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Book Dream: References for Dream Symbols, Meanings and Interpretation

By Jennifer Ambrose

Man is undoubtedly an imagining being. He is constantly bringing images to mind whether awake or asleep. The child manipulates his toys and through imagination is able to come up with blocks made into towers, arrange dolls and make them act as if they are real people or construct whatever type of machine through sticks or stones. Ultimately, imagination can create something new from the stored knowledge. There are several means and ways to open the portals of imagination and creativity. One of the proven means are dreams.

Dreams are rich storehouse of imagination that can spark up one's creativity. In fact