

## Chapter 1 : How to Interpret Your Dreams (with Pictures) - wikiHow

*Dictionary of dreams | DreamsCloud. More than symbol definitions that help you understand the meaning of your dreams. Only you can interpret your dreams, but this is the best way to start!*

Over the past century, researchers have been trying to discover the hidden truths that lie in your subconscious mind when you go to sleep. Before I talk about dreams, it is important to understand that dreams are subjective in nature. As the dreamer, it is your duty to try to make sense of your own dream. You have full access to all the important information that can help you identify specific dream symbols that apply to your own experience. No dream interpreter or spiritual guru can help you better uncover the meaning of your own dream better than you. The meaning of a dream will depend on your background and what each dream symbol means to you. In Asia, there are specific numbers that are often considered unlucky and bad omens. However, the same numbers have no significance in western culture. For example, if you dream of being on the 4th floor of a building it will have no meaning to you, but to someone from a Chinese background, the number four is a bad omen and unlucky number. In Asia, there are specific numbers that are often considered unlucky and bad omens, while the same numbers have no significance in western culture. For example, if you dream of being on the 4th floor of a building it might have no meaning to you, but to someone from a Chinese background, the number four is a bad omen and unlucky number. This article is going to provide an overview of some common dream symbols, researchers, and themes you will encounter. While there are common symbols that can have universal meaning, for the most part, it is up to the dreamer to unlock the cryptic images in their dream to understand the true meaning. In order to unlock the meaning of your dream, you have to put it within the context of your life. Does Your Dream Have Meaning? Dreams that have the most meaning will generally occur during the deepest part of your sleep which will be between the times of 2: However, meaningful dreams can occur at any time of the day. Dreams that are affected by our physical environment have little meaning or impact. Similarly, physical noises and sounds can also make their way into our dream world. This explains why people have nightmares after they watch a horror film. The emotions and fear you experienced from watching the horror film, can be translated directly to your dreams. This is a theme that occurs in many memorable dreams. Many people dream of situations where they are unable to fully cover themselves with clothing. Dreaming of being weightless and drifting throughout the dream world. Seeing something danger approaching and being unable to move or cry for help in face of this danger. Test Dreams – Dream of being tested or taking a test is often a considered a mirror dream or a dream that mirrors your feelings back to you. Teeth Dreams – Dreaming about losing your teeth or having missing teeth is often associated with your outward appearance and the fear of getting older. Common dreams are extremely fascinating to researchers because they are experienced by people of all backgrounds, cultures, and religions. Almost all dreamers have experienced variations of these dreams at some point in their lives. Some psychologists believe that these common dreams are derived from our shared human experiences and interactions and make us essentially human. These categories indicate what kind of dream you are having and the type of meaning you can derive from the dream. Precognitive Dreams – Specific details in the dream will foretell an important event that is about to about or will happen in the future. These dreams appear to predict the future through the use of our sixth sense. Abraham Lincolns dream that foretold of his death two weeks before his assassination is a good example of a precognitive dream. Factual – These dreams are confirmation to the dreamer of what he or she already knows to be true. Factual dreams can tell his hidden truths about ourselves with the various symbols that are represented in our dreams. Inspirational – Any dream that is inspirational to the dreamer could represent some kind of a step or action one can take to resolve a personal or business problem that may be troubling the dreamer. Inspirational dreams can be used to motivate dreamers to make positive changes in their lives. If you have been dreaming about being rich your entire life, you could have a dream about winning the lottery. Wish fulfillment dreams help our minds cope with our inner desires that we have in our conscious mind. Dreams about getting back with ex-lovers and reunited with lost parents are very common forms of reconciliation dreams. If you dream of going up an elevator it means that you are going to improve your

