying: "tell the story of the Royal Figa<sup>26</sup>, the royal Heart." In the dream the message immediately connects me with the "SangReal" image and the royal cup.

There's a short change of scene, as the focus goes on a naked woman's legs perspective, as if filming a movie where through both a "zooming-in and outside-in" effect, following the eye of the camera, we were taken from the Fig image into the a vagina womb, as a portal into a deeper world - the divine feminine, and sacred journey to the Royal Heart.

This evocative dream came upon returning home again from a business trip to the UK. This is a dream that still requires work and reflection, upon the many many interesting features. As a brief overview these surely are: the royal light-house room, a certain thirst to quench and something blocking my throat, indicating maybe a difficulty in expressing and giving voice to an important truth, an alter-ego or a new aspect representing my leadership work in the world arriving apparently unexpectedly; and the silent the queen-like woman, who seems to play no role, until an inner voice saying "tell the story of the royal fig" prompts finally to embody wisdom and invite us into a sacred journey into the Mysteries of the divine feminine and to the Royal Heart, quintessential vessel of Love Wisdom. This was indeed a dream pregnant of potent significance calling forth the work of further journeying into the heart to bring to light sacred wisdom.

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<sup>26</sup> Interestingly, the word "Fica" in Italian means vagina, and also something "cool / fashionable". Etymologically the word derives from Old French "figue", from Old Provençal "figa", and Vulgar Latin "fica", corresponding to Latin "ficus". In Italian, it is common slang word used for "vulva," apparently because of how a ripe fig looks when split open.

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*Further collection of messages from the Imaginal dream realm.*

Some other times, upon awakening the story of dreams dissolve, although depositing just a handful of fleeting “breadcrumbs”. The echo of their resonance is somehow still present, we are left with a sense of impalpable fragrance. If we pay enough care and attention, we may get notice an essence that distill few messages, as invitations to focus on what is key for us to embrace and act on for our self and human development.

### *5. Learning about Transformation and Love<sup>27</sup>*

I am in leadership assembly of various system change experts, and I am the next to speak after a senior lecturer at Massachusetts Institute of Technology. I begin to talk. – What follows is both a high-level recollection and ex-post verbatim of key points and reflections delivered in my keynote dream presentation about what transformation means. –

Are We transforming or is it rather Life transforming us and the context around us? By entering, acknowledging, accepting whatever is in front of us, something transforms in our relationship and reality we are being with, and new possibilities become possible and real. How we enter that space matters - who we are being inside when approaching that space matters. Are we coming with a manipulative mindset and intention? Wanting to change, shape what is s in front of us, as not wanting to accept it? Or are we willing to see and embrace it, and as a result let it first transform something in us, and then transform into a new reality?

Is Transformation a goal or an outcome? In these times, and particularly in the western world, *transformation* is often seen as prerogative of humanity—what we might term the domain of *Homo Faber*—rather than as an intrinsic quality of life itself. Taken to the extreme, sometimes that belief implies we humans possess the power to control and reshape Life - we believe we are a species called to control, as to exercise control, dominating over other sentient beings, Nature and even Mother Earth. But wat if the opposite were true? What is transformation is not something to impose, but rather a process we co-participate in – a life-led transforming act, that calls for our full presence and conscious awareness?

Who are we being inside when we engage in any transforming act? Are we being and embodying Love or are we acting from Fear - the absence of Love? Are we contributing to a

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<sup>27</sup> From PMF Dream Journal, “Transformation & Love Talk”– Dream 6/7/2024 | Private Journal.

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love-sourced transformation or a fear-sourced transformation, in other words is it fostering Peace or is it perpetrating War? and even when we believe that it is Love, are we certain that is genuinely coming from a place of Love and not Fear? When caring for others – our neighbor, our children and loved ones – are we letting Love be the source of our Actions, the actor and driving force or fear? ...the subtle fear of ultimately not be Love-d? Are we teaching, guiding, and protecting, because we trust in life's inherent wisdom and love, or are we motivated by a fear of what might go wrong?

