



# How I Decode My Dream Journal

an excerpt from an email we sent on  
February 17 2026

Good Listeners: Today I want to tell you about a dream I had last night, and take you through a little example of how I study and unlock meaning from my dreams.

The thing to know about my approach to studying dreams – it's not just about analyzing or interpretation or making meaning (those things are part of the process), but on a fundamental ground level **I recognize my dreams as another realm of reality where our life is happening.**

So, my dream from last night: the first thing that I look at is the setting of the dream. Where does it take place? The setting indicates where you are in some aspect of your lived reality.

I was in someone's dingy, weird basement. Not my own basement, but very familiar – it was an old teacher's basement.

If I were in my childhood basement, the setting would indicate that I am working through things that live in the deep subconscious of my early developmental years.

Finding yourself in someone else's basement should always beg the question: what am I doing hanging out in someone else's subconscious material? Should I even be here?

Sometimes it's appropriate, if you are in a close relationship with someone, sharing intimacy and working through life together on that level.

Sometimes it means that a part of your soul got lost, stolen, forgotten, and found a temporary hiding place – witnessing this part of yourself in a dream means that you went looking for that part of you, and you found it.

How do you know which witch is which?

This is where you bring your personal intuitive powers and spiritual gifts:

- **clairvoyance**: the ability to see the unseen to discern the truth
- **clairsentience**: the ability to perceive the truth through sensation and feeling
- **claircognisance**: the ability to know the truth in a flash (people with this "clair" are essentially able to do full divination assessments at lightning speed and get to the truth in an instant; or know how to land somewhere instantly in their body that already knows the truth)
- **channeling**: the ability to have a direct telephone conversation with someone in a dream or across worlds, either through writing, spoken out loud, or in your mind

- **symbolism and synchronicity**: the ability to interpret significant visual markers based on your lived experience, or personal practise, like seeing certain numbers that mean something to you, etc
- many other ways of knowing unique to you!

Why was I in this old teacher's basement? After I woke up I drew upon all of the above gifts to feel confident in what I knew was going on in this dream.

Clairvoyance showed me I was in a basement. Claircognisance told me whose basement it was. Clairsentience\* is why I knew instantly I was in a dimension that I have no business with any longer.

This basement **felt\*** like I was in a horror movie. I felt how terrified I was, but also that it was familiar.

Because of my many years of dedication on an ancestor healing journey, I understood that I was in an ancestral dimension that I am done with.

I instantly felt the visceral texture of a colonial saviour complex: that unfolds into charity and philanthropy models of monetary exchange, also extending to the non-profit complex, all rooted in legacies colonization via the christian missionary paradigm.

I felt the deeper layers of *horror movie ancestral data* that powers this missionary paradigm, because I've studied this for years. It's no coincidence that I instantly see the links to modern day forms of monetary exchange, given my 'new economy research' at the heart of this residency.

Back in the dream: after finding myself in this basement, I screamed "**RAGE!!!!**" as a cry for help, in a state of panic, feeling trapped, and not knowing how to get out of this by myself.

(I think it was one of those visceral moments where it took so much energy for my dream self to bellow that word, that I actually used my human voice too. So for anyone sleeping next to me they would have heard me say something like "REEAAUR" LOL)

See, Rage is a code word. In the dream, instantly someone came walking down the stairs – a friend. Someone I know IRL who has provided me with guidance for years, and who knows me very well. More importantly, the word "rage" means something precise in our relationship. **So my dream self had the capacity, intelligence, and brilliance not just to call for help, but to call for a specific person and a specific kind of support.**

The person who arrived is someone who I already have a long extensive practise of communicating with via the dream realm. She was wearing a dark blue hoodie.

A common question you'll get when working with ancestral dreaming is, *how do I know if I'm connecting with someone as a sovereign presence (whether they are in body or in spirit), or if this is just my mind and my imagination?* Again, you engage the specificity of your personal intuitive skills and ways of knowing.

