

## Audio file

[Dream.mp3](#)

## Transcript

**Phineas** : Your dream state is not created by your physical world. Your physical world is created by your dream state. That which you are experiencing in the state of sleep is where in a sense you come from. The probabilities and possibilities you as consciousness. Experience. Experiment with explore. Manipulate. Deconstruct and construct realities from where you consider yourself homeless when you dream though you do experience physicality in your dreams you are not in any physical danger. Your psychological process as you are experiencing the dream is largely defined by your beliefs in this physical waking life. You apply to the dream state to the rules of your physical world as you know them. And so. You are surprised by flying. Or looking different than your present physical form, where locations seem to blend into one, you often have dreams where perhaps you have combined your childhood home with your present home. Or even another location. You combine cities as one. You often even combine people as one where perhaps you are experiencing an interaction with your spouse who appears as your parent of that particular gender. And so that realm that you refer to as a realm is where creation comes from you as a being. Being in the physical form and that is why we refer to it that way. You are a human being. Others will refer to as a spiritual being. And yet you as consciousness cannot be contained nor defined by physicality. Though small portion of your existence is in the physical. You experience the physical through your 5 senses. And these five senses are rather limited in how you are experiencing reality. As you have understood that you are using sight and able to see only by. By the presence of light that is reflected off of an object, and therefore that your vision is dependent upon the speed of light. In fact, it is created by the speed of light and darkness. You cannot physically see as we have spoken of previously.

And so while your 5 senses are limited they are enough to be efficient to be used in the navigation of your life. You are able to stand up. And you are able to physically navigate, you are able to then as you call it, use your intelligence to keep you from danger and lead you towards prosperity. And you do ponder creation. You wonder where you have been started from where are your origins? Your scientist. On the pier eyes about the creation of the universe. And it is interesting to note that the basis up there is in the past. They do not see creation as being in the present. They see it as beginning at point A. And moving forward from there. And so you seek your origins in the past, though the term itself of your origins. It's very challenging for you to understand. If we were to tell you that there is no beginning and that the now as you call it is where creation is eternally starting from. In every moment it is instant. You are starting now and now and now and now and now. And

so you cannot search for your origins in the past you have created what you referred to as the physical universe. From what you refer to as the dream state. And in the dream state is where you as the human experience of the dream state is where you learn many things, it is where your inner technology is upgraded. And you are progressing in your evolution. This is done consciously and unconsciously, and that is why you do not remember much of your dreams.

**O**

Well, I have quite a few questions. I hope you don't mind. This is a topic that many of us discuss regularly and would like more information. So one of the biggest questions people have asked is. Why do we dream?

**Phineas**

Again, you are seeing yourself as the creator of the dream rather than the dream. In a sense has created you. You see yourself as the focal point and the dream as some sort of phenomenon that randomly occurs to you. And yet, you might say the you that exists as the dreamer you see, you see yourself as the dreamer, when actually your consciousness is what you are experiencing as the dream. Therefore you yourself are the dream, not the dream. Have it in reverse.

**O**

And the purpose why do we need to have this exploration when we sleep? We feel like.

**Phineas**

Creation does not need to be justified, does it?

**O**

No, but we feel like we can't turn it off sometimes. You know, there's times we want to take a break from. We have very busy lives. We go to sleep and there's another busy life that we feel like we're living and we're tired from the dream. When we wake up sometimes.

**Phineas**

There are several things occurring in what you refer to as the dream state. You innocently be yourself as a person who is choosing to rest and earning your time of rest. The state of unconsciousness for lack. Have a more complex explanation. You are unconscious to those who are awake physically, you are sleeping.

