

## Roslyn – Naked For No Good Reason

*I am in a drugstore. at the end of an aisle, where several aisles come together, close to the cash register and counter. I am completely bare from the waist up. Several people are in the store going about their business. I know that sometimes people don't wear clothing, ,but I am very uncomfortable and wished that I had worn something. I could easily have worn some kind of top. This is so unnecessary to go without clothing and for no good reason.*

**Background:** Roslyn said that she could recall other dreams of being partially dressed, always from the waist up, although this made her feel the worst, because it was completely *unnecessary*. She described it as a “random act of stupidity” that should make everyone uncomfortable, although no one seems to be noticing except herself. She did not recognize this particular drug store, but described the aisle end as a place to for gimmicky, nonessential items, the kind you don't intend to buy but “fall for” because of the display. Roslyn sees drugstores as the place for prescriptions, over the counter medicines and cosmetics—a place where you go to “fix” something, although now they offer many other things such as clothing and groceries.

**Dream Discussion:** This is a wonderful example with two reference points, the universal symbol of nudity and personal context and emotion. Dreams of being naked are very common and most often reflect the feeling of being exposed and vulnerable. The comfort level and attitude of the naked person and the dreamer (if not one and the same) reflect an emotional state in the waking life. In this dream Roslyn regrets “baring her chest” which, might refer to being exposed, divulging a secret, coming clean or opening her heart to someone. Note that in this dream she is not relating to anyone; in fact, she seems very alone amidst the other people in the drugstore.

The dream was unsettling to Roslyn. She became emotional while discussing it, repeating that such behavior was without purpose and something she would never do in waking life. Interestingly, “letting it all hang out” reminded her of people without self-control or civility, especially when trying to communicate. They say whatever they please and everyone else has to put up with them. This is a totally personal perspective on the dream and shows the value of asking yourself the magic question—when do feel like this in waking life? Aha. She had made the connection.

Recently at work, Roslyn had protested some changes made by Jan, a department head whose work affects several departments, including the one Roslyn heads. The issue involved a recent meeting when several people brought up ideas to “fix” some inefficiencies, but the issue was tabled. Late and without further discussion, Jan presented her own suggestions to their supervisor, indicating that everyone from the meeting had been in agreement. Pleased, the supervisor said to implement the changes. When Jan called another meeting to announce the changes, several people were more than a little upset, but it was Roslyn who felt she had to speak up. Unfortunately, she didn't wait until she calmed down. In the end she was as unprofessional as Jan and any worthwhile recommendation she might have made was lost in her outburst.

Things had finally come to a head—this is where all the drugstore aisles come together, near the counters (what she is encountering) and the cash register (where the bill is paid). For Roslyn to “let it all hang out” regardless of professional decorum or the feelings of her co-workers was exactly the same as what she criticized others for—acting without self control or civility. When she first told the dream, it sounded absurd, silly. Once she worked with it, she saw it as more than a tale of misconduct, but a shocking replay of how she had projected her dissatisfaction at work onto that one issue and blown it out of proportion. Roslyn took a serious look at herself in the workplace and also at how she sometimes judged others harshly. While she survived the incident and cleaned up her act, she realized how dissatisfied she was with her job. Eventually she left the company on good terms for another job which proved more rewarding.