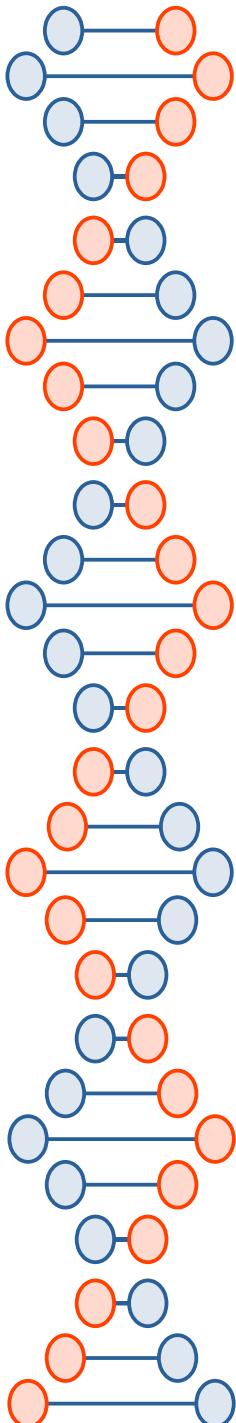


Soulful Inquiry: Dreaming and the Research Process

If you forget your name, how can you speak of truth? 25/5/15

Dream Research Institute Symposium, CCPE, London
13th July 2025

Dr Emma Therese Lewis, Vale of Pewsey, Wiltshire



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Introduction:

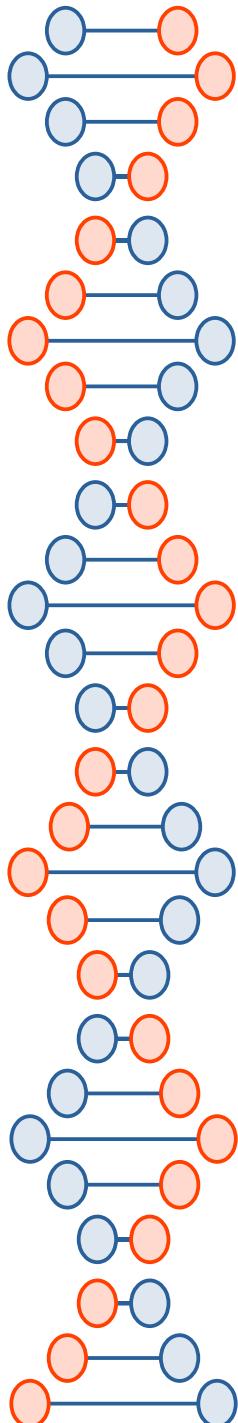
"For best is he that knows all things himself;
Good that he hearkens when men counsel right;
But he who neither knows, nor lays to heart
Another's wisdom, is a useless wight." Hesiod via Aristotle *Nicomachean Ethics*, (1095b10).

Initiating Dream (1) that brought me to speak here (9/3/20 - FM):

I have just recently come out of retreat and I receive a call from Nigel Hamilton. He wants me to give a talk at a conference he is holding for his organization. I remind him that I'm not part of the doctrine they follow but he says that's fine. The talk I prepare to give is along the lines that the soul is the vehicle of (one's) humanity and that each person's relationship to their soul and, through it, to God is their own responsibility. This direct relationship should never be handed off to another authority – this [handing off] is the basis of all the corruption we see/experience... [Detail is then provided updating me on the dynamics of the current organisation.]... I give my talk – which is very poorly attended. There are a few people who want to talk to me as a result – for whom it made a difference...

Dream recorded exactly five years prior – on the lunar anniversary -- of DRI's original Call for Submissions (13/3/25 FM). Text extracted 'as is' (showing coding) from my current dataset (Psyche in the End Times: 1100+ essential dreams 2006-23)

"...the Stoics allow for prognostication through dreams by virtue of the interrelation of the human souls with the soul of the universe." Grunebaum & Callois (1966). *The Dream and Human Societies*, p.306.