And as you are sleeping you are experiencing very real reality, aren't you? There is a surreal quality to many of your dream experiences. Or they do not make sense to you in accordance with your template for what makes sense here on Earth, and therefore you are confused. As consciousness itself and you have rejected and manifested yourself into what you are now experiencing as physical reality. You have asked what is the purpose. Our reply was does creation need to be justified? That you are also creating here? And so the principle of you being in many places at once,

or what you might call a multidimensional self comes into play. You are many camera angles pointing in different directions in the same room, you might say. Or in various rooms of a house. And in each of those rooms, something else is occurring. And there are many use there. The moment that you are peering into another space, let us say that you are the first seeing. The camera in various rooms immediately what you are seeing is affected by your observation of it. Meaning that you are creating. What you think is happening by your system of beliefs? So I have access to my earth.

**O**

Belief systems that I have created here in this material world I have access because I'm still creating a material world in the dream state. So those beliefs carry on to the other side.

**Phineas**

You are not creating the dream state. The dream state is creating you. You are the dream state. You are the dream state than the person who is sitting here having this conversation.

**O**

Right.

**Phineas**

And that is why Many of you feel rather contained in the physical body. You feel that there is more that you can do. Why can't you fly? Why can't you be invisible? Why can't you pass through solid objects? Why can you not see into other dimensions at will, though some of you are developing that ability.

**O**

Another question people have is. They dream about random people, some people they don't know, and they have these very elaborate, long, detailed relationships with them. And we're wondering if those people are real in a different part of the world and maybe having that dream about us. So where? Can Kind of coming together to share this experience.

**Phineas**

You are perceiving it again in the template of physical boundaries and separation. As you know, physical reality to be naturally from your own perspective, you would say that. But you see, consciousness is not separate from physicality, ultimately is it? For every molecule, every atom is conscious though this would be highly disputed by your scientists. Therefore, it is important for you to understand that the scope of your experience while you are in the physical human form, as you call it, is limited by the physical human. Us consciousness are not. And so your own demands within yourself. Regarding your origins. And exactly what it is that you are. Those are often questioned by why cannot I do this? And why does this happen? One might say that that is part of the mission of scientific exploration.

And so the notion that you are more than what you think you are and we are not referring to some emotional inspirational aspect of your transformation. We are referring to what you might perceive as odd reality. The notion that you are more than what you think you are, that you are many different perspectives and we use the term very carefully. For you again, might see that perspectives a form of moralising and we are not referring to it. You are the seer. You are the creator of this reality. And so in your connections as you have mentioned all your dreams have told you and shown you. That there are others whom you are interacting with, whom you do not consciously recognise. There is a wider expansive consciousness from which you operate, where all recognition is present with those people. You are working through many things in your dreams. More than you realise. Or much of learning is done subconsciously, isn't it?

**O**

Yes, I'm glad you brought that up, so. Lately, it's becoming more popular I guess, and and maybe it's just we're more aware of each other being interested in this topic, but people are trying to dissect and read the symbols that are in our dreams and the lessons and what our subconscious is trying to tell us. Things in our waking life that we're working on and we see it play out and we're learning how to decipher and read these symbols so that. People are starting to come to that conclusion more and more. They're starting to understand that.

### **Phineas**

The reason why you have books such as Dream interpretation and why some of those symbols hold value and meaning to you and you all agree upon. As if one were drowning in an ocean. And they were to dream drowning in an ocean. All of you would agree that that has relevance to where the person feels overwhelmed by life. And so that is because you see that danger is part of your human experience that is shared of drowning in the ocean, or perhaps being eaten by an animal. Were falling from a great height. These are common themes, aren't they. And that's because that is part of your human experience of what can create physical danger for you. But there are far more subtle penetrating, intricately layered symbols that occur beyond those broad strokes. So it would be incorrect to say that those dreams of drowning in the ocean are different for everyone. No, those are across the board, as you would say, Valdez. The danger of being overwhelmed. Since your experiences at your path are highly individualised and unique. For reach, no. Each consciousness that you are therefore. The symbiotic relationship between you as the projected human life. Coming from the consciousness that you are, which is the dream state, we repeat the dream state is you more than you here in the sense that it is the consciousness from which you are creating your physical reality. Not that your physical reality is creating the projection of red so-called random thoughts and experiences that you call your dream state. Why does this happen? Mostly when you are in the physical wake Unawake state. You call sleep. Why is it occurring then? And that is for you are not taking in the data of this physical reality. Then you are able to shift your focus. Though it is enabled by the process of your body's regeneration during sleep. And so it permits in your grand intelligence, you designed it to be this way so that you may understand symbiosis and how you evolve, you see. Is consciousness from the dream state. Experiencing evolution in the human state as well, and you in the human state as well. By your realisations of your larger consciousness itself, the dream state are also evolving. That is why the multidimensional cells

