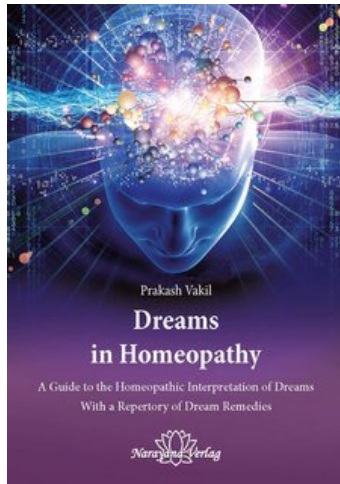




Prakash Vakil Dreams in Homeopathy

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Prakash Vakil

DREAMS COME
TO THE RESCUE

“In order to do anything like justice to dreams, we need an interpretive equipment that must be laboriously fitted together from all branches of the human sciences.”

– Carl Gustav Jung

*“What is life? A madness.
What is life? An illusion,
A shadow, a fiction,
And the greatest good’s but little;
For all of life is but a dream,
And dreams, are nothing but dreams.”*

**– Pedro Calderón de la Barca
from *La vida es sueño*
(*Life is a Dream*)**

Prakash Vakil

DREAMS COME TO THE RESCUE

An Illustrated Guide with Homeopathic
Analysis and Interpretation of Dreams with a
Complete Repertory of Dream Remedies

A stylized lotus flower logo with eight petals, rendered in a light gray color, positioned behind the text.
Narayana Verlag

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Analysis and Interpretation of Dreams with a
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Foreword to the 3rd Edition

Narayana Verlag is pleased to bring this new edition of the late Dr Prakash Vakil's book to the homeopathic community.

Based on the 1997 Revised Edition published by the author, this edition has been entirely reformatted for improved readability. Rubrics have been standardized, lists of remedies within the text have been alphabetized where appropriate, information about provings and other sources has been updated where possible and footnotes have been added where we felt they would enhance the clarity of the work. Also, a list of remedy abbreviations has been added and the inclusion of a dreams repertory, based on Dr Vakil's work, will be a useful tool. Lastly, an index has been added so the practitioner can more quickly locate sought-after information.

We hope you enjoy this important contribution to the understanding of dreams in repertorization.

The Publishers

Preface to the 1st Edition

I dreamt of bringing out this book when I found that the dreams of some patients were the sole guide to what was going on within them. I had to study various concepts on dreams and had to correlate them with homeopathy. The usual rubrics from repertories did not help in many cases, so I had to develop a special method of working.

I cannot say that this work is free from errors. There may be errors of commission and errors of omission. The work is so difficult, laborious, and painstaking that I would only say that in subsequent editions it will be rectified to achieve perfection. Whatever has been done thus far should be useful to my colleagues, hence this book.

There are many people who have helped me to realize my dream of bringing out this book. I am really grateful to them.

Finally I wish to echo what W. B. Yeats wrote in *He Wishes for the Clothes of Heaven*:

*“I Have Spread My Dreams Under Your Feet
Tread Softly Because You Tread on My Dreams.”*

Prakash Vakil
2nd October 1995
Bombay

Acknowledgements to the 1st Edition

My grateful thanks is due to the following people who have helped in different fields to complete this book.

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PART I
Dreams in General

1.1 Sleep and Dreams

Sleep is considered to be the resting phase of life by most people as it relieves mental as well as physical fatigue. If we consider that one sleeps for 8 out of every 24 hours, it means that a 75 year-old man has slept for 25 years, or one third of his life. Most of us do not care to know what happens during this phase of life. It is presumed that nothing happens except rest. However, during sleep a kind of consciousness operates vividly at one level in the form of dreams.