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Introduction:

*italics + date = dream extract

*There is discussion of an induction/initiation by a snake. I am involved in enabling this process. People think this is something they “do” – **I am aware that it is something which is being done.** The snake follows its timing and process. I am useful to the extent I can follow these.* - 7/11/17*

“The Serpent is the Dream.” [9/98] – Lunt, A. (2010)
Avision: The Way of the Dream. p.213

ETL: Psychologist and Psychotherapist

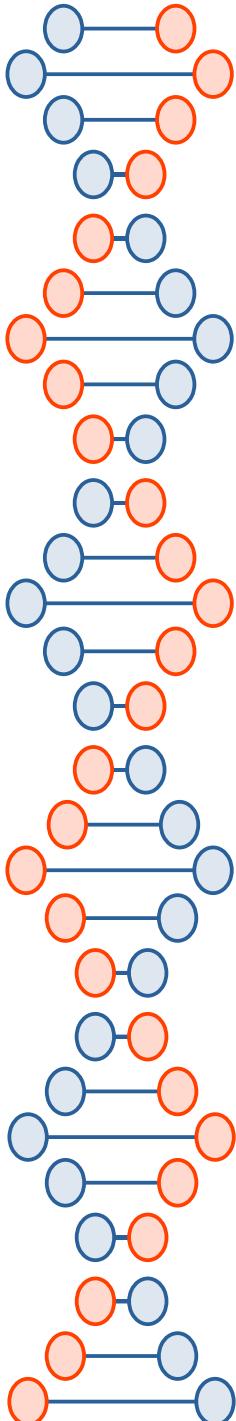
20yrs+ of consistent daily inquiry into the **nature and dynamics of self and soul realisation;**

- 2012 – Present: 12+ years of immersive, longitudinal post-doc research anchored in the Dream’s instruction and guidance
- 2008-2011: PhD Transpersonal Psychology, Institute of Transpersonal Psychology (USA)
- 2008-2011: Supervised/lectured on CCPE Research MA program (Methods, Theorists etc.)
- 2007-2011: MA (Distinction) Transpersonal Counselling and Psychotherapy, CCPE.
- 2001-2006: Diploma Counselling and Psychotherapy, CCPE.

Iterative Method: I initiate (inquire) – the Dream responds. The Dream initiates – I respond.

Dream research is transformative because realisation changes one’s relationship to the Whole (God) Consciousness collapses the wave function - 28/2/18

Caveat: This is my experience; ...*In Reality everyone has to find their own way* - 18/4/18



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Central Finding: The Dream as Authority*

“...they'd [Pholarchos] fall asleep and have a dream...People were healed like this all the time.” . p.78. Kingsley, P. (1999). In the Dark Places of Wisdom.

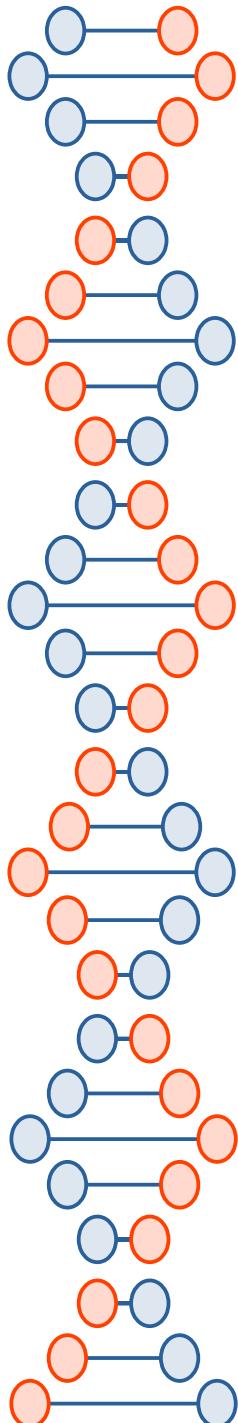
Initiating Dream 1 reflects the **necessity of orienting via one's own Soul** and the consequences of giving over that (natural) responsibility = inducing suffering. This principle is consistent with essential teachings from ancient traditions e.g the four noble truths, yoga tantra and vedas, the Tibetan Book of the Dead, (Neo)Plato(nists) etc. Over millennia, this (natural) process has been replaced and subverted by organised religions among other sorts of cults.

The Way of the Dream is/has always been **the route by which the Soul is realised/restored**. Its contemporary re-presentation was shown in Anthony and Anna Lunt's accounts in Avision: The Way of the Dream (2010) and Poems of the Infinite and the Eternal,(2014).