work together to evolve. That is. Always developed with a very loving feeling overall meaning beyond fears of death.

○

There's a point right before you wake up. Some people realise they're in a dream and they start to shut the dream down or shut it off, or they're scared or they don't want. They're uncomfortable in their body, or something is waking them up and they have to pull out of the dream. Then there's this quiet period of time. That's like I know it's no time on the other side, but it feels like half of a millisecond. There's this time period of silence. Where the awareness wakes up and readjust and reacquaints itself to this 3D experience. And I notice that in that time period can ask my guides. What was the meaning of certain things that were happening in the dream? If it was very meaningful or I could discuss something like if my parents who have crossed over, if they come and visit me in the dream, I can ask my guides about where they really here. Did that really happen? Or I'm open usually for downloads and I'll get like messages. So it's a very special time. What would you call that time? It's like empty space. It's just pure awareness. There's no thought. There's no language, there's just being.

### **Phineas**

For you are unafraid of what you perceive as death. You see here in the human form, you are consistently maintaining the physical body. You are doing things that are in the support of survival.

○

While we're sleeping.

### **Phineas**

In your waking state.

○

oh, just currently all the.

### **Phineas**

Time yes. And so that is the foundational perspective, the scope of your existence to survive and to feel good. That is not the thrust of you as complete consciousness. There it is simply to experience and evolve. Here you are learning through what you refer to as the contrast of pleasure and pain. As you expand your consciousness, you begin to see that shadow and light are but source and various. You might say that they are mirroring one another, rather than opposites of one another. And so you're Yin and Yang. Your ideas of Shadow and light. All of it is actually reflection. Though there seems to be something that is beginning to be reflected by something else, you might say the object is there and the mirror is there. We would say that all things are a mirror unto one another.

Now, in your questioned to be specific, you are curious about the state. Of mind or brain? In before you awaken.

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Yes, it's right after the dream is realised that it's a dream or it's complete or it's over for that moment and you're going to re enter and awaken to your physical body. I feel like there's this. Or sometimes I can drag it out and make it a little bit longer, but sometimes it's really fast and it's utter silence and it's complete awareness. And your eyes are still closed. You're not fully back in your body, so to speak.

○

And this is a time where I usually can reflect very quickly to get answers.

### **Phineas**

And that is where your evolution is being experienced. That would be what you would refer to as a successful dream, meaning you are able to receive from it what you feel is best for your evolution. And these perspectives at times are clarified and confirm, but perhaps you have suspected and many times they are coming from left field as you call it, surprise you, where you might have thought it was one way. And in your dream stage, you were to see it as another. In practical terms, you might say that simply because you are less distracted by your earthly day-to-day life, you are experiencing this in the dream state, you are able to see things more clearly.

○

Are the guides our spirit guides? Quote UN quote hanging out with us during the dream state or nearby or involved in?

### **Phineas**

There is always a guide that is with you now. The consciousness that we are referring to that you are the consciousness of the dream state. That's you is accompanied by a guide. You are in and out of that state for all as you have experienced yourself and dreamed, you're often confused as to where you are or how things could be. And so you are experiencing things you might say switching in between both perspectives. Here on Earth you call that stepping into your higher self at times where you are in battle with your lower self that perhaps does not do all the things that are best for you long term but are short term pleasures. And so you say I must do it my higher self would do. By that same metaphor in the dream state, you are the complete you. We use these terms for your convenience. They complete you and the actor in the dream that is interacting with others in the dramatic scenarios.

