



INTRODUCTION

James Hollis: Hello, this is James Hollis at the Jung Society of Washington. You're invited to watch an hour plus presentation on dreams, the interpretation of dreams.

In that, I am going to talk about why it is we might dream, why it's sometimes so difficult to remember them, what kinds of dreams come to us, what categories, if you will, of dreams that we experience. Give some suggestion about a basic methodology of approaching dreams, and ultimately, why it's important to pay attention to dreams at all.

"Dreams are a product of your deepest nature."

We live in a culture that tends to dismiss them, that tends to offer rationales for them, without engaging in a conversation in depth.

I am going to submit to you that dreams are a product of your deepest nature. They come to us autonomously, we don't ask for them, we can't control them, we can't dictate them. They come to us autonomously as if a stranger has knocked at the door and the question is, if we open the door, we can perhaps have a larger conversation around the meaning of our journey. And if we keep the door closed, that will forever be closed off from us.

This is an invitation to you to consider the importance of dreams in your life and ultimately, the consideration of dreams is one of the many tools to take our journey more seriously and ask what it's really about.

NOTES

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