A CORE SHAMANIC THEORY OF DREAMS
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TEN CORE PRINCIPLES

FIRST PRINCIPLE: Spirits are real.

SECOND PRINCIPLE: Spirits produce dreams.

THIRD PRINCIPLE: These spirits have a variety of characteristics, along with different kinds and degrees of power, and differing preoccupations.

FOURTH PRINCIPLE: Spirits producing dreams can be: personal souls; helping spirits, including guardian spirits; or they can be non-helping ones, such as suffering beings or other intrusive spirits.

FIFTH PRINCIPLE: “Bad” dreams or nightmares can be beneficial warnings from one’s soul or helping spirits, or may be manifested by non-helping spirits.

SIXTH PRINCIPLE: Persons of substantial spiritual power tend to be resistant to receiving unsought dreams from non-helping spirits.

SEVENTH PRINCIPLE: Major helping spirits can manifest as Big Dreams and convey important spiritual power and information.

EIGHTH PRINCIPLE: The above principles apply to all kinds of dreams, including sleeping, waking and day dreams, and visions.

NINTH PRINCIPLE: To learn the meaning of their dreams, people can merge with a helping spirit to call back dreams for study, or they can take shamanic journeys to their most important divinatory spirit helpers to obtain information.

TENTH PRINCIPLE: These journeys should include the extensive study of metaphors, especially as they pertain to the meaning of spirit communications and thus to the meaning of dreams.