

# The Dream of the Body

*Author: Dustin Wallace*

## The Dream of the Body

The body appears as the center of every personal story. It seems to live, strive, and defend itself within a world of other bodies. Each one looks separate, each one real. Yet all of this is born from a single dreaming mind that has forgotten it is the dreamer.

The right brain paints this dream with color and emotion. It imagines scenes of comfort and danger, of love and loss. It gives the sense of movement through time. The left brain steps in to manage what the dream presents. It judges, plans, protects, and reacts. One invents, the other enforces. Both act as though their creations are true.

## The Two Engines of the Dream

Because the dream feels real, the mind believes it must keep the body safe. It tries to win, defend, and fix what seems to threaten. The body's tension mirrors this belief. It becomes the stage on which the dream unfolds, the proof that the dream exists.

But what if the dream of the body, and of all bodies, is only thought? What if each figure in the story is a mental image projected outward, given meaning by the mind that made it? Then there is no true threat, only mistaken perception. The nervous system, fed by those perceptions, stays on alert until the dreamer awakens to the truth.

## The Mind That Watches

Awakening begins when the highest awareness sees both sides of the brain at work. The right brain continues to invent, the left to respond, but they are observed together without judgment. This awareness recognizes the play as fiction. It knows the images and reactions are not real events but movements of thought.

In that recognition, release happens. The nervous system receives a new signal of peace because the dreamer no longer believes the story. The imagined body, and every other body, lose their power to frighten or define.

## The Creative Work of Seeing

Psychotherapy can serve as a creative means for this kind of release. It invites a deep curiosity about how the mind creates its world. As one explores and speaks freely, the patterns of dreaming become visible. Each moment of honest seeing loosens the hold of illusion. The work is not to repair the dream but to notice its unreality.

This noticing is an act of creativity because it brings something entirely new into awareness: the recognition that one has been both author and audience of the same story. Once this is seen, the story begins to fade.

## **The Undoing of the Dream**

Undoing does not mean destruction. It means gentle recognition. The dreamer sees the dream for what it is and no longer fears it. The mind rests in quiet awareness while the body continues its natural rhythm. Encounters with others become simple, unburdened, and kind because they are no longer judged as real threats or separate selves.

The dream continues for a while, yet its weight is gone. The highest mind remains steady, aware that nothing unreal needs defense. In that awareness, peace replaces strain.

## **Living in the Quiet Mind**

To live from this clarity is to see that nothing outside the mind holds the power to wound or save. The body plays its part, yet it is only a passing image in a thought that is now recognized.

The self that belonged to days and years past believed it needed to survive right now. It learned to attack, defend, or ignore in order to keep its story alive. This ancient survival artist still whispers through memory and habit, convincing the mind that the present moment demands old forms of protection.

But the highest awareness looks directly at this pattern and sees that it is not required. Without that selective memory of danger, one can rest within the moment exactly as it is. Both sides of the mind are given full attention. The right brain no longer spins its dream unchecked, and the left no longer reacts in blind defense.

When both are seen together, they cancel each other's claim of chaos. There is no threat right now. There is only quiet presence, steady and whole.

Life moves on, yet the dreamer is awake. Peace arrives not through control or effort but through understanding. The mind that once fought for survival now sees there was never anything to survive. What remains is the gentle awareness of being here, fully alive, and unafraid.

Copyright © 2026 Dustin Wallace. All rights reserved. This material is provided for personal educational use only. No part of this material may be reproduced, distributed, transmitted, displayed, or used to create derivative works without prior written permission from the author.