Experience shows the Dream as **relational** – it perseveres rather than demands. It moves/speaks in relation to (one's) nature and responses and the time: “...*there are three types of people: those who overlook dreams entirely, those who reduce their significance and those who appreciate their superiority.*” 17/8/17

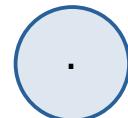
The Dream is **the original research method (incubation)** which now we have substituted with (post-)modern institutions, authorities and designs. In line with our times, it has shown me how I can follow its authority and situated that process within post-modern research principles:

* **Initiating Dream (2):** *There was a large hall that was part of my home. It was early morning and I was leading a practice for a collection of people. There were monks there and they placed bowls of petals and stones at the door. Then they brought in a small, bronze statuette, seated in the lotus position. They said it was called “self” and it was at the centre of practices. Then I went into the hall and began my practice explaining out loud what it was as I went through it; the first section of Baddha Padmasana [Bound Lotus] was to observe the effects on my body, on my inner world, of aversion, the second section the effects of attachment and the third section of sitting – called Vipassana – was to observe What Is. When these parts were completed I went through my prayers and chants. It felt as though I completely knew what I was doing – a feeling of strength in my core.* - 24/9/08 (p.110, Lewis, E.T. Understanding the Dynamics of Self-Realization, (2011).



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The sanctity of the everyday...2/12/17

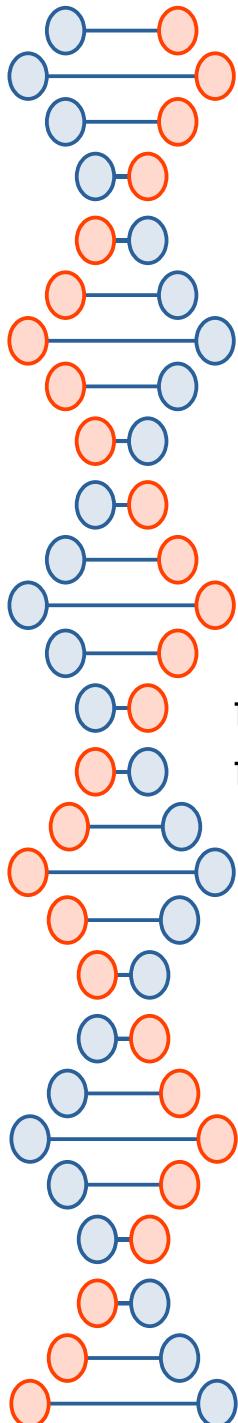
Thesis Elements from my Dreams/Research:

My findings constitute a paradigmatic shift for a post-modern mind:

- revelation rather than construction
- relational rather than hierarchical
- non-linear
- practical-spiritual convergence/integration
- Truth is conveyed through experience = precisely expressing an aspect or element of reality revealed to our perception.
- language is the precise expression of perception.
 - *Be precise and concise - 15/7/19*
 - *If you put a word in the wrong place you change the sense entirely of what is being said. It is a precise art - 5/7/14*
 - *My metier is language – 13/4/22*
 - *I set out my thesis: everyone is responsible for their conditions, for their suffering – no-one's a hostage.... 15/4/25*
 - *Re-search: the need to realize = re-find [in] each incarnation. The content for the buddha changes. Demonstrate/illustrate how to stick to the dreams a priori and contextualize them with extant theory e.g. Quetzacoatl's model. 16/4/25*

"In the beginning was the Word, and the Word was with God, and the Word was God." (St James Bible: John 1:1)

In neoplatonism, Iamblichus attempted to bring the Egyptian cult of divine embodiment to the Hellenic world. "He said that every theurgic observance was a ritualized cosmogony that endowed souls – **regardless of their station in life – with the divine responsibility of creating and preserving the cosmos**. (Shaw, G. (1995). *Theurgy and the Soul* p.23



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Initiating Dream (3) – 7/11/10 :

“Quetzalcoatl”

the truth as I see it

...people of Teotihuacan conceived of their city [Temple of Quetzalcoatl] as the center of the cosmos...[represented] through a series of dual oppositions.. Florescano, E. (1999) *The Myth of Quetzalcoatl*. (p.7)

...To him [Quetzalcoatl] they made round churches without any corners. It is said that it was he who made the first man.", Kingsborough, E. (1964) *Antiguedades de Mexico*, . (Vol1, Plate 2.)

