

QT in Action

I was the only person naked... and other disturbing dreams

How often have you awakened to images or pieces of dreams floating around, left over from the night before? Sometimes they make perfect sense, presented in a form that is recognizable or directly connected to your present day experience. You ponder their meaning and may even make adjustments, based on the information. But what about the ones that don't make sense, or even worse, the ones that are disturbing and leave you in a state of confusion or very ill at ease? What do you do with those images? One approach is to use the Quantum Techniques Trauma Code to release them. You do that by simply focusing your awareness on the distressing picture or feeling and reading the code until the distress is gone. There's no need to carry it around with you or file it away in the clutter of your subconscious mind to resurface another day. Using the Trauma Code is a fast, effective way to deal with it on the spot and get about your day.

But what if there's some hidden meaning that I'm supposed to discover, you ask. Often, when you can release the charge connected to a thought or situation, the meaning becomes more clear. And releasing the distress doesn't mean that you have to forget it. It simply allows you to, if that's what you want. There are images containing themes that most of us dream from time to time... arriving in class to find that there's a test that you haven't studied for, forgetting the combination to a lock, being the only naked person in a room. I have a recurring dream of finding children or animals who need care that I have neglected. Is this guilt over something in my past? Does it refer to inner needs that I'm ignoring? Or is it something much more obscure that I have yet to figure out? It may be all or none of those things. Dreams contain layers of meaning, waiting to be discovered. In the meantime, I can release the charge and maybe some real-life event that I haven't yet allowed myself to know. And maybe in the release, the meaning will be revealed in a way that I can understand and accept. After all, it's only a dream...

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