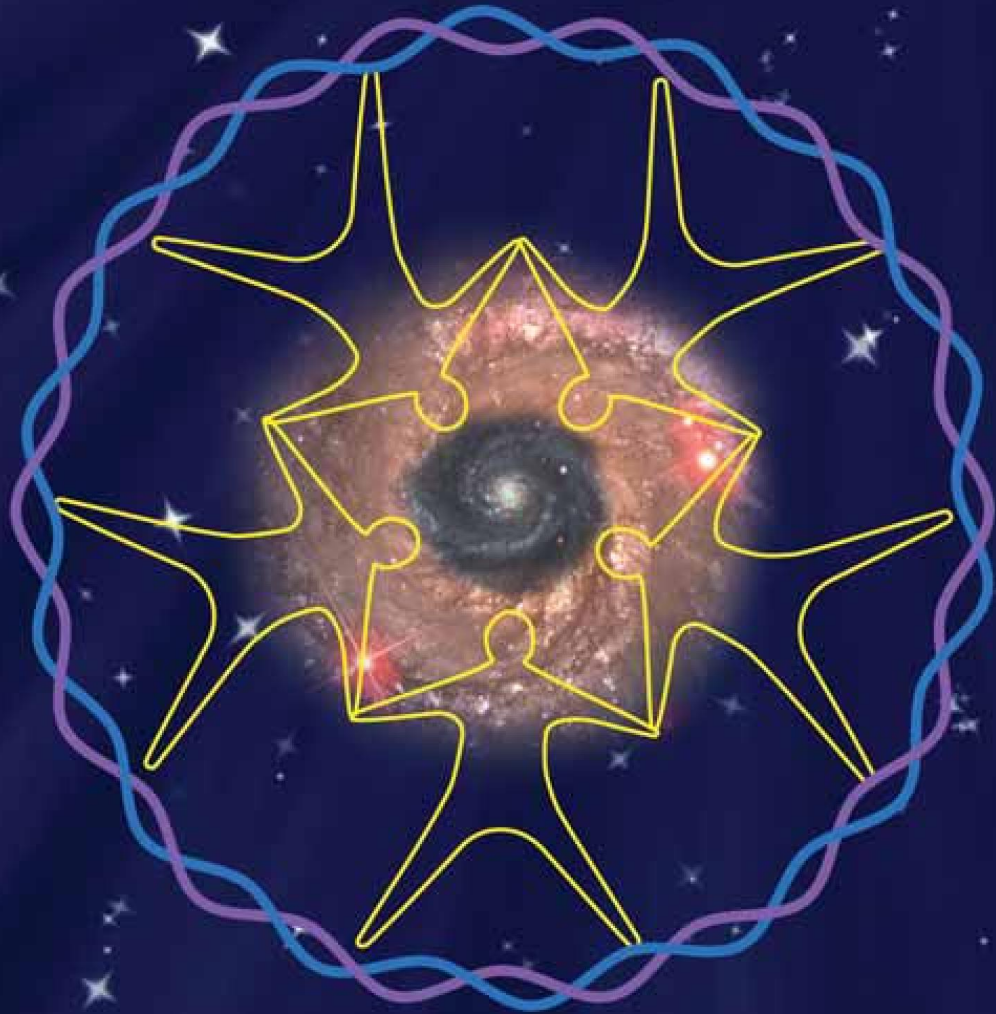


# *Dreams Within Dreams*



*Allan Sankirtan*

Allan Sankirtan says in his introduction to *Dreams within Dreams*, that this is your story and mine. Written around a simple love story, it goes much deeper than that. This story transcends the barriers of time and space and asks the reader to explore consciously the reasons we choose to explore life in this physical reality. He cleverly shares his experiences and the things he has learned to give us a unique glimpse into his dream world and his beliefs about life.

In this, Sankirtan's first novel, Aidan and Effie meet in a dream landscape. Surrounded by the sights and sensations of their virtual paradise, they become disoriented and lost. They decide to seek assistance. A wise old man named Hans leads them through a variety of experiences that touch on the common themes being explored by humanity in this here and now. In the process, Aidan and Effie must confront their own inner demons.

