



My Year of Dreams

Surfing the Subconscious Mind

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INTRODUCTION

This is a year-long study of over 400 dreams recorded from April 1, 2024 through March 31, 2025. Most dreams are described in detail, many with author comments. It is a first-person record of experiences that delve into the subconscious mind, including several spiritual experiences and Jungian psychological insights. Carl Jung wrote “Who looks outside, dreams; who looks inside, awakes.” The importance of dreams in understanding the mechanisms of subconscious motivations is well documented by leading psychologists.

This journal is presented in digital format to allow students, academics, and researchers to apply analysis techniques such as word processing and content analysis. The author is a Psychology major who has been documenting his dreams for more than 50 years. This work is listed as a Creative Commons License CC BY Vince Migliore (Attribution), which allows other authors and researches to freely access the contents.

TYPICAL DREAM

June 12, 2024.

HIGH dream:

I'm at a large tech company. I used to work there and now I'm back. It seems, however, that there are no computers available. All the computers were requisitioned to supply a special class that the company is holding for important participants. I'm wondering if I should even stay there, as there is no way for me to get any work done.

I decide to go look for the class. They say it's being held on a boat in the river, but looking out the window I see only small boats and these are barely sea worthy vessels, as they are swaying around on the river. Somehow, I find the class anyway. I enter and see it's an academic setting for experts in the field, like a post-grad workshop for students led by accomplished teachers. One of the teachers, a tall man about 30 years old invites me to his apartment on campus.

I walk with him and two others to his on-campus apartment, saying he has a dog he wants to see. I'm wondering if he's genuine or just a gay man trying to pick me up. The other two followers, though, seem to suggest this professor is legitimate. This is reaffirmed as he opens his front door and I see a large gathering of intelligent people. His dark-haired Jewish wife is most gracious in greeting and introducing everyone. The professor turns to introduce me, saying I am "the California Chairman of the Republican Party." I'm quite surprised, because in reality I am at the opposite side of the political spectrum. So now I'm wondering if I should even be there, as it seems under false pretenses.

I see two girls sitting on a sofa, and I want to explain my dilemma to them, and asking if I should stay and confess or leave the gathering. The girl I sit next to has blond hair and is beautiful, except perhaps for a long nose. She reminds me of Lisa Des Jardin from PBS TV. I am explaining the situation to her. She is just inches from my face and I see how lovely she is. I say “I need to explain something to you.”

She replies, “Oh that I love you!” I’m pleasantly surprised but I begin to describe the situation to her and the dark haired girl sitting on the other side of her. Out of the corner of my eye, I see the professor, and he has his head in one hand, smiling, which suggests he approves of me staying. At the same time the two girls also confirm that I should stay. I want to stay because judging from the quality of the guests I know that I could have some deep, meaningful discussions. I feel much better, but when I look again at the two girls they are further away from me, more distant psychologically. Still, I want to talk to the blonde girl, although her hair is now a bit darker. See **Figure 2**.

Figure 2. Professor and his wife welcome me into their home.



Comments:

I wake up feeling elated and hopeful. My childhood, in Brooklyn, NY, was

marked by poverty. This left me with a deep-rooted lack of self esteem, a feeling of being unworthy. It wasn't until success in high school and college that I began to shed this lack of confidence. Again, with a lift in my financial status, working in Silicon Valley, I started to overcome that negative self-evaluation. This dream seems to encourage me to join the intellectual community as worthy of their company. At the same time, I feel there is a strong spiritual message in the dream, as there is a draw to engage in deep, meaningful conversations with people who have investigated ethical, moral, and spiritual ideas.

Sample “High Dream”

March 8, 2025.

High Dream:

I’m looking outside the front of my house as neighbors and utility workers are looking at a big ditch going under the walkways of my house and that of my neighbors. The ditch is about 4-feet wide and at least 5-feet deep. The neighbors are quite resigned to the digging, even happy about it. About 10 of the neighbors come into my living room and we all seem to be good friends. We’re in a semi-circle celebrating something. My friend Mary P. is on my right. Everyone starts singing. To my surprise Mary is singing very beautifully and to a song I heard a long time ago. It’s “*O Holy Night*” sung by a tenor sometime back in the 1970s. It’s my favorite version of my favorite Christmas song, because the original singer reprises the verse “His power and glory evermore shall reign” at the end and adds flourishes and aria-like enhancements to that verse as the end. To my surprise, Mary is singing this in a strong and beautiful voice, full of power and confidence. I am backing her up singing the bass cleft. It’s quite moving.

Comments:

I wake up in a state of bliss. My favorite song sung by my best friend, a woman who claims she cannot sing. I feel the ditch represents the underground or subconscious mind. The entire mood of the dream is one of friendship and celebration. It seems to offer a peek into the celestial realms.

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