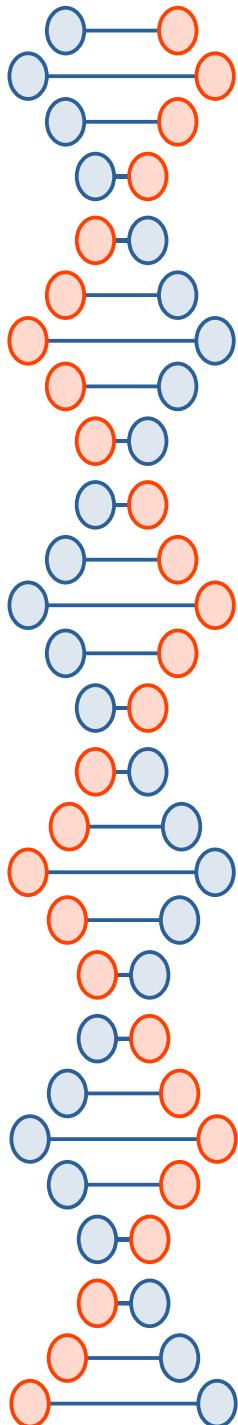
the truth reported by theorists, supported

the truth as I see it, supported

the truth as reported by theorists

“Balance between these four ways – especially the last. [I am] over-reliant on one or two.”

Theoria = contemplation of truth per Aristotle “the principles of eternal things must be always most true; for they are not merely sometimes true...” *Metaphysics* (993b20)



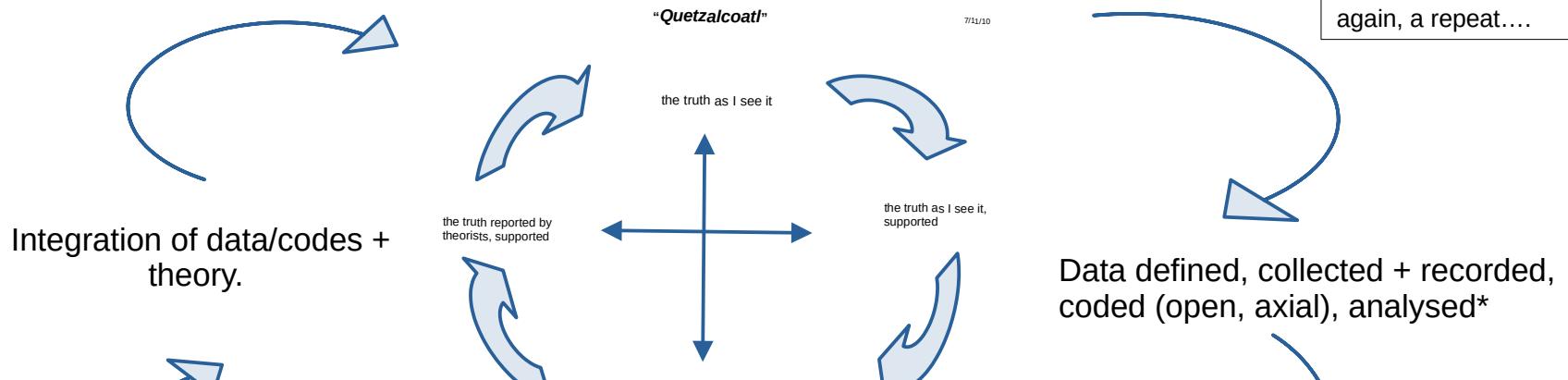
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Dream Process Overlaid with Qualitative Research Process:

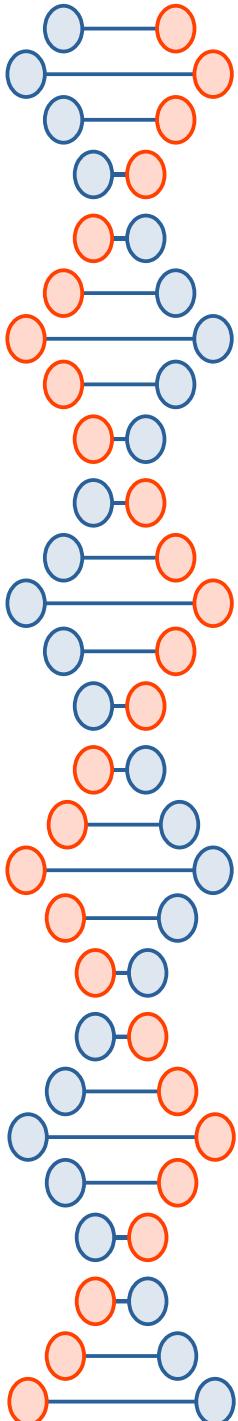
Researcher's role and reflexivity; past experiences, understanding, interpretations, intentions. "Know Thyself."*
Reporting.

