
11. Spirituality & Life Purpose

The aim of life is self-development. To realize one's nature perfectly - that is what each of us is here for.

— Oscar Wilde

Dreams comment on our spiritual path and how true we are to that path. This is hardly surprising since dreams come from a spiritual source. What does surprise many people though is the diversity of paths in the spiritual field. When I first began to explore this realm I went to a "Mind, Body and Spirit Exhibition" expecting to find a lot of eccentric people peddling their cause. Instead I was almost shocked to find normal people, and lots of them, who had found something that they wanted to share with others. The one thing that stood out, however, was that most of these people claimed that their answer was the only answer and path to take in life. With so many people saying they have the answer how do you know which person, if any, actually does? Years later I discovered through working with dreams that they all do! There are many paths to awareness and the path for you is detailed in your dreams. It is as unique to you as any other aspect of your personality. When you have found it you will know it. The mistake to avoid is to assume that because a particular path is right for you, that it is right for everyone. As you will see in dreams, following the wrong path can be damaging.

Spirituality is expression of the soul. People often think it refers only to things of a psychic nature

Summary

- Dreams comment on your spiritual path and how true you are to that path.
- Everyone has at least one spiritual ability. Your dreams relentlessly remind you of that and why you need to develop it.
- Do you see yourself as a body with a spirit or a spirit with a body?
- Are Guardian Angels real or are they symbolic in dreams?
- You have a specific life purpose. Your dreams remind you of it and ask you to be true to that purpose.
- Does reincarnation make sense?
- What are the karmic and dharmic paths?

but spirituality is anything within you that allows you to shine and free your spirit. It could be a writing ability, counseling skills, a specialty for teaching, a musical ability, a love for dance and yes of course, things of a psychic nature too. Each one of us has at least one spiritual ability. Our dreams relentlessly remind us of that and why we need to develop it. People who feel drawn to work in the spiritual field usually do so out of a desire to help others. Most soon learn, however, that in order to become good at what they do, they must first help themselves by clearing any baggage they are carrying from childhood, relationships or other negatively conditioning environments they were subjected to. If you work in the spiritual field and have not cleared your baggage, your dreams show how the negative conditioning inhibits your ability in some way. Dreams also show under what circumstances you should use particular abilities.

If the idea that we have spiritual abilities seems alien to you, just consider for a moment that you are first and foremost a spirit or soul. You temporarily have a body that you know someday will die but you, the spirit, will live on. When you accept that you are a spirit, the concept of having a spiritual ability is natural. You talking with a spirit is simply one spirit talking to another; spiritual healing is one spirit healing another. Many people refer to these abilities as gifts. A gift implies something that has been given but these gifts can neither be given to you nor taken away. They are simply part of your nature. For this reason I sometimes use the terms spiritual power or spiritual ability.

Dreams that reflect the spiritual dimension invariably take place in locations that indicate spirituality. The most obvious locations are churches, synagogues, mosques, and other places of worship. Whether we believe in a God or not, we still associate these locations with receiving direction from the spiritual realm. Other locations and symbols may not be so obvious. In a dream, unpolluted water represents spirituality, so a river indicates a request to let your spiritual side flow more freely. Just like the river, find your own path and overcome any obstacles in your way. A canal is a body of water where the flow is controlled by man made structures, so in dreams this means your spirituality is restricted by man made structures or conventional ideals. A swimming pool has a somewhat similar meaning. A lake is a body of water with no outlet, so symbolically asks you to develop an outlet for your spirituality. A beach is the approach to the sea and since the sea represents spirituality the beach indicates your spiritual approach, while a road running alongside a canal or river, indicates striving towards your spiritual path.

Dreams taking place on a high location, such as on the roof of a high-rise building, can also be about your higher purpose. Dreams in university, college, high-school or other places of higher learning also indicate this. Taking exams is a particularly common dream. We are given the opportunity to take exams when we have completed the required course of learning. Passing the exam opens the door for us to move on to a higher level of learning or gives us the qualification to use what we learned in the real world. Exams in dreams are always a good symbol. It means that you have completed one phase of your learning or life and are now ready to move from this phase to the next phase. This indicates that your state of consciousness is ready to change with the

ground work already done. The dream will show what needs to be developed in order to pass to the next phase of your spiritual evolution. Dreams that take place at a border, customs post, check-point or interview room have the same meaning.

