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**Analyzing Dreams – a beginners guide**

**By Kevin Sheldrake**

**Analyzing Dreams – a beginners guide by Kevin Sheldrake**

There are many theories as to what 'dreams' are. Doorways to the subconscious, glimpses into the spirit realm, or visions of the future – at one point or another we all probably subscribe to one or more of these theories. Personally, I believe that dreams are the ways in which our subconscious minds attempt to show the conscious that the cold hard view of the world we see while awake is not the only dimension of existence. The most marvellous kind of dreams are 'lucid' dreams. These occur when you realize you are dreaming, but stay in the dream. At that point you can usually start to control the dream. This has led some researchers to think that dreams are simply random 'processes' in the mighty supercomputer that is the human brain, firing off as the system slips into 'power saver' mode!

Whatever your beliefs, you will no doubt at some time or other wonder what one of your dreams 'means'. The first thing to remember is that the subconscious mind deals in images, not words. So try to focus on the imagery of the dream, not the language. Nevertheless, you need to record your dreams on paper or dictaphone so you can study them later. The main problem here is that when you wake up it may take you several minutes to remember that you should be writing down your dreams, by which time, of course, they will have evaporated into thin air, so keep your pen and paper near the bed. You may wake up in the middle of the night, and if you don't immediately write down the dream, it will most likely vanish forever. This is what people who say 'I don't dream' really mean – they simply can't remember their dreams!

Once you have some raw material to work with, how do you interpret it? Interpretations of dreams are highly personal, although there are a few culture-specific symbols we all seem to share (such as 'snake' meaning sex, for example). Other symbolism may be obscure to you, but you need to remember that your subconscious is trying to show you something, and even if it is couched as a riddle, it makes sense on some level.

The trick is to look for repeated imagery – these are symbols your subconscious believes are truly important to you at this point in time. What symbol is the most significant or confusing to your waking mind? Make a note of it. You will by now have realized that it is not only the actual symbols that are important when interpreting dreams but the feelings and implications your conscious attaches to those

symbols. Without both sides of that puzzle, you can't interpret dreams accurately.

Most people have several types of dream, the most common probably being the 'anxiety' dream. On one level, this is your subconscious trying to let you know that it understands there is a problem and sympathises. On another level, if you can unpick the puzzling symbolism, you may find that your subconscious has actually supplied a solution to the problem, and this is particularly true of recurring dreams. Something really important is being communicated – can you accept the message and act on it? Because until you do so, the dream will recur.

So can you learn how to interpret other people's dreams, given that a sound interpretation relies on much personal knowledge? Head over to [www.psychicSuperstore.com](http://www.psychicSuperstore.com) and find out!

Kevin Sheldrake is resident dream expert at

the free site for all your

mystical questions.

## **What You Always Wanted To Know About Dreams And Their Meanings**

**By Susan Wellington**

Every dreamer has asked questions about why we dream, and what those dreams mean. While every dream is unique to the person who dreams it, the world of dream interpretation is a rich, fascinating and exciting one. We have included here some of the most commonly asked questions about dreams and their analysis.

What is the significance of dreams? Yes. Dreams do have significance in the real world. Dreams are told in a symbolic language, and the images in dreams tend to contain hidden meanings and hidden messages. When analyzing and interpreting dreams, it is important to understand that the stories told in dreams are symbolic and not meant to be taken literally. The significance of dreams for each dreamer is a personal matter related to each person's experience and emotions.

Why do recurring dreams happen? Recurring dreams are among the most common types of dreams. Most often, recurring dreams indicate that the dreamer has some issue that is not being confronted in his or her waking life. Examining these recurring dreams, and understanding what triggers them, can often allow the dreamer to resolve the underlying issue and banish the recurring dream.

Do most people dream in color? Most people do dream in color, but many may not notice the colors in the dream world. Since color is such a natural part of our normal day to day experience, color may be overlooked in the dream world. In addition, because dreams fade so quickly, the sense of color may be the first thing to leave the conscious mind.

Do animals dream as well? All mammals studied have exhibited the same brain activity that humans

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exhibit during dream sleep. Many scientists see this as proof that animals do in fact dream, although what they dream about is likely to remain a mystery.

How are dreams affected by our daily lives? Any feelings or thoughts repressed during the day are likely to make an appearance in your dreams during the night. For example, if you wanted to show your anger to someone but were unable to do so, you may express anger to that person or a similar figure in a dream. In addition, those who have experienced traumatic events are often troubled by nightmares in which they relive that trauma.

Do men and women dream differently? Men and women both experience the same brain wave activity during dream sleep. The content of the dreams of men and women do differ, however. Studies of dream content have shown that men tend to dream more about other men than about women, while women tend to dream about men and women equally.

Why do I remember only bad dreams and never good ones? One reason is that the most vivid dreams tend to be those that are remembered, and nightmares are generally more vivid than good dreams. In addition, sleepers are often awakened by a particularly vivid nightmare, and waking during dream sleep means that the dream will most likely be remembered in its minutest details.

What does it mean to dream about dreaming? Experiencing a dream within a dream may be a way to deal with items from the subconscious mind. A dream within a dream may prevent the dreamer from waking up prematurely, and they often are reflections of a critical issue that the dreamer needs to

confront and gain control of.

Will I really die if I hit the ground during a falling dream? The many people who have described hitting the ground during a dream about falling are proof positive that hitting the ground in a dream is not a terminal experience. It is true, however, that dreams of falling often wake the dreamer, and that is probably where that old legend got its start.

If you want to learn more about dream interpretation or what a dream does mean just visit the free website at:



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