current status in life. Unsuccessful efforts â€” To dream of success is a good omen for the future, but the dream of being unsuccessful might spell of a difficult omen in the future. Dreams of Health â€” If you dream of an illness it is advisable to get a health checkup. These dreams both product and intense emotion that is often felt throughout the dream and when the dream awakes from the dream. The emotion can have a lasting effect because dreams often feel very real to the dreamer. A common characteristic in a nightmare is the need to run away from something or a situation in a dream. The physiological reaction in these dreams is often present with the fight or flight response often triggering a lot of emotion in the body. Anxiety dreams are less intense than nightmares but still cause us stress in our dreams. While the images of the anxiety dream can play an important role in the dream, it is often the emotion that is experienced throughout the dream that needs to be faced and recognized in the dream. Dreams can specifically allow dreams to specifically access and discover hidden anxieties that may be bothering your subconscious mind. Relationship dreams Dreaming about the past or current lover is one of the most common dreams you can have. It is also very common to have a dream about a boyfriend husband or girlfriend wife that you are currently with. Because these feelings are often extremely strong during a relationship, it is quite common to dream about a partner while you are with them. Remember that these dreams are quite common if you have had strong feelings for someone in the past. In order to interpret the meaning of your dream context is everything. You need to understand what the cheating represents and if it is an aspect of you or not. How to Interpret Dreams When it comes to interpreting dreams you must always take the whole dream into context. If there is specifically one image that stood out then you should start by looking up the meaning of that, but you should also look up the other elements that are present in your dream. The more information you can remember from your dream, the more accurate the interpretation of the dream can be. Never overlook the small details in the dream because it can often have the most significant at times. It is important to remember that dreams that occur around specific tragedies in your life are more likely to contain events from those tragedies. This is because your mind will be focused in on it throughout the day, causing your sub conscious to dream about it. Often dreams that are more vivid and clear have more significance or meaning to the dreamer. If you wake up barely remembering anything that you dreamed of, it is probably something that was a forgettable dream. Dreams that are only half remembered without much detail are hard to interpret because of the lack of facts and details that make interpretations accurate. Important details may be forgotten that could have an impact on the significance of the dream. Always write down specific details and events that occur in the dream including time, dates, places, people, objects, actions, and other symbols that you think are important. Take the time and research the different symbols and themes that are represented in your last dream and bit by bit you can piece together the overall meaning of your dream. Our professional dream interpreters are available to help you identify themes and patterns that are present in your dreams. Click [HERE](#) to get a professional interpretation of your dream.

## Chapter 2 : How to Analyze Your Dreams (And Why It's Important)

*DREAM EXPERT LAURI LOEWENBERG: I created this site so you could quickly find out what your dream means using my dream dictionary of over 7, dream symbol definitions. Enter in one dream symbol or your entire dream to instantly interpret the meaning of your dream.*

Get the tools you need to transform your life in wonderful ways through interpreting and working with your dreams. An e-learning video-based course with dream analyst, dream therapist, and author, Jane Teresa Anderson. Choose one of your dreams then follow the videos and notes I designed this course, How to interpret your dreams, step-by-step, as a system that you can use over and over again to analyse and interpret any dream. You can repeat as many times as you wish, going through with different dreams until the system becomes second nature to you. At the end of this online course you will have the skills to analyse, interpret, and understand your dreams and those of others using the tools, resources and knowledge provided in this course. You get Lifetime access so you can revisit the course as many times as you wish over the years. You get instant access so you can begin right now. This course is NOT for you if: This course does NOT use a dictionary approach. Symbols are personal and unique to each dreamer. I show you how to interpret symbols. This course takes a completely practical approach, teaching you the methods I use to interpret dreams, step-by-step. The skills to analyse, interpret, and understand your dreams and the dreams of others. Key information about the nature of dreams and the process of dreaming, about recurring dreams, nightmares, seeing the past and the future in dreams, the role of dream symbols and dream dramas, and the question of whether dreams offer guidance. A simple method to discover how your dream relates to your waking life. How to identify the shadow side, and trace the issue your dream is processing back to its possible origin. How to work with unresolved dreams to resolve issues and challenges in your life. A method to identify the waking life problem or question your dream is processing. How to uncover the unconscious patterns of behaviour dictated by your unconscious beliefs, feelings, and memories that are directing the way you are handling a waking life problem. How to use a simple dream alchemy technique to change negative patterns you identify into positive patterns that create positive outcomes in your life. What it means to dream of people you know, and how to identify what each person represents about you and your life. A method to identify and resolve inner conflict. Three different key methods to discover the meaning of dream symbols. What you need to know to take advantage of the life-shaping information your dreams hold. I loved the face to face feeling with your videos as well as the very thorough notes. I now hope to help others. You will learn so much from these teachings and it is also a lot of fun and something that you will be able to use forever. But the course has definitely deepened my understanding. I wish this was around when I was in my early 30s and turning to those snake-oil dream dictionaries. Thank you for creating this. My clients and I have experienced truly transformative results. I already had a copy of your Dream Alchemy book, which I read and enjoyed, but the additional videos and fieldwork were rewarding and fun. So glad I found you and your work! Your videos are smiley and very informative and I delight in the bird song in the background. I wondered if they were your birds or just Australian outside birds. The course is easy for people to do in their own time in their own way. I did it at quiet moments at work. I love the people technique and the having the conversation technique with the symbols in your dream. So practical and friendly and respectful of the greater mystery. Already, just applying the simple concept that everyone in my dream is about myself and that I can work through the dream symbols to gain a positive perspective outcome has led to immediate lucid dreaming and less anxiety over my dreams. I now know the difference between a prophetic vision and a dream. I am so so excited to have this available to me here in the USA. Your teaching and mentoring is fantastic.

