

Coreen – Off the Ground

Qi Gong men could lift both feet off the ground and still balance.

Coreen's note: Their movement in this dream is similar to other dreams I've had of being able to do perfect splits while exercising. My body feels completely flexible and light and I move easily, without any forcing or straining. If someone else is doing the exercise, it's always a male.

Background: Qi Gong is a type of Asian discipline similar to T'ai Chi and stresses the importance of balance and relaxation. Coreen has been in a weekly Qi Gong class for a couple of years. She was once in a short-term class which she had not enjoyed much, but has been very happy with the new class. The practice has increased her balance and flexibility.

Dream Discussion: Many symbols and figures of speech have more than one meaning, such as in this dream, so it is essential to find the connection between the dreamer and the dream. The key here is in talking out the dream and noting what is triggered on a personal level.

Coreen said the *feeling* during the dream was soaring, weightless, steady and perfectly balanced. She acknowledged her physical improvements as a result of the Qi Gong class, but also felt that it made her aware of the need for balance in other areas of her life that required a solid foundation, faithful practice and persistent discipline. Participating in the class and practicing on her own also improved her focus and concentration. In the dream it seemed perfectly normal for these men to accomplish an impossible physical task like balancing with both feet off the ground.

Her note about dreaming of doing perfect splits while exercising has a similar theme. Had her observation of the men performing Qi Gong included emotional anxiety or frustration, there would be an entirely different read on this dream. In that case, she might need to ask herself if she was trying to be a perfectionist, if she felt off balance, how she felt on an inner level about the classes and what in waking life made her feel anxious or frustrated.

Commentary

Both feet off the ground" could mean having no foundation or flighty. It could also suggest floating on air associated with being infatuated or smitten. Being up in the air could indicate being indecisive, emotionally torn or being pulled in different directions. The male figures in the dreams indicate action on a conscious level. A question that did not arise in this dream discussion was how far off the ground the Qi Gong men were. This aspect sometimes plays into dreams about flying. Soaring up high gives an overall view or can also indicate having your head in the clouds. Hovering low won't get you very far up, but you can see details up closely. Again, pay attention to the language in the dream and use that as a bridge to your waking life situation.