Spiritual abilities are the most precious part of our nature, so will often feature in dreams that take place in jewelry shops or locations where precious items are displayed. Guardian angels often appear in these dreams and hand a 'gift' to the dreamer where the gift symbolizes a particular ability. If the item has to be paid for, the price indicates what is required to attain the ability. For example, a price tag of \$3 indicates commitment is required while \$370 indicates commitment to spiritual goals is required.

When we are born we are aware of our life purpose and our spiritual abilities. Dreams that symbolically reflect birth often remind you of your life purpose and show your abilities in symbolic form. For example, a newborn able to talk would indicate you have a special communication ability.

Guardian Angels

The subject of guides or guardian angels tends to be black and white in people's minds. People are either fully accepting of the concept or don't believe in it at all. However, even people who are aware of their guides can be surprised at how much they limit their guidance. As you might expect, you can see just how much you do limit their guidance and what causes you to do this from your dreams.

I find that the best way to open somebody's mind to the idea of guardian angels is to show them how to see them and I regularly do this on my courses. It generally only takes about ten minutes for everyone in the class to be able to see them. After this point it is easier to discuss them and explain how and why they help with our lives. I am not asking you, the reader, to believe me that guides exist. However, just because the concept may be new to you does not mean that they do not. Fortunately they do not need you to believe in them for them to exist and still help you in your life!

We live in a world where we expect to 'see' something if it is real. However, we believe in a lot of things that we ourselves may never have seen and never will. I cannot see radio waves, x-rays, microwaves or radiation other than light and yet they exist. They existed since the creation of our universe but until someone on earth relatively recently invented devices to detect and use them they could not be proven to exist. It is possible that somebody will invent a device to see into the spirit world and just like radio waves the spirit world will not spring into existence when this device is created. It is already there - just as gravity was before the apple fell on Newton's head.

I am saying this so that you find it easier to keep an open mind. An open mind

Guides in your dreams

As you develop, you attract higher guides. They make their presence known in your dreams.



does not mean that you must believe. Don't believe me! Look for corroborative evidence to support or refute what you read. We all have different paths so it does not reflect badly on either of us if you decide to hold to a different truth than me. That being said I will now outline briefly how and why guides come into our lives. Oh and if you are interested in how to see guardian angels refer to the exercises later in this book.

Life Purpose

Guardian angels appear in our dreams with messages to remind us to be true to our life purpose, to get in touch with our soul and to create outlets for expression of our soul in our life. It is such an important message in dreams because it is that lost connection that has us here in the first place! Life is about restoring this connection so that when we move back to the spirit world we have learned more about who we are and continue to build on our experiences when there. There is no miraculous transformation to enlightened being when we die. We can still be much the same as while on earth. If we are closed minded and intolerant on earth we can remain that way in spirit. If the blindness of our conditioning could just be lifted at the moment of death there would be no need to go through the earth experience in the first place. In the spirit world you would just take an enlightenment pill and 'hey presto' your awareness would be restored. This cannot happen because awareness cannot be lost in the first place. We started spiritual existence with full awareness but through various actions on our part it has been obscured from our view over time. To restore awareness we must clear away the beliefs that obscure it. For this reason growth towards awareness is an experiential process where we unearth truths about ourselves. This is the case in both the physical and spirit worlds but there are good reasons why we take on a physical body to move ourselves forward.