This reflection extends to what is it that sources Education, how we steward and educate as parents and teachers. Are we shaping a child's path, studies and choices out of fear they may fail to meet external measures of success, or are we nurturing, trusting and honoring their infinite potential and intrinsic light as bright as the stars?

Love is about embracing and accepting who we are, and what is present in this very moment in front of us. And in that very act of acceptance something transforms, we transform, others transform, Life heals and transforms that which is in front of us.

*To Love is to let Life transform. Our eagerness to transform does not equal love – as for true transformation, something is needed inside to open, serve a shift and love as its vessel and guide.*

### **Changing Within: Bridging Visible and Invisible**

Dreams offer a space, a language and fresh perspective from another realm to transform. They are a vibrant living narrative, from a deeper level of consciousness, that longs to create space within us, for inner and outer positive change, and serve a broader transformation out in the world – sometimes in magical and miraculous ways.

*“The truth of a sign is not what it means but the very fact that it compels us to act.”*  
(Enrique Enriquez)<sup>28</sup>

### **Manifesting new Realities**

We can define the Imaginal realm of dreams as part of a consciousness field that informs all ideas, thoughts, and actions to manifest, a space of possibilities waiting to birth, materialize

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<sup>28</sup> Enriquez, E. (2024), Sacred secret book, Enrique Enriquez, New York 2018-2024 (private limited edition).

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and shape our reality. This is particularly true for Islam wisdom traditions that view the *world of imagination* (“alam al Mithal”) as the middle ground that bridges the higher *world of spirits* (“alam al-arwar”) and the lower *material world* (“alam al ajsam”). It is here, all ideas and actions initially manifest in suitable forms before they are actually born into the material world <sup>29</sup>.

Dreaming is an extra capacity, we all have, to access such ground, to sense, envision and inspire new possibilities, that point beyond the ordinary and exchange energy to co-create a new reality.

### *Cosmic Exchange*

Long associated with the world of dreams, visions, and prophecies, the Imaginal realm seems to activate a cosmic exchange sending messages and invitations for change to manifest. Some view it supremely as the “realm of cosmic assistance”, that can alter and change the course of the events in this world<sup>30</sup>. In Bourgeault’s words, “a sphere, not less real but more real whose generative energy does change this reality”, it is “the place from which teachers, masters and saints, and all manner of abler souls (from above) reach out across the apparent divide between the worlds, and where necessary, modify earthly outcomes in tandem with willing and attuned hearts here below”<sup>31</sup>. Such views support the ideas of the aforementioned middle meeting ground that exchanges information and energy and serves maintaining cosmic harmony.

There appears to be a “reciprocal feeding”, a continuous exchange of energies proceeding in both directions, between the *world of matter* and the *world of spirit*, operating in a balancing dance a universal equilibrium, that has significance in human imagination and inner experiences in personal development, according also to teachings from philosopher and mystic George I. Gurdjieff (1877-1949)<sup>32</sup>. It is a space that highlights a universal interdependency between our thoughts and actions across visible and invisible realms.

In Bourgeault’s definitions, it defines a *cosmic intertidal zone*, with a unique modus operandi and energy “where “the fruits of our human striving - both conscious and unconscious - are offered up to the whole. From this realm, in turn, we receive blessing, inspiration, guidance

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<sup>29</sup> Hamid Naseem Rafiabadi (2005), *Saints and Saviours of Islam* Sarup & Sons 2005 (p. 170)

<sup>30</sup> Bourgeault (2020) pp. 19-20.

<sup>31</sup> Bourgeault (2020) pp. 21-22.

<sup>32</sup> Gurdjieff, G.I. (1976), *Views from the Real World*. - Italian edition “Vedute su un mondo reale: Vedute sul mondo reale. Gurdjieff parla agli allievi 1917-1931”. Neri Pozza Publisher (2000).

