

Interview: Jens Gerhards

In the US press Denise Linn is already acclaimed as “Americas best kept secret”. During two seminars this bestselling author is going to pass on her experiences and skills in the areas of Feng Shui, “Space Clearing”, and Dream Interpretation in Spring 2008 in Germany. “Newsage” spoke in advance per telephone interview with the in California residing half Indian about the secret power of dreams.



The secret power of dreams

A talk with Denise Linn

Newsage: First of all, we would like to know more about you. You have Indian ancestors?

Denise: Yes, my mother is Cherokee Indian, but i did not learn the Native Americans spiritual knowledge from her.

At the time when i grew up the Indians hardly had any civil rights and my mother and her friends were fighting for more equality and personal freedom. Thus, i grew up more with the need for a peaceful and balanced society rather than spiritual techniques.

Newsage: And where does your spiritual knowledge come from?

Denise: At the age of 17 i had an extreme experience: I was driving my motorbike along a deserted country road, when i suddenly had this unmistakable feeling of being followed by someone. When i turned around i saw a man actually was following me – but it was too late. First of all he drove against me so that i fell off the bike and was laying on the road. When i wanted to get up i saw the attacker had a weapon, before i could even get frightened he fired the gun and hit me. I was laying paralysed and hurt on the ground and even though i had my eyes closed i could feel how he was about to aim at me again, to finally send me to kingdoms come. At that moment something unbelievable happened – it was the only possibility to free myself from this terrible situation: I opened my eyes and felt compassion for my aggressor. Deep, authentic compassion! The man lowered the gun, turned around and went away.

Newsage: So what did this personal stroke of fate leave you with?

Denise: Apart from a missing kidney, a missing spleen, troubles with my heart and lungs, as well as a broken vertebra, i was left with a profound spiritual experience that was to define the course of my following life. While i was laying in intensive care and the doctors were fighting for my life i suddenly left my physical body. Although i was aware of all the pain and my surroundings, i found myself at a place full of light, love and beauty. It was the source of all existence and i promptly had the feeling of being at home again. In the infinite union of all beings, free from space and time.

Newsage: What changed after that?

Denise: I saw energy, i saw how every being is surrounded by light. I saw peoples auras. The first time i went out into the hospital gardens in my wheelchair i saw shimmering light around every blade of grass, around every leaf on the trees. I heard the language of the wind, i understood nature with all my senses. From then on i knew that this was all possible, that spirituality is just as real as the path of rationality that i learned from my parents. On this deeper level we are all interconnected.

Newsage: Is that also the reason why you became an expert on dreams?

Denise: After this event my dreams first of all became very extraordinary. Either unbelievably dramatic or extremely shocking. Especially the dream about being followed by something which really scared me would not leave my mind.

I began to get interested in diverse traditional methods of dream interpretation, i visited the Maori in New Zealand and the Aborigines in Australia, i learned through them the ancient connection to dreamtime. At one point i had gathered enough energy to face my dream opposer. I turned around and recognized myself! It was my own fear which had been following me all the time. I hugged my fear and I loved her at this moment and since then i have never had this terrible nightmare anymore.

Newsage: Did the experiences of other cultures help you?

Denise: Yes, immensely. Dream travels are an everyday experience for Aborigines. Clan members often live many thousand kilometers apart from each other and the only, real way of communicating is at night in their dreams. Nowadays experienced clan elders go to prisons where young members are doing time and teach them that only their physical body is imprisoned. Their soul and astral body are free. With it they can move about freely wherever they want. Over the years i have also acquired the ability to have lucid and aware dreams.

Newsage: Astral traveling and lucid dreams are two different things, are they not?

Denise: Definitely. Astral traveling is the physical leaving of ones body, lucid dreams happen in your body but on a complete different level. Its amazing how often this gets confused or mistaken.

Newsage: Our culture seems to have forgotten how to dream.

Denise: Well, you cannot really forget how to dream. Many investigations show that people who are deprived of sleep and thus also their ability to dream, grow lonely, waste away or simply do not function anymore. But it is the actual awareness of dreams, the insight that the border between the daily and the dream world are passable which is missing in our culture. The Aborigines only survived in their own way because whilst being captured by the whites they maintained the strength of their dreams. They are connected with dream time, our culture is more disassociated, but not fundamentally separated.

Newsage: What do you teach about dreams on your seminars?

Denise: There are very different facets which i wish to call to mind. For instance, the programming of dreams is an ability which everyone has, and on which there are enough tips already even without my seminar. Wether its certain oils which you rub yourself with before sleeping, or stones which you put in appropriate places. The possibilities are limitless. Its the personal intention that is always decisive. If before going to sleep i ask for a special sign for

a certain task and i do this with emphasis and full dedication, then the possibility is high that the dream will reveal itself to me.

Newsage: Most people have problems with even remembering their dreams..

Denise: That is a further area on which there are numerous techniques and advice from certain schools. Of-course a dream diary is indispensable, but in my view what is more important is the roll technique. That means at the very moment when one remembers a dream, then one should immediately lay in that same position as when one dreamt. When one gets up then one forgets. And in addition to this, it all has to happen very quickly. After 5 minutes there are only fragments of the dream left, and after 10 minutes its gone.

Newsage: And how about dream interpretation? Some schools talk about a vision or a correspondence to reality for certain events in the dream, whilst other schools claim the total opposite..

Denise: (laughs) Yes, every teacher has their own methods. In the end its the personal connection which is decisive. When did i feel that same emotional strength in my life which i just experienced in the dream? If i go back there then i have the possibility to integrate the dreams message and energy into my daily life.

Newsage: Even past lives can be recapitulated in this way?

Denise: You can take a dream and work with it for eight years. Every detail can carry so many messages. About your feelings, your body, your relationships, and also about your family soul, your genetical code or your past lives. We are connected with infinity. We just have to want to approach it and then ask ourselves: Does this make sense in my actual situation, can i embrace it?

Newsage: Why do so many people have difficulties with getting involved in their dreams? Where does this denial of the invisible come from?

Denise: We are living in a time of patriarchy. The phase of matriarchy is long gone. At the moment the power of achievement and causality is ruling – the gifts of dreams, of the night and the moon are forgotten. However i believe that we have reached a point where the circumstances will turn around again. Considering what has happened in regards to spirituality simply in the past 30 years, how many initiatives, groups, energies have evolved – all that shows in which direction we are going.

Newsage: However, its astonishing that cultures like the Aborigines could keep this old matriarchal tradition up in spite of our technical world.

Denise: They had to otherwise they would probably not have survived. Even today they still live in their most original form, without technology and performance principles, just as they did 8000 years ago. They are very united with dream time and simply have this comprehensive connection to mind. That is probably also the reason why so many of the young clan members who come into contact with the modern world experience such a culture shock, making them act mindlessly and thus ending up on the edge of society or in prison. (In the background a bird has been singing for quite a while now) Can you hear? My bird is also talking to us. He likes this interview, it's a good conversation.

Newsage: Yes its a pity that we have to stop already. To conclude, just one more question: What is most important to you in your seminars? Which message should stay with your participants?

Denise: The meaning of compassion! To be able to see the world through the eyes of another. If i judge someone, then i immediately lose this ability. The window can only be opened with help of this free and unprejudiced view or emotion.

Further information: www.deniselinn.com

Seminars with D. Lynn in Oy-Mittelberg, Allgäu:

- Essential Space Clearing I: 26.-29. March 2009
- Dream Interpretation – Living with dreams: 04.-05. April 2009