

Dreaming the Flower of Life

By Suzanne Wiltink © 2009

In the summer of 2007, I was struck by a dream experience in which a flower pattern emerged, that seemed to have a purifying effect. It wasn't a normal dream, but I wouldn't call it a lucid dream either, though I was fully aware of what was going on. It lacked the typical "aha-I'm-dreaming!" moment that I usually experience when becoming lucid; this dream felt hyperreal.

First, I will share the dream, and hopefully with the help of a few pictures, take you with me into the experience. Then I will discuss an event that precipitated the dream, which to me seems important and related to it. I will also share a bit on the after effects. Finally I'd briefly like to make a suggestion for further exploration.

Dreamreport

In the dream, everything around me was totally black, and above my head, when I looked up, I saw a geometrical form of light, that looked like circles that make a flower:

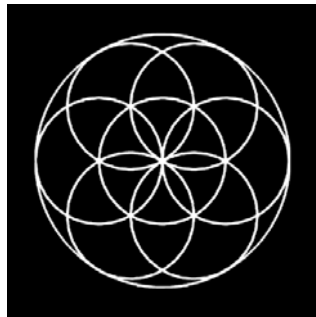


Fig. 1 Seed of Life

It was rather a wide form, so if I would stretch my arms all the way sideways, my whole body would fit in it, like this:

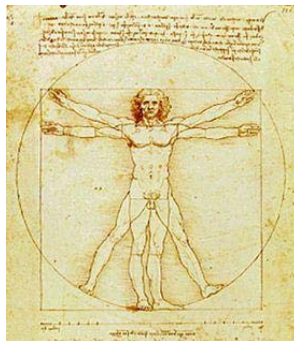
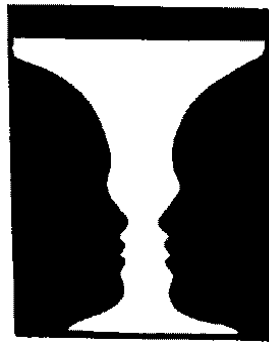


Fig. 2 The Vitruvian Man ~ Da Vinci

Then it's energy came down on me, like my body was some sort of container, and the light was poured into it. 'Step by step' it descended into my body, and the light became my body, and the darkness around it shaped it, just like an ambiguous figure:



**Fig. 3 Face-vase illusion
devised by gestalt psychologist Rubin**

I felt resistance when it entered, and when it reached my chest/heart, I felt a lot of fear and wanted to wake up, but the energy kind of drew me back in! And when I let go of my fear and surrendered to it, the light would go further down my body. There were clear distinctive steps, it felt like the light paused at levels of various organs:

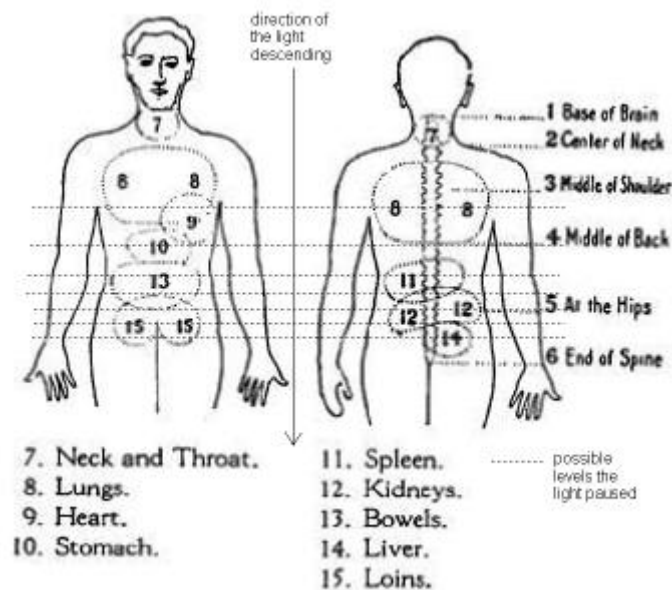


Fig. 4

Again at these levels I felt fear without reason, surrendered to it, and the light would descend further until my whole body was filled. This whole experience might have taken only a few minutes, even though it had a timeless quality and feeling to it.

In my legs, the sensation wasn't very strong. But when it got 'through' my feet, it felt tremendous! Like a filled balloon, under pressure, then it bursts 'poof!', and the energy starts flowing. That felt really really ecstatic, arousing, magnetic, even orgasmic! I was screaming of fulfillment, and at my feet the energy made sounds of electricity. The soles of my feet were glowing like producing a beam of heat. It was very profound.