Having been escorted into another part of the Zen Garden...

"Aidan sat alone beside the *Zen Pool*. He was seated on a perfectly dressed, pale blue crystal of the purest glass-like substance. His feet dangled in a shimmering pool that looked a lot like molten crystal..."

"Absent-mindedly, Aidan began to let his toes make circles in the strange fluid... falling into "a deep trance..."

Aidan began to tease one of the goldfish in the pool with a small ball of gum on a line attached to a stick. What happened next would redefine his life and change its direction and focus forever more. Within moments...

"...one of the fish snapped at the ball of gum. In an instant, the molten crystal of the pool erupted into a boiling, foaming torrent. The fish grew larger and larger, and with one writhing lunge, leaped from the pond and began to wrestle him.

"Totally overwhelmed by the monster he had unleashed from the pond, Aidan cried out vainly for help... But help was not to come. This was his struggle... He alone had to find the inner strength to help himself."

After finally overcoming the monster from the pond, Hans presents Aidan with a new dream journal in which the monstrous fish dream is already written out in detail for Aidan to re-explore.

"...with a shout of glee, as if he had found a chest filled with ancient buried treasure, he exclaimed:

'Here it is, Aidan! *The Fish Dream*! Oh yes, I remember this now—a real classic—a *Great Theme Dream* if ever I saw one..."

Having read through the details of the dream Hans begins to explain the cyclic nature of creative expression of consciousness and the dream's relevance to Aidan's life journey.

"Hans... What did you mean... that *The Fish Dream* is a *Great Theme Dream*, if ever you saw one?' Aidan asked.

"...Some people say that only the dream exists. That everything you see, and experience, is merely an illusion—a dream within a dream. But at the same time, it is a very real and tangible dream; a dream in

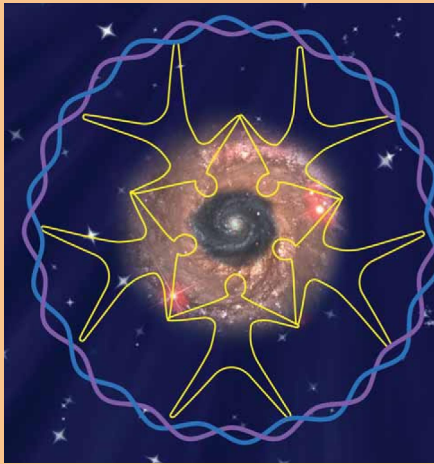


which your consciousness is currently focused; a reality in which you can explore your individual dreams and desires, and exercise your loving creativity.

"...Your dreams are, if you like, the sacred connection between the *you* that you think you are (your ego self) and the *whole self* that is not, and never can be, fully focused in any one body, or in any single, physical reality.

"...the creative expression of your consciousness is cooperative and interactive with others. It must allow everyone free choice...and be relatively unlimited so to speak, for all possibilities have equal validity; and every aware being has a right to explore any possibility of their choice, in any reality that they choose.

"...Consciousness chooses loosely the overall themes it wishes to explore and experience for itself, in any so-called physical lifetime. It then chooses other people with whom it can interact cooperatively... before setting about to make arrangements that will suit its purposes...



"...When consciousness chooses to explore a central theme of beliefs in this way, it will often couch the challenge within a series of dream symbols. These symbols are a form of mental shorthand and are specially constructed to bleed through into your day-to-day reality..."

"The symbols, and the themes presented in such dreams, tend to be cyclic in their expression, and are presented at both the beginning, and end, of each new cycle of exploration.

"The same symbols may also present themselves to the dreaming self at any time during the cycle, as a reminder of the challenges it set for itself. The passage of time involved, between the beginning and end of such cycles, may span a whole lifetime. Or it may be as short as a couple of years.

"Large cycles may be punctuated by smaller cycles, each of which may also have separate beginning and ending dreams

"To make the most of the symbols presented, to understand the meaning of your dreams, and to give your life more focus and awareness, you need to work consciously with your dream symbols over a long period of time..."