What happens when one is deprived of sleep? It affects an individual to a great extent. Shift workers and air-crew members suffer considerably if they do not get adjusted to the biological rhythms. The medical reason behind Napoleon Bonaparte losing the war was scabies. His soldiers suffered from scabies. The itching would not allow them to sleep and the next day they were required to fight. One of the reasons for Saddam Hussein losing the Gulf War was constant bombardment by the allied forces. Although it did little damage to the strong hiding places constructed to face the enemy attack, the strategy of the allied forces was not to allow his Republican Guards to sleep. Strong, healthy and dedicated young men formed the Republican Guards of Saddam Hussein. Loss of sleep caused the greatest damage. Experiments have shown that prolonged loss of sleep can give rise to hallucinations. Before the advent of modern drugs the best prescription for a nervous breakdown was sleep. It has also been established that loss of sleep affects the immune system. Thus sleep is vital for our well being. Probably our forefathers knew this phenomenon very well when they used to say *“Early to bed, early to rise, makes a man healthy, wealthy and wise.”*

It was a common belief for centuries that a good sleep is dreamless. It was thought that dreams normally occur when one is upset or before awakening in the morning. Cheese, heavy meals and indigestion are blamed for bad dreams. Disturbed digestion and the over-activity of the digestive system are incorporated into the dream.

According to Ayurveda some such foods increase biliousness and persons having a 'pitta' constitution get aggravated. Sweating attacks at night are often associated with illnesses like tuberculosis or sleep disturbance. Now this belief has changed: if sleep is important for health and if the purpose of sleep is to dream, the corollary is that dreams are essential for good health. Electronic monitoring has proved that the brain is more active during sleep. It has been shown that there are two distinct sleep states: active and passive. There are segments of 90 minutes of a passive phase followed by active dreaming followed again by the passive phase. Initially the dreaming period is about 10 minutes but it goes on increasing after every 90-minute passive phase and towards morning it may be as long as 45 minutes or more. During this active phase rapid movement of the eyes is also observed and this phase is considered to be a highly active phase for dreaming. This phase of sleep is also termed REM sleep. But it is not only during this stage that an individual dreams. If you disturb an individual during the 90-minute phase he will not be able to go back to sleep. When the individual wakes up there are thoughts of the active life which get mixed up and hamper the 90-minute process of dream creation.

A study made by Milton Kramer has shown that our behaviour and attitude are influenced by the dreams we may have had during the previous night. It is evident from the fact that after a bad dream an individual wakes up discouraged whereas after a good dream one is more optimistic. Feelings aroused by a dream may be so strong that the dreamer may try to escape in sleep from his bed and may commit some violent act when sleepwalking.

1.2 The Importance of Dreams

As we have already seen, dreams are essential for good health. Understanding dreams is also important. To relate adequately to dreams is difficult as the dream structure is quite complicated. Recent and past events get mixed up. Images in a dream may represent something different. The proportion of waking life is not maintained e.g. a big tree may look like a small plant and a small bird which normally sits on the branch of a tree may be seen as the size of a house. There are uncertainties and discontinuities.

Sigmund Freud, who brought the interpretation of dreams to the limelight, said that there are *manifest contents* as well as *latent contents* in a dream. Some eminent psychoanalysts say that the function of dreams is the psychological development, maintenance regulation and, when necessary, restoration of psychic processes, structures and organization. When our daily lives fit well with our established sense of self, the dreaming process runs smoothly. In times of crisis when we are under stress this process has to face a new role for which we are not prepared. The dream process digs into memory files and tries to find a solution. Thus the dreams occurring at such a time are important for us. Dreams are also considered to be problem-solving, inspirational and spiritually deepening. There is supportive evidence for these observations which is described in the following pages.

American psychologist Calvin Hall explains the principles for interpreting dreams. He believes that the majority of dreams reflect everyday problems. He writes, "A dream is a document, a letter written to oneself. It furnishes knowledge about ourselves.

It is a system that:

1. Organizes an individual's *self-conception*.
2. Defines his views of other people.
3. Contains his views of the world, his values, ideals, his relation to his environments.

4. Is a conception of his own impulses, driving forces, how he is grateful, frustrated etc.
5. Defines his inner conflicts and attempts to solve them.

It is not a wish-fulfilment but a need-fulfilment.”

There are two opinions about understanding and interpreting dreams. According to the first one it is difficult for the dreamer to understand and interpret his dreams. He/she requires the help of a group or a therapist. The other opinion is in favour of training the individual to understand his own dreams. Whichever opinion is correct, it is beyond dispute that understanding of the dreams by the patient would be of immense benefit. To put in simple words what Carl Gustav Jung says, the psychoanalytic therapeutic process starts as soon as the dreamer or the patient is able to understand his/her dream. Whitmont says that this is confirmed by an expression such as “*Aha!*” or “*Yes!*” by the dreamer. A homeopath after writing down the detailed history of his patient gets familiar with the life situation, the likes and dislikes of the individual and the normal reaction of the individual to different stimuli. Thus he/she is in a position to offer an interpretation which is unbiased and quite often welcomed by the patient.