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There's a couple favourite dreams that I've had that I felt proud of myself and I can't put words to why when I woke up, but what I experienced was that I was a different ethnicity, different gender.

And one dream 2 dreams I've had. And my daughter Melissa has these all the time is that I was an object. I was a. It was in a cartoon game and it was. As it was like a Mario brothers kind of game and I was one of the characters and when I woke up, I felt really proud of myself. It was the first time I felt that I expanded past my identity and I really I released and relaxed myself enough to be other things.

### **Phineas**

And that is because you have trained yourself, consciously and unconsciously, that means deliberately and not deliberately. Where there is no separation, where consciousness is all and as we have stated earlier that every article, every atom is conscious. Even the pixels of your projected video game, you might say that you are. Rejecting yourself now and that these are pixels, this physical form that you are feeling. And so as human beings are creators, they shall recreate through art and in the case of video games, they are creating another life. That is within the system of digitised entertainment, are they? They see the foundation of these games as having a life or multiple lives.

### **Phineas**

They are experiencing dimensions. They are travelling, they are performing tasks and quests. They are taking forms that they are unable to take in the physical state and this gives them great delight. Why is that? Why is so appealing? That's because you might say that through your creations of literary fantasy and build, television and art and video games that you are. The more expanded complete self, which is the dream state. In which when you are there and experiencing it, you feel more like yourself. You do not define it that way you see it as fantastical and fantastic. It feels very good to you and so even when the dancer is dancing they are experiencing themselves more fully. Why is that? And that is because this is what you are. You are that dream state and therefore through these. activities you feel more expressed and that is very interesting that you had used this in your teachings. You wish to teach people to be more expressed. Why is that? Because when they are more expressed it means that they are more in the fullness of their being. And that is what the dream state is. It is very fascinating that you call achieving aspirations as achieving your dreams.

**O**

OK, so now.

### **Phineas**

When you are achieving your dreams. What it is truly meaning is that you as a soul are experiencing yourself more potently? And when you do not achieve your dreams in the literal, practical sense, your professional aspirations, one might say he did not achieve her dreams. Therefore, she led a very agitated and profoundly sad life. That is not where you need to focus. For if you understand that you yourself are the dream state and that is why you use the word dreams when you refer to professional aspirations, I must get my dream. That is a word you use. Because if you succeed in that aspiration, as you call it, success, you will then begin to feel more like yourself more fully. Then

the limitations of the physical self that you feel if you do not succeed you would not have that. But beyond that, the observation should be for yourselves. That you are actually living the dream itself. You are a living dream. It means that you are the consciousness that takes limitless forms. So when you become that thing, you get happy. When your dreams come true.

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I'd like to go now to the shadow side of things. I would like to talk about sleep paralysis, nightmares, reoccurring dreams and. People who cannot dream.

### **Phineas**

There is nothing that you experience. That you are at the mercy of ultimately. All of your experiences are created by your beliefs. And so the ability to not in sleep paralysis, that fear that exists to be trapped, to be contained, to be held down and not be able to have the freedom of your own expression of movement is a very deep fear.

○

Which is a belief system now, could it be possible there could be? If, like bad characters in the entity world, that could be sitting on you or preventing you from moving.

### **Phineas**

All intelligences are their own individual unique expressions, if they are at odds or in conflict? We too, meaning preventing you from movement or feeling good. Or feeling that you have an attachment as call it that. There is an entity that means to do you harm. We are not here to tell you they do not exist in that form. They certainly do. For you are experiencing them. Many of you have had conversations with them and communication with them. And so there are two aspects to this conversation. 1 is the reality, as you call it, of the interaction with a separate being, an entity that may be holding you down as you call it, to pin you against your bed, as is experienced in sleep paralysis, as it is called by those who are in the medical community. These night terrors, as those who are interested in the paranormal, refer to them. We are Speaking of the same event. Not all are entity based and not all are sleep paralysis. There is a functioning of the human body where consciousness you see is temporarily. Not in control of the physical body. And that leaves it susceptible to what you refer to as the metaphysical reality, where there are other beings meaning. Consciousness being what they are, in their differences and similarities to you. So they can access our dream state, which is.