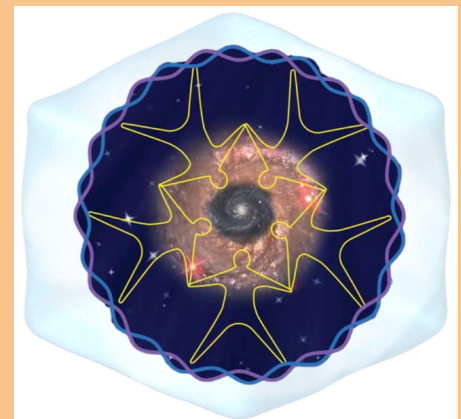
**As they begin to explore the various lessons presented to them, Aidan and Effie are given several exercises to complete...**

"Have you two finished the exercise I gave you..."

"'...Yes,' they responded, holding up a perfect pale blue cube of crystal they had just created together.

"What is this? I asked you to write a quick summary of the history of the race.'

"'This is it,' they replied together, as they handed Hans the perfect crystal... It symbolises the story of the race, perfectly, Hans. See, there are five people, symbolising the five major continents and the five physical senses. They stand with their feet on the earth, and yet, they continue to have their heads in the timeless world of







### *The Dreaming of Consciousness.*

"They stand together, hand in hand, the perfect symbol of the flowering of consciousness. This also represents the ability of consciousness, and humankind, to express their creativity symbolically, with focused awareness. They stand in the world, in the *Garden of Eden*, to express their creativity together, in co-operation. At the same time, they stand apart—independent and detached.

"The border consists of two interwoven lines, to represent the fact the world is mainly covered in water, that all physical matter is an expression of energy, and that the pattern for all life is coded in our DNA. Like

consciousness, the symbol is cyclic. It has no beginning and no end.'

"This,' said Hans, holding the crystal up to the light to examine it more closely 'is a perfect symbol! A wonderful joint effort,' he added.

At the end of their dream encounter, Aidan and Effie make a promise to each other to continue to work together. But in which reality will they meet and continue to explore the themes presented in their Great Theme Dream?

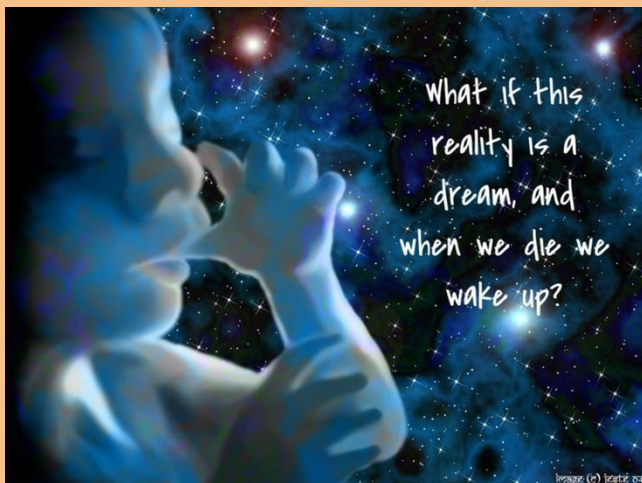
To find out more and learn about your own unique dream symbols and the cyclic themes underlying your personal dream journey, read *Dreams within Dreams*. Consciously explore your interactions with life and the people around you with awareness and in a new way.

Purchase ***Dreams Within Dreams*** on **Amazon** or **Balboa Press**.



### About the Author

**Allan Sankirtan** is a semi-retired civil engineer who has spent the majority of his working life expressing his creativity to help build a better reality for everyone to share. His interest in dream interpretation, dream symbolism, myths and legends has been lifelong.



Nearing the close of his professional life, Sankirtan was reminded in a dream that he needed to share the things he had learned with other people. He has now published three books as part of his Dreaming Series, the first of which is *Dreams within Dreams*. Other works are in various stages of preparation for publication.

Find out more by visiting Sankirtan's website:

[www.newagedreaming.com](http://www.newagedreaming.com)