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SPRING 2018

# DREAMTIME

M A G A Z I N E

## In This Issue

- \* Nancy Grace Remembers Rev. Jeremy Taylor
- \* Edward Bruce Bynum
- \* Diane Greig
- \* IASD Board VOTE Edition



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# A Story from my Ordinary Waking Life

Laura Atkinson



This is a story about spirit animals, synchronicity and its partner word: diachronicity. Quite often, my Ordinary Waking Life and my Dreaming Life collide, and the central image of the dream manifests within 24 hours of waking; and other times it takes years for an image to manifest. This is where dream journaling and dream review come in handy.



## 2014 – SHHH . . . TINY OWL DREAMING

**Hi, MY NAME IS BALLOU AND I AM A TINY EASTERN SCREECH OWL. I WAS NAPPING WHEN I HEARD THE CRUNCH OF DRY, AUTUMN LEAVES. I WAS DREAMING OF LUNCH, A GIANT, GREY MOUSE. I SLOWLY OPENED MY EYES BUT MUCH TO MY SURPRISE, IT WAS A NON-FEATHERED-HUMAN-FEMALE POINTING A SHINY BLACK BOX AT ME. I GLARED AT HER WITH MY SHARP YELLOW EYES AND STARED AT HER INTENTLY. I THOUGHT I HAD HIDDEN MY NEST PRETTY WELL, HIGH UP IN AN OLD TREE, ON A LITTLE TRAVELED SIDE ROAD, NEXT TO AN ABANDONED CEMETERY. IT TAKES A SHARP EYE TO FIND TO FIND ME BECAUSE I AM PRETTY MUCH PERFECTLY CAMOUFLAGED WHEN I'M SNUGGLED INTO A CUSTOM-SIZED TREE NOOK. PLUS, I AM SMALL. LIKE REALLY SMALL. LAURA LATER TOLD ME THAT I AM NO BIGGER THAN A MEDIUM CUP OF DUNKIN DONUTS COFFEE . . . WHATEVER THAT IS.**

**SHE SAID "I'M SORRY FOR DISTURBING YOUR NAP, BUT CAN I TAKE YOUR PICTURE" – TO WHICH I REPLIED, "FINE . . . IF YOU DON'T TELL ANYONE WHERE I LIVE, I WILL PROMISE TO INTRODUCE YOU TO SOME OF MY FEATHERED FRIENDS. SHHHH . . . TINY OWL DREAMING!!" I WENT BACK TO MY OWL SLUMBER. SHE CAME BACK LATER THAT YEAR AND THANKED ME BECAUSE SHE WON A PRIZE FOR THAT PHOTOGRAPH . . . WHATEVER THAT IS.**

## Laura's Dream Journal: 2016 Snowy Owl and a Rose

The dream begins on the shore. I am on the cliff and I can see my friend on the rocks. We're both taking photos of the snowy owl that is nesting in that area. The snowy owl swoops right in front of her. I see that it lands on a rock surrounded by thick green water. I make a photo from the cliff, zooming in. The snowy white color is fascinating. Later, we see a pond, and there a long stemmed rose is being reflected in the water.

There's been an influx of Snowy Owls temporarily residing in Rhode Island this winter. Because of various birding and photography etiquette, people are not supposed to disclose the exact location of owls or raptors. My photography and birding friends gave me the general area to seek her out.

Once I arrived at the area, I felt disappointed when I couldn't immediately spot the Snowy Owl. I parked my car, turned off the engine, and stared out at the field. Out of the corner of my right eye I saw something swoop towards the ground. There, no more than 20 feet away, the Snowy Owl landed on the grass near a field of geese.

Being mindful of owl behavior, I did not wish to spook her into flying away, using precious energy

and hard won reserve calories. She was keenly aware of my presence . . . I quietly asked “Please, I don’t want to see you eating, can I take some photos and then I will leave you alone.” She looked at me, and seemed to smile. For the next 30 minutes, it was just me, the owl and the field of geese.

LUNCH INTERRUPTUS: Hi, I’m BAYWAY, A JUVENILE SNOWY OWL FRESHLY ARRIVED FROM CANADA. I JUST HAD A LOVELY CONVERSATION WITH A NEW HUMAN FRIEND. SHE GAVE ME SPACE TO DO MY OWL THING. SADLY, OTHER HUMANS APPEARED AND GOT TOO CLOSE. I HAD TO FLY AWAY BEFORE HUNTING FOR LUNCH. I’LL FLY TO MY SAFETY ZONE, ON THE ROCKY SHORE, WITHOUT TRAIL ACCESS FOR ANYONE TO BOTHER ME.

