

# Henry Reed Quotes

*Dream, People, Sleep, Interpretation, Flower, Thinking, Use, Morning, Spring,  
Spiritual, Years, Lying, Ideas, Fall, Culture, Understanding, Slides, Right Now,  
Night Time, Opportunity*

We each have a sixth sense that is attuned to the oneness dimension in life, providing a means for us to guide our lives in accord with our ideas.

~Henry Reed

All human beings are interconnected, one with all other elements in creation.

~Henry Reed

The things that concern us during the day are going to influence what we experience during the night.

~Henry Reed

Dreams have always expanded our understanding of reality by challenging our boundaries of the real, of the possible.

~Henry Reed

Dreams seem to have a will of their own.

~Henry Reed

How do you know, right now, that you are aware of being aware, or conscious?

~Henry Reed

Dream study impacts culture. We are put in touch with the inner poet who dreams. We hear our inner, subjective response to the outer world. That helps spiritualize our lives.

~Henry Reed

Rather than seeing dreams as containing hidden messages, see dreams as experiences of empathy. Then use empathy with the dream to reconnect with the experience of dreaming itself.

~Henry Reed

When we awaken, we cannot account for the time spent. We simply don't remember. About the only evidence we have of experiences while we were asleep is when we happen to remember a dream.

~Henry Reed

Freud published *The Interpretation of Dreams* in 1900. It introduced the notion that there existed certain predictable and identifiable processes by which dreams were formed.

~Henry Reed

Hugh Lynn Cayce, Edgar Cayce's son, is quoted as saying, The best interpretation of a dream is one you apply.

~Henry Reed

There is both a skill factor and an effort factor in dream recall. People can develop dream recall skills, such as lying still in the morning and writing down whatever comes to mind.

~Henry Reed

It is, we believe, idle to hope that the simple stirrup-pump can extinguish hell.

~Henry Reed

People don't think their dreams amount to much, but when I ask them to examine them for common themes, they surprise themselves at how accurate they are! They see that their dreams have value.

~Henry Reed

The usual comment from psychologists and psychiatrists was that it's best not to encourage people to look at their dreams because they are liable to stir up problems for themselves.

~Henry Reed

As we get older we do not get any younger. Seasons return, and today

I am fifty-five, And this time last year I was fifty-four, And this time next year I shall be sixty-two.

~Henry Reed

The early bees are assaulting and fumbling the flowers: They call it 'easing the Spring.'

~Henry Reed

What is it like to fall asleep? What happens? Where do we go? Why don't we remember? Since childhood most of us have wondered about the mystery of sleep.

~Henry Reed

To-day we have naming of parts. Yesterday We had daily cleaning. And tomorrow morning, We shall have what to do after firing. But to-day, To-day we have naming of parts.

~Henry Reed

If there is any truth to my parenting the dreamwork movement, it comes from the power of the press.

~Henry Reed

If there is any one truth from the legacy of the Cayce readings, it would be that there is a spiritual dimension to humans, something beyond time and space.

~Henry Reed

It is easier to learn to interpret dreams if you have a reason to use them for something constructive. You apply your dream insights to making constructive changes in your life.

~Henry Reed

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