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and vivifying force [...] to share and bestow here below, like a Sufi dervish (dancing)”<sup>33</sup> It is governed by different modus of operandi and an awareness of energy on the edge of our world of rationality. The principles governing such Imaginal space include *synchronous causality, radial time-space, non-duality, fluid and permeable boundaries, nonlocalized action, and holographic selfhood*, as the capacity of the Self to see the whole in the part and the part in the whole. In such context, consciousness becomes the core motivator within of our actions and behaviors, inviting us with the capacity to move against the flow of entropy, generate rather than dissipate energy. Our body more than an outer shell is *a subtle inner body*, radiating from the inside, visions and dreams through a purposeful cosmic energy that exchange information and shapes the outside.<sup>34</sup>

### *A Responsible Perspective*

Opening to the idea of a mutual exchange with the Imaginal realm broadens our perspectives on our own presence and responsibility in the world. Dreams amplify and expand our sense of presence, we can define as our ability to be present with all that is and engage with the essence of the present, the “magic” within each moment.<sup>35</sup> In the Imaginal realm both our body and the outer forms in the physical world are “illuminated from within by Light pouring from the world above.”<sup>36</sup> There is no divide but rather a single continuum of energy, that exchanges, condenses and manifests Light in various forms, from higher to lower realms as well as from lower to higher realms.

Messages from our dreams and visions serve as insights for our consciousness to awake and fully inhabit and co-create our world, by embodying the higher invitations and co-participating in the mutual *upload* and *download* of information, essential for the equilibrium.

This is the work we are more and more called to embrace as humans, to serve a leadership consciousness shift, bridging the visible and invisible. It is an invitation to act as agents of change in the world, serving that translation of energy between these two density gradients.

Opening to the Imaginal realm expands our awareness and responsibility, or better said our *response-ability*, as our ability we all have to choose to respond, rather than react.

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<sup>33</sup> Bourgeaul (2020)

<sup>34</sup> Bourgeault (2020) (pp. 48-49.)

<sup>35</sup> Morley-Fletcher, P. (2024). *Alchemy and Light: Illuminating the Path of Human Transformation*. Ph.D Post Paper, The Wisdom School at Ubiquity University (March 2024).

<sup>36</sup> Bourgeault (2020), p. 36.

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We can consciously choose Love and Peace rather than Fear and War, we can choose to integrate and heal rather than separate and harm, in all areas of our life and the world that we divide and make opposites rather than parts of a one whole.

It is ultimately about embracing new perspectives, opening to new possibilities that make space for magic and miracles.

### **Embracing a Kind of Magic**

Dreaming is a kind magic. Entertaining with dreams, allowing dreams to manifest requires a sort of magic, an inner ability to co-create change from the inside-out.

It is a prejudice of our rational modern mindset that events happen in the outer world, only; it is within us that the seed of change is planted, as that sees grows, pushes and flourish, change starts to surface. The Imaginal reality acts as a valid construction, by changing consciousness in its inner ground, our dreams change the nature of reality the outer world.<sup>37</sup>

Change essentially implies believing into magic. Trusting the extraordinary is possible, that we are capable of moving beyond the ordinary, to shape and inform a new reality.

*“One dream, one Soul, one prize one goal  
One golden glance of what should be,  
It's a kind of magic!  
One shaft of light that shows the way [...]  
It's a kind of magic!”*  
(Queen)<sup>38</sup>

The Imaginal calls forth that inner capacity to hold magic within and around us, and as a magician, open up to unthinkable possibilities and miracles in life.

### *Magic and the Magician*

Magic essentially is about our willingness to be present with and co-participate with *all that is around* in any given moment. It is about engaging our focus more on all that is available

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<sup>37</sup> Bourgeault, C. (2020). Eye of the Heart: A Spiritual Journey into the Imaginal Realm. Shambala. (p. 20)

<sup>38</sup> A Kind of Magic, Queen's twelfth studio album, was released on June 2, 1986, by EMI Records. Featuring music from the film Highlander, it followed their acclaimed Live Aid performance and debuted at number one in the UK, selling 100,000 copies in its first week.

