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# THE IMPORTANCE OF DREAMS

On 12th March, the Parish Council of the German-speaking Swiss Church organised an open meeting attended by some 50 members and friends of the Church, including Minister and Madame Fritschi. After supper, served in the friendly hall of the Church in Endell Street, the psycho-analyst Baroness Vera von der Heydt gave a talk on "The World of Dreams". The speaker who has been in practice in this country since the early 'thirties, drew on vast knowledge and experience. She stressed from the beginning that she was a psycho-analyst, not a witch doctor. For centuries, dreams had played a big part in tribal lives, and, of course, there was plenty of evidence of important dreams in the Bible. For a long time, science was suspicious of dreams, and it was not until Freud and Jung re-discovered dreams as paths to the inner world of a human being, that more importance began once again to be given to the dream world.

Jung deepened the whole concept of the unconscious, and with it the widened significance of dreams which were prospects for the soul. Artists, writers, religious leaders, even scientists, now find answers to problems in dreams.

Some people say they don't dream, but that, said the speaker, was not true — everybody dreamt, and with people who say they don't one has to ask the question: what are they afraid of? What do they not want to know about themselves? Dreams show us our attitudes to people and problems; they force us to be aware of our darker sides; they give the key to correct mistakes we made, but also make us experience the presence of wisdom and goodness in ourselves, qualities we did not know we had.

"A dream", said the Baroness, "has

to be deciphered, for we are often surrounded by familiar or unknown people, strange animals and things. Our dream ego is generally of the same sex, usually the same age, often younger, seldom older."

In dreams there are no laws of gravity, time, place — we can experience floating bodies, be paralysed or excessively sensitive. We can play an active or a passive part, but every time we see an aspect of ourselves. Sometimes we experience anxiety, feel inadequate, accused, persecuted, even attacked, but invariably, our dream ego deals with a problem. There are also dreams in which we have succeeded and not given in, and we wake up encouraged. It all depends on the attitude of the conscious ego. It is that which gets us into a mess, so we must watch carefully!

The speaker gave a number of examples of dreams and how they helped in analysing a person's problems. From an analytical point of view, very long dreams were not the most important ones. Dreams, she said, were mirrors in which the conscious ego could recognise the dream ego. When they could be reconciled, changes could be effected. In dreams we could discover our total personality, body, soul, mind and spirit.

The speaker also dealt briefly with prophetic dreams and extra-sensory perception, though this type of dream was far more complex and more difficult to explain.

A vivid discussion followed the talk, and the Rev. Uli Stefan and Mrs. Edith Crack, Chairman of the Parish Council, closed the meeting by thanking Baroness von der Heidt for dealing with such a fascinating subject in a most intelligible manner. The audience supported this by warm applause.

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## SWITZERLAND IN BRITAIN'S CULTURAL LIFE

WEDNESDAY, 28th April — Royal Festival Hall, 8 p.m. — *Tamas Vasary* plays Beethoven's Piano Concerto No. 4 in G with the London Mozart Players conducted by Harry Blech.

25th May to 11th June — Leeds University Art Gallery — 24th June to 24th July — Derby Museums & Art Gallery — Exhibition of *Prints & Drawings* by *Felix Vallotton*.

April to June — Glasgow Film Theatre (Scottish Cinema Theque), Swiss Cinema Season. "Le Train Rouge" (15th to 17th April); "Le Retour D'Afrique" (29th April to 1st May); "Le Death of a Flea Circus Director" (13th to 15th May); "L'Invitation" (27th to 29th May).

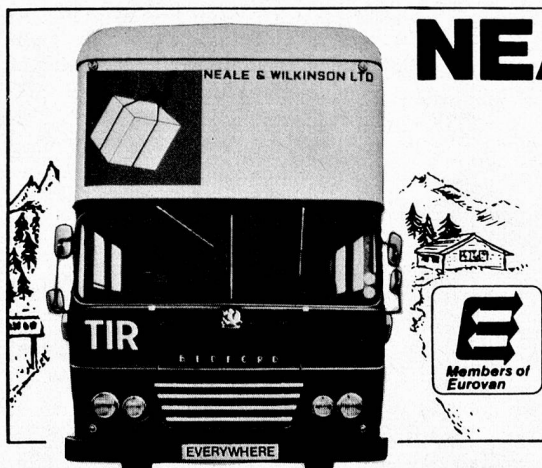
FRIDAY, 23rd April — Bristol University, lunch-time — Bristol Gardner Centre, evening — the pianist **LISE-MARTINE JEANNERET** appears with the ensemble "Dreamtiger" in a programme of contemporary music.

SATURDAY, 15th May — Wolfson College, Oxford — Kathrine Lukas, Rohan de Sarum and **LISE-MARTINE JEANNERET** (piano) present a programme of French music.

From 5th to 30th April — Photographic Galleries, University of Southampton — Mon. to Sat., 9 a.m. to 5 p.m. (closed 16th to 19th April) "... and God Created Woman" an exhibition of photographs by **CLAIRE SCHWOB**.

FRIDAY, 14th May, Royal Festival Hall — 6.30 p.m. The baritone **KURT WIDMER** and the soprano **ELISABETH SPEISER** are two of the soloists in a performance of the "St. Matthew Passion" as part of the English Bach Festival.

FRIDAY, 21st May, Royal Festival Hall — 8 p.m. The Royal Choral Society and the Royal Philharmonic Orchestra, under Meredith Davies, give a performance of **KING DAVID** by **ARTHUR HONEGGER** (with Bruckner's "Te Deum").



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