

Deepening Your Dreamstate: Dreams and Precognitive Omens about World Events

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Did you have any warning about the explosive events of September 11? It's interesting how many people I've talked to did have a "message" from their inner self, an intuition, before the terrorist attacks occurred. Most people, however, either didn't recognize the warning or weren't able to interpret it properly. Many people experienced a nervous, anxious feeling the day before or were unable to sleep, similar to the way animals often get upset before an earthquake. Others told me they became irrationally worried about their relatives, even though their family did not live near the danger zone. One woman realized she had placed a picture of the "Tower" card from the Tarot deck (an archetypal image of a tower being struck by lightning), along with a description of what it meant, on her refrigerator next to pictures of her loved ones. She didn't know why until the twin towers in New York fell.

I, too, received several dreams well in advance of the World Trade Center collapse, but did not understand the full meaning of what my inner self was trying to tell me until a week after the events, when I remembered the dreams as I was doing routine housework. In the first dream, a full year before 9/11, I am high up in a tall glass office building looking out across a sea of desks. I know this is the world headquarters of a large company—for some reason I think it's Microsoft. All the employees are dead, slumped over their desks in pools of blood. I hear a voice say, "It's a massacre." When I woke, I thought perhaps the dream pertained to the collapse of the stock market, or maybe Microsoft's legal troubles. It was all I could think of then.

The second dream occurred in June of 2001. It woke me in the middle of the night, as though it were a nightmare. Yet when I wrote the dream in my journal the next morning, I thought: "Why did this dream upset me so much?" In it, I'm even higher up in an even taller glass office building, looking out across the same sea of desks, again at the world headquarters of a large company. All the surfaces are hard, and all the shapes are square with sharp edges. It seems extremely mental to me, so I begin placing small, smooth, beautifully-shaped boulders on the floor next to each person's desk. I think touching the rocks will remind the people of the earth and the natural world, because I sense they've become separated from their bodies and reality. When I'm finished I look out at my work and am pleased. Suddenly, though, I fly down underneath the floor and examine all the beams and architectural structures to see whether the building will support the extra weight I've added. I realize, with a sickening feeling, that it will NOT! I say to myself: "It's going to collapse!" And I wake up, my heart pounding.

Given the relatively peaceful environment in the United States then, I had no suspicion that my dream could have been literal. Instead, I interpreted it to mean that the overly mental approach to business would have to change to take into consideration the whole person, including the body—and business would have to respect the whole world, including the planet's physical environment. I felt the skyscraper symbolized collective mental belief systems, and those eventually would have to come back "down to earth." After the events of 9/11, I see the dreams in a different light. And yet, why didn't I sense they might have been a real warning about a real event? Then again, oddly, if the real event were interpreted as a dream image, it might mean something quite similar to what I originally came up with. . .

This raises some questions that are worth exploring. 1) Why is intuition so vague sometimes? and 2) How can we interpret our intuitive insights more accurately? First, it is my opinion that we are not in the habit of paying attention to our intuition, which often comes straight from the body as a change in our energy rhythms or vibratory state. We tend to override the subtle signals the body gives us, interpreting the nonverbal data as tension, pain, worry, depression, or irritation. Since our attention is drawn outward into the world of form and events during our waking hours, we tend to project the reason for our physical "discomfort" onto something in our everyday reality. "I'm nervous because I have to give a talk on Friday. I'm upset because my house needs major repairs and I don't have enough money. I feel disturbed because my partner isn't paying enough attention to me." But often, the explanations we choose don't go far enough or deep enough.

We are very telepathic beings, and our bodies are extremely sensitive to waves of information flowing through the field of energy surrounding us. Have you ever noticed when you are driving, that traffic often becomes congested and confused as you approach the scene of an accident? I've often thought our bodies respond to the "event waves" of a physical disturbance up ahead, long before we consciously know what actually occurred. With events as dramatic and powerful as the 9/11 attacks it makes sense that many people all over the world would feel the rippling "event waves" preceding the explosions, which I believe exist in the inner world before they materialize in the physical one. This may be why we can easily encounter images pertaining to these events in the higher dimensions of awareness during our dreams. There is no separation between us and dramatic events on those levels, because time doesn't exist the same way.

A friend told me that he dreamed repeatedly of people falling or jumping out of an airplane in the days before the attacks. I dreamed of the floor structure of a highrise building collapsing. Why did we have different dreams that were slices of the whole instead of seeing the entire situation? Perhaps we noticed the segment of the event that pertained most to what our own personal lessons are. I think it is important to interpret dreams as both literal at some level, and symbolic of your own inner growth process. Dreams have multiple meanings that exist simultaneously at different levels of consciousness. So falling out of an airplane might be literal in the physical sense—you might be sensing an aspect of a real event. It might also pertain to your own personal lesson of needing to learn how to let go and surrender (falling into space), or to spend less time in your head (mental realm, air) and more time in your body (earth). And it might also pertain to a lesson society is working on that is parallel to your own. In reality, people did not jump out of the airplanes, but they did jump or fall out of

the upper floors of the World Trade Center. And the planes themselves did fall to earth. This sort of mixup is common in dreams. The subconscious mind is perceiving all the aspects of the event at once and as it tries to represent the ideas to the conscious mind, the symbols often become combined or switched.

In my dream, I was concerned with the idea of support. Are we supported in our ideas by practical physical experience, by a positive connection with our bodies, and even by beauty? Or are we out of touch? Just as the dot-com businesses, which were extremely out of touch with reality, became overinflated and collapsed, many of the values of our consumer-oriented society are also too far ahead of the speed of the body. I think I was focusing on this theme in my dream, partly because it is something I've always had to pay attention to as a highly mental and spiritual person. I'm always preaching, "Pay attention to your body!" because this is what I need to learn. One woman told me she thought the stones I was placing next to people's desks might have been gravestones. There are many layers of meaning to every symbol.

So, when you have an odd disturbance in your normal physical rhythm, and feel upset for no reason, see if you can catch yourself as you're about to dismiss it as anxiety about money or nervousness about an upcoming job interview. Instead, get quiet and go deeper into the vibration in your body. Ask yourself, "Is this connected to something that might endanger me or my loved ones personally? Is this connected to something I already know about? If not, is this about an event that will happen in the future? And, how is this symbolic of a process I'm currently working on in myself?" Then ask if there's a special role for you to play, either in the inner world or the outer one. If so, ask that you receive further insight about what to do, or that you receive appropriate intuitions and motivations so you'll be at the right place at the right time, or think to tell the right people about your feelings. If you're not involved, you don't need too much information and you can relax. One thing I know from experience: the workings of the spiritual world are extremely efficient. You know what you need to know just when you need to know it. Energy and consciousness are never wasted.

If you dream something unusual that doesn't seem to pertain directly to your personal life, especially if the dream carries an extra emotional charge like mine did, pay special attention. It may be precognitive. Make a note in your journal. File it in a special part of your mind, then wait. You may wait a year, or even several years. Sometimes it may be only days or weeks. Since time is not so linear in the other dimensions, it's difficult to predict the exact timing of events in this world. If you're supposed to know when, perhaps you'll dream of a calendar with a date circled. But in these times of increasing chaos, your own intuition can be your best friend and teacher. Intuition can help us all add more love and understanding into the world instead of contributing to panic, distrust, and hatred—of which we have more than enough already.