

GREEN DREAM

Jael Emberley, CFT

When I say to myself, “a little bit more space”, it brings back the feeling of the wings, a spacious feeling in my shoulders, the feeling of walking supported on an unknown path, creating a path, really, and also, it brings back to me the feeling of green, and my green dream—a powerful touchstone from a very ordinary-sounding phrase.

THE DREAM

Dreams class, one of my first times in Katarina’s Focusing and Dreams class by teleconference.

It was a dark cold morning in 2010, and the conference line system was acting up. We (about ten of us) had all dialed into a telephone line, entered a PIN number and then connected. When the conferencing system failed, everyone was disconnected from the conference except me and our guest facilitator, Janet Pfunder, who was planning to demonstrate how she worked with Focusing and dreams. I don’t remember much of what Janet said, but I do remember the quality of her voice and of feeling comfortable being in conversation with her. I offered to bring a dream, since nobody else was there, and Janet offered to act as my companion.

I had a lead-in to the Focusing session, but can’t recall if I guided myself or if I was guided by my companion. My companion used open ended questions, a very relaxed pace, reflections, and some guiding suggestions. Many of those details have fallen away completely, giving way to the content of the session and the way things have evolved since then.

The dream was one I had several years ago. It’s my green dream, a treasure. In this dream, the whole world is green, that green of early spring grass and leaves. The air is soft and warm. The environment of this dream is some kind of forest with new green leaves and young grass, on a warm spring day. I can feel that colour permeating everything. There is a feel of warm water, or gel, of that colour. The air seems to have a thickness or texture that gives it more substance than our usual atmosphere. The light shining through those young leaves is warm, gentle, and vibrant. This is something I can rest into with my whole being and enjoy fully. There is an undertone of deep safety in this dream. When I feel that dream, I invite a deep breath, as though I am breathing in that dream again.

EVERYTHING IS ALIVE AND GROWING

As I describe it now, I can feel it, as well. There is a sense that everything is alive and growing and that I am participating in this, fully. This is a feeling that I can connect with more and more in my ordinary waking consciousness.

There is a path through this forest. The path in the green feels solid and springy, like it is propelling me forward. I walk slowly forward, enjoying the warmth and the feel of this.

THE DREAM APPRECIATION PROCESS BEGINS

After I had shared all the details of this dream, my companion invited me to receive it fully. The texture of the green plants was smooth and soft. There was a full feeling in my body, as well. I can feel the optimism and sense of wonder in that moment of waking from that dream many years ago, and even now, I invite that into my being.

There was a next step, an invitation to continue the dream somehow . . . if possible . . . if it would be right. I sensed inside about that. It seemed like almost instantly I could feel large strong wings growing from my shoulders. They are very thickly feathered, like the wings you would see in an image of Pegasus, the flying horse in Greek mythology. The wings are also a brilliant white. Surprisingly, the wings are not heavy. My shoulders do not have to support them.

The experience of having the wings and walking to the edge of the forest is like being lifted upwards, so that each step is easier. With the support of the wings, I began to take steps beyond the forest, a territory that is completely unknown . . . like stepping into a puddle. There is no path; there are no footprints. The wings keep lifting me up, so there is no possibility of falling. I continue to walk in the unknown without seeing the green plants, but knowing they are there somewhere, and feeling the wings holding me as I walk through the unknown territory. I continued to experience the feeling of wonder at the feeling of being supported in the unknown.

THOSE IN THE GROUP SHARE THEIR APPRECIATION OF THE DREAM

After the session was over, I learned that the rest of the class participants were in on the call. The conference organizer had muted them as they rejoined the conference call, so they had heard most of my Focusing session. The class participants said they loved the session, and some of them asked me questions, and I was able to answer them.

As part of a group Focusing experience, I found it powerful and surprising that I could be emotionally present and openly share this experience with the other participants. When other conference participants invited me to expand on the details of my dream, I was comfortable accepting the friendly attention of the group and the two facilitators, Katarina and Janet.

I was left wondering what happened to me? How was I able to speak fluently about something really important to me? And about something very private?

THE DREAM LEARNINGS CONTINUE FOR ME

From this session I learned that the change that happens in a Focusing session causes real change in me and in my life. I began to notice a pattern of waking in the morning with

optimism about my day. There were very few ordinary conversations. I moved into a healthy new home six months after this session. My housemates, a nurse, a paralegal, and a tutor of math and science, are different from me, but they accept that I do my Focusing teaching online, and treat all of my online activity with the sacred respect given to a career in any other field, like engineering or medicine. I have integrated the feeling of having the support of those lovely large wings from this Focusing session and brought it into interactions with people in my own life.

When someone is in distress and is communicating with me, I respond internally by allowing myself to imagine lifting them up by the shoulders, and then gradually setting them on their feet, standing solidly, gradually withdrawing my support as I can feel them connect to the support of the earth. Primarily, this grounds me and gives me a base that I can respond from. The process also provides a pause, which slows things down so that there is more room for healthy interactions. It's like giving the person in front of me that feeling that I get from the wings.

There are many positive results from this experience. I listen really well when I'm not trying to fix the situation for the person. As a result, the person I am listening to is comfortable with my presence, and I am comfortable just being there. At the end of the conversation, if I feel something in me wanting to hold on, I acknowledge that, and go back to imagining lifting the person by the shoulders, just a little bit, and setting them down gradually and gently on the ground, until they are feeling solid, and so am I. I can feel the uplifting of my wings, and a little bit more space in my shoulders.

THE DREAM GROWS WITH ME EVERY DAY

When I say to myself, "a little bit more space", it brings back the feeling of the wings, a spacious feeling in my shoulders, the feeling of walking supported on an unknown path, a path that I create, really. It also brings back to me the feeling of green, and of my green dream—a powerful touchstone from a very ordinary-sounding phrase.

Jael Emberley is a Focusing Trainer living in Vancouver, BC, Canada. In addition to teaching Focusing classes and co-facilitating Listening Circles, Jael enjoys travel, writing, animals, Scrabble, swimming, and hiking in forested areas.

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