For me, when people or animals show up in my dreams as their own sovereign presence – basically another form of talking on the phone – they have a different kind of visceral texture...

verses stories and characters *I birth myself* as an extension of my imagination, creativity and sovereign play-space...

or something private I am working through *in relationship to someone else*, without them actually involved in the conversation. Like in therapy.

I knew from the visceral texture that this was the sovereign presence of someone I know. The hoodie confirmed it. The hoodie told me that they came here intentionally, because they heard my call, and they protected themselves to travel this realm with me as a guide and source of support.

This is the equivalent of what Healers and Spiritual Practitioners do when they sit in session with you, and travel with you through your personal multiverse terrain. We have to protect our energy (our head) in order to be a good guide and provide heavy duty support.

The colour means something to me. [In my village artist grant ecosystem introductory medicine bundle](#), I spoke about the colour “indigo” as representative of the wave of people who want to **invest** in you.

Again, we’re making a very subtle call back to the topic of money, and what kinds of conditions or environments your money will flow freely...certainly not this basement resting on a colonial saviour complex! Yet the colour “indigo” here acts as an Ancestor, in and of herself. (Yes, I consider “colours” as sovereign spirits!) This Ancestor came to help get me out of the basement, as a representative of my **true investment**.

My friend held me by my shoulders and said a few lines of dialogue. I heard the exact words while I was in the dream, but I can’t remember what she said now. (Hate it when that happens! But it does indicate that my subconscious took it in, and the message was received.)

What she said was an offering of specific guidance on how to get out of here, but also reassurance that I was going to be okay.

Then she pointed to my calves.

She first pointed to my left calf: “That, right there. That’s your issue. Actually, no.”

She points to the right calf: “The left calf isn’t the real issue. It’s the right calf. Right there, right in that spot. See?”

I don’t remember much else from the dream, but I got everything I needed.

Now we’re getting into my practise as an Energetic Surgeon and a Spiritual Diagnostician.

What does the right and left calf represent?

(Remember, I’m still talking about my self – there might be overarching similarities when reading for another person, **but you can only get your specific diagnosis from your specificity**.)

The knees carry our workload. The feet take us to where we’re going. The calf is what bridges the two.

If something is off in that spot, something is interrupting our ability to feed our workload in the right direction – the direction that will give us reciprocity, safety, collaboration, opportunities, and miracles!

Here, it’s not just an interruption, but a fragmentation. Now I look at my leg with my clairvoyance and I can see, energetically, there is a circular hole in my right calf. So this is like a broken bridge that needs to be repaired.

Because of my extensive practise as an Energetic Surgeon (a specialized form of Energy Healer), along with my claircognisance, I do a lightning speed assessment on what the issue is, and how to repair it, the same way my favourite doctors from grey’s anatomy do when they study an x-ray of a broken bone. Or, you know, real doctors in hospitals do that too I guess

The left side of the body in my practise represents water, grief, and “mothering” (regardless of gender). The right

side represents fire, rage and “fathering” (regardless of gender).

The right side represents our ability to teach, to inspire, to share, to express, to radiate outward.

The left side represents our ability to lead through example, to grow gardens, to welcome others home, and even to come back home as an entire species.

This tracks right? The entire dream indicates that there is a small part of me stuck in the basement of an old teacher, and an old teaching paradigm – because something on that side of the body, *where you teach*, needs more support.

My assessment as my own Surgeon is to say to the client (me) – “you do not belong in this dimension, this horror movie. But you’ve been stuck here because one small part of you is missing, and that is throwing everything off balance.”

The problem isn’t in the Left Side – she has everything she needs to move on and live well in this new chapter ahead of you. But she’s staying here, in this weird scary basement environment, out of solidarity and friendship with the Right Side.

Because I know myself very well, I know the subtle, nuanced, but very powerful difference between staying somewhere you shouldn’t be for the sake of a saviour complex, and staying somewhere when you could otherwise move on, for the sake of solidarity.

