

**GOD HAS NO  
EDGES,**

**DREAMS  
HAVE NO  
BOUNDARIES**

*Opening the Door to the  
Power of the Inner Mind*

**ARTHUR BERNARD**

*God Has No Edges, Dreams Have No Boundaries: Opening the Door to the Power of the Inner Mind*

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All names have been changed to protect the privacy of the contributors.

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## INTRODUCTION

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

*Carl Jung*

### *We Sleep to Awaken*

This book is not only a how-to manual. It's a wake-up call full of inner surprises. The first is illustrated in the title: *God Has No Edges, Dreams Have No Boundaries*. A strong connection exists between its two parts. Although the link may not be obvious at first glance, it will be as this book unfolds. The second and probably the most significant surprise is that this is a book that could bring another dimension to personal quests for God. People who are suffering from the spiritual hunger that traditional religion is not feeding can find substantial nourishment within these pages.

You may not understand where your dreams come from or why they come, but you have been granted this inner genius through a natural inheritance, and great blessings await those of you who take them seriously. Dreams can frequently exceed cognitive abilities and conscious linear reasoning. Although the art of dream work is still in its infancy, renewed interest in inner development is spawning inspired inquiry into the complexity of human life. Throughout this book, I offer examples of how dreams can heal serious illnesses, change the course of history, contribute new discoveries to science, serve as personal guides through emotional minefields, open up the spiritual realm, foresee profitable financial investments, and reveal your hidden talents and abilities. You may think of yourself as an average dreamer, but you are capable of having extraordinary dreams and brilliant insights that can reveal your unknown potential. Remarkably, all this

lies just on the other side of sleep. This book will show you step-by-step how to harness the power of this special gift. Make the most of it, and put it to good use helping yourself and others.

Leading educators recommend the Great Books series as if Plato, St. Augustine, Shakespeare, and Sartre are the most powerful instruments for personal growth. If you want a real, individually tailored education, however, your dreams can reveal the answers to many of your fundamental life issues and mysteries. Dreams teach you facts and truisms about yourself and the surrounding world. They furnish experiences that cannot be learned from books. Because of their symbolic nature, dreams do not address you straightforwardly. Rather, they take you into the heart of an inner universe that is pregnant with new potential and possibilities. A great living intelligence dreams inside you, knows who you are, and knows what you need—so listen, look, and transform yourself.

It's not by accident that the Bible and other sacred texts emphasize the importance of dreams in the search for truth. And while you may think that only the great biblical figures had awe-inspiring spiritual dreams, the truth is they happen today to ordinary people just like you and me. Gaps in thinking and ignorance about religious beliefs are besieged by new knowledge surfacing from the unconscious mind. Dreams are trying to guide the human race into creating a more aware and informed world. You may not realize what a crucial role you play in this drama, but your dreams do. If God himself thought it worthwhile to become one of us, we must be of great consequence.

Organized religion claims to have total knowledge of what God wants the individual to do. Its spokesmen declare they know the mind of God and therefore have the right to regulate your sex life, path to heaven, dietary habits, thoughts, marriage responsibilities, etc. These preacher-teachers have imprisoned and impoverished souls rather than liberated and enriched them. Sobering up time has arrived. If you are Christian, think Jesus is the answer, and that he's on his way back, dreams say think again. If you are a Muslim, believe that martyrdom is God's will, and that a reward of seventy-two virgins awaits you in heaven, dreams say think again. If you are Jewish and awaiting the arrival of the true Messiah who will inaugurate the new age of enlightenment and unity, dreams say think again.

## *introduction*

Many different layers of discovery and revelation illuminate our lives. Microscopes gave humans the ability to see into the world of microbes to initiate the care, management, and perhaps the cure of deadly diseases. Pathologies are equally as pernicious today, but they are of a different order and more dangerous. Distorted and power-driven belief systems could wreak havoc in the world, and so current necessity demands opening minds to new avenues of truth.

There are many ways to expand the mind. Dreams are one of the best because they are natural. Dreaming occurs approximately two hours every night and produces an array of images with profound meanings for every level of the body, mind, and soul. One “big” dream can even alter the course of history, as proven by the Indian leader Gandhi in 1919. If acting upon a dream can alter nation building, it can also dramatically influence an individual life. Occasionally, a momentous, out-of-the-ordinary, high-energy dream full of puzzling images stimulates deep emotions and original thoughts. In chapter one, I share my initial experience with dreams, because the symbolism and message may relate to your journey and struggles on the spiritual path. When I was occupationally confused and spiritually lost, they set me on a course I had neither entertained nor anticipated. Dreams can do the same for you. They can even save your life.

Chapters two and three are replete with spiritual dreams of my private clients and seminar participants. Collectively, these dreams reveal that religion in the twenty-first century needs an injection of new knowledge, wisdom, and practices that can replace or be added to the established religions that have resisted basic change. The time is right to search for a more truthful and creative way to transform religion and the search for God.