1.3 Dreams of Some Famous People

Queen Marie Antoinette

*A glowing red sun rising above a column, like a temple pillar.
Suddenly the column cracked in half and fell to the ground.*

She was overthrown by the French revolutionaries.

Charles Dickens

*A lady in a red shawl, who was facing the other direction, turned
around and introduced herself saying, "I am Miss Napier!"*

He did not know who she was. The very next night after a famous reading some friends came and introduced Miss Napier in real life!

Friedrich von Kekule

19th century German chemist Friedrich von Kekule dreamt of:

A snake chasing its own tail.

This helped him in visualizing the missing link in his research into the chemical structure of the carbon atoms in the benzene ring. Today's motor cars and aeroplanes owe their existence to this benzene ring in the petrochemical industry.

Abraham Lincoln

Just two days before he was assassinated the then President of the United States of America dreamt very clearly of:

*His own coffin lying in the White House, surrounded by
weeping people.*

Mother of Lord Buddha

The pregnant mother of Lord Buddha saw in her dream:

A giant elephant.

So she knew that she was going to deliver a baby boy and he would be a great person.

Pharaoh's Dream

The Biblical Pharaoh's dream about:

Seven fat and seven lean cows followed by the dream of seven full and seven empty ears of corn

was not understood by him. Joseph, one of the 12 sons of Jacob, while he was imprisoned, was asked to interpret this dream. He correctly interpreted it as seven years of plenty followed by seven years of famine. He was released as a reward and made a chief advisor to Pharaoh. The 12 brothers reunited. These 12 brothers became the fathers of the 12 tribes of Israel.

Carl Gustav Jung's Dream

It was a visionary dream before the First World War.

On the first day he dreamt of water everywhere. On the second day he saw a hillock surrounded by water.

Interpretation: War in Europe except Switzerland.

1.4 Inspiration from Dreams

Robert Louis Stevenson

The Strange Case of Dr Jekyll and Mr Hyde, the classic story, was inspired by Stevenson's dream in which he saw Hyde taking a powder and changing persona to escape from his pursuers.

Mary Shelley

Frankenstein was inspired by a dream.

Jorge Amado

The famous South American writer says that he conceived most of his work in his dreams.

Gustav Flaubert

The Temptation of St. Anthony was conceived in his dreams.

Reinhold Messner

This famous mountaineer says that he gets inspiration from his dreams for his achievements. He could foresee some difficulties in his dreams and solved them in his dreams only.

Salvador Dali

The famous Spanish painter derived his ideas and inspiration from his dreams.

Otto Loewi

The German-born biochemist won the Nobel Prize in 1936 for physiology for his crossed frog-heart experiment which led to the postulations of chemical neurotransmission. This occurred to him in a dream.

Tipu Sultan

This formidable opponent of the British in India used to write down his dreams and used to get visions of fighting with the British.

Charles Dickens

Material that came to him in his dreams helped to construct his novels.

Guiseppe Tartini

This Italian violinist and composer dreamt:

A devil was playing violin. He heard the melody in the dream.

This inspired him for his famous sonata *The Devil's Quiver*.

Carl Gustav Jung

The Magnolia Tree

This dream was the turning point in his approach to what he considered to be his life's work.

1.5 Types of Dreams

Safety Valve Dreams

This term was first used by Freud when he explained that dreams reflect psychological conflict; they can be wish-fulfilling and quite often they express desires which are not expressed freely during waking life. Thus these repressed desires float up in the form of dreams. They work as a safety valve. A little child may dream of a fairy bringing her a gift and a young lady may find her 'Prince Charming' in her dream.

Creative Dreams

Subjects and actions which are seen in dreams can be applied in the development of an individual's ability and functioning. They can be also a source of inspiration to the dreamer.

Recurring or Sequential Dreams

Repressed or suppressed desires or a problem which could not be solved may appear in the form of a repetitive dream. Sometimes the dream may also feature in a different set-up with the same theme.

Factual Dreams

Events and circumstances of daily life appear in dreams of an individual. Such dreams are known as factual dreams.

