Contents

Foreword ............................... xi

1. Dreams and Our Spiritual Journey .......... 1
   Dreams Happen in a Real World • Your Hidden Life • Earth Academy • Dream Treasure • Handy Spiritual Tool • Your Source of Everyday Guidance • Forgotten Road to Heaven • You Have a Dream Guide • Dream Travel Protection • The Way of Contemplation • Mental Obstacles • Insights through Dreams • What Is a Spiritual Dream? • Universal Nature of Dreams • Waking-Life Lessons • A Fallen Robin • Greater Destiny • Waking Dreams • Exploring Your Inner Worlds • The Purpose of Life • Spiritual Exercise: The Blue Curtain of God

2. The Dream Master .......................... 23
   Wake-Up Call • Working with a Dream Teacher • The Mahanta • My Early Experiences • Personalized Teachings • The Mahanta Never Interferes • Spiritual Exercise: Inviting the Dream Master • How the Mahanta Communicates • The Inner Teachings • Spiritual Exercise: To Remember Your Dreams • How to Remember Experiences • Dream Guidance • How the Mahanta Works with Dreams • Grasping the Significance of Dreams • Dreams Are Memories • Spiritual Exercise: To Soul Travel • Overcoming Fear • Going with the Flow • First Dream Experiences • Movement into Higher Consciousness • Coming Back the Knower • Spiritual Exercise: A Soul Travel Dream Technique • Drawing Back the Curtain • Degrees of Realization • Tip: It Takes Practice • The Reality of the Inner Worlds • Spiritual Exercise: For Direct Knowingness • Spiritual Geography

3. Beginning Your Dream Study ............... 49
   Overlooking the Commonplace • Tip: Study the Details • Developing Your Dream Memory • Spiritual Exercise: The Golden Cup • The Expanse of the Inner Worlds • Tip: Nap Time—An Easy Start to Dream Study • Map of the Dream Worlds • Clearing Up Dream Messages • Dream Censor • Forgetting the Dream • Tip: Writing to Slip Past the Censor • The Rest of the Story • Spiritual Exercise: The Rest of the Story • Nightmares and Spiritual Obstacles • Downside of Expectations • Tip: Draw-
4. Uncovering Your Past Lives

through Dreams .................. 69

Ultimate Purpose of Dream Study • Dream Insight for Our Lives Today • Tip: On Past-Life Study • Visit to the Old American West • Tools for Unfoldment • Self-Responsibility versus Faith • Guillotine Dream • Tip: Thoughts Have Life • Are You Aware of Your Dream Karma? • Tip: Avoiding Unconscious Karma • A Labor of Sisyphus • By Hard Experience • Soul’s Total Experience • Present Tools • The Role of Karma • Insight from a Past Life • Drumbeat of Time • Lessons from the Past • Growing in Understanding of Yourself • The Inner Worlds and Past Lives • Inquisition Dream • A Fuller Understanding of Past Lives • Victim Consciousness • Self-Responsibility

5. Dream Glimpses of the Future ............... 93

Dreams Can Speak in Symbols • Key to Understanding Dreams • Spiritual Exercise: For Higher Dream Awareness • Dream Big, Work Hard • Interpreting a Dream • How to Get Help • End-of-the-World Dreams • Strengthen Your Weak Points • Nightmares • Golden-tongued Wisdom • Prophecy for the Moment • Your Own Path to God • Taking a Chance on Life • Waking Dreams • Another Waking Dream • A Matter of Trust • Try Again • Appearance of God’s Love • Interconnected Wheels • A Dream of Death • Recurring Dreams • Prophetic Dreams • Above the Time Track

6. Eight Types of Dreams, Part 1 ............... 121

Eight Types of Dreams • Daydreams • Dreams of Initiation • Remembering Initiation Dreams • Dreams of Intrusion • Screen of Protection • Tip: Cut Back on Contact • Losing Confidence in Yourself • Tip: Take Precautionary Measures • Dreams Teach You Strength • Creating Your Own Protection • Tip: Protection Techniques • Methods of the Black Magician • Tip: How to Survive a Psychic Attack • Spiritual Exercise: The Mountain of Light • Use Your Own Resources • Develop Your Creativity • Beam Me Up, Scotty! • Dreams of Release from Fear • Unexpected Rescue
7. Eight Types of Dreams, Part 2 ................. 141
   Natural Way to Remember Dreams • Waking Dreams • Fateful
   Bus Trip • Locked Out • Copper Coins • Contact Lenses •
   Wall Hangings • Golden-tongued Wisdom • Glass Etchings
   • Fortune Cookie • Dreams of Understanding • A Beached
   Whale • Golden Seeds • Repaying a Debt • Dreams with the
   Mahanta • Recognizing the Mahanta • Sound Experience •
   River Run to God • The Richness of Dream Experiences

