

The Truth Tales of Dreams

Dreams are meant to keep you asleep
and to process obstructions and discontinuities
in your world view, your map of the reality
that you inhabit.

In order to keep you asleep
dreams are coded.

The code breaking key
is usually found, at the end of the dream.

Dreams are meant
to relate **more**, to **more**, **more** extensively,
more effectively and **more** appropriately.

Dreams use metaphor, analogy and allegory
to achieve these processing goals.

Anything and everything you believe
either is true
or tends to become true
within the system boundaries
of your reality.

Hypnosis is a belief leading,
a belief transforming, process.

All day, every day
one part of our consciousness
sends directives
to another part of our consciousness,
the implementing consciousness.

Our subconscious is the destiny, the target,
the receptive port of arrival
for those directives.

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The consciousness with which we read those lines
is the normal director
the source of directives.

We talk to ourselves.

All day, each day, we mutter to ourselves,
in our heads.

We translate what is happening
into word-made-maps of our experiences,
by means of that muttering to ourselves.

Our map making cartography falls behind.
Words don't map our experience very well.

Zen commends us to
stop talking in our heads.

Zen commends us to
take recourse to "thus-ness" or to "such-ness".

In hypnosis, the directing consciousness
is disconnected from the sub conscious.

The hypnotist becomes the new source of directives.

We derive our experience from our beliefs.

We do not derive our beliefs from our experience.

To think or to meta-think
that we derive our beliefs from our experiences
leads us down a descending spiral
of cynicism, of doubt and of discontent.

A belief is a provisional template.

A belief is what we assume or presume to be true
for the sake of our behavior.

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Beliefs determine what we attempt,
what we try,
what we intend,
what we assume is possible, likely or useful.

If we meta-think
that we derive our beliefs from our experience
when we actually derive
our experience from our beliefs
our scheme size continuously diminishes.

We separate, we isolate, we alienate ourselves.
We close off.

Then, we attempt to supply
the separated, the isolated, the alienated self,
with strife, with struggles, with energy altering competitions.

We choose the game.
We make the rules.
We change the rules.
We change the rules,
when they don't remain to our advantage
and we get surprised that others don't want to play.

We need to reposture and reposition ourselves.
We need to submit to one another:
This is what I am taking into account.
What are you taking into account?

Can we figure out what might be true
or at least discover an explorational project?

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So much representation,
so much advocacy,
so many hypnotic iterations
fill our attention space -
we need to de-hypnotize.

The sweetness of sugar isn't good,
it is dangerous.

We need glucose and oxygen,
not sucrose and polluted air.

We need essential amino acids
not ambiguous proteins.

We need fatty acids,
in the right ratio
to form membranes and prostaglandins,
not any fat, of any kind.

We need vitamins and minerals.

We need a suitable ratio of carbohydrates to essential amino acids
to essential fatty acids: 44:33:3.

We need to be morally self governed.

We need to control what we think
not just what we do

We need to select
that to which we direct our attention, carefully.

We need to use the opportunity of life
to process the range of experiences and explorations.

We need the truth tales of dreams.

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The contrived boundaries
of prudish moralists
formulate questions and quests,
where the linking, the connecting elements,
are missing, excluded by rules,
conjured rules.

The match cut of transformation
of one thing into another
is a super-poetic techniques of dreams. [1]

Watch for them.

Notes:

1. A match cut is a cinematic term.
It is like Stanley Kubrick's match cut
of twirling bones, thrust into the air,
at the hands of apes,
transforming into a space station,
rotating in the same way, at the same rate.
Each were tools used to augment the species' form and strength.

See: the movie: *2001, A Space Odyssey*, online,
at Kubrick websites or at Wikipedia.org