**Chapter 3 : Biblical Dream Dictionary –“ Unlocking Your Dreams**

*Dream Moods is a free online guide to help you interpret the meanings to your dreams. Check out our + word dream dictionary, fascinating discussion forums, and other dreaming topics.*

**Dreaming with Shoes** What does it mean to dream about Shoes? A dream about shoes may symbolize how you are moving forward on your career path or spiritual path in life. **What does dreaming with driving mean?** What does it mean to be driving in a dream? Dreams about driving may represent the control you have over where you are going in life. Remember that the Driver is the one making decisions about the direction taken and how fast you get there. Are you driving or are you a passenger? **What does it mean if you are the driver?** **Dreaming with bathroom** What do Bathroom dreams mean? As in waking life, when in the bathroom in a dream you are often dealing with the unpleasant, intimate aspects of life: In dreams, additional obstacles or unfortunate circumstances are usually a factor. **What does dreaming with knife mean?** What does a Knife mean in a dream? May suggest cutting something into smaller pieces to make it easier to deal with, digest or understand. **Dreaming with Family** What does dreaming about your family mean? Family members in a dream can mean many different things. They may simply be themselves and the dream may be dealing with some aspect of your family life or your relationship with these family members. Consider the dynamics and interpersonal relationships within the dream and how they may be different from waking life. Family members may also be representing aspects of yourself. For instance, your mother may be representing your own maternal instincts and your father may represent the authoritarian or the aspect of yourself that tells you what you should do. When you dream of your parents, siblings and cousins, etc. **What does dreaming with naked mean?** What does it mean when I dream I am Naked? The clothes we wear in waking life help identify us –“ they represent how we want others to see us. Clothes also hide our imperfect bodies, and metaphorically, our emotional and psychological imperfections. If you experience negative emotions when naked in your dreams.

**Chapter 4 : Dream Bible - The Online Guide To Dream Interpretation**

*While receiving a dream interpretation from a real person can take a long time and sometimes be embarrassing (depending on the dream content), our free dream interpreter was designed to analyze your dream instantly and provide a detailed interpretation of your dream based on the content – particularly its primary and secondary dream themes.*

Freud provides us with pages of associations to the elements in his dream, using it to demonstrate his technique of decoding the latent dream thought from the manifest content of the dream. Freud described the actual technique of psychoanalytic dream-analysis in the following terms, suggesting that the true meaning of a dream must be "weeded out" from dream: The true meaning of the dream, which has now replaced the manifest content, is always clearly intelligible. Visualization – a thought is translated to visual images. Symbolism – a symbol replaces an action, person, or idea. Freud, in fact, was wont to stress that it was not merely futile but actually misleading to attempt to "explain" one part of the manifest content with reference to another part as if the manifest dream somehow constituted some unified or coherent conception. Freud considered that the experience of anxiety dreams and nightmares was the result of failures in the dream-work: Traumatic dreams where the dream merely repeats the traumatic experience were eventually admitted as exceptions to the theory. Freud famously described psychoanalytic dream-interpretation as "the royal road to a knowledge of the unconscious activities of the mind"; he was, however, capable of expressing regret and dissatisfaction at the way his ideas on the subject were misrepresented or simply not understood: Jung believed the psyche to be a self-regulating organism in which conscious attitudes were likely to be compensated for unconsciously within the dream by their opposites. In the subjective approach, every person in the dream represents an aspect of the dreamer. Jung argued that the subjective approach is much more difficult for the dreamer to accept, but that in most good dream-work, the dreamer will come to recognize that the dream characters can represent an unacknowledged aspect of the dreamer. Thus, if the dreamer is being chased by a crazed killer, the dreamer may come eventually to recognize his own homicidal impulses. Gestalt therapists extended the subjective approach, claiming that even the inanimate objects in a dream can represent aspects of the dreamer. Jung believed that archetypes such as the animus, the anima, the shadow and others manifested themselves in dreams, as dream symbols or figures. Such figures could take the form of an old man, a young maiden or a giant spider as the case may be. Each represents an unconscious attitude that is largely hidden to the conscious mind. He described two approaches to dream symbols: Thus, a sword may symbolize a penis, as may a snake. In the final approach, the dream interpreter asks, "Why this symbol and not another? A snake representing a penis is alive, dangerous, perhaps poisonous and slimy. Technically, Jung recommended stripping the dream of its details and presenting the gist of the dream to the dreamer. This was an adaptation of a procedure described by Wilhelm Stekel, who recommended thinking of the dream as a newspaper article and writing a headline for it. His approach was to recognize the dynamism and fluidity that existed between symbols and their ascribed meaning. Symbols must be explored for their personal significance to the patient, instead of having the dream conform to some predetermined idea. He describes for example the image "deal table. Jung would ask a patient to imagine the image as vividly as possible and to explain it to him as if he had no idea as to what a "deal table" was. Jung stressed the importance of context in dream analysis. Jung stressed that the dream was not merely a devious puzzle invented by the unconscious to be deciphered, so that the true causal factors behind it may be elicited. Dreams were not to serve as lie detectors, with which to reveal the insincerity behind conscious thought processes. Dreams, like the unconscious, had their own language. As representations of the unconscious, dream images have their own primacy and mechanics. Jung believed that dreams may contain ineluctable truths, philosophical pronouncements, illusions, wild fantasies, memories, plans, irrational experiences and even telepathic visions. Jung would argue that just as we do not doubt the importance of our conscious experience, then we ought not to second guess the value of our unconscious lives. Hall[ edit ] In , Calvin S. Hall developed a theory of dreams in which dreaming is considered to be a cognitive process. For English speakers, it may suggest that the dreamer must recognize that there is "more than one way to skin a cat," or in other words, more than one