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and wants to unfold, rather than limiting to what is supposed to happen per past and current circumstances. A magician is one who deeply stands in a close connection with everything beyond, “with what is greatest and most uncommon”, capable to dance between worlds, integrate and transmute the opposites, as a pure alchemist. In that regard, C.G. Jung’s magician archetype, *Philemon*, and his wife *Baucis* jointly represent the *artifex* of a *vir sapiens* and *sora mystica*<sup>39</sup>, as an invitation to integrate as one opposite powers in an alchemical sacred union<sup>40</sup>

The Magician for C.G. Jung is ultimately a lover. A lover of his own Soul, who anxiously and jealously guards his treasure, and looks after the greatest in one-Self. The magician is someone who has succeeded in uniting in a sacred union the Above and Below in his soul.<sup>41</sup> The magician is the bearer of knowledge both ancient and new, in full presence of the soul. Essentially the magician a Sage in action. Where others see finality and resolute, the Magician perceives chaos and opportunity to illuminate and elevate wisdom in the world. While what the magician does may sound intangible, yet it is very palpable, and impactful.

Philemon, in C.G. Jung’s *Red Book*<sup>42</sup>, shares valuable insights for a definition of what Magic is<sup>43</sup>. “Magic is the negative of what one can know. There’s nothing for you to understand. As magic happens to be precisely everything that eludes comprehension. It is neither to be taught or to be learned. *It exists beyond reason*, and the inescapable condition for the adept is to completely *unlearn reason*. Giving up reason is the pre-requisite to becoming a magician. Finally, one cannot understand magic, which accords with unreason. Magic eludes comprehension. [...] Everything that works magically is incomprehensible, and the incomprehensible often works magically. One calls incomprehensible workings magical”.

### *Miracles*

Magic involves the ability to tap into the imaginal realm beyond time and space, breaking the barriers of reason to reframe, re-imagine what is possible, dreaming for miracles to happen. A miracle is nothing more than something that happens out of the realm of ordinary time and

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<sup>39</sup> Jung, C.G. (2012) *The Red Book: Liber Novus. A Reader’s Edition*, W. W. Norton & Company. p. 396, note 264.

<sup>40</sup> Morley-Fletcher, P. (2024). *Alchemy and Light: Illuminating the Path of Human Transformation*. Ph.D. Post Paper, The Wisdom School at Ubiquity University (March 2024).

<sup>41</sup> Jung (2012). (pp 408-410)

<sup>42</sup> Jung C.G. (2012) *The Red Book: Liber Novus. A Reader’s Edition*, W. W. Norton & Company

<sup>43</sup> Jung (2012), *The Magician*. (p.401).



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space, as Carolyn Myss points out; “when God bans the laws of ordinary nature just for you, so things can happen within a different time-space, according to a mystical time (kairos), instead of the ordinary time (chronos)”<sup>44</sup>. In miracles, time is temporarily suspended and taken out of the equation, to allow us to walk in and out of space and transform the current situation.

### Courage & Faith

Dreams offer a language of magic and new possibilities. The imaginal realm connects us with magic, as much as it demands faith, making space for miraculous transformation within our hearts. As C.G. Jung says “we need magic to be able to receive and invoke the messenger and the communication of the incomprehensible. The practice of magic consists in making what is not understood understandable in an incomprehensible manner”<sup>45</sup>, and we could add, turning the invisible into visible. Engaging with the Imaginal invites us to tap in our courage in moments of turbulence to embrace faith and manifest the change and embody the light we want to see shining in the world. It is about focusing on “the substance of things hoped for, the evidence of things not seen” – as per Saint Paul’s definition of faith, that is very close to the concept of the Imaginal realm – and looking for the “luminous perception of an invisible golden thread”<sup>46</sup> to radiate light and hope, out of dark and fear in moments of chaos. If one opens chaos, magic also arises, as Jung says, the “the magical way always surrounds us, always involves us. It opens spaces that have no doors and leads out into the open where there is no exit. The only way out is the way in.

