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DREAMTIME

M A G Z I N E



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The Treasure of Your Being

Nathalie Jugelé

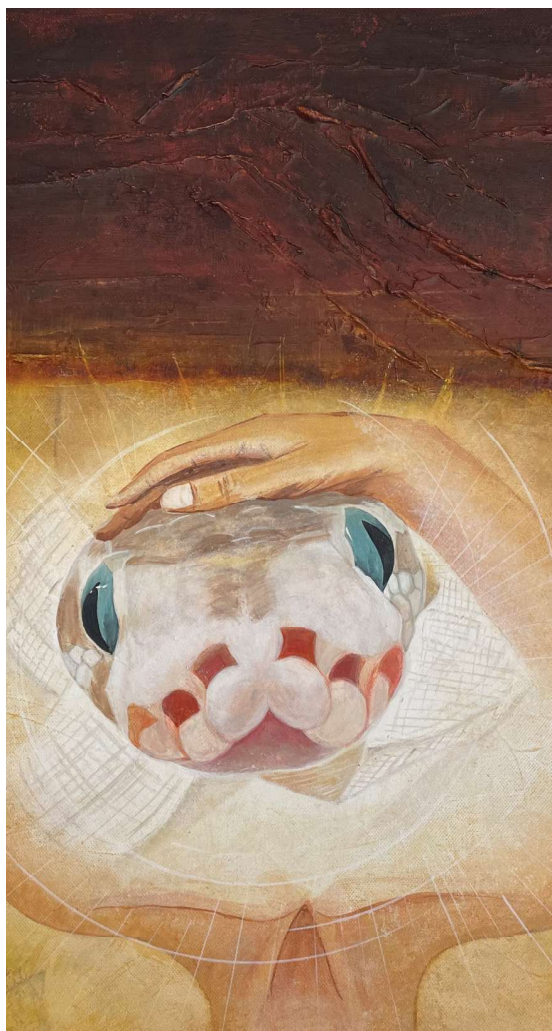


My meditations with my friend Taita Inti, the energy of the Sun, teach me how to tame my dragon and discover my treasure.

In a battle of energies that balance themselves little by little, I rediscovered myself, embracing a deep connection with my *Nagual*, my body double or power animal, the one who guides me at every moment, in a constructive relationship, by means of sleep, intuitions, premonitions, and various signs, which are exchanges of information between him, my future, and myself.

Thanks to my Nagual, I can become clairvoyant and change my future by opening new space-time connections. This is an invitation to reflect on the mysteries of inner alchemy by expressing the sacred through my art, allowing me to become a mirror for the viewer so that they may find beauty inside themselves and thus achieve harmony.

By developing elevated states of consciousness, often in response to trauma, we, as artists, can capture information that lifts the spirit and transforms it into matter so that we may become instruments of the divine.



“Learning to see the invisible and relating it to the visible is learning to develop all our senses of perception,” as Master Serpent taught me.

For several years, I have kept a journal of experiences in which I’ve recorded the details of what happened in my dreams, and this has given me confirmation of supernatural phenomena, the reality of parallel worlds, and of the development of my psychic perceptions.

By keeping innocence as a compass, I translate the language of the divine that reflects all of nature that whispers to my heart. I realize that I can speak to water, fire, animals, stones, flowers, plants, birds, the sun, the moon, and the stars, and listen to them too.

Know how to listen and observe with the heart.

In the shadow and the light, everything comes to give me teachings through my dreams, my visions, and my meditations. This helps me to heal certain wounds, to open my heart, to reconnect me to my imagination and creativity from which I was cut off for many years of crisis and transformation.

So, I build a bridge between my art and my perceptions. I combine mythology, symbolism, and inner realities, often centered on animal nature.

A curious dreamer in search of harmony, I let my soul vibrate by living in unconditional love at every moment.

If reality is created by perception, then we need Artists more than ever to shape beauty.

Develop vision and perception by becoming a yogic dreamer.

Through dreams we can explore different dimensions of the astral plane, and one of these aspects that we must keep in mind is to acquire a harmonious state of vibrational frequency, a strong energetic body, to explore the different planes or multiverses in non-ordinary states of consciousness.

We access these interdimensional places by changing our level of consciousness. There are many of these intertwined planes or worlds that interact with the physical plane in which we live. Depending on the unique composition of our energy bubble, this will dictate the astral planes that we will be able to access.

When we dream, we become aware of the great diversity of things that we can do and of the existence of much larger realities. We realize that dream-work is marvelous for working out the healing process.

Dialoguing with my spirit, my star, my Nagual, for a path to Freedom.

Once, I, *Osa Blanca*, dreamed that I was a Polar Bear wandering here and there, satisfied with my lot in life and unaware of my human state. Suddenly, I woke up and was surprised to be myself. Now, I no longer know if I am a woman dreaming of being a Polar Bear, or if I am a Polar Bear dreaming of being a woman.

Between Polar Bear and me there is a difference: What we call constant mutation. But isn't it Bear Cub who, because he lives in the heart, teaches his human?



There are some very particular cases in which revelations come to me through dreaming, from the inspiration of my Nagual who tells me what I must do and how I can create a work of art. So, communication with my Nagual begins to develop through a dream, and sometimes I see myself doing things.

The initial work is to be able to develop this body of light, this body double, which is yourself. Work on increasing your energy body, to integrate your Nagual into your physical body, thus developing another state of consciousness, which in turn protects your energy bubble. It's at this moment when one really begins to wake up. This will be our new journey, allowing us to be travelers of multiverses where there is no time or space.

Each time I invoke my Nagual, he shows me different animal teachings in my dreams, such as:

An Eagle, to point out that I need to have the vision of an Eagle.



To have the cunning of the little Fox.

To develop the energy and dream ability of the Bear to become a real yogic dreamer.

To listen to my heart when I watch the sun rise, to know the joy of the Rooster.

To calm my thoughts to find the peace and balance of the Wolf.

To stay on the lookout, like the Cat.

Sometimes it is Mother Earth, with the Serpent of light, the Ayahuasca Serpent, that connects to my Kundalini and comes out of my heart to release blocked emotions in a movement of love.

The magic of the Doves who show grace by elevating suffering to another level to transform it into joy.

Or the call of the Shaman, with his bell, bringing the blessing of the great Sea Turtle to invite me to a beautiful meeting with my soul family.

When we manage to understand or pay attention to the subtleties of the Spirit, to unravel the messages that the dream sends us through Nature's signs, we can give meaning to messages in a sunrise, in the passage of a flock of screeching birds above our head. Ours is a web of information where everything is interconnected. We can use dream time to communicate between ourselves, to create our own dictionary, and thus, to have a very developed sense of telepathy. But it is important to ground ourselves with Mother Earth, to communicate with all life, with all species. Energy management begins when we

quiet our mind and learn to perceive with all our senses, deciphering the subtleties that flood us every day.

It's a question of cultivating our energy and our perceptions through an alliance with Mother Earth and all forms of life for physical, emotional, energetic, and spiritual guidance.

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