Comments

When I woke up, I did remember that I saw the figure or symbol above my head somewhere before, so I started Googling, and to my great surprise, the symbol is called 'the Flower of Life', or at least the fragment I saw is part of it and called the Seed of Life.

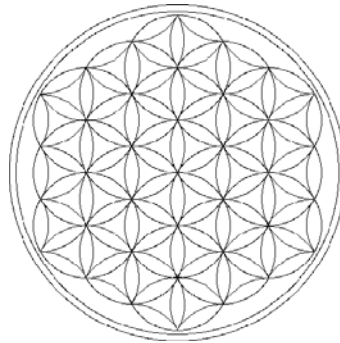


Fig. 5 The Flower of Life

"The Flower of Life is a geometrical figure composed of multiple, evenly-spaced, overlapping circles, that are arranged so that they form a flowerlike pattern, with a sixfold symmetry like a hexagon. Indelibly etched on the walls of temple of the Osirion at Abydos, Egypt, it contains a vast Akashic system of information, including templates for the five Platonic Solids."

About a week before that dream, I was having a discussion with a friend about the nature of good and evil, and for some unclear reason, I hit a nerve, and I felt terribly angry.

So I decided to have a look at it. I laid on my bed, turning my attention inwards. But when I looked at my anger, it got bigger and bigger and bigger! And my thoughts were like the biggest chaos, all my beliefs about good and evil that I possibly ever thought of were going around my mind like crazy. Each one of them was falling apart, until there was nothing left but me and my anger and the most powerful will to destruct.

Then I noticed obtrusive images were coming up from down below, of all kinds of 'evil' things I saw myself doing, factual and fictitious. This stopped, after I pictured the most horrible thing I could possibly imagine. I noticed all kinds of negative beliefs popping up because of what I pictured in my mind during my rage, it literally made me feel sick to my stomach. But it was quite easy to challenge them and make positive affirmations as some sort of antidote, and I could notice almost an immediate effect of these positive beliefs in my body as well. It took me a few days to feel completely better, but I felt better than ever. The process made me feel reborn. Another waking life event that might be linked, is the fact that I decided to undergo the second Reiki initiation. I feel this decision, consciously and/or unconsciously, might have speeded up any inner cleansing process.

On a personal level, it seems like the experience of the Flower of Life, is a reflection of what happened in waking perceived reality. Maybe in a way, it is the result of the transformed and assimilated/integrated repressed anger: my 'destruction' turned into 'creation,' just like the Seed of Life is associated with creation of life. The dream seems to have acted as a kind of purification, cleansing negative belief residues, which (I believe) are encoded at the cellular level in the body.

Afterwards it felt like I did not have to fight certain beliefs anymore. I am not anger-free of course, that seems impossible, but I feel I don't have to fight anymore. I feel comfortable to truly know deep inside that feeling angry does not make me a bad person. I feel more compassionate towards it, and also towards

others whom I've ever felt violated by. This experience helped me to learn to witness deep inner anger, without violating or acting out on myself or others.

Around the same time the dream occurred, I started to get interested in dream- and sleep yoga. Tenzin Wangyal Rinpoche wrote a book on it, called ***The Tibetan Yogas of Dream and Sleep***. According to Bön buddhist tradition, there are three types of dreams in exercising dream yoga: normal samsaric dreams, clear dreams, and light dreams. Normal dreams come forth by karmic traces, and clear dreams by transpersonal karmic traces. Both can be either non-lucid or lucid.

In light dreams, there is awareness, but no distinction between subject-object. These dreams take place in non-dualistic awareness. I wondered about the nature of my dream experience, and whether it could be an example of a light dream. Still a lot left to dwell upon.

Suggestion for further exploration

Given the positive, transformative effect that this geometric symbol has accounted for in my experience, it seems like an obvious and interesting step to invite you to dream (part of) the Flower of Life too. This can, for example, be done by meditation or visualisation on the symbol. As this dream report, you could visualize the symbol or draw it with your hand in the air as a light figure above your head, then let the light enter your crown, and descend step by step into your body, until you are completely filled with light. Or maybe there is part of your body, you feel needs cleansing or healing, and you can visualize the symbol at this specific part in your body. Notice any feelings, thoughts, beliefs that might come up while doing so, try to allow the light to be there and see what happens. Alternatively, before going to sleep, you can set your intention to dream on the Flower of Life. Happy dreaming!

If you have any comments, questions or experiences you'd like to share, you're welcome to mail me at: s.wiltink@tomaatnet.nl