While in the spirit world your journey into expanded awareness is facilitated by eliminating negative thoughts and conditioning you are holding onto. In some cases, however, the conditioning is so ingrained that it forms your reality and you have severe difficulty in reshaping it. While in the spirit world nothing can force you to deal with it. Pain can be avoided and often is when you hit a limitation you have difficulty dealing with. So if, for example, your three biggest blocks are vindictiveness, intolerance and a controlling nature, how do you eliminate them? Firstly you have to decide you want to eliminate them and that a new earth experience would be the best way to deal with it. Once you make that decision, help is at hand. Certain spirits specialize in helping others plan and tailor new earth experiences based on what they need to work on. They are the first to engage in the process of designing your upcoming earth life. The earth life is planned in fantastic detail with the express purpose of helping you to eliminate the chosen conditioning. The planning includes choosing an environment and parents that are suitable for your purpose. You also plan events to help you pick up your spirit world conditioning on the earth plane. In most cases you may also plan other events and people to help you eliminate it later in your life once it has been absorbed into your personality.

Parents are the most instrumental in the early establishment of your problems on the earth plane. They quite often have the task of passing on to you the very nature that

you already exhibit on the spirit plane. Your mother might be very vindictive herself and through mimicking her behavior you are able to manifest in the physical world a problem that you already have on the spirit plane. The strong separation between the physical and spirit worlds allows you to focus on just one or a few negative traits in a life time. If you had full memory of past earth experiences or brought all of your difficulties with you at once, your chance of success is diminished. The separation also allows you to protect previous advances you made in expanding your awareness as you are not putting everything at risk. Each life is like a quest to obtain a precious jewel and you have to run the gauntlet of life to get it. If you brought all the previous jewels you collected with you through the gauntlet each time, you risk dropping the pouch and losing them.

It is entirely possible that you end up not having progressed at all in a particular lifetime. You may have picked up the conditioning you needed to but you may deepen your conditioning by missing the opportunities life presented for purging it. You are a free soul with free will and that allows you to deviate from your planned path whenever you want. However, your likelihood to deviate is already taken into account in the planning process. To help you stay on track while on earth, you engage the help of spirits who specialize in that task. These spirits are your guardian angels and they remain with you throughout your life, always nudging you in the direction you need to be going. They have a very strong connection with you and can greatly influence your feelings towards others and feelings around decisions you make. At the same time another person's guides can greatly influence their feelings about you and in this way you find yourself in the company of other people who are meant to be in your path.

From a human perspective, help does not always appear to be what it is. From the human perspective an abusive childhood, whether physical or psychological, appears to have no value whatsoever. Also from the human perspective alone, it is impossible to tell whether a particular act is part of a planned life, so it is not correct to look at everything as though it has a purpose. What you can be certain of, is that your guides will make every effort to help you get maximum spiritual value from all events in your life. You are a spirit and cannot take anything from the earth plane except its effect on you. Earth is a school for spirits. Just like in your childhood

Reincarnation

For over thirty years, Dr. Ian Stevenson, a professor of psychiatry at the University of Virginia Medical School has interviewed young children who have spontaneously remembered previous existences. Frequently their memories are so detailed Stevenson has been able to track down the identity of their previous personality and verify virtually everything they have said. The prestigious *Journal of the American Medical Association* stated that he has "painstakingly and unemotionally collected a detailed series of cases in which the evidence for reincarnation is difficult to understand on any other grounds."

— Michael Talbot

The Holographic Universe



school, your participation in this school determines the course of your life afterwards, and the ease with which you can further your goals when back in the spirit world.

Guides do not judge you or try to control your free will in any way. It would be inconsistent with their level of awareness to do so. This also precludes them from helping unless asked by you. So remember to ask! They seek to help by empowering you to find your answers. This may be a difficult concept to grasp as most of us do not do this. Guides arrange all sorts of coincidences by which you find yourself in the right place at the right time. However, guides do not control the choices you make and you can find yourself letting an opportunity pass you by. Organizing these coincidences is not interfering with your life as this has already been arranged between you and them by prior agreement.

When you get a flash of inspiration or a feeling and go with it you are following guidance. However, if instead you rationalize what you have received and let negative emotion take over, you block or limit the guidance. The more you follow your feelings the more open you become to guidance.