8. Understanding Your Dreams ..................... 163
   Beginning to Interpret • Three Levels of Dreams • Dream
   Symbology • Creating Your Own Dream Dictionary • Tip: The
   Dream Dictionary • Dream Guidance • Translator Function
   • Effect of Interference • A Dream about Habits • How to
   Change a Dream Yourself • Spiritual Exercise: Into the
   Light • Dreams of Flying • Tip: Dream Characters • Is It
   Real, or Is It a Symbol? • The Meaning of a Dream Marriage
   • Interpreting Spiritual Dreams • Tip: Invite the Mahanta
   Along • Fear of Death in Dreams • Tip: The Value of the
   Spiritual Exercises of ECK • Sharing Dreams • Soul’s
   Freedom • Dream Advice • Overcome Procrastination • Tip:
   How to Interpret Your Dreams

9. Dream Healing and Help in Everyday
   Life .................................................. 189
   Letting Go of Fear • Dreams about Your Health • Dreams and
   Diet • Healing Dreams • Healing the Past through Dreams
   • Spiritual Exercise: How to Heal Yourself • If You Don’t
   Like It, Change It • Spiritual Exercise: Game of Chess •
   Overcoming Panic • Spiritual Exercise: How to Go Slower
   • Tip: Using Dreams to Understand the Outer Life • Dream
   Guidance: Plan Better • Help in Business • Dream Help with
   Finances • Learning How to Help Others • Tip: Don’t Act
   Blindly on a Dream • Overcoming Fear of Death through
   Dreams • Meeting Loved Ones in Dreams • Helping Others
   in Dreams • The Power of Dreams

10. Experiences with ECK Masters ................. 213
    Meeting the Master Again • Dream Master Visit • Spiritual
    Exercise: The Dhyana Technique • Help from ECK Masters
    • Help to Move beyond Fear • Spiritual Perspective • Spi-
• How to Visit Temples in Your Dreams • *Spiritual Exercise:*
  Temple Technique • Seeing Loved Ones in Dreams • Finding the Master in Dreams • A Dream Class with Fubbi Quantz
  • Secret Teachings

11. **Active Dreaming** .......................... 243

  Dream Letter • Dream Softens Fear of Death • Inner Communication Line • Going beyond Passivity • *Spiritual Exercise:* The Big Stone Statue • **Tip:** See Yourself Alive in Spirit • Soul Travel in Dreams • Opening the Heart Center
  • *Spiritual Exercise:* How to Open Your Heart • Levels of Heaven • *Spiritual Exercise:* The Formula Technique • **Tip:** Recording the Experiences • Working Consciously with Sound and Light • *Spiritual Exercise:* Dreaming Consciously • **Tip:** How Do I Get Back? • Sound Experiences • Night Sounds • Celestial Light • Series Dreams • Opening the Inner Vision
  • Wah Z • Dream Music • *Spiritual Exercise:* Golden Musical Notes • Dreams of Teaching • *Spiritual Exercise:* Getting Answers in Dreams

12. **Dream Travel to Soul Travel** ............... 267

  Self-Realization • *Spiritual Exercise:* Journey on an Ocean of Light • Soul Travel and Spiritual Unfoldment • Dreams to Soul Travel • *Spiritual Exercise:* Using the Imaginative Body • What Is Soul Travel? • Natural Movement out of the Body • Steps to Higher Consciousness • Begin with a Dream
  • Remembering Your Inner Experiences • Here’s a Soul Travel Experience • Soul Travel Today • The Vision Experience • The Dream Experience • Giving and Receiving • The Soul Travel Experience • The ECKshar Experience • Hearing and Seeing God • Promise of the ECK Masters • Soul’s Dream of God

**About the Author** ............................... 287

**Next Steps in Spiritual Exploration** .......... 289

**Glossary** ........................................ 293

**Index** ........................................... 295