I could not help but to think of my dream journal, about the owl on the rocky shore. It seemed to manifest. I stood on a cliff overlooking the shoreline, and maxed out my zoom length to take a photo of her on the snow covered rocks. On a separate visit to see Bayway, there she was, literally sitting on an the Public Access sign that points to the paths around the bayside winter home. The symbolism was obvious to me: “It’s a Sign, she says I’m on the right path.”



### **Laura’s Dream Journal : Owl on the Desk**

The dream begins when I am observing an older man with a long white beard. He’s transcribing something into a book. The surroundings look very old, perhaps a castle. On his desk is a little owl. Sometimes the owl puts it’s claw into the ink well and scratches at the paper. The old man scratches neck feathers of the owl. It makes the text and photos look very interesting, like the owl is giving some of its animal energy to the story.

Jean Campbell saw the Snowy Owl photos I had been posting on Facebook. She thought the owl would make a great cover – but the catch – I would also have to write an article. I tap into my inner old-man-author while I am writing. I also started experimenting with “scratch” texture overlays in Photoshop.



## Interpretation of Waking and Dreaming Worlds

There are as many superstitions, symbolic definitions and myths about owls as there are species of owls. In many cultures, owls are symbolic of death, while other owls are considered sacred, or the spirits of women who passed on and became owls, or messengers from the heavens. Different species of owls also have their own symbolic interpretations. For instance the Dakota Hidatsa people believed burrowing owls acted as protective spirits. Owls have long been associated with both death and wisdom.

Good omens, dangerously bad omens, aliens, sacred birds, witches, or the souls of the recently deceased? Just like dream dictionaries, all these myths, legends and superstitions are a great place to start your research. Defining your own dream symbolism and experiences should be highly encouraged. It's been a fascinating journey for me, researching these beautiful birds.

I didn't resonate with the gloom and doom "death" message; but winter / darkness did provide a connection. Winter provides the longest nights for dreaming – and the owls (creatures of the night) being in the area offer their energy. It's my opinion that owl wisdom partnered with dreamwork provides the backdrop and opportunity to navigate any darkness in our life; it could indicate the right timing to swiftly and silently face "shadow" facets of dreaming, or a good time to incubate troubleshooting / truth telling dreams.

I'll share some facts that I found fascinating, and several ways that I personally utilized the owl essence in my own dreamwork.

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*Afterword:*

### Set in Stone

I had been working on the conclusion of this article about owls and dreams. I've been wondering, and struggling with knowing, if the story is "solid" enough. I took a break to treat myself to a Dunkin Donuts coffee. While I was at the shop, in the most random place, I find a rock, painted with an owl with googly eyes. I think of my feathered friend Ballou who first started my discovery of owl medicine. Symbolically speaking, I interpreted this as a sign that I can stop rolling my eyes, because my article is "solid as a rock."

### **Owls fly in near silence.**

*Before dreaming, develop a practice of quieting the mind and creating clear dream incubation sentences / questions.*

### **Their eyes can see macroscopic and telescopic in a matter of a nano-second.**

*Owl energy in dreams can assist with seeing the full big picture as well as all the finer details.*

*Ask to see clearly into the core of a situation.*

### **Their necks can turn up to 270 degrees.**

*Owls have forward vision as well as the ability to turn to see what's behind them.*

*Ask the owl to show symbolic clues of a future possibility, or a retro review of the past.*

### **Screech owls are the smaller of the species, and are best camouflaged sitting in tree nooks where they nest and perch to survey prey.**

*In dreams, perhaps this is time to play the role of an observer, or incubating a dream*

*"If I were invisible, what would I see in xyz scenario or situation?"*

### **Snowy owls generally mate for life, except when there is an abundance of food.**

### **They'll take up to three mates when times are good.**

*Dream incubation of relationship issues with marriage, partnerships, business relationships.*

### **They migrate when food is sparse.**

### **Once they find a place to nest, they rarely go more than mile from it.**

*Dream incubation - does my current environment support thriving vs just surviving?*

*Should I stay in my current housing situation?*





# DREAMTIME

A Publication of the  
International Association  
for the Study of Dreams

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