Physiological Dreams

Physical discomfort and sexual arousal may be represented in the dreams of an individual, in which case the dream is called a physiological dream.

Clairvoyant Dreams/Compensatory Dreams

These dreams are described under *Some Common Dreams*.

Problem-Solving Dreams

There are some individuals who have the ability to solve their problems in their dreams. This may be due to the fact that they think intensely about the problems and they have a great desire to solve their problems. Kekule's dream of a snake eating its own tail helped him to visualise the benzene ring.

1.6 Series/Sequence of Dreams

By studying a number of dreams of the same patient it may be possible to predict the character, nature and reaction of the individual. A sequence of dreams may also show the different circumstances through which the individual may be passing.

Case 1 – Changing Dreams of Falling

A German married woman, aged 45, who was suffering from migraine, described the change in her dream very clearly.

She and her sister were sexually abused by their father when they were young. The father was a dentist and was a crazy man. She had great difficulty in entering into a relationship because of what had happened to her. When I saw her she was happily married with two kids. Her father had died two years previously. The mother and sister have lost their memory so the sole responsibility of looking after the problems which cropped up after the father's death came to her. She felt duty-bound. To her surprise she found that the crazy father had not paid heaps of bills which were found in the cellar. She described the dream:

“The situation was so bad that I did not know how to manage! Under the circumstances I started dreaming:

That I am falling. I am hanging on the edge of a window or a cliff and at any moment I might fall down.

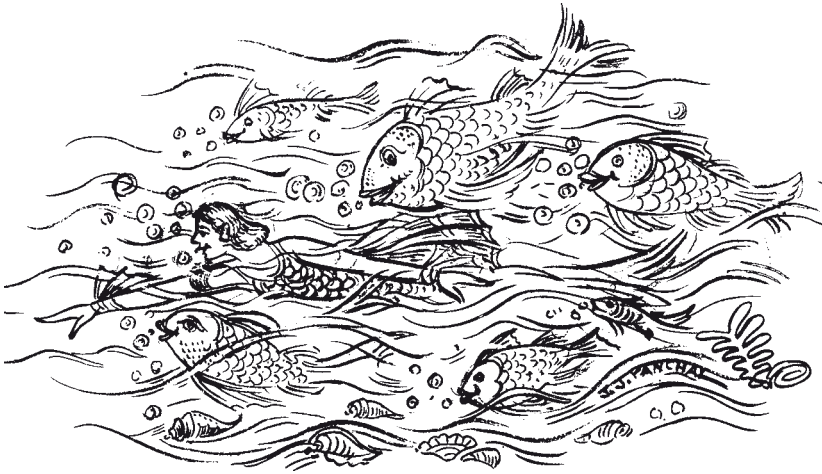
The situation became worse with debtors and I had to answer phone calls almost throughout the day.

I dreamt that I am falling into an abyss.

We had to sell the house and my mother and sister had to move to a small apartment. But I breathed a sigh of relief that at least selling the house had solved the problem! I dreamt:



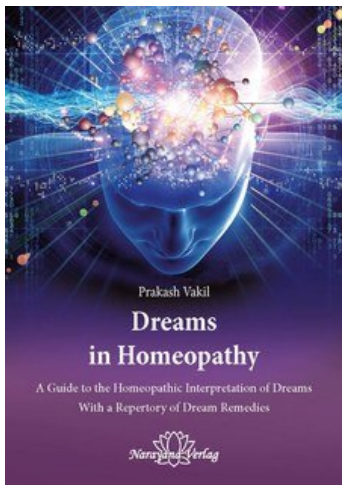
I have fallen into deep waters and I am under water. I am surprised at the fact that I am able to breathe like a fish!"



After a month when I met her she said the situation had again worsened and the debtors whose bills the father had not paid now started demanding money. She said,

"Now I dreamt that I am sitting in a car in the front seat. My father is driving the car towards a precipice and although I am cautioning him he is going ahead. Just like in a film I see that the car is hanging on the rear wheels on the edge and is about to fall down!"

As new developments take place, the dream changes. The main theme remains the same i.e. 'falling'. This case is described here not to show how a remedy was chosen for the patient but how a changing situation in one's life changes the dream.



Prakash Vakil

[Dreams in Homeopathy](#)

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