○

You know, like the I think of the iCloud, you know, where we put our files in the? Is it like dreams or in?

### **Phineas**

We are not accessing it. No dear, you are accessing it. A cloud but.



O

So how did they or how did? Get our space is what I'm trying to say, like I feel like it's our private space, it's.

**Phineas**

All done by your own agreement though, you would feel that to be very challenging for again your own survival as you see it as a physical being is your utmost concern. Therefore, any threat to your experience as a human becomes your concern as well and so you then say these are invaders or outsiders simply because you feel they are not welcome when actually you are entering into the larger reality which is what you are anyway one might say that it is actually you who are on the outside and then when you are in the dream state, you are opening yourself or returning to the wide space of creation. Now that would then as we sense would trigger a feeling of awe, but then that is a dangerous place. You see. Again, you are limited by your perspectives because you would say if I were to go that, then Phineas is saying that you are essentially not safe in this realm of being consciousness because there are other entities who exist there and you as a human are dreaming. You are on the outside, then going into that state and now you are not safe. Again, it is because of your template of always needing to protect yourself. And yet you seek profoundly to not be afraid of death. Who are unafraid of death say so proudly and experience a sense of freedom within themselves.

O

I noticed she brought up death a few times in this conversation about dreams. How are they interplaying?

**Phineas**

And that is why many of your Eastern traditions call sleep the little.

O

Death. Right. I've put that, yes OK. So there's reoccurring dreams and I feel reoccurring dreams are the subconscious or the person is trying to workout a scenario or situation to find resolve and they cannot.

**Phineas**

And that is because the belief that persists, for example, if a person might believe that they are unwell, always that they always will be. The experience most likely will be that in this life and so the projection of what you wish to be must then be accompanied by the feeling of that it is within you. It is what you are. Otherwise you will then manifest those experiences.

O

So if I wanted to have a better experience while I'm in the dream state. I think it's called lucid dreaming where you can control the outcome or control and manoeuvre and change course while you're dreaming. If I wanted to have a more happier experience while I'm dreaming, I'm able to do that, correct?

**Phineas**

Yes.

O

Is there a? I don't want to call it a technique I guess, but is it just simply intentionality that creates different outcomes in the dream.

**Phineas**

From as you go further and further into examining your beliefs. You will notice in your waking life as you gaining some advantage over your fears from the past. Whereas you might experience something today that is causing you less fear than it caused you many years ago, or you have done work on that fear, and so you are not reacting to it the same way for you understand more deeply the nature of it, and perhaps the lack of any strong evidence for it. Hurt you? What you refer to as unfounded fears. Now the power of thought is the basis of your very existence. One can imagine that there are preachers attacking them. One can imagine that there is some deficiency happening. Perhaps there's not enough oxygen and they might say I cannot breathe. That happens in the state of panic, doesn't it? Yeah. That there seems to be not enough air, though clearly there is. The body cannot seem to. And deep person themselves cannot seem to get enough air to breathe, which could cause their own death and has.

O

While you're sleeping.

**Phineas**

And while they are awake right for that is where the state of panic usually. Right. Interesting. Now in the dream state, when there is panic happening, it is interesting to note that the body is in no danger. And why is that?

O

I think the body probably recognises that it's not happening to the physical being, but I've woken up from dreams that are kind of quote UN quote.

**Phineas**

Scary or it is not the body that real. Yes, it is not the body that realises it. For the body is a physical manifestation. You might say it is the vehicle. You yourself realise it. On wider and deeper levels that you are not truly going to die in your dream. Now in lucid dreaming, oftentimes there are people who simply become aware that they are dreaming, as you call it and take chances, they might say, well, why not jump off of this building or why not go into the water and be able to breathe underwater? And many people have experienced this.

