

A person stands on a mountain peak, silhouetted against a vast, starry night sky. The landscape is dark and hilly, with a soft glow emanating from the valley below. The sky is filled with numerous stars of varying brightness, creating a dreamlike atmosphere.

DREAMS AND DREAMING

AN INTRODUCTION
BY
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ON BEHALF OF THE FOUNDATION FOR TOLTEC RESEARCH

THE TOLTEC SYSTEM OF KNOWLEDGE



- TOLTEC ...means ...A Man or Woman of Knowledge ...
- Independent of race, gender, religion, country, language, or any other differentiating factors within humanity.
- Knowledge handed down from one generation to another over Aeons of time through oral and experiential training.
- Knowledge is NOT information, but rather - Experiential Knowledge of the Self.
- In the modern era expressed as The Toltec Teachings by Théun Mares a Toltec Seer, through personal and group training, books, and Toltec-Legacy.org website
- This logo signifies the Toltec Path of Freedom as expressed by Théun Mares, and Differentiates these teachings from Meso-American traditions of Toltecquity, Nagualism, and Shamanism.
- The Toltec System of Knowledge is a Practical Exploration of the Great Spiritual and Physical Universes, and as such is a Facet of the Diamond of the One Life.

THE DREAMER AND THE DREAMED



- The Dreamer is often referred to as the Higher Self, Trueself, Soul, Spirit-guide, Guardian-angel, In-dwelling being, Authentic-self, or simply the Self, ...
- The Dreamed is the mental, emotional, and physical body in manifestation, the Social Being ...
- At Birth the dreamer in-carnates one side of its awareness by projecting its Intent into a new social being.
- The dreamer is the Intelligent being (driver) that is within the dreamed (vehicle).
- The Connection between the dreamer and the dreamed is by Feeling through the Heart Centre.
- Feelings are Direct Irrational Knowledge of life.
- Emotions drive the Desire to Act based on our perception.
- At Death when our Script is completed the dreamer withdraws its Intent and the social being unravels (dies).

INTELLIGENT CO-OPERATION



- Our Knowledge and Awareness are persisted in the Dreamer from one life to the next, whereas the Dreamed only persists for a single incarnation.
- The Dreamer Guides the dreamed through feelings into the learning experiences needed to fulfil the script.
- The Dreamed must learn to listen to the feelings from the Dreamer, and Take Action on the Guidance.
- This process between the Dreamer and the Dreamed is known as Intelligent Cooperation.
- We learn how to intelligently co-operate with the dreamer through our Relationships in the physical world.
- The purpose of a Relation-Ship is a journey undertaken by two or more beings in order to learn.
- Co-operation becomes Intelligent when all concerned Win (learn) – an Inclusive and Life-Supportive approach.

THE ACT OF PERCEPTION



- The Great Manifestation consists of a myriad of energetic fibres (vibrations) from all ten worlds, and known as The Web of Life or One Life.
- The ability to perceive anything in the web of life is based on the position of our Assemblage Point.
- The Assemblage Point is located in the Dreamed between the shoulder blades, and aligns luminous fibres from outside to fibres inside our being.
- Our entire Perception of Reality is formed from the alignment of fibres by the assemblage point, and is known as the Dream ...
- If we increase our experiential knowledge of Life the assemblage point can move, and our perception changes ... The Dream of Reality Changes ...
- When we sleep our assemblage point can move more easily and we Perceive a New Dream ...



- The Purpose of any Dream, whether we are awake or asleep, is to guide us to Learn about the Self.
- The Act of Perception combined with our Personal Experience and History creates Meaning in the form of visual, auditory, and kinaesthetic impressions.
- These Impressions are the “movie” which forms the current dream the social being is experiencing.
- The forms, action, and narrative in the movie Symbolically represent the underlying guidance.
- Interpreting the movie correctly is key to the dream.

- We are in a dream when we sleep ...
- We are in another dream when we are awake in normal awareness ...
- We are in yet another dream when the assemblage point has moved and we are in heightened awareness ...
- All Experiential Learning is based on Taking Action in a Dream, whether it be awake or asleep.