There is no better place to seek spiritual authority than within the psyche. The dreams in these chapters span the human spectrum and have a message for everyone. Many of them describe the nature of God and the spiritual process and should be declared national treasures that are as valuable as shrines, battlefields, documents, and artifacts.

Chapter four takes you to the heart of your own healing temple. Healing has a double nature: the outer and inner. Outer remedies come from knowledge of the physical world, while inner remedies

can manifest in dreams. Consulting the highly intuitive sense that pervades dreams is like consulting the wisest old-time family doctor who is aware of the most intimate workings of your body and mind and knows how to make and keep you healthy.

In the West, individuals have mainly relied on professionals to heal them through the splendid achievements of modern biomedicine. And most of the time, this method works, which is the way it should be. Because of its focus on the physical, however, much of the subtler inner causes of disease and distress are left largely untouched. Dreams not only help to fill in the gaps modern medicine leaves empty, but they also cover all aspects of the healing spectrum, from physical suffering to emotional distress and spiritual aching, all of which are caused by detachment from the deepest self.

Some of the healing dreams shared in chapter four will undoubtedly seem quite remarkable if you haven't had this unique experience. However, they will demonstrate that human minds have a data collection system full of health information that can be skillfully administered by the venerable healer who resides in the psyche. You will be introduced to the ancient Greek dream temples where Asklepios, the ancient Greek god of healing and the ideal physician appeared to dreamers and performed wondrous acts of healing. Although the symbols have changed and been updated through the centuries, the process dreamers follow to achieve such miracles remains precisely the same.

In chapter five, you will be taken step-by-step through a modern version of this ancient dream incubation practice. I personally used this technique when I had cancer, and the results were impressive. Petitioning your dreams for help with formidable problems could be one of the most important adventures on which you embark. This process greatly increases the probability that you will have a creative dream that could help you solve problems dealing with health, spiritual growth, weight control, addictions, financial gain, self-confidence, finding your true destiny, etc. What comes to you when you incubate a dream cannot just be taught but must also be experienced.

Chapter six provides you with several ways to penetrate the core meaning in dreams. Dream work is not a science; it is an art and

*introduction*

should be approached with that in mind. Truth can be seen in a painting, a sculpture, a drawing, a poem, and a dream, as well as a mathematical formula. The pursuit of objectivity in this kind of work is an empty illusion. Results of dream work must be determined by their contributions to the dreamer's life. If they motivate action, deepen understanding, clarify a feeling, penetrate life's mysteries, or summon new and difficult questions, the work has great value. Who cares if it's unscientific?

Unraveling dreams starts with a simple approach and moves to a more complicated one. The group dream interpretation procedure goes beyond Jungian and Freudian psychology and takes the expertise of dream work out of the hands of professionals and places it in those of lay people. What is most extraordinary about this technique is that nonprofessionals can not only become skillful at understanding their own dreams, but can also help others grasp theirs.

The seventh chapter brings the two parts of the book title, *God Has No Edges, Dreams Have No Boundaries*, together. In the past, Newtonian physics perceived the universe as a great static machine with discrete bodies moving in space but separate from their surroundings. Today, the cosmos is envisioned as a great mind with unlimited creative power that is still expanding. Since your mind is connected to this divine mind, you are also more than your physical dimensions, and your mind has the capability to expand far beyond the limits of ego consciousness. You are a being of cosmic significance, and your life has a sacred meaning.

In the depths of your mind lives this endless imaginative divine force that seems to be most active in the sleep and dream state. Mental and emotional boundaries existing in the waking state can evaporate when the mind begins dreaming. People can be critical of others but not as diligent in assessing their own scruples, but the dreaming mind's brutal honesty can see through all protective smoke screens. Infatuation can obscure, but dreams penetrate the haze. Uncertainty about a career choice can vanish when dreams indicate destined careers. Creative ideas never consciously thought are unearthed in the dream state. Financial abundance can be based on dream guidance. Insurmountable problems can be figured out while dreaming. Dreams dissolve boundaries by seeing around corners, peeking into the future,

breaking down time and space barriers, and connecting dreamers to the world of the spirit.

Chapter eight provides dream recall suggestions that will help overcome difficulties in remembering dreams. One of the most important motivating factors for recalling dreams is your desire. You've got to think and feel that your dreams can be of significant value. All of the examples shared in these pages demonstrate the power and wisdom of this slumbering giant that awakens when you sleep. Dreams are all for your benefit. You don't even have to pay for them! If you have any psychological or emotional blocks to shed, this chapter will help remove them. It's just like learning to drive your automobile. After a few lessons and a little experience, it becomes natural and easy.

The epilogue is my way of honoring dreams by visually presenting spirit as a living force. Although people may have anesthetized themselves to the message of dreams by the dazzle of the material world, spirit is alive and well and can be experienced and felt in the visions dreams bring. As John Gardner, President Lyndon Johnson's Secretary of Education, Health, and Welfare, so aptly put it, "You don't want to die with the music still in you."

This book is not a traditional or scholarly approach to understanding and using dreams. It is more of a personal and practical offering that seeks to help you gain access to a priceless underworld rich in usefulness and meaning.