Listen: I can’t tell you which witch is which. The difference between those two choices can get very confusing at times. And the only way you can be personally confident in knowing the difference is if you spend many years of your life investing in *knowing how to tell the difference* – in your own body and sovereignty, first and foremost.

I’ve done that, and I know my Left Side is making a choice to stay in this basement for the sake of solidarity with the Right Side who is working through some shit, even though it has an impact on her. The Left Side can’t act like her true self in this environment. She can’t make the best choices. She can’t show up in the best way.

[But she is here.](#) Imperfect, and Ferocious with Love, all the same.

I am here, and for better or for worse, I won’t let you do this alone.

Back to Energetic Surgery: What is that hole in the left calf? The fact that it’s a circle tells me it’s a lost soul fragment.

**The result may be a broken bridge, *but the actual issue, is a lost soul fragment.***

Now we have a story to look at.

How did that piece of your soul get lost? Where did it go? When did it happen? Did you throw it away or did someone take it? Why? Do you keep getting it back and giving it away? What’s the story here?

In a 1:1 session with me, this is the point where we would unfold the story together, *and that is the process of energetic surgery and repair.*

That story is how we find the lost soul fragment and bring it back to its rightful place in the holistic altar that is your body, with full understanding of what that part of your soul serves in the larger scope of your life.

When we repair this, what becomes possible? What shifts? What conflicts dissolve? What amazing opportunities

arise? What aliveness and sturdiness do you feel when this part of you is at home and not lost?

That is how we bring your full self back to the right dimension where you belong, where you can receive safe passage, and where you can collaborate fully with your road of miracles.

That is what I did for myself this morning. But oh wait, there's more!

Okay, so my future partner also made a cameo in this dream. But even in my dream I was like, I know it's you, but it's not really you. I could see that it was an old version of them stuck in their old wounds.

The point of his presence in this dream leads us to the overall mission of our 2026 artist residency, aka pulling out key points of wisdom and ancestral guidance from our dreams to map the most important protocols of this period of time.

When I am stuck in this dimension that I no longer (and never did) **have any business with\***, that wounded version of my partner is the version of him that I get.

\*(We're also talking about the kinds of relationship dynamics that will help and hinder your business/money.)

That means – I am missing out on who he really is right now, and all the gifts his current reality might have to offer me.

This type of thing creates situations in current day relationships, where you miss each other in partnership, in intimacy, in business, or in community.

The moments where you treat your partner (or any relationship) like they are some old version of themselves, or vice versa, and it causes conflict.

Or you're both operating as a 'lesser' version of yourselves, and you can't seem to get unstuck or co-create what you really want. You can't get to the gifts that are available now in your relationship.

On a collective level, if we are keeping our movements stuck in old places, in small ways, we are also leaving ourselves unavailable to co-create what we really want to see in the world, and in our lifetime.

We can't connect with the 'future partner' (the world of our dreams) as they are, in their current presence and reality. So we need to bolster and support ourselves to be available for it now.

I think about the calves – and what it means to bring more support to the 'legs.' When we say, *give that project its legs*. It means, we're bringing back – taking back – our capacity to help it move.

*End of Excerpt.*

**Director's Notes:** This is the type of "dream study" that we unpack in our water and sky class. This time you bring your dreams to the forefront. I guide us through an initial open heart surgery of the dream like I did in this email. Then we open the floor for conversation, reflections and further investigation.

Using this dream as an example, I might bring up questions like:

What parts of the dream are speaking to you? Have you had recent dreams that add layers or alternate timelines to this story? What are your experiences or reflections on the difference between 'staying' in a relationship for a saviour complex and 'staying' for solidarity? What abolitionist relationship principles are speaking to you in relation to this story? What thriving village memories are emerging? What questions do you have about unpacking the interpretation of this dream or dreams in general?