### The Magic Within

“Magic is really inborn in man”<sup>47</sup>. Ultimately, we realize the real magic is to be found inside, in the courage and faith of our heart – it is there that we learn how to get to be the magician of our own life and serve a larger transformation. Change starts with our Self. As we change inside the world changes outside.

*“The spirit of depths taught me to consider my action and my decision as dependent on dreams. Dreams pave the way for life, and determine you without you understanding their language. [...] There is a knowledge of the heart that gives deeper insight.*

(Carl Gustav Jung)<sup>48</sup>

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<sup>44</sup> Myss, C. (2019) Carolyn Myss in the power of dreams. Monthly Chartres Call 2019

<sup>45</sup> Jung (2012).

<sup>46</sup> Bourgeault (2020).

<sup>47</sup> Jung (2012), p. 399

<sup>48</sup> Jung (2012), p. 133.

### Leading the Way to the Heart

The word imagination in the Islamic context means "direct perception through the eye of heart, not through mental reflection or fantasy". It is called *Imaginal* because "while it is invisible to the physical eye, it is still clearly perceptible through the eye of the heart<sup>49</sup>."

*"It is only with the heart that one can see rightly;  
what is essential is invisible to the eye."  
(Antoine de Saint-Exupéry)<sup>50</sup>*

### *Know Thyself*

Dreams show the way to the heart, by inviting us within to know our inner landscape. In a way the dreams respond to Apollo's Oracle invitation, echoing the Delphic call to 'know thyself'. Famously inscribed at the Temple of Apollo at Delphi, this phrase was a central tenet of ancient Greek wisdom philosophy, urging individuals to seek a deeper self-awareness, as a means of aligning with divine implicate order, understanding their place in the cosmos. Through dreams this timeless journey unfolds, guiding us towards the wisdom and knowledge of the heart to integrate and align our Soul-Life with the World, and the Cosmos. It is a journey that is ultimately empowering, if we realize the way to the heart encourages to no longer seek external approvals, or outer role model or guide outside our pathway, but find answers and a inner compass, inside our heart, within our Soul. That is a universal wisdom we all access deep inside. As C.G. Jung says, the "knowledge of the heart is in no book and is not to be found in the mouth of any teacher, but grows out of you, like a green seed from the dark earth<sup>51</sup>." There is no outer path to follow, "the guide is within us". The knowledge of our heart is how our heart is<sup>52</sup>. "There is only one way and that is your way."

At some point, we realize external role models fade away, for the time comes to take courage and follow our individual path of transformation within. It starts with Self, leading from the Soul.

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<sup>49</sup> Bourgeault, C. (2020).

<sup>50</sup> Saint Exupéry, A. (1796), *Le Petit Prince*, by Antoine de Saint-Exupéry. Folio, Gallimard (English translation).

<sup>51</sup> Jung (2012), p.133

<sup>52</sup> "How can I attain the knowledge of the heart? And his soul replies: You can attain this knowledge by living your life to the full. You live your life fully if you also live what you have never lived, but have left for others to live or to think. [...]But you cannot flee from yourself. It is with you all the time and demands fulfilment", in C. G. Jung's Red Book.

### **Dreaming out a new world**

Finally dreams nudge us to imagine, to sense, envision and manifest a new whole world. The world of dreams is a living narrative, part of a greater consciousness that is here to assist, as an additional sense that offers inspiration, and energy to transform our world.

*“By using our imagination to pre-tend a vision of our future,  
we catch a glimpse of the beauty and wholeness to come,  
in-tend our choices to call forth this vision into form,  
and at-tend to do our part as co-creators of ever emerging reality”.*  
(Marshall Lefferts)<sup>53</sup>

### *Elevating Consciousness*

It is a prejudice of our rational modern mindset that events happen in the outer world, only; it is within us that the seed of change is planted. As such, “Imaginal reality is a valid construction which by changing consciousness in its inner ground, changes the nature of reality in the outer world.”<sup>54</sup> Change essentially implies believing into the extraordinary, that we are capable of moving beyond the shapes and constraints of our ordinary reality.

