

# On Dreaming

Judith Snow

Dreaming is a process of communication that all human beings participate in. However, in our culture dreaming is not well understood.

It is possible that dreaming will tell you exactly where a person needs to go in their life and also what it is that they have to contribute along the way to the people that they play with and work with and learn with. If we become very good at listening to what a person's dream is –as we can through the MAPS process– we become very good at supporting them to find their way of life.

Many cultures have understood that dreaming is an essential part of being a human being. In those cultures people often spend time sitting around and just talking to each other about what it is they would like to do in their lives.

In our culture most dreaming is done through a process of fantasy. So, for example, for many years I had the fantasy that I would love to be a truck driver. And my truck was a very, very high tech truck. One of these very large, more than eighteen-wheelers, rigs, that has a bed in the back so you don't have to stop on the road. And

the purpose of my truck was to drive things from Toronto to California, I would get lots of money for doing this, and I would work for six months of the year and the rest of the year I wouldn't have to work because I would make that much money. And in the rest of the year, I would rest and reflect and do other things.

Anyway, this was my fantasy. And I used to be very embarrassed about this fantasy because obviously I'm not going to be a truck driver. But over the years I've met a number of people who don't use words, and they began to teach me to really pay attention to what I was dreaming about. They taught me by showing me that they could really communicate with other people even though they were not using words. I began to look for where this communication is coming from.

I got over my embarrassment about my fantasy, and I began to tell it to other people. Now I have a very strong support circle. And my support circle listened to my dream and what we figured out very easily was that my dream had seeds in it. These seeds are ...

...that my work is very important to me.

...that I want to get around, in fact I want to get around the whole continent as part of my work.

...that I want to bring something to people that is very important to them

... and, that I want to make enough money by doing my work that I can spend time at home resting and reflecting and learning other things to bring to people.

I now travel internationally talking to people about how we can support all of our diversities so that we have gifts to contribute to each other in society. My dream has come true. And my life is very satisfying to me and it's also a life of contribution to other people. And all the information that we needed was in that dream about my being a truck driver.

in the MAPS process we listen to what the person's dream is. We don't listen with ears that say, "Oh, this is very unrealistic! This could never come true." No. We have ears that are listening for the themes of life that are very important to this person. What do these themes mean to this person? And as we disclose what those themes are, we can ask everyone in the room, "What are some ways we can actually take the seeds that are in the dream and plant them in our community right now. How could we be at work with this dream right now? What are some ways we could do that?"

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This is an edited transcript of Judith's talk on the inclusion Press video *Re-Discovering MAPS*.

This is where the other side of the dreaming comes to reality. Because in the seeds of the dream are the ideas about the gifts this person has to contribute to other people.

The problem with most kinds of planning around people who are vulnerable is that we focus on what's wrong with the person or with their family. And as we focus on what's wrong with them, we end up with ways to try and fix them but no way to move forward in their life. And very often this kind of plan leaves people stuck.

With MAPS we're not looking at what's wrong with the person. We look for what it is that this

person is trying to contribute to other people in their community? What gifts does this person have that the community needs to grow richer and grow stronger?

The dream has in it the seeds of the person's gifts. In my truck driving dream, my getting around and giving things to other people is a very important part of my gift. And in fulfilling that gift, I actually employ other people. I hire five other people to help me get around the country. I use a van, so I'm paying for the the van and for van repairs. I use airline tickets so I'm keeping the airlines in business like thousands of other people. Those expenditures are are also part of

my contribution to other people.

So in the dream we will find some ways that the person that will be a real contribution to other people. It can something that is very, very simple, but makes a solid beginning. For example, many people disclose that they really like to make other people happy.. If we use that gift, we have somebody who is going to be a really great generator of relationship in the community.

Whatever the gift is, we then have the opportunity to sit down together in the circle, in the MAPS process, and say, "OK, how can we use these gifts, these particular gifts, in the community?"

### **MAPS Evaluation Questions from Judith's Talk**

Did we find "the seeds" in the dream?

- Do we have a common understanding of the the life themes that give this person a sense of meaning and satisfaction?
- Do we have a common understanding of the gifts this person has to contribute to make the community grow richer and stronger?

Do we have a a good understanding of how we can plant these seeds for the benefit of the person and the community?

Do we have clear agreements about exactly what we are going to do to support the person to give the gifts disclosed by their dream?

Add your questions here: