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A QUICK AND DIRTY GUIDE TO DREAM INTERPRETATION

GRAB YOUR DREAM

Don't make the mistake of procrastinating. Dream details often evaporate like the morning dew. You won't remember all of the details if you wait even a few hours before recording your dream. "I'll do it later" easily becomes not doing it at all because you'll have nothing left to work with!

DATE YOUR DREAM

After translating dream symbols into meaning, you'll compare them to what's going on in waking life to determine your dream. If you fail to record the date and aren't able to look at your dream for several weeks or even a few days, you may have difficulty with its interpretation. Record your dreams immediately for the same reason.

NAME YOUR DREAM

Native Americans and other dream experts recommend naming your dream. This gives both your conscious and subconscious minds a point of reference for action and subsequent dreams that exhibit patterns and recurring symbols.

SUMMARY

Document the details of the dream, in as much detail as you can recall. Any of the symbols or themes can repeat in dreams over a period of time. Regularly documenting your dreams can help identify these patterns.

WHICH SYMBOLS STAND OUT?

The unconscious speaks in a language of symbols and people and things may not always be who or what they appear to be. Their presence may represent an actual person, or they may symbolize something to you. If they are unknown to you, note their characteristics; i.e., male, female, large, small, race, etc. Remember that things are not always what they appear to be in dreams. People frequently symbolize aspects of the self demonstrated in their relationship to you, their behavior or their appearance. They can also symbolize other people. For instance, a nurse could symbolize a mother or other person with a caring or healing role in your life.

Note the location, the weather, time of year, etc. These are symbolic as well and play a role by creating context in the whole dream picture. For instance, agricultural societies lived and worshipped the creator according to the wheel of the year. Winter represents a time of hibernating and reflection, spring symbolizes new beginnings, summer represents growth and fall brings the harvest.

What were you doing? What were the people or animals in your dream doing? Actions such as driving, climbing, running, etc., play a large part in the meaning of your dream. Note what the actions and people in the dream are centered around: colors, animals, clocks, rings, shapes, numbers, etc. The symbols have basic meanings but may have a specific meaning to you. Look up the symbol and reflect upon the role it plays in the dream and what that means for you. Include both the traditional meaning that you find in your dictionary as well as any personal meaning that the symbol has for you. The meaning of one symbol may also be influenced by the other symbols present and entire context of the dream.

WHAT DOES YOUR DREAM MEAN?

A good dream dictionary is very helpful, but you don't really need one to determine the meaning of most basic symbols. Take a look at how you feel when you're running, what behaviors an animal engages in, what buildings represent to you, etc. The symbols are often consistent with everyday meanings. This is where even the best dream dictionaries fall short, since the symbol's specific meaning to the dreamer is the one that counts.

Carl Jung believed that "the dreamer is the only true interpreter of the dream." Input from others can help jump-start your insight, but you're really the only one who can interpret your dream. Don't worry if you can't interpret it immediately. This skill will develop as you consistently record and compare your dreams to each other and what's going on in your waking life.

Dream Until Your Dreams Come True!

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Your Dream Journal – My Free Gift To You

Date: _____

Name Your Dream:

Write a summary of your dream, including as many details as you can recall:

Note Which Symbols Stand Out Most ~ People, Actions, Events, Colors, Weather, Etc.

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