Opening to the Imaginal realm invites us in the courage to step-up and realize we are change actors that can choose to co-participate with consciousness and co-create our reality. And as we take the first step, in partnership with Life and the Imaginal, we start co-participating with Soul and the Cosmos, in a mutual dialogue, bridging the visible and invisible worlds together in a dance.

The Imaginal invites us to cultivate the ability for inner and outer positive change by engage in a dialogue with our Soul dreams, with soft eyes and open heart, like mystics do. Welcoming new visions and inspirations, that may arise, from both lucid daydreaming and nightdreaming, we may get to see, beyond the veil of our current reality, new possibilities for a new humanity.

### New Possibilities - Imaginal Reflections

As we awaken from our dreams, we awaken to new possibilities of awakening a new world.

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<sup>53</sup> Lefferts, M. (2019) *Cosmometry: Exploring the HoloFractal Nature of the Cosmos*. *Cosmometria* (p.352).

<sup>54</sup> Bourgeault, C. (2020). *Eye of the Heart: A Spiritual Journey into the Imaginal Realm*. Shambala. (p. 20)

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As I wake up today, I am reminded we are a matrix of relations, and everything we see, is in a relation with us. As we engage and focus in that relation, we see the life that unites us and all. There is something common between what is in me and what is in everything else. I am in a relationship with everything that catches my eyesight, my ears, my heart, my touch, —anything I can sense through my senses. It is life being spoken. In that space *I am a-live* (meaning also “*I am life*”). I am in a wisdom dialogue with all that is. It is life primordial wisdom that is spoken to me. There is a dialogue taking place ultimately between me and All That Is. The expression “all that is,” reminds of a beautiful mantra in Sanskrit, “So Hum” and pranayama technique – it is practiced emitting the word *So* (meaning “I am”) on the in-breath, and the word *Hum* (meaning “that I am”) on the out-breath; together So-Hum means “I am, that I am.” In dreams, every breath reconnects us with All that is, with all that I Am, in me at every moment. As I allow myself to breathe into the gift of the present, I am given the gift to co-create.

### Calling Love from the Depts – Imaginal Reflections

What profoundly fascinates about the Imaginal realm, is the extra view we gain as we engage with dreams, illuminating and transforming our perspectives. The universe of dreams seems to open to fractal depth, where endless layers expand our views and elevate our consciousness beyond our own limitations, into an extra integrated dimension. It is as if, from a flat two-dimensional, horizontal view seeing in black or white, as the rational perspective of our analytical mind – most of us only live and often hide into, sensing into the Imaginal, magically activates an exciting extra dimension that allows to integrate a three-dimensional vertical view, bringing full colors, through light and depth and shaping reality anew. As our Heart holds and integrates these horizontal and vertical views, this new dimension brings us deeper with a gentle *gravitas* to appreciate a greater reality with new awareness and perspective. We could say this gentle pull is the gravitational force of Love and Light from the Cosmos.

Ultimately, through dreams, we discover we are not alone, we are gently held, pulled closer to our Soul, and nudged to dream and act out Love and Light into the world.

## DREAMING-OUT THE WORLD

Finally in today's turbulent context, the Imaginal dares us to dream-out a new world – one that honors our sacred humanness and empowers Peace, integrating our world and making it whole again, to ultimately embrace the Cosmos of our Soul, and illuminate Wisdom in the world.

*[...]*  
*You may say I'm a dreamer*  
*But I'm not the only one*  
*I hope someday you'll join us*  
*And the world will live as one.*  
(John Lennon)<sup>55</sup>

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<sup>55</sup> Imagine, song from John Lennon (1940-1980), musician, songwriter, and political activist.

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