

Dream Interpretation



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UNDERSTAND
THE MESSAGE
BEHIND YOUR
DREAMS



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Dreams

THE GATEWAY TO SELF - KNOWLEDGE

Dreaming fascinates most people. Dreams are our most important key in understanding our own symbology (psychic language). They reveal everything we need to know about our own nature, our past conditioning, and our future directions. They reveal our next steps on our spiritual quest.

Each night as we sink blissfully into a deep sleep, our unconscious self takes us on an incredible journey into the land of dreams. Whether or not we are aware of it, we dream and in those dreams everything we need to know about every aspect of our life is revealed to us.

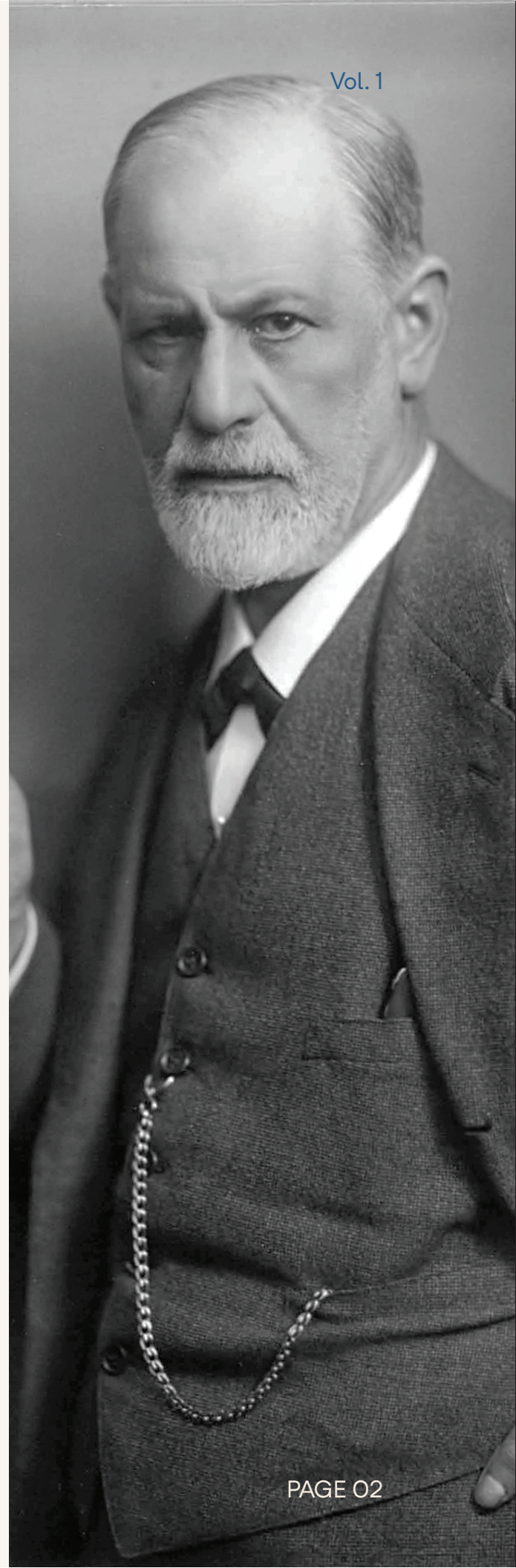
Everyone dreams between three to six times each night. The duration of a dream can vary, from a few seconds to around 30 minutes. It is estimated that 95% of our dreams are forgotten when we wake up.

In many ancient societies, such as those of Egypt and Greece, dreaming was considered oracles or omens and prophecies for receiving divine wisdom, answers and healing. The work of both Freud and Jung established dreams as valuable source of wisdom and healing.

Freud's Dream Theory

“THE INTERPRETATION OF DREAMS IS THE ROYAL ROAD TO A KNOWLEDGE OF THE UNCONSCIOUS ACTIVITIES OF THE MIND.”

Most people currently appear to interpret dream content according to the Freudian theory of dreams. Sigmund Freud, known as the father of psychoanalysis, believed that the conscious mind acts as a guard on the unconscious. During sleep this guard is absent allowing the subconscious mind to run free. People dream to express repressed feelings, desires and emotions so as to fulfil hidden and unconscious wishes.



Jung's Theory of Dreaming

“THE DREAM IS THE SMALL HIDDEN DOOR IN THE DEEPEST AND MOST INTIMATE SANCTUM OF THE SOUL...”

To Carl Jung, dreams are a way of communicating and acquainting ourselves with the unconscious. Dream images reveal something about us, our relationship with others, and situations in our waking life. Dreams act as guides along the path to enlightenment and self discovery.

The usefulness of dreaming is only limited by our imagination and our desire to know and understand ourselves. Interpreting our dreams can herald events of vital significance in our lives. It can help us solve our problems, meet our guides, reveal long-hidden aspects of ourselves, travel in other dimensions, understand the universe around us, and reveal our next steps on our spiritual quest.



**“Dreams are the
poems we’ve
subconsciously
written...”**

In the book *Discover the Meaning of your Dreams*, Angel Greene contended that dreams are the poems we’ve subconsciously written to describe the painful and puzzling emotions that swirl behind our immediate awareness. In the rush and noise of daily life where introspection and reflection are often neglected, dreams provide us with the opportunity to find balance and reconnect with ourselves.



Types of Dreams

Dreams can be classified basically as process dreams and nightmares, prophetic dreams or astral dreams. However, any dream you have can contain elements of each of these types of dreams. In time, if you persist with your studies of your dreamself you will easily be able to tell the difference between these kinds of dreams.



A woman with long brown hair is sleeping in a bed with a white pillow and a red and white striped shirt. The background is a dark blue wall with a large, bright full moon and a small sailboat on a cloud. The text 'Process Dreams' is overlaid in a large, white, serif font.

Process Dreams

Process dreams are resolution dreams. They put the events of our daily life into a framework within our psyche. As we are ready to, we will process events and feelings, rather than in any specific chronological order. Therefore, these dreams can involve events as far back as childhood, and can mix and match events based on our feelings about them rather than when they actually occurred.

If we do not deal with our feelings at the time they come up — this is commonly the case — they are stored away for us to deal with when we feel ready to cope with them. In order to process events our dream-selves use a dream or psychic language which, as we have already seen, can appear to be quite different from our waking language.

This is why process dreams often appear to be incomprehensible or just plain absurd to our waking-selves. Process dreams may appear incoherent as we don't understand the dream psychic language. One of the easiest ways to learn your psychic language is to spend some time understanding your dream language as they are often the same.



Remember: Process Dreams should not be Underestimated, as they can:

1

Resolve feelings which we feel unable to cope with in our waking state.

2

Reveal to us a great deal about the type of person we are and how we approach life.

3

Entertain us and give us experiences that are quite different from our everyday life.



Nightmares

Nightmares are treated as a separate category, because they are more complex than ordinary process dreams.

There are basically two types of nightmares:

Process Nightmares

Process Nightmares are just loud process dreams. These are a form of resolution dream which is simply more dramatic — to grab our attention! They bring an important message to the dreamer and can jolt us into changing outmoded patterns. Recurring nightmares bring urgent messages which must be acknowledged and understood — not feared! This is why you often wake up after a nightmare — so you can remember it. Remember, you create the dreams to help you access information which has temporarily slipped out of your waking mind.

Adversary Nightmares

Adversary Nightmares are less common than process nightmares, but still, many people have experienced them. Adversary nightmares often begin in early childhood and recur for many years. They are centred around a single dream character — the adversary — which can be a human, animal, a combination human-animal, a shape or shadow, etc. Adversary dream figures are very important characters on our journey to spirituality. Even though they may appear as dreaded enemies in the dream, they are, in fact, just another form of spirit guide. They can help you make great leaps of faith, enormous realisations about yourself, and teach you tremendous strength and courage. One of their purposes is to help you understand the nature of fear. As you continue on your quest or journey you may even find these 'fearful adversaries' gradually becoming loving companions.



Astral Dreams

Astral dreams are not really dreams and are very different to process dreams. They often, but not always, occur at night when we are asleep, but can occur anytime we relax. During astral dreams, our astral body travels in another plane of existence (the astral plane), and there encounters astral entities, other astral travellers, guides and symbols.

Astral travelling is just a large shift in our consciousness — our conscious awareness shifts from this physical plane we live on, to the astral plane. Astral dreams feel very different from process dreams and the dreamer often reports a feeling of actually being in another place that is somehow strange or not 'earth-like'. Often the dreamer awakes from the astral dream rather suddenly with a sensation of falling or jumping 'back into their bodies'.

Astral dreams are experienced on a very physical level and often the dreamer's heart will be racing and their body tense. Remember, astral dreaming or travelling is just a shift in your conscious awareness. You have not really left your body, so there is absolutely no need to feel afraid, or feel that some other energy can enter your body while you are travelling.



Prophetic Dreams

Prophetic dreams are a form of psychic experience. Such a dream can occur in anybody's dream state, as a dream by itself, or as a 'cut-in' to an ordinary process dream. They involve seeing people in situations which are going to happen at a future date, and often, if you become skilled at interpreting such dreams you can extract an exact date and place at which the events will take place (e.g. by looking at a clock or a calendar or a street sign in the dream).

Many prophetic dreams are of relatively trivial events which are forgotten by the dreamer upon waking. These can be reexperienced as *déjà vu* by the dreamer when the events come true. When the event actually occurs, it seems somehow strangely familiar, like you have done it all before.