way to do something. Faraday, Clift, et al. For instance, some dreams are warnings of something about to happen. Outside of such context, it could relate to failing some other kind of test. Or it could even have a "punny" nature, e. Faraday noted that "one finding has emerged pretty firmly from modern research, namely that the majority of dreams seem in some way to reflect things that have preoccupied our minds during the previous day or two. Their books identified patterns in dreaming, and ways of analyzing dreams to explore life changes, with particular emphasis on moving toward healing and wholeness.

## Chapter 5 : Dictionary of dreams, interpretation and meaning of dreams | DreamsCloud

*How to Interpret your Dreams builds on the research of leading dream analysis experts, allowing you to easily reference the dreams that you, your family and your friends experience. Austrian psychoanalyst Sigmund Freud practised psychoanalysis and published many case histories such as that of Daniel Schreber.*

But dream analysis is none of these things. Below, clinical psychotherapist Jeffrey Sumber explains why we dream, why analysis is important and how to start interpreting your dreams. Dreaming is the communication between our conscious mind and our unconscious mind, helping people create wholeness, he says. But every person is unique, so there are no formulas or prescriptions. However, there are several guidelines that can help you see your dreams more thoughtfully and dig deeper into their meaning. This is the first and most important step in analyzing your dreams, Sumber said. For example, Sumber suggests asking yourself: Do I still feel those feelings the morning after? How comfortable am I feeling these feelings? Sumber gives these examples of recurring thoughts: If so, in what situations have you had these thoughts? Consider all the elements of a dream. You can show up in your dreams in various ways. What is it like to be the aggressor, or be passive? As Sumber notes, while there may be some universal meaning for these symbols, the key is to figure out what the dream means to you. But even dreaming about having oatmeal for breakfast can yield thoughtful results, Sumber believes. As examples, he lists the following questions you can ask: Am I inside or on a veranda with a gentle breeze? Are the oats organic? Is there a horse nearby? How do I feel about the oats? What do oats typically symbolize for me? Are there any memories that I can tie to eating oatmeal? When was the first time I remember eating oatmeal for breakfast? How did my mother make oatmeal and do I make it the same way as an adult?

## Chapter 6 : Dream Interpretation | Dream Dictionary | Meaning of Dreams

*Just like many of the dreams recorded in the Bible, our dreams are often veiled and full of symbolism. It is our kingly glory, as believers, to seek God for the meaning of what he is saying to us in the night.*

## Chapter 7 : Dream Moods A-Z Dream Dictionary

*Below, clinical psychotherapist Jeffrey Sumber explains why we dream, why analysis is important and how to start interpreting your dreams. Why We Dream How To Analyze Your Dreams.*

## Chapter 8 : Dream Interpretation | Dream Meanings | Dreams Dictionary

*However, dream expert G. William Domhoff recommends that " unless you find your dreams fun, intellectually interesting, or artistically inspiring, then feel free to forget your dreams." Others such as Cartwright and Kaszniak propose that dream interpretation may actually reveal more about the interpreter than it does about the meaning of the.*

## Chapter 9 : Dream Meanings - Learn How To Interpret Your Dreams

*Acquiring the ability to interpret your dreams is a powerful tool. In analyzing your dreams, you can learn about your deep secrets and hidden feelings. Remember that no one is a better expert at interpreting your dreams than yourself.*