It is useful to always keep in mind a guide's method of helping. The next time you are asked for help by a fellow soul, seek to empower them by openly sharing what you know. A person is empowered if they can deal with the situation without your help should they find themselves facing the same issue again. Make it your intention to empower others and opportunities to do so will unfold.

Guides in Dreams

Guides appear in dreams in a number of ways and it is worth learning how to spot them as their advice in a dream is infallible. The easiest way to tell this, is to note if the person in the dream has a title such as a doctor, president or bus driver. In this case the profession of the person indicates one of your spiritual abilities. In the list above, a doctor indicates you are a healer, president indicates you are a spiritual teacher or leader and bus driver indicates you are a counselor that works with groups of people to take them from where they are to where they need to be. These are covered in detail later.

Use a pendulum

If you are familiar with the use of a pendulum you can use it to check that you have the correct meaning of a symbol or of the whole dream. Simply ask the pendulum *yes* and *no* questions.

Note: How to use a pendulum is described in the Psychic Development section of this book.



It is very common for guides to offer a gift in your dream. In this case the guide is indicated by this action and they do not need to have a title. What is of great interest here, is that if you recognize a person you already know as a guide in your dream, it means they are a guide in reality too even though they are on the earth plane.

If a person speaks with authority in a dream they are also a guide. For example, a person in a hostile mob speaking

up and taking charge of the situation to calm their rage indicates that you are a spiritual leader. A guide may also speak with authority to give you direction on either what you are doing wrong or what way you should change. A disembodied voice is also indicative of a guide in dreams.

It has been proven psychologically that we subconsciously grant authority to people occupying a position slightly above us and to our right. Guides will almost always assume this position in your dreams. It is also common for there to be a source of light near them, such as a window.

Dreams of aliens or spacecraft can also indicate guides. Aliens, like guides, are from another world. If they appear this way in your dream it is likely that you still see the whole concept as alien and have not reconciled the fact that both you and your guides are the same. The only difference is that they have regained more of their former awareness.

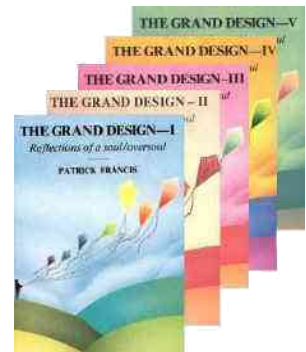
Karma

In spiritual terms we have two choices as to how we will live our lives. The first and predominantly most common choice made today is to live on a karmic path. Karma is neither positive nor negative. It is simply a method by which you are repeatedly presented with opportunities to overcome the limiting conditioning that blocks your awareness. From a human perspective this is usually seen as negative since you can find yourself having to deal with the same difficulties over and over. However, from a spiritual perspective it is a healthy ingredient for growth in awareness, where you come face to face with your limitations, while at the same time you are being helped and supported by your guides to overcome them. If two of your life tasks are to overcome anger and the abuse of power, it may be as simple as repeatedly finding yourself in situations where you find your anger boiling over and you take it out on others, such as your employees, your spouse or your children. As each opportunity presents itself and you waste it, your guides will set up another one. They know that eventually you will grow tired of being angry and will question your motives and yourself. Change can only come from within and with great patience and love they will persist with you, waiting for that moment of enlightenment.

People who are unaware of the spiritual dimension of life, may judge you harshly and pity your wife and children. The life task of these people may be to learn how to love unconditionally rather than sit in judgment. In being the angry man you are, you are also helping them by bringing out in them their own limitations. As for your wife and children, their persistence with you may be in payment for help you provided to them

The Grand Design

If you wish to explore more about Guardian Angels and life purpose I highly recommend the five book series *The Grand Design* by Patrick Francis.



in previous lives where they wronged you. They feel they owe you a debt and were delighted with the opportunity presented in this life time to repay you by being the main targets for your anger and abuse of power in this life time. They agreed to it because they know the design of your life and it is their greatest hope that you will shine through this time around. Either way their debt will be repaid but that does not stop them from taking what seems to humans as a victim position in this role with you.