O

Yeah, I have swam with whales.

**Phineas**

Before and that is where the belief system evolves. You are evolving and so that the state also where innovation and technology is expanded from you see everything that would be invented has already been invented in the state of consciousness and creation, which is your true self. It is only for you to manifest. That is why you use the word, realise your dreams or to realise the invention, many creators have said that their ideas came to them while they were asleep.

O

Right. They had notepads and they woke up and wrote it out. Or they heard songs, concertos and designs blueprints.

**Phineas**

Yes, and scientific discoveries.

O

Yes.

**Phineas**

Or new theories which were very valid.

O

I have a question about children. Children have such extraordinary vivid and very extreme dreams sometimes, but I've noticed that there's a theme I couldn't remember the second thing, but the first thing I remember to ask you and there was a second thing that is very common, but the first one is dinosaurs. They dream about dinosaurs. And sometimes being eaten by dinosaurs, I find that fascinating for such a small child. You see? What is that about?

## **Phineas**

For the sake of your economics of time. We shall tell you in simple terms, they have not yet experienced the data and information of this current life. They are only there to receive the love of their parents and to feel safe and secure and to consume food and to receive pleasure in the most simple of forms. Their desires are not complex and layered as they are experienced. As you get older. And so though the soul has lived many lifetimes and in other forms or not what you would call a human. But if it is choosing a human life in this dimension of focus of Earth, there are memories and visions of experiences in lifetimes where they were interacting with the creatures you refer to as dinosaurs. Now many have told you that there were no humans as you know them in the time of those beasts though. We will tell you that that is a very limited understanding of reality or they were and so as they seek evidence in the physical form they ignore consciousness or that is the opposite of what they believe. They only believe in intellect. as the basis of physical form simply wanting to survive. The processes of the brain to survive that is what they refer to as intellect to organise the physical reality around them, and that's why you might say you created a world where there is an east and a West and while both sides, as you may call them East and West, do philosophise of their origins and love and interaction and creation itself, one might say that the east goes within to understand these things in a more multidimensional way. Acceptance of the notion of assistance from higher beings, as they called it as you call them, higher beings and where in the West it is more the idea of saviours in the form of angels who are coming to save you from danger and the misery of being alive. They do not see it in the West as an experience of evolution and in many of the eastern traditions it is seen that life is the experience of evolution of the soul. And so one might say that is the Yin Yang. You might say the entire earth is a symbol of yin Yang. If you were to draw that curvy line across the globe. All of it again, symbiotic and synergistic. You might call it a conscious mind and the unconscious mind, depending on which perspective you believe is the consciousness. You might think that the east is the rational, conscious mind and that the West is the opposite depending on where you are, again your own beliefs, creating your reality, not the other way around. You see, you tend to believe that your reality is then creating the way that you feel. That is what you are taught.

## **O**

In closing, I have one last question about dreams. So there's people that cannot dream. Well, not dream, have not dream, has never dreamed. I find that utterly fascinating. How would you describe that person? What does that mean? Well, how can you help them to dream if they want to dream.

## **Phineas**

The experience. Not that they are not having dreams it is simply that they do not remember them. Interest.

It's Is that now in to the previous question about children? To put it more simply, since they are new to the planet, they still have memories of the past experiences here. And because they are based upon survival, you see they do not have very at least not in the conscious mind that they can express to you. They do not have very sophisticated dreams by your own terms. Sophisticated women, where the narratives are very layered and wander and come back together in one point they have dreams at all. Simpler. That is why the appeal of cartoons is so great for children, or the narrative is simple and reminds them of the subconsciously, or perhaps you might say superconsciously of past life experiences. Which they deem to be good or bad, living or dead, living triumphantly, or dying tragically. Those larger, broader themes stay with the younger child. And they then evolved, asked them to experience this reality as you know it, which is far more detailed we thank you.

**O**

Thank you so much. It was so enjoyable.

**Phineas**

Be well, thank you.