

Donna – What’s Bugging Me

I was about to get married. The man was awful. His last name was Midgette. There were bugs crawling on me. There were people around, but no one helped me. Terrible.

Background: This dream is screaming for Donna’s attention. Whatever she is about to commit herself to, literally or figuratively, will prove to be a terrible mistake. Interesting to note, she had several changes she wanted to make in her life, but she was already married.

Dream Discussion: Donna is clearly on the wrong path. The commitment and changes she is planning will “bug” her. Furthermore, in this dream the name of her partner, who is the embodiment or physical representation of change, indicates something small in stature and not as tall or high as her potential. She felt no connection to the other people in the dream and completely left to fend for herself in this terrible situation. She saw those people as aspects of herself that were disconnected from her plans. In other words, she didn’t have the experience or makeup to support her plans.

Donna described a feeling of panic in the dream. She didn’t know how to get out of marrying this man. She knew if she married him, she would feel the burden of this mistake for a long time. She put all of her plans on hold for the time being and regrouped. This dream led her to rethink her priorities and take another look at what direction her life was heading.

After we discussed this dream, I recommended some active imagination exercises to Donna. Notice that the dream ends unresolved. Although this indicates that she is uncertain about her direction, it also allows her to make the next move. She is not a victim. This dream brings her no harm. She needs to be proactive and get grounded so that she can make better decisions. Her exercises included continuing the story of the dream and a dialogue with Mr. Midgette. When she “finished” the dream, she saw herself telling the would-be groom that maybe they should think things over. She kept her message to the people light-hearted and told them there would be no wedding today, but they should enjoy the party anyway. The imagination exercises brought her a feeling of relief and that she could address these issues more intelligently.