While on this karmic path your own energy draws to you events that allow you to clear your karma. Indeed karmic fields in your aura can be read by clairvoyants and they can tell from these fields what your life purpose is. When you refuse the learning opportunity of an event and repeat your limiting conditioning, you draw more karma to yourself. In energy terms, at the moment of the event, the karmic field connected to that limiting trait collapses. Your reaction to the event, however, determines whether the field is restored again and to what strength. Your awareness at the time of the event is of major significance. The level to which you know your action is inappropriate, is proportional to the karmic debt incurred by that action. A person who really knows no better incurs the least karmic debt while a person who is aware incurs the most for the very same actions.

A good analogy is that we are all waking around with multiple karmic magnets stuck to our bodies. Instead of just north and south poles, however, there are many polarities on the magnets. The magnets attract appropriate people and events to us that will allow us to overcome the limitations we hold onto. The people attracted are wearing the opposite magnet on their body. The opposite polarity means they are skilled in pushing the buttons that trigger our faults. On earth most are blissfully unaware of the fantastic design of the karmic system. The angry man on earth is pulling his hair out, wondering how despite his best efforts he managed to land himself in more of the same. At the same time his guides are thrilled for him as he has yet again come face to face with his problem and maybe this is the time he will grow past it.

souls chose the karmic path because it is an easy way to grow spiritually. All the major events in your life are going to happen to you, rather than you choosing to experience them. In this way you can learn lots about yourself, based on how you react to and cope with the experiences life throws at you. Essentially by choosing karma, you are forcing yourself to learn about yourself and hopefully advance in the process. Time is what makes karma work. Time does not exist in the Spirit sense and you instantly feel the effects of your own actions towards yourself and others. Karma and the physical plane allows there to be a delay between your actions and the feeling of the effect. The intention is that within this period of time, due to advances you make in your own understanding, you have opportunities to subtract from your karmic debt and so incur either positive effects or less negative ones. To help further, karma can span lifetimes. Due to this, karma is the most chosen path in life. From a human perspective it is not the easiest but from a spiritual perspective it is a blessing.

The term karmic debt comes from how we feel when we fully understand the effect of our actions on others. When we die our guides help us review the human life we just lived in great detail. When reviewing an event we don't just feel how we felt at the

time. We also get to completely feel how everyone affected by our action felt at the time and how it subsequently affected them. This is feeling with deep understanding. If you caused somebody great pain you feel that pain as they did and with the full understanding that you caused it. If on the other hand you caused great joy you have one tremendously uplifting experience to look forward to. It is during this life review process that a soul decides they owe a karmic debt and they let it be known to their victims and guides. The guides will then engineer opportunities in further lifetimes for the aggressor to repay the debt they feel they owe. It may be through suffering as a victim or it may be through using their talents to help others to grow on the earth plane.

It is worth noting that there is no spiritual law that says an aggressor owes a karmic debt. To have such a law would negate free will. Growth in awareness is an individual path. If on the spirit plane you can forgive yourself for all the wrongs you have caused you are free of any debt. However, your deep understanding of the effects of your wrong doing makes that very difficult. On the earth plane it is almost impossible to correctly categorize your actions as wrong or right. Actions that appear negative from a human perspective can have a far reaching positive spiritual impact. A spouse leaving a partner may well be a spiritual requirement in their partner's life plan, and may allow for growth in their feelings of self worth, confidence and independence. The partner may never take the steps to receive the counseling they require without the apparent selfish act of their spouse.

Dharma

The second path we can choose to follow in life is Dharma. While karma allows a focus on outer events, people, possessions and society to trigger inner growth, the dharma path is achieved by focusing directly on your inner being and choosing to live a life that is directly inline with your life purpose. The dharma path achieves the maximum spiritual growth and is at the heart of many eastern philosophies and religions. It is known as a state of grace by the Christian Church and the Christ Consciousness in New Age literature. For comparison, the Old Testament is karma, espousing the philosophy of an eye for an eye while the New Testament is dharma encouraging you to turn the other cheek and forgive your enemies.