People who have well-developed, but suppressed, psychic ability often have prophetic dreams about all manner of things, from the mundane to the magnificent! It's as if they don't allow their psychic ability to manifest in their waking state, but it is strong enough to give them information in their dream state. As these people open themselves to more psychic experiences and acknowledge this as part of themselves, they find a flood of psychic experiences often come quite easily to them.

Dream Interpretation

Dream characters can be:

- Parts of yourself, e.g., if you dream about your mother it may well be that you are dreaming about that part of yourself which is the nurturing, caring part.
- Symbolic of a feeling, e.g., if you dream about your boss, a policeman or a school teacher it could just be that you are dreaming about authority.
- Reminders of other people especially if we have unfinished or unsaid business with these people and we don't want to acknowledge it.

Ask yourself;

- What feeling does the symbol have? For example, fire or death usually evokes fear in the dreamer, but dreaming of fire or of dying usually heralds great change in the person's life. We usually fear change and therefore fear the symbol.
- Symbolic of a feeling, e.g., if you dream about your boss, a policeman or a school teacher it could just be that you are dreaming about authority.
- Reminders of other people especially if we have unfinished or unsaid business with these people and we don't want to acknowledge it.

Keep a notebook in which you write down as many dreams as you can remember. Try to write down the dream immediately upon waking when it is fresh in your mind.

Universal Symbols

There are books full of dream symbols and what they mean, though it is best to take the time to discover your own psychic language and dream symbols. To interpret symbols for yourself, you need to practice the art of self-questioning. Remember to trust yourself and your dreams. As you become more confident and more skilled, you can learn to voice your prophecies and be astounded by their accuracy.

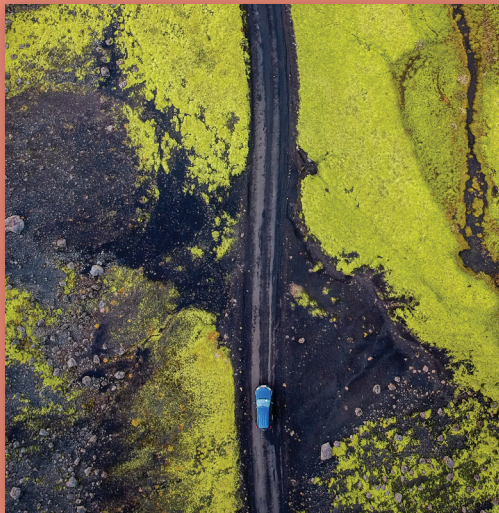




Water - Life

(ocean, rivers, waterfalls, whirlpools, lakes, puddles)

Water reflects your emotional state of mind. Images of being under water whilst attempting to resurface would suggest suppressed emotions, struggling to be released. A scene of a calm and tranquil lagoon reflects peace of mind, harmony and tranquillity.



Car - Your body as it moves through life

(or some other vehicle – truck, train, tram, etc.)

What happens with your dream car reflects your ability to navigate from one stage of your life to another. Where you go in your dream car symbolises your goals and dreaming about specific parts of your car provides clues about your status, and abilities to achieve those goals.



Winning money - Great belief in yourself

To dream of winning money would indicate that you have a great belief in yourself. You are ambitious and have the ability to succeed in whatever you set out to do.



Losing money - lack of confidence

Dreaming of losing money suggests setbacks, weakness and a lack of confidence.



Fire - Cleansing

This is a very powerful symbol of transformative powers at work in your life. Fire sustain us, but uncontrolled fire can cause untold pain and destruction. A fire under control is a symbol of your own internal fire and inner transformation. To dream that you are being burned by fire indicates that your temper is getting out of control. Some issue or situation is burning you up inside.



Death - Complete change

Change in circumstances or a large shift in your consciousness. Death images in your dream are very positive indications that you are ready to change something in your life. To dream of a child dying is letting you know that one way you relate to that child has become outmoded. Or it can be the way you relate to your inner child. Enjoy your dream death as it is preparing you for change.



House - Your body as it is; current health

Your dream house is symbolic of yourself, while the rooms inside the house relate to various aspects of your personality. The attic refers to the mind, while the basement represents the subconscious. The type of house you dream about is significant about your situation. A mansion signifies growth while a broken-down, ramshackle home indicates low self-esteem or a poor self-image.



Falling - Shifting issues in life

Falling is a common experience and may at times jolt you out of your sleep. Falling can signify a variety of shifting issues in your life. If you feel in control whilst falling then you will overcome any obstacles. If you feel that you are free falling with no restraint, you may be experiencing problems over which you have no control.



Mirror - Personal questions and doubts

To dream of looking in a mirror shows that answers to questions you have are within yourself. Trust your own intuition. You have the answers but are you afraid to look for them? You have to believe in your own ability. If you see someone watching you through a mirror, you are being observed and your actions scrutinised.

Psychics Connect

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