



MINDA'S NIGHTMARE

During the course of my dream investigation, I have been consulting with a psychotherapist who specialises in dreams in the States. Along with some disturbing dreams that she herself has had, she has kindly contributed some from her patients. This was, of course, with their permission. This comes with the desire that they will help others to a better

understanding of themselves. The case of Minda is one of these.

Minda was adopted at an early age and grew up with no knowledge of her birth parents. Throughout this time, she had a number of recurring nightmares and as a consequence, sought help for the considerable physical and mental distress that these dreams incurred.

In one of the dreams, Minda is a very small child who is exploring the kitchen, searching the floor for scraps of food. She suddenly looks up to see a faceless woman wielding a frying pan! The woman strikes Minda in the face with the pan, screaming obscenities at her all the while.

Minda wakes up immediately with incredible pain in her face that lasts for a considerable time and when she looks in the mirror, she is horrified to see that she has visible red marks on her face!

Minda was eventually able to track down her birth mother to a woman who was in prison for murdering no less than three people. It was revealed that her own father was one of the victims and it seems very likely, based on another of Minda's dreams, that she was a witness. It would appear that most if not all of Minda's dreams were memories from the time she spent with her mother prior to her imprisonment. She has been able to identify that at least one of the dreams actually happened, thanks to information gathered from siblings who actually witnessed the event. It would seem plausible, then that the frying pan incident was one of these, notably because of the physical manifestation that takes place. I believe that the dreams were there to help make Minda aware of the reason for the frustration and anger that she was at a loss to explain. It was the dreams that were the catalyst for her to search out her mother. When she did so, the revelation allowed her to move on.

Thanks to the love and care that she received from her adopted parents, Minda has managed to create a settled life for herself. She is married to a caring husband with three children who she loves and appreciates. Minda is a shining example that no matter how terrible the situation, one always has a choice of what quality of person it is possible to become.