

Unlock your *divine* DREAMS



Explore the shadow self hidden in plain sight in your dreams, with Psychologist **Toni-Anne Butterworth-Myers**

Dreams can be weird, frightening, fun or confusing. However, in dismissing our dreams as being a pile of trippy nonsense, we overlook their gifts – true insight. When recalled and gently picked apart, this messy treasure can be used and applied as an accurate compass for navigating our waking lives with more ease, confidence and fulfilment. The truth is that without knowing our dreams, we struggle to know who we truly are. Dreams can be the key to unlocking our full potential and revealing the deeper aspects of ourselves and experiences within the world around us. The dream realm can also act as a portal for us to receive Divine messages from higher frequency beings such as our spiritual guides. With this information we can solve problems, make changes and step into the fullness of who we are on a soul level.

“Your visions become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes”

Carl Jung

Awaken the energy of shadow

We all have shadow forces living within our psyche – the inhibited parts of ourselves repressed and hidden away from the world for many reasons. In our waking lives we wear masks and identities to meet our needs of acceptance, love and sense of worthiness. The misconception of the shadow is that they are ‘bad’ parts of humanity. However locking them away prevents us from unlocking our full potential. To live a fulfilled life, we need to bring our full selves to the table, which includes the shadow. Dreams can show us where the energy of shadow is wanting to be woven into the dynamics of waking life through expression. They provide a safe space for dreamers to move through deeply desired or feared situations. Depending on the stages and cycles we experience within womanhood, the shadow forces and their messages will show up differently.

Meet your triple goddess

One example is shown through the ‘Triple Goddess’ representation of a woman’s lifecycle stages: maiden, mother and crone.

- The maiden stage may evoke shadows of suppressed sexual curiosity through the vixen archetype, representing the need to freely explore her sexuality.

- Mother stage may activate shadows of anger, violence and villains within dreams representing the suppression of their need for meeting the various demands of others, calling for personal power and setting healthy boundaries for self-care.



- Crone stage may evoke dream shadows with an underlying feeling of grief, loss and even control. This represents the experience of uncontrollable shifts happening biologically and grieving for the previous stages.

The shadow feelings can be amplified by the challenges of modern culture – of demonising the crone stage and overly valuing the conventional maiden stage beauty, as well as the mother stage of being needed by others.

Enter the dreamworld

Check out these six tips to harness the power of your dreams and explore the dark recesses of your shadow self.

1 Look for main storylines and identify the key emotions within your dreams.

Questions to ask:

Is this a current, previous or future anticipated story playing out in my waking life? Where do I feel these key emotions in my waking life and do they (or did they) have the freedom to be expressed? What were the different pathways and potential consequences revealed in the dream?