

Dreaming: A Journey to Healing, Happiness and Spiritual Maturity

by Christina Bjergo

One evening nearly a decade ago, I lay awake in the dark while my husband and kids slept. To amuse myself, I picked up an unknown book my mom had been urging me to read. I skimmed through the table of contents and found a chapter on fears. Feeling mildly curious, I began reading, though I did not have high expectations. The reading, however, soon captivated my attention. Though I felt quite happy in my marriage and home life, I realized as I read that there were important interests I had not pursued; that, in effect, there were important aspects of myself that were as yet un-lived.

As I read the chapter I began to recall memories when I had let fears override what I wanted to do: I had as a teenager yearned to try out for the high school play, yet snuck away before the audition began. The fear of failure, the risk of being embarrassing in front of others and the thought that I might not be good enough stopped me back then from even trying. Moreover, it was in high school that I shifted away from fun art classes and creative expression. Deciding to be a serious student, I instead focused on the science track in preparation for college and a career as a biologist. For the first time as I closed the book I had been reading I contemplated the many subtle ways I had suppressed my creative impulses and somehow gotten off track in my life. In this state of inner contemplation I had the following dream:

Dream: I see a youthful Native American woman in a white buckskin dress. She is beautiful with long flowing straight black hair. Right hand is raised palm up above her head, the left arm lowered by her side palm facing the ground. With eyes blissfully closed, she begins moving counterclockwise. Floating off the ground, she continues to spiral upward into the sky. As she ascends peacefully, I watch her long dark hair billowing gracefully in the wind behind her for several seconds. After several revolutions, the young woman transforms into an angel with large white wings before becoming pure and radiant white light.

I instinctively knew that this waking dream held many powerful messages for me. Almost a decade later I continue to reflect upon it's gifts of spiritual wisdom both for myself and others. First off, the dream validates the importance of earth centered spirituality in the development of the soul. The figure of a Native American rising in the sky and transforming into an angel shows the benefits of connecting with Nature. It is through our personal imminent experiences in Nature that we learn about the subtleness of Spirit. As we connect with the beauty and harmony in the environment around us, we also awaken the holistic nature within. The Incans as well as the Native Americans knew this. They honored Pachamama, the equivalent of Mother Nature, above all others. Catholic Churches in South America still maintain Pachamama at the top of their spiritual hierarchy for that very reason. Through our immanent physical reality we can learn about transcendental Spirit. We just have to observe and see what our experiences in the world reflect back about ourselves as I did when I read the chapter on fears.

Our bodies are our physical connection with the earth. They are the feminine or yin aspect of our being. In my dream it was a woman with long black hair who rose upwards into the sky. The earth, the color black and the woman are all symbols of our feminine nature. And so is the wisdom of the spiral and the cyclical path that leads the woman in the dream to find the light within.

We find the spiral as a common symbol in nature. It's movements are found in the turning of the universe all the way down to the molecular level with the movement of microscopic atoms. The spiral is also an important symbol for circular change. It is reflected in the cycle of the seasons, the changing phases of the moon and the symbolism of the snake. When a snake finds itself bound and limited it has the power to molt or let go of the old. After a period of restlessness and agitation, when it's vision literally clouds over, a snake can shed its old skin and emerge larger, stronger, healthier and happier.

Likewise we can work with the spiral cycle of change in our bodies and mind. When we are ready to release our limited perceptions and beliefs, the inner obstacles of our lives, we can likewise symbolically go through the death of our smaller self and emerge stronger, happier, wiser and more complete. This is how we transcend our experiences and grow in maturity and wholeness. Cleansing and purifying the soul through this process we evolve and move up the spiral staircase to heaven as the woman in my dream shows in her spiral ascent. When we clear away the trappings of ego and judgment we uncover our own lightness of being.

One potent tool for helping us through the death to rebirth cycle is the body minded practice called Qigong. The spiritual body of the self and the earth can be awakened and purified working with universal life force energy or "qi" in this yogic practice originating from China. Chong or central qi is created when the energies of heaven and earth are united and blended with the body. Central qi is described in the Chinese Medicine classics as a whirling mist that gently rises and awakens the physical, emotional and spiritual centers of the body leading to transcendental oneness called the Tao. Thus the spiral energy can lift us up high as it did in my dream until we develop our eagle nature and earn our wings. Then we too get the big spiritual picture and know Spirit through direct experience.

In the above dream the woman hints at the source of her spiritual evolution through her hand position. With the right palm facing up she connects with the heavens. Left hand down she likewise connects energetically with the earth. Through this hand position common in Qigong she creates a bridge of light and unites the two polarities to form central qi. It is also important in the dream that the woman's eyes are closed and her spiritual light is directed inwards. This spiritual initiate is focusing on her inner awareness or dreaming. Perhaps it is her heightened intuition that helps her overcome physical constraints like gravity and find and follow the spiritual spiral path into the upper world.

Qigong which has shamanic roots is a potent tool that anyone can learn and use to unlock the healing spiral energies of the earth, clear the toxins and stuffed emotions of the subconscious and awaken sacred dreaming. Through the awakening of body wisdom we can, as I have learned, open intuitive skills that lead to more authentic, spontaneous and joyful living. Strengthening the

Dreamtime connection we also find “the way” back to oneness consciousness and spiritual truth. We can all return to our wholeness and find our own inner light when we awaken to our spiritual nature and follow our dreams.

*Christina Bjergo was led through dreaming to leave a career in the military, study shamanism and Oriental Medicine and become an international teacher of Sacred Serpent Spiral Qigong and Qigong Dreaming. She is author of *The Tao of Tarot: “The Way” to Health, Happiness and Spiritual Illumination through Qigong Dreaming* and is an Acupuncturist and Dream worker in private practice. For upcoming classes and information, visit www.taooftarot.com.*

Bio: Asian Wellness and Shamanic Practitioner, international teacher and author, Christina Bjergo founded Qigong Dreaming and is Qigong Grand Master of Sacred Serpent Spiral Qigong. Her personal dream odyssey led her to Qigong and the tarot as potent alchemical tools for transcending obstacles and initiating personal transformation. Dreams were the inspiration for her book entitled *The Tao of Tarot: “The Way” to Health, Happiness and Spiritual Illumination through Qigong Dreaming*. She concludes that the tarot, dream work and Qigong are all interconnected soul practices that prompt us to greater health and wholeness. See www.taooftarot.com for more information.