DREAMING SYMBOLS

SECTION 1: DREAM SYMBOLS

SYMBOL	MEANING
Activities:	
Can't Breathe	<i>Lack of personal power</i>
Can't move	<i>Being stuck in a view of the</i>
Moving difficult	<i>world/social conditioning</i>
Coughing	<i>Difficult to accept/believe</i>
Drinking	<i>The desire for freedom</i>
Drowning	<i>The belief of being imprisoned or</i> <i>suppressed</i>
Dying	<i>Release, success, or fear of these</i>
Eating	<i>The desire for spiritual nourishment</i>
Falling	<i>Fear of failure</i>
Flying	<i>Desire for freedom/Opportunity for</i>
Kissing	<i>Need for strength/Lack, fear of</i>
Running	<i>Escapism/Opportunity for</i>
Sneezing	<i>Desire/Need for.... (Note number of,</i> <i>then see numbers)</i>
Swimming	<i>The desire to be accepted or loved</i>
Talking	<i>The need for communication</i>
Travel	<i>Change/Opportunity or need for</i>
Working	<i>The desire for taking action/Need for</i>
Work which never gets done	<i>Fear of failure</i>

- The forms, action, and narrative of the dream can be interpreted to make meaning in the context of our life using the Toltec Dreaming Symbols.
- The list of available dreaming symbols is vast and have been assembled using objective perception “Seeing” over the aeons by the Toltec seers.
- A working list of the most common are given in: Volume II The Toltec Teachings by Théun Mares.
- Dream types include:
 - Prophetic – Events yet to come to pass.
 - Destiny – Concerning major life challenges.
 - Guidance – Concerning your current challenges.
 - Lucid – Heightened awareness unknown exploration.
 - Filing – Resolution of daily activities and tensions.
- Astral projection is a dream based on the emotional sphere of the dreamed – unstable, unreliable, and distorted.

DREAM INTERPRETATION



- Note the feeling of the dream – Symbols interpreted in a positive or negative sense.
- Note the opening sequence of the dream – Shows the actual underlying message.
- Note the story line – Show the sequence of events in the interpretation and the detail of the dream.
- Note the number of a symbol – Use number symbols to interpret e.g. 2 – Humility & Understanding / Need for.
- Note the colours of features – e.g. Green represents Healing / Need for.
- Scenes from your own past – Need to review and gain learnings from that period of your life.
- Recurring dreams and events – Need to resolve unaddressed events, challenges, and tensions.
- Family, friends, partners, acquaintances, strangers – Need to review aspects of your relationships.
- Nightmares – immediate work is needed on an aspect of your past, present, or unknown events.
- Unknown events and scenes – hidden aspects of the Self and your potential.



ACTIVE DREAMING

- The Art of Dreaming is the technique of waking up in the dream – called Active Dreaming.
- Waking up in the dream is to become consciously aware of the Self at all times.
- Moving between different dreams gives access to Additional Guidance in the context of your life.
- Active dreaming allows the normal material rules of Time and Space to be transcended in the moment ...
- We can have many more Skills and Abilities at our command when exploring an active dream.
- Remembering a dream requires practice to integrate impressions from the unknown.
- When active dreaming follows the Script of the Dreamer it becomes Dreaming True to the Purpose of the Spirit ...

Dreaming True is an experiential skill that can be
Learned ...A Purposeful and Fulfilling Life!

The Foundation for Toltec Research



- Intent – Raising Awareness to Group Consciousness, Inclusiveness and The Toltec System of Knowledge ...
- Purpose – To Pioneer, Create, and Support Inclusive and Life-Supportive Research, Initiatives, and Endeavours ...
- Approach – Exploration of the One Life in order to grow personal and group awareness of Self ...
- Materialisation – Current research, initiatives, and endeavours in Esoteric & New Science, Electricity & Energy, coMra, Personal Development ...