


Lobelia's Lair  
Metaphysical Treasures



New...  
Crystals  
&  
Gemstones

Tools for your...  
Intuition, Meditation  
& Inspiration!

Intuitive Readers Daily

#8 - 321 Wesley St., Old City Quarter, Nanaimo  
★ 250-753-5440 ★  
www.lobeliaslair.com



**D**ream-work is really an ancient spiritual practice. The Egyptians were the first to practice dream interpretation. As far back as 2000 BC, they wrote their dreams on papyrus. They believed dreams were based on real things that could not be perceived by waking consciousness. The gods could appear and communicate directly through the dream state. The Egyptians established temples where the gods were invoked and dreams consulted for the purpose of healing.

The Greeks loved Egyptian customs and adopted many of them. They, too, built healing temples, the most famous of which was the Temple of Epidaurus, established by the revered healer Asclepius. The medical staff with the intertwining snakes, a familiar symbol of healing today, is actually Asclepius' caduceus.

Like the Egyptians, the Greeks consulted dreams for the purpose of healing. They practiced both dream incubation (from *incubare*, to lie down) and dream interpretation.

The bringer of sleep was the god, Hypnos. By touching or fanning you with his wings, he would transport you into the dream realm. His son, Morpheus (meaning "to shape") gave form to the images that are dreams. Sometimes the dream itself was the healing. Sometimes the dream provided a prescription for physical or psychological healing. With the assistance of a healing priest, such dreams could be interpreted and then acted upon.

Modern-day research clearly shows that both sleep and dreaming are essential to our physical and psychological well-being. When we sleep the body is free to perform all the restorative functions necessary to maintain health. When we dream, psychological healing occurs as the subconscious mind sorts through all the stuff our limited conscious minds weren't able to address during the day.

Modern-day chemistry has its roots in the medieval philosophy of alchemy. The aims of alchemy were the transmutation of base metals into gold, the discovery of a cure for all diseases, and the preparation of a potion that gives eternal youth. While chemistry did evolve from alchemy, the two sciences have very little in common.

The Reiki Centre

Offering Natural Healing Services  
that promote Health and Wellness



250-871-8661  
www.comoxvalleyreikicentre.com




Humour &  
the 4 Directions  
Letting You Know  
it's OK to be  
Human

JanitBianic.ca 250.331.3335

Chemistry deals with scientifically verifiable phenomena. Alchemy seeks to know the center of all things, the hidden reality through the transmutation of lead to gold.

Gold, because of its incorruptible nature, was representative of the sun, the archetypal symbol of ultimate perfection, the Divine. Lead, on the other hand, represented the base, materialistic nature of things. By transmuting the ordinary (lead-like) level of everyday perception to the subtle (gold-like) level of perception, the eternal perfection of everything everywhere might be realized.

In India, the Lotus flower has been a symbol of spiritual evolution for thousands of years. The life cycle of the Lotus plant begins as a seed in the muck at the bottom of a pond. The Lotus plant must send out shoots and struggle its way up out of the darkness, striving to reach the light. When it achieves breakthrough into the light, the Lotus flower blossoms. According to tradition, the more muddy and opaque the water, the more beautiful the Lotus flower when it makes its appearance.

The subject of transmutation - the lotus of India or the lead of alchemy - is the human soul. According to the first modern-day alchemist, Carl Jung, the process of bringing dreams to the light of consciousness, provides insight and understandings that would otherwise be simply impossible.

To the ancient Egyptians, dreams were a reflection of reality. To the ancient Greeks, they were a source of divination or healing. To Carl Jung, they were vehicles of self-realization. And to modern dream researchers, they are necessary to our health and well-being.

And yet, how often have we casually tossed aside a remarkable communication from the deepest layers of our being with: "It's just a dream"?


Our dreams are sent in the service of healing. They can reveal our past. They can warn us of danger. They can provide creative inspiration or guidance. Dreams can guide us to free ourselves from the lead-like barriers in our everyday lives and act as a gateway to the golden realm of higher consciousness. As we honor our dreams, we are honoring our soul's journey.

Perhaps perceiving the eternal beauty in all things is "just a dream" away! Are you paying attention to your dreams?

*Wendie Webber, CH has been paying attention to her dreams since she was a teenager. In 1988 she learned a powerful technique that opened the door to understanding her dreams. **Alchemical Dream Works** is a synthesis of techniques gathered over the years. You can learn these deceptively simple techniques by attending the next class on July 3<sup>rd</sup>. Go to [www.MindDesignHypnosis.com](http://www.MindDesignHypnosis.com) or call 250-754-8086*

**Avalon  
Metaphysical Centre**  
In Victoria is **FOR SALE**

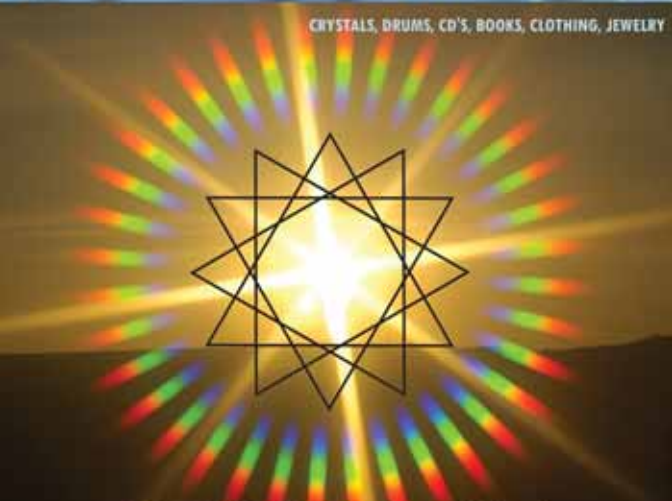
A well established business, with over 20 years of being in downtown Victoria. It has a secure customer base, most of whom say it is their favorite store. It is very well stocked with New Age and Metaphysical books, crystals, tarot decks, silver gemstone jewelry, and many types of incense.



**A must-see at \$250,000.**  
Call 250-380-1721 for more information

**Winds of Change**  helping people make positive changes  
[www.windsofchangecollective.com](http://www.windsofchangecollective.com)  
250-338-5095

CRYSTALS, DRUMS, CD'S, BOOKS, CLOTHING, JEWELRY



**OPEN 6 Days a Week**  
357B 5th Street, Courtenay  
Sacred Gifts from around the World