On this path you choose your avenues in life because you are consciously aware of what is best from your soul's perspective. The choices made are not always logical or understandable by those on the karmic path. Both paths will ultimately lead to the same place but dharma is by far the quickest. It is not chosen as much by souls entering the planet because it requires a compassionate heart combined with a state of spiritual awareness and forgiveness.

Through work on balancing your male and female energies you can switch from karma to dharma during your lifetime. This balance is achieved through consciously working on issues that form part of your limiting conditioning. This likely involves a deep look at your childhood and cutting the ties with mum, dad or possibly both. The

technique for cutting the ties is described on my website. Sometimes the conditioning comes from a former life and so is trickier to pinpoint. Even in these cases the former conditioning is often linked to a particular parent and a rigorous cutting the ties will still heal it. No matter where you live there are plenty of therapies out there that are effective, such as counseling from a competent therapist.

Once on the dharma path you will know it. Your happiness comes from within and is infectious to those around you. You develop a strong compassionate understanding of others and this gives you a great tolerance. Of most importance is your feeling of unconditional love for yourself. Through this you can work through your problems more effectively as you do not criticize yourself for failing to achieve. Instead you love yourself for coming through to the point you are now at and for each step further you achieve.

A person on the dharma path can seem selfish to a person still on the karmic path as they choose what they want to do in life rather than letting circumstance and others dictate it. This spiritual freedom can be perceived as rejection to the person on the karmic path who still has conditioning they need to break free from. For example, it may be that they throw guilt to exert control over others but a person on the dharma path does not catch it.

Karma and Dharma in Dreams

In dreams karma and dharma are usually shown as a choice. Karma is learning about yourself through the five physical senses so is most commonly represented in dreams by the number 5. Karma is a male energy approach to life. A perfect symbol for karma is to dream of looking into a black mirror. In a symbolic sense this represents negativity (black) reflecting back onto itself. A more common symbol for karma is to dream of a car. Driving a *car* to *ma*'s house is a pun but a car on its own is sometimes sufficient to indicate this path. A rocky terrain or steep hill in your path also indicates karma where life is seen as an uphill struggle. Other common symbols are revolving doors, Ferris wheels (big wheels), and being on an endless road. As we come to the end of what we can learn from having earth incarnations, we include in our life purpose the repayment of karmic debts to others. It is common, however, to get here and decide all this spiritual stuff is mumbo jumbo and so not develop our spiritual abilities. If we do not develop them we can not use them as planned to help the very souls we owe debts to. Through not developing them we cannot repay our debts as planned before coming here. When we pass back into spirit we clearly see the missed opportunities and the debts still owed. We plan another life to repay them. If this has happened a number of times, we can have dreams reminding us to not procrastinate this time around.

Dharma is a female energy approach to life and is represented in dreams by the number 6. This indicates having gone beyond the 5 senses. Dreams about short journeys with illogical connections also indicate dharma. Crazy rides in carnivals indicate moving from karma to dharma, for example, a ride where you are heading towards a missing piece of the road and what seems like a cliff like drop, when suddenly a platform swings out carrying you safely to the next segment of the road and then disappears.

This emphasizes the need for trust that your spiritual path will connect up with where you need be.

Dreams often show that you have a choice between karma and dharma. Common techniques are choices between getting the number 5 or number 6 bus to go home. Taking the right-hand turn at a Y-junction or T-junction on a road chooses karma - the left turn chooses dharma. This is because the male side is often indicated by movement to the right while the female side is indicated by movement to the left and karma is male while dharma is female. Dreams will always encourage you to develop your female side through expression of the heart so that you can switch to a dharma path and so return 'home' more quickly.

Quick Symbol Reference for Spiritual Dreams

The following symbols all indicate your dream is about the above for various reasons. Complete descriptions are given in the Dream Symbol Reference later.

Any symbol indicating a spiritual ability	High location
Beach	High rise building
Border	Interview room
Buried treasure	Jewelry
Canals	Lakes
Check-point	Mosque
Church	Place of worship
College	Rivers
Customs post	School
Examination hall	Silver
Gold	Synagogue
	University

