



DEPRESSION DEEP DIVE SERIES: PART 8 OF 12

The Wisdom of Dreams

Part 8: Symbols, Compensations & Messages from the Deep

Welcome to Part 8: The Wisdom of Dreams.

When we are depressed, our conscious mind is often stuck in a loop of negative thoughts. But the unconscious mind is still active, sending us messages every night through dreams. Jung believed dreams were the psyche's attempt to restore balance and show us the way forward.

"The dream is the small hidden door in the deepest and most intimate sanctum of the soul." — Carl Jung

1. The Compensatory Function

Jung believed dreams often compensate for our conscious attitude. If you feel powerless in waking life, you might dream of driving a powerful car. If you are too rigid, you might dream of a chaotic storm. The dream is trying to show you what you are ignoring.

Reflection:

Recall a recent dream (or a recurring one). Even if it seems nonsensical, what was the primary feeling in the dream? How might this feeling be the medicine your waking life needs?

2. Symbols of Transformation

Dreams speak in symbols, not logic. A house might represent your self. A car might represent your drive. Water often represents the unconscious emotions. Death in a dream rarely means physical death—it usually means transformation.

Reflection:

Pick one image or symbol from a dream that stuck with you. Don't look up a "dream dictionary." Instead, ask: "What does this symbol mean to me?" (e.g., "A bear represents scary power," "A basement represents my past").

3. Befriending the Night

We often ignore our dreams. But paying attention to them tells the psyche: "I am listening." This simple act can start to get the energy moving again.

Reflection:

Keep a notebook by your bed. Before you sleep, ask your unconscious: "Please show me what I need to see." Write down whatever fragments you remember in the morning. What happens when you start this dialogue?

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