



2400 Reading Road, Suite 139 912 Scott St, PO Box 122604
Cincinnati, OH 45202 Covington, KY 41011
Office 513-721-2910 / 877-361-4518 / 859-431-1077
www.MHAnkyswoh.org / www.GuideToFeelingBetter.org



How Dream Interpretation Can Guide Us

From DREAMSIGHTS.COM

Dreams guide and direct us in our everyday living. They are symbolic images that show us how we live our lives. What our real attitudes are and how we believe the world is. When we recognize this and understand the images they give us, the process will enlighten and improve our quality of living. Dreams indicate where we are not balanced. They encourage us to seek the balance that leads to a more meaningful and purposeful life.

Dreaming and dream symbols are universal. However, the individual dreamer's life and experience is unique to that dreamer so the symbols that person experiences are specific for the well being and health of that dreamer. For example, a fish could be a symbol for spiritual nourishment. It could also be a symbol for something is fishy! The surrounding images from the dream help clarify which meaning is true to the dreamer. Once the true image for the dreamer is understood, the meaning will have a healing affect for that person. Anytime we get a glimpse of our true selves it is an opportunity to create choices and participate in how we live.

The dreamer must take action on the images for the healing and wholeness to occur. It is creating and designing your life. Taking control and accepting responsibility for your life promotes health and gives you the fullness of life you deserve. A dream will always have elements for total health and wellness. Mental, physical, emotional and spiritual.

To remember a dream and write it requires a commitment. To explore the images and meanings in your dream symbols requires commitment. Many of us are busy raising our families, going to school, managing our careers and struggle to find time for our personal interests, hobbies or play. These are the people I hope to reach. Those of you, who do not have time to study and research, but have a desire to seek deeper understanding of your life

The Nature of Dreams

Our waking mind is limited to what is going on in our waking life. Our dreaming mind links or connects related images from our waking life to our 'unconscious' life. These images are everything we ever experienced, and more. These images are our attitudes. The dream is not judgmental; it just tells it like it is. Like nature, it is beautiful and can also be traumatic. It never rationalizes or lies.

The images and connections a dream creates are emotional and instinctive. The language a dream uses is a living language. A dream may seem strongly to say this or that and in twenty years its meaning deepens and a whole new experience takes place. Because we see ourselves in a judgmental way, it is difficult for the dreamer to see the content or meaning in a dream. It is useful to have a source who can be honest, who will discuss dreams with you. Not someone who has anything to gain by manipulating your behavior. Dreams are 'pearls of wisdom' and should be treated with respect and not cast aside. Dreams are strong and delicate like a silk spun web, a strong message on an easily torn canvass. If you aren't careful upon waking, the picture can be destroyed or lost as you start thinking about the routine of the day.

EXAMPLES OF DREAMS

I dreamt I was being chased by a dark terrifying man with a knife. It was night.

This feeling can be very unsettling and one might consider it a bad dream! But the dreamer may be running from some thing that she prefers to avoid. The dream isn't bad. The dream is showing her that her behavior is 'bad', or that her actions are causing a negative effect. To turn around and face the chaser would require a different approach for her to stop running away and face the situation that she must deal with. She had to explore her personal life to see what she was running from. In her case it was a fear of facing a family member's affect on her. The fear in the dream matched the resistance she had to change her pattern of dealing with her specific situation.

(From the same woman) *I was sitting at a picnic table, eating and enjoying the day when a dark man came and sat beside me. He was wearing a white shirt & smiled handsomely. He spoke to me saying, "You don't recognize me in the light."*

The dreamer understood that he was the 'negative' energy bearing down on her in the first dream. Now, a month later, he came to her, in her dreams to tell her he was there to enjoy her life with her and help her understand herself better. She titled this dream "My Guide."

I was climbing up a steep cliff, on a narrow path. I looked up and saw a lion on the other side of the canyon. It threw me a long balancing pole and I reached up and caught it in my hand. I felt very secure and safe as having caught it just right.

The dreamer was going through a major life change. Changing jobs, a better opportunity for him, and relocating at the same time. It was a difficult choice, but he felt it was the right thing to do. This dream gave him the support that he was on the right path, as long as he used his instincts to stay balanced. The picture indicates the possibility of danger is real. The journey is up hill, the path narrow. He must reach higher, looking upwards, to obtain this balance offered to him from his lion energy. The lion seems to be a friend, but isn't a lion a danger if he is hungry?

I was awakened (not really, just in the dream) by a man yelling in my ear and telling me I spread my legs too far. He was pointing at me while I lay on my back. I woke up & my heart was pounding.

The dreamer was awakened to this revealing warning about her self. She felt the aggressive and strong energy (the man) of her nurturing energy (her mother) was making a point to let

her know she was in an unstable position. She was spread to thin over all the things she was trying to do at work and in her personal life. She needed to put her feet beneath her and take a stand to take care of herself. She had allowed herself to be used in too many situations in her life.

Final Comments

Many dreams are more detailed and contain much more information. These examples were chosen because they were brief. However, they are good examples of how images are important to give more insight to the situations they expose. For the first dreamer, she was 'in the dark' about her fear of facing the negative energy of the family member. She was running to keep ahead, and wasting a lot of emotional energy. Every encounter that related to this situation caused her to react with the same fear and avoidance. Her goal was to escape. She was in the dark until she realized it was her reaction of running away that was so exhausting and causing her to feel vulnerable with others. She needed to place her feet securely beneath her, take a stand & care for herself. She saw where she needed to quit laying down / giving in to the desires of others.

When we recognize our own behavior through dreams, it gives us the courage to stand up for ourselves and quit pointing our fingers at others. This wonderful gift from within us can heal a mountain of disease, hurt feelings, misunderstandings, childish behavior, guilt, lack of esteem and the list goes on. When you are well, those around you get better!