

## Trudy – To The Rescue

*Inside a house somewhere (?). I am with my sister, Suzy, and her son, Jason. He is a nurturer like she is—always taking care of animals and strays. That’s why he always liked stuffed toys when he was little. Suzy and Jason are like John and myself—we’re all rescuers. This makes me think of when we took care of injured birds—once they healed, we’d let them out again.*

Trudy’s notes: In the dream I liked this trait we all have in common and admired Jason’s nurturing qualities as such a young age (he’s 12). I felt this big tug inside when I referred to us as “rescuers” because I know the other side of that, too. Sometimes we overdo it. And sometimes we take on other people’s problems and think we have to solve them.

**Background:** Trudy and her husband, John, have always taken in stray animals, tried to find them homes and occasionally brought injured animals to professional rehabilitators. Her sister and nephew are the same way. She cannot recall anything specific in her life that is twelve years old, but it is likely the dream is referring to something of that age.

**Dream Discussion:** A good question to ask yourself when reflecting on a dream that appears literal is why you would dream something you already know. Without over-analyzing, ask yourself if the dream relays an important reminder and if it says something besides the obvious.

As soon as Trudy reread the dream in her journal, she zeroed in on the word “rescuers” and actually felt a physical reaction like a muscle contraction in her stomach area. This reaction was in her dream, as well. Pay attention when the body speaks. The tug she felt carried a message of caution and the need for balance and a realistic attitude in “rescuing” anything in life—helping and nurturing without becoming enabling or neglecting other priorities.

Another aspect Trudy noted concerned Suzy as a symbol. She described her sister as a person with a heart of gold—if she was sympathetic to your needs. If not, she could be harshly critical and even harder on herself. Trudy thought Suzy was busy taking care of others (whether they asked for help or not) and yet sometimes neglectful of herself. This helped her see her own similar tendencies.

From this perspective, Trudy found another connection regarding the nurturing, rescuing role in several areas of her life. She recalled both work and volunteer projects where she was helpful, but stepping into someone else’s territory. When she had strong feelings for the people or the cause, she could become overly involved. She also recalled a wise teacher who told the class that sometimes leaders need to step back and do a minor job, while letting someone else take the lead. As a result of this dream, Trudy became more mindful of honoring her priorities, setting realistic limits and striving for balance.