

Barry Cowger

Dreamwork: Astrology and Your Dreams

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Dreams and Astrology was the subject of Saturday's Workshop by Barry Cowger. Barry began, "The purpose of this workshop is to demonstrate how to form a relationship with dreams and symbols, so as to enter a new phase of psychological and emotional development."

Dreams give valuable insights into the mind, the personal unconscious, and the collective unconscious. Astrology, being a symbolic language, works well for interpreting of dreams. Knowledge of myth and religion is also helpful.

Learn the art of chronicling, evaluating, and analyzing your dreams. The following checklist is designed to assist you in this area.

1) Dream Structure:

A: Setting. Record the people, places and things in the dream.

B: Development. Reconstruct the action and transitions.

C: Lists. Look for transitions from structure to dissolution?

2) Dream Type:

A: Prospective

B: Life-Stage

C: Literal

D: Psychological

E: Myth and Archetypal

F: Physical

G: Action

3) Associations:

A: Free associations (Personal material)

4) Amplifications:

A: History, Art, and Literature

B: Mythology

C: Fairy Tales

D: Jungian (and other) symbols

Dreams link you with your personal unconscious, the collective unconscious, and a library of universal archetypal symbols. These areas of your existence are often referred to as your shadow. The following information a direct quote from Barry's notes.

What is my shadow?

1) Everything of which I was once conscious but have now forgotten,

2) Everything of which I know but of which I am not at the moment thinking,

3) Everything perceived by my senses, but not noted by my conscious mind,

4) All of the future things taking shape within me that will sometime in the future come to consciousness.

Barry said, "We are far more likely to participate in the world's destruction by clinging to the fiction of our innocence than if we have a conscious and living relationship with the darker aspects, the shadow aspects, of our nature."

Complexes belong to the basic structure of the psyche. The value of your life is enhanced if you learn to

assimilate and integrate these complexes into your conscious mind. Material derived from the collective unconscious is never pathological. It can only be so after passing through the personal unconscious where it undergoes transformation and colorization.

'When this repressed complex is raised to consciousness, it is freed from its prison. Most complexes are revealed on a symbolic level in your dreams. Analysis of these images can uncover their personal meanings and yield valuable insight into the meaning of your life. Astrology is a valuable tool for achieving this.

When you confront the core of your complexes, the areas where myth/archetype reside, you confront the ultimate borderline of self. Here you come face to face with your transcendental meaningfulness. The symbolism of Astrology can help you understand this area of your existence.

Dreams can be an important source of information for the therapist. Barry talks to his clients about their dreams before he employs Astrology. This gives him insight into the workings of his client's personal unconscious and makes for a more accurate and meaningful reading.

Document your dreams and study their symbolism. Compare your findings to the information contained in your natal chart. This will lead you to a deeper understanding of your existence.