

Dreaming of Lotus Flowers

Recently I've had a vivid dream about a beautiful light mansion with a pool of white lotus flowers in front. I had the feeling that this place was somewhere in Thailand. I often dream of landscapes and particularly of those in Southeast Asia. I guess this is why I long to see all these amazing places in reality. Thus, I've wondered what the meaning of the lotus flower is and in the days following this dream, I've done a bit of research about lotus as symbol.

Lotus Flowers

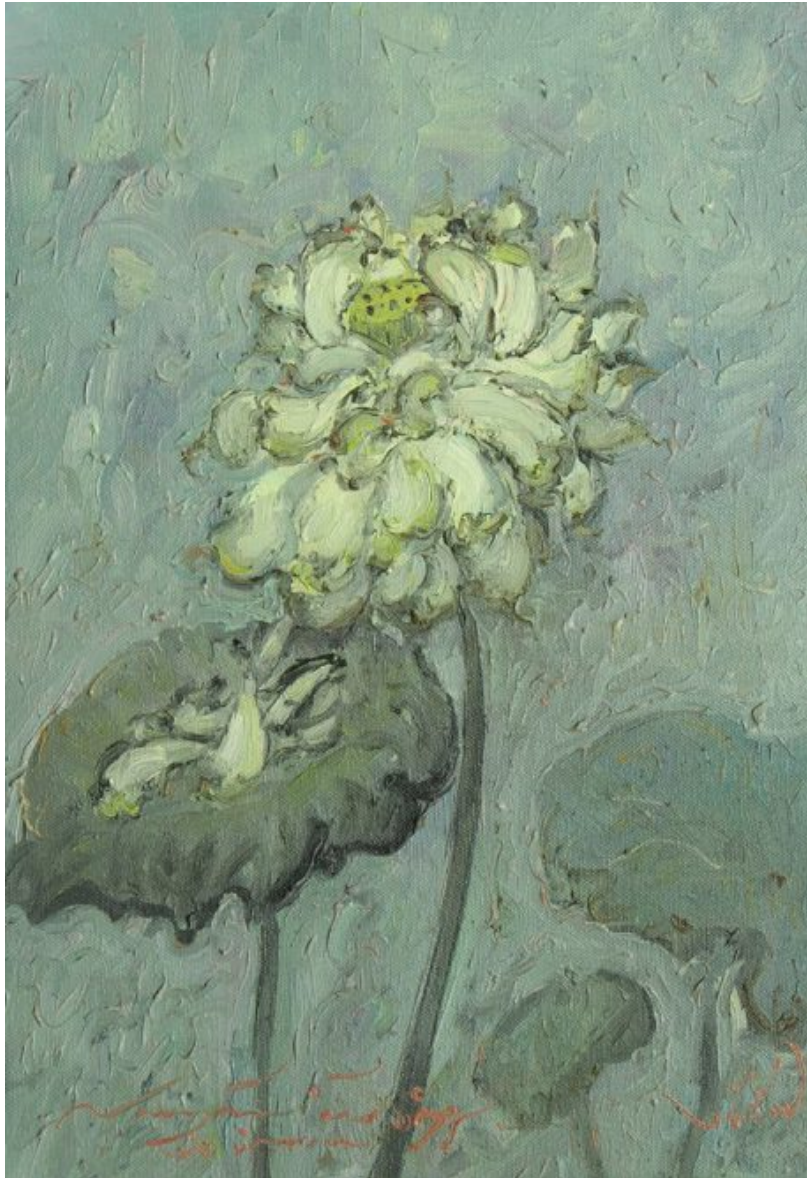


Lotus (credit: Love Krittaya, wikimedia.org)

First of all, I've learned about the spiritual and religious meaning of the lotus flower in different cultures. In ancient Egypt, for instance, the lotus was a symbol of rebirth and hence it was commonly used for wall and tomb paintings. The

lotus has the power to renew itself since it loses old blooms and adds new ones in a daily cycle.

The lotus is also a symbol in Hinduism and Buddhism. In Hinduism, this flower stands for eternity, purity and peace. Hence, it is also the flower of the Gods for Brahma, the ultimate creator of the world, arises from a lotus. It is very interesting to note that in Buddhism the lotus flower has even more, i.e. a variety of meanings. For example, it symbolizes self-awareness, love and compassion of all beings and things, emptiness from desire, enlightenment, victory over attachments, overcoming suffering and spiritual development. Thus, the lotus also stands for patience, purity and mysticism.



Graceful 2014 painting by Narongrit Galajit

You certainly know the lotus position which is a way of sitting during meditation. It is an important position in Buddhist meditation but also in yoga practices. The lotus has a deep spiritual meaning and in the lotus position the legs are crossed and tucked in a way that makes the bent knees look like the petals of a lotus. It is important that the soles of the feet are tucked away so that it is a respectful position to sit in when visiting a temple where exposing the bottom of your feet is considered rude.

In fact, there are lotus flowers and water lilies of different colours. Since I saw white lotus in my dream let me focus on

the meaning of this particular colour: The white lotus symbolizes awakening, representing spiritual perfection and purity. Hence, it also stands for peace and a peaceful mind.

Well, how to interpret this dream now? Maybe I'm a person who is lucidly dreaming but the mansion and the lotus flowers surely symbolize a way to realize my longing and a path to awakening, in a worldly but also in a spiritual sense. How about you? Have you ever dreamed of water lilies or other flowers?

Yours, Sirinya

Reference: <https://www.lotusflowermeaning.net/>

<http://www.flowermeaning.com/lotus-flower-meaning/>