

The Dream

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I had a curious dream last night. I dreamed that two 'realities' had become overlapped and the participants of the two 'realities' were aware of this overlap; in other words, their worlds co-mingled but everyone was aware of the distinctions between the two. In my reality there were a number of us who knew one another very well and who were highly aware of the state of aliveness and connectedness with which we lived. Life felt vibrant, fulfilling and comfortable. In the other reality there were a number of people who were awake and alive, but whose 'aliveness' was only accessible to themselves: they lived in their reality wrapped in a clear plastic shield which meant that they weren't able to touch or be touched by the other people in their reality. Not that this seemed to make much difference because the many other people in their reality were all either in a deep sleep or in a coma-like state.

The people wrapped in plastic somehow let it be known that since they couldn't connect with all these comatose folks they needed us to intervene. So we became a team of euthanizers, calmly and serenely putting these people out of their misery while the people wrapped in plastic watched and provided moral support.

When I awoke I was surprised to notice a complete lack of agitation, disgust or other heightened response to having been involved in an activity which would have felt so offensive in my waking approach to life.

As I've reflected on the metaphors involved in this dream I've become curious about several things:

- ◆ Were the people wrapped in plastic really awake or were they merely the dreams of being awake by the people still asleep/comatose?
- ◆ If indeed the people wrapped in plastic were awake, did it make any difference because their awakeness was limited to themselves and didn't connect with anyone else?
- ◆ What is the difference between living life in a coma and being one of the living-dead?
- ◆ How often do we convince ourselves that we are alive and awake only to continue to rely on others to engage the really tough stuff on our behalf?
- ◆ Even when we are apparently fully alive and awake are there still parts of us that are still groggy enough that we do the bidding of other, less awake, folks in

order to support and help, when we wouldn't consider doing those things were we totally awake?

I'm still not certain what to make of this dream yet I have the feeling that it is somehow extremely important for me to pay attention to. I know that I will carry it with me into the up-coming days and weeks, allowing my body to engage it for insights and that those physiological 'musings' may well become the platform upon which a whole new level of connection to my unfolding Self is created.

About Gwen McCauley: Coach, educator, writer and veteran of the 'employee to entrepreneur' transformation process. With wit, wisdom and worldly experience, Gwen invites her clients on a journey of self-discovery, gaining clarity of purpose and increasing self-awareness and resourcefulness. Gwen brings a strong background as a corporate executive with extensive management experience to her work. She founded Odysseys Unlimited Inc. (OUI) in 1997 and is a co-founder of the WEL-Systems® Institute. Gwen has an MA in Human Systems Intervention from Concordia University and a successful track record as a coach, program leader and businesswoman. In addition to being a WEL-Systems Educator™, CODE Model™ Coach and Quantum TLC™ Facilitator, Gwen has studied Open Space Technology, Myers Briggs, Appreciative Inquiry, Generative Leadership and Total Quality Management. Gwen published her first book *"The Alchemy of Energy: Exploring The CODE Model"* in 2004 and co-authored *"Sekhmet Rising: the restlessness of women's genius"* with 17 other women in 2006. She is currently working on her third book.

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