Etymology of Research:
"recherche; back-formation from Old French rechercher; seek out, search closely – 1530's." (Etymonline)
Re-search – not just "search" – i.e. done again, a repeat....



*Creswell, J.W. & Creswell J.D. (2018). *Research Design; Qualitative, Quantitative and Mixed Methods Approaches*
Strauss A. & Corbin J. (1998). *Basics of Qualitative Research: Techniques and Procedures for Developing Grounded Theory*,
Chamaz, K. (2006). *Constructing Grounded Theory*,

Defn: Research – "detailed study of a subject, especially in order to discover (new) information or reach a (new) understanding." (Cambridge Dictionary)



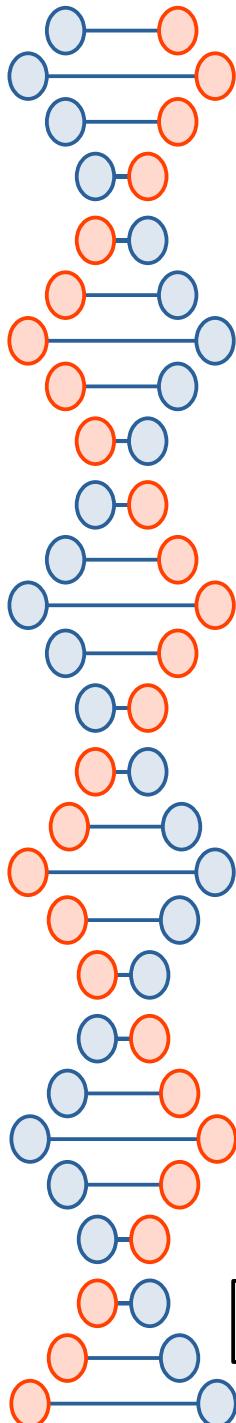
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Summary: What Have I Learned?*

- The vehicle of re-search is my soul
- It relates me to the Whole/Truth/Reality/God
- This relationship is conditioned by the times – e.g. violence and trauma lead to attachments and aversions
- Dreaming is the expression of that relationship...
- My place is revealed not created
- There is **no alternative route** at this point – but plenty of distraction

*see Appendix for supporting dreams



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Appendix: Excerpts from Dream Guidance and Theoria* (2017-25)

People understand who they are **by their own experience** (6/5/23)

- In **expanded consciousness self becomes minor focus, [however] limitation is necessary to function** (15/3/22)
- **Provide sub-titles to Life** for others who don't understand meaning. (20/6/20)
- **Discuss function of dreams** – how they have shown me the way (30/5/18)
- **It is time for the personal will to find purpose as expression of God's will** (3/4/17)

All is known in the mind of God. "New" is what one becomes aware of (18/6/17)

- **Demonstrate the effectiveness of my function** (9/9/24)

- **Only those who live by the river can be nourished by it** – most ignore it (28/9/17)
- **Organize the place according to the central function of nourishment**: the power of the Emerald (14/11/23)
- **Finish the End Times [my dataset] in Aristotelian method** – the obstacles are part of the place. (4/10/23)
- Dream is filling in experiences and re-contextualising ones we have – **preparation for death i.e the return to reality** (12/11/22)
- My **identity will be established** when the time comes (22/9/20)
- I am part of a group called the **Thoth-haths** (5/11/20)
- **Limitation to the necessary** in life yields an orientation to function (3/10/17)

* theoria = Aristotle's "conscious participation" or "contemplation of things eternal whose everlasting beauty can neither be brought about through the producing interference of man nor be changed through his consumption of them." Arendt, H. (1998). *The Human Condition*, p.13.