

# Merging Spiritual and Psychological Realities

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We all think that we know what is real. All we have to do is reach out and touch it. Yet, we also know that we dream, and our dreams are as real to us when we dream as our external world is to us when we are awake. We dismiss our dreams as unreal, but we do this only when we are not in the dream world. When in the dream world, we acknowledge its reality fully, only to deny it again when we leave.

In this world, it is best to pay attention to the things of this world. In the dream world, it is best to pay attention to the things of the dream world. Yet, there comes times when the messages of the dream world invade this, our waking world, and seek to influence it. When the wall between the worlds breaks down, there must be a set of rules to follow so that the two worlds do not collide to the harm of either one.

Can there really be any psychological harm when the dream world and the physical world collide? The answer is yes, if and when we do not understand the nature and relationship of the two worlds. For the dream world and the waking world are both absolutely real. We exist simultaneously in both worlds. Both worlds are always in constant contact with one another and ebb and flow into one another regularly. Essentially the two worlds are one and the same. We, however, fail to see this and to interact with this in any wise way.

Herein then lies our problem, the two worlds never actually clash in an attempt to harm one another. But because our minds have retarded to the point that we can no longer recognize the duality of our inherent nature, when we experience the presence of one world within the other, we often react incorrectly, with panic and confusion. We almost always misunderstand our dreams, and equally, we almost always never understand dream influences that motivate our waking actions. It is our own lack of understanding of these things that can create harm, a harm that can hurt us, in both the dream world and in the waking world.

When two are one and we do not see it, it is we who create a duality where in reality none exists. We are dual creature because we perceive ourselves to be. We differentiate between the dream world and the waking world, between what we call the spiritual and physical. We say we see the one, and not the other. Therefore, we focus our mental efforts and direct our attention towards this waking world almost exclusively. Yet, one cannot embrace one/half at the expense of the other half.

One cannot embrace one/half (waking consciousness) and expect the other half (dream consciousness) to merely go away, simply because it is considered undesirable. On the

contrary, when one/half (dream consciousness) is constantly ignored and kept out of mind, it does not go away, instead it gets mad. As the anger grows, dream consciousness expresses itself more and more into the waking world, but not in any form that we view as warm or loving. Our dream side, feels with passion, as our waking side thinks with rationale. Our dream side moves with emotion, as our waking side thinks before it moves.

When the dream side is ignored and suppressed, it communicates with our conscious mind through dreams which we interpret as frightening nightmares. The evil monsters and frightening situations in our dreams are the symbolic messages sent to our conscious minds from the unconscious. Our failure to properly understand these and to then deal with the issues they raise cause us great psychological harm.

In classical literature, the dream side is referred to as feminine, whereas the waking side is referred to as masculine. When the female is ignored, kept out of mind and told to go away, the last thing she does is to hear and obey. On the contrary, she gets rightfully outraged and ignites a war that wages within the inner mind and soul of the individual. This little scenario describes the psycho-dynamics of almost everybody and explains why almost everybody suffers from one form or another of psychological turbulence and troubles.

It is imperative for us to recognize a basic truth, that which we call spiritual and that which we know as psychological are essentially one and the same. The dream world is the realm of the soul and spirit. In the waking world, this is called psychology and the study of the mind. Whatever term we wish to call it, it is still one and the same.

If we understand this and act upon it accordingly we can then work to take the best of spiritual teachings and apply them psychologically, and the best of psychological teachings and apply them spiritually. In doing this we can merge and unite the two worlds in our minds, and enable us to recognize their already pre-existent unity.