

June Lawton  
469 Durham Road East,  
RR1 Durham,  
Ontario, **NOG 1R0**  
Canada.

Phone: 519-369-5912  
Email: junelawton@live.ca  
Website: alchemyanddreams.com

**DISSERTATION**  
**FOR**  
**ALCHEMY STUDY COURSE MODULE 7**

**DREAMS AND ALCHEMY**

**By**  
**June Lawton**

## INTRODUCTION

I am a psychotherapist with 35 years counseling experience. **My goal** is helping people realize their full potential. My insights are on instincts tuned by years of experience and a firm grounding in the principles of Western Psychology, Mythology, Tibetan Buddhism, the Kabbalah and now Alchemy.

I use skills across the scale from helping individuals through difficult relationships; to reorganizing large companies.

I found my vocation through a theatre career in Vancouver, British Columbia. From 1966 to 1982, I performed on stage and worked teaching drama to disturbed children through the Vancouver school system.

In 1970, I opened Different Doors; a school and theatre company for children and young adults. It was known for productions that addressed the problems of street kids.

Two plays I wrote about abuse and addiction were successful: 'Murder by TV', and an adaptation of the play, 'The Insects'

It is gratifying for me to remain in touch with successful adults whose lives were turned around by their experience at Different Doors.

In 1982, I left theatre to study **Ego Psychology** [Object relations Theory] and focus my career on adult counseling. Since, I have studied **Mythology, Dreams and Tibetan Buddhism** and have earned Honor, diplomas in, **Writing, Psychology and Social Work.**

In recent years, I taught courses on Mythology, In **the Netherlands, England and Canada,**

For several years, I have maintained a private practice as a psychotherapist in Toronto, and maintained an office at the **Kamkus** Centre for Holistic Medicine on **Harley Street, London, England.**

I now reside in Durham, Ontario, Canada.

## **ALCHEMY AND DREAMS**

1,449 words

Alchemy is the quest to understand and master the elements of nature and demonstrate this mastery by turning base metal [lead] into gold. To dedicate years of transforming base metal into gold a mental and physical discipline was required, it also tested the spirit; making alchemy a spiritual discipline as well. The base metal [lead] was the alchemist's mundane self and their experience of life. The task was to transform their ordinary selves as well as their waking life into gold. The gold, symbolizing the sun (consciousness and enlightenment), was his spiritual transformation.

The main outcome of transmuting physical lead into gold and transforming the base mundane self was the Philosophers' Stone (also known, by many other names, as the *lapis elixir*) the holy grail of alchemy. The possessor of the stone was promised eternal youth, freedom from death or sickness, and total inner knowledge, including how to transform base metal into gold. The Philosophers' Stone once found, will never be dissolved or lost; however, first it had to be found.

Alchemists believed matter was made up of four elements – earth, air, fire, and water – held together, or unified, by a 5th element, invisible to the uninitiated. This 5th element

was known as the quintessence. The quintessence and the Philosophers' Stone were symbols for the same Holy Grail.

An important part of alchemy is to find the Philosophers' Stone, with the quintessence, and then all is possible, physically, mentally, emotionally and spiritually.

Men and women initiates, practised alchemy through study and practical work of, mixing elements - compounds and substances. Encapsulating their findings in symbols, drawings and occult formulae, much of the work was carried out in laboratories – fitted for practical and esoteric activities. The symbols and mystical formula constituted a secret language, a way of hiding the metaphysical and spiritual work of alchemy from, the attention of the church and the uninitiated.

*[The word vitriol is composed of the first letters with the words in this Latin phrase: 'visita interior terrae rectificandque invenies occultum lapidum'. This translates as 'Visit the interior of the earth and, by rectifying, you will discover the hidden stone.']* This paragraph is borrowed from the **alchemy study course**; I have used it because it shows a perfect example of working with and visiting the images in dreams. In one of Shakespeare's play 'Romeo and Juliet' one character says ' Dreams are the Royal Road to the soul.'

By interpreting our dreams, we act on the insights we gain about ourselves and burn away our negative patterns, calcination; heal our emotional wound's dissolution to reveal the inner self and cut off the false parts separation then polish the soul until it shines conjunction.

In this way, we also become masters of our spiritual, emotional, mental and physical world. Our dreams will be seen as the base metal and the process of interpreting them as a process of gaining insights about ourselves and as a result, we become part of the magic with which we can transform our lives.

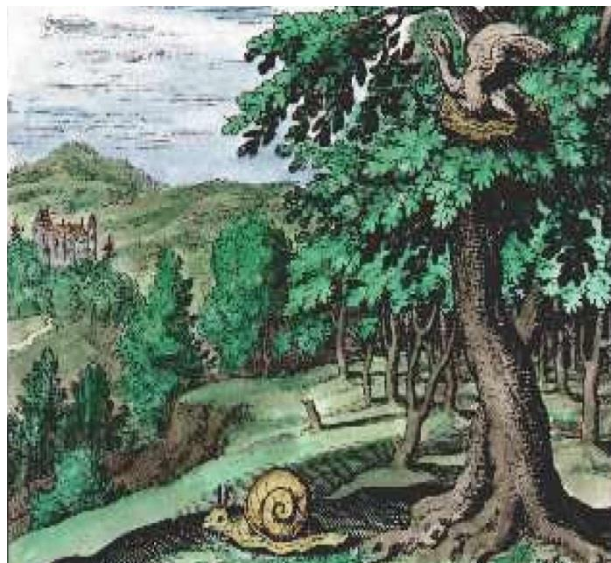
Dream alchemy is the process of working with your dreams to transform your spiritual, emotional, mental and physical life into alchemical gold.

The dream alchemy practices, work on your unconscious mind to ‘reprogram’ unconscious beliefs, and patterns that are not working well in your life. These practices are successful because they employ the language of our unconscious mind: and our unconscious mind responds.

### **Symbols and images in dreams and alchemy.**

As an example let's work with this alchemy image and its symbols. What if a person had this image in a dream, [this happened to a client of mine.]

What does it mean to an Alchemist? What will the meaning be if it is a dream?



Symbols and images are hard to interpret for they mean many different things. The best way is to look at images and symbols in the right **context**.

Example: I am presuming everybody knows the story of 'Red Riding Hood.' The images and symbols are clear if you are looking from a story point of view. Girl in red Cape - a basket with food – the wolf as the predator in the woods -flowers - a grandma who lives in a cottage in the woods - and the woodcutter with his axe.

Now let's look deeper into these symbols and images and find the hidden truths of this fairy-tale.

1. The flowing red Cape and hood made by the grandma.

The true essence is a young girl who has reached puberty and has started to menstruate [the flowing red Cape.] The Hood means; she is a virgin, with the [hymen] still intact.

2. The basket representing the womb holds food and wine, i.e. [Eggs in the womb.]

In the English version, there were tarts. The expression of 'a Tart' in England means a loose woman. And this is the food for a sick grandma!! This is a big clue.

3 The wine in the basket represents the life force.

4. The path through the woods is the path she is on with a warning not to stray off.

5. In dreams, the story of Red Riding Hood takes place in the woods the [*personal unconscious*] the wolf *in* the woods is the predator and the negative father principal devouring young girls.

"What big eyes you have," says Red

"All the better to see you with," replies the wolf.

"What big arms you have,"

"All the better to wrap around you,"

"What big legs you have."

"All the better," - at this point the wolf devours Red Riding Hood as he did with the grandmother on her bed.

In the right context of the story, you see this as the sexual act, and it happens to grandma too.

6. Flowers are an image of the soul, in some stories; she picks the narcissus flower meaning; she has to overcome her own narcissism and self-preoccupation.

7. The grandmother is sick in bed!!! The grandmother's emotional sickness can be passed onto the next generation.

The mother is a single mother showing an absent father, WHY! Does she have a bias towards men too? And inattentive father can be absent in many different ways, example, an alcoholic, workaholic, never home and so on.

Charles Perrault, the French author of this story wrote it as a warning to mothers and young girls. Prostitutes' in France used to be known as Red Caps, which later became known as the 'red light' district.

The story teller was considered a special person, a form of today's dream psychotherapists, though in those times, it was considered just an art.

7. The woodcutter represents the positive father figure and the rational mind. The positive father is the present father who knows about the dangers of men who could be predators and uses his intellect [the sword or cutting axe] to keep his daughter from harm.

Red riding hood is a story about a girl caught up in the pleasure principle, which can lead to danger. This is a short analysis of one fairy tale; there are many more fairy tales with

warnings. Dreams repeat the fairy tale until the complex is resolved, and a psychotherapist can use alchemical dreams as an effective tool.

Now back to symbols and images taken in the right context. A few women, who come to see me with difficult and bad choices in relationships, fit this hidden myth in their dreams and in waking life play this myth out over and over again. It is hidden in their personal unconscious; remaining asleep to their true life. It is time to wake up!

Alchemy has symbols that can be used the same way. Take the images in the picture above. Eagle- about to take flight – snail- with his house on ground facing the same way. Woods to the right represent the [personal unconscious] on the left side the castle [Holy Grail] or Philosophers Stone. Here we have the four functions of the psyche in the form of a cross. Furthermore, as above [bird] - so below [snail] they are not aware of each other yet, they are only at the beginning of their new journey and hopefully both having the same goal in mind will be able to join each other in the quest, [conjunction].

I am in love with alchemy and the study of alchemy from 'alchemystudycourse.'com, has helped me in many ways. I alchemically tend my rose garden and have a few of the five pelted variety.

I am using the seven steps of alchemy along with dream analyses and in many ways; my life is becoming the life of an alchemist.

THE END