

## FLYING DREAMS

by Susan



Flying Dreams

“I’m Flying!” Dreaming of Flying can be empowering. Flying dreams are one of a rare breed of dreams that most often have good meanings. Understanding the meaning of your dreams will depend on the context of the dream. Often, the dreamer is fully aware that he or she is dreaming. This type of dream is referred to as a “lucid dream.” In these dreams you are usually fully in charge and able to fly anywhere you choose.

Often during a flying dream you’ll feel as if you’ve always known how to fly; that flying is a completely natural activity that is as much a part of your life as breathing. You are enjoying the scenery, feeling like you’re flowing smoothly through the air, unbothered by opposing winds or obstacles in your path. The freedom to fly without fear, without weights that hold you to a mundane life on the ground, can be the most exhilarating feeling you’ve ever experienced.

### Understanding the Meaning of Your Dream

Meaning of flying in a dream A lucid dream of flying without complications leaves you feeling strong, empowered, and on top of the world when you wake. When you wake you may be able to connect this dream with a situation in which you’re currently involved. The dream suggests that you’re feeling good about the situation and are in charge of it. You feel as if you’re invincible, that nothing can stop you from achieving your goals. These dreams suggest that you are currently at the top of your game and your future is looking bright.

Falling dreams are also very common among dreamers.

There are, however, flying dreams that include complications, and understanding those complications can help you to understand and resolve problems in your waking life.

### Common Difficulties that Occur in Flying Dreams:

#### Being Held Back

Having trouble taking off means someone is holding you back, keeping you from moving forward to the next step in your life. If the setting of your dream is your work, then perhaps you don’t feel motivated to take your career to the next level, at least not in the current setting. Maybe it’s time for a change. If the setting is home, it may be time for family discussions. Maybe a family member’s own wishes are holding you back from where you’d really like to be.

#### Powerlessness

If there are obstacles in your path as you fly and you can’t fly freely, consider that there might be obstacles in your waking life that are keeping you from moving ahead with your dreams.

Your mind may be alerting you to these obstacles in the hope that once identified, they can be resolved.

### Fear of Success or Challenges

If you find you are afraid that you're flying too high, it may be that something in you fears the changes brought on by success.

### Spiritual Aspects of Flying

Dreams of flying have special meanings to those interested in their own spirituality. For instance: If you are flying upwards, it is believed you are growing spiritually and achieving a higher level.

Flying down toward the ground may mean that you are attempting to be more in tune with your unconscious mind.

If, in your dream, you are flying low and parallel to the ground, it is believed to mean that you are travelling effortlessly through your everyday life.

You may even find yourself flying backwards in a dream. Spiritualists believe that this is a reflection of a desire to look back on your life and relive past joys and sorrows. Then, with the understanding brought by clear hindsight, you wish to bring healing and resolution to anxieties and fears that have been plaguing you in your waking life.

### Sexual Release

Sigmund Freud believed that flying dreams were a means of sexual release. Freud believed that most dreams are centered around sexual oppression that is suppressed by society morals. The dream of flying around is released your sexual tension and being free. Freud's theories on dreams came about during the Victorian era. A period of time when everyone was sexually oppressed and held back. This is why most of his theories revolve around sex and sexual freedom.

### Falling When Flying

A beautiful flying dream can morph into a nightmarish falling dream should we lose confidence in our ability to fly. If you find yourself in this situation, your awareness of it means it is a lucid dream and you'll be able to change it. Throw out your arms and take charge of your flight once again.

If you find that you're unable to discard the fear, then tell yourself to come awake. You should be able to instantly come awake the moment you think that. It may leave your heart racing, but at least you won't have to experience hitting the ground.

### Lucid Dreaming – How to Have a Flying Dream

If you want to have a flying dream, it is possible to initiate one by lucid dreaming. There are tricks that you must master before you can fly unencumbered.

First, you must change your dream from something that's happening to you, to something you're in charge of. If you think back to some of your more memorable dreams, you may find that there were times in which you were aware that you were dreaming.

Before sleeping, firmly remind yourself that the moment you recognize that you're dreaming, you will take charge. This is your dream, it is up to you whether you're in charge of the events as they unfold.

Once you've gained control of the dream, you must let go of the belief that you are grounded by human limitations. Remind yourself that this is a dream and absolutely anything is possible. Bring in a friend, if you like. Sometimes, that friend will even remember the dream the next day.

Imagine yourself in an open area and start hopping. Higher and higher you'll hop until you realize you can stretch out your arms and fly. Once aloft, do not worry about obstacles, you are in charge and if obstacles appear, they are nothing to you. Fly around them. Soar higher. Fly into space if that pleases you. There are no limits when you are in charge in a lucid dream.

In fact, if you're hoping to have an out-of-body experience, a lucid flying dream is a great start. Once flying, imagine yourself visiting the destination of your choice. You may be able to relate accurate details about the location when you wake.

Nightmares can be changed to flying dreams, as well. Either decide to fly away, or back off and hover over the situation to get a better perspective. It may help you solve something that's been causing you stress in your life.

Practice this night after night and soon your waking life will be working in your favor as you begin to realize just how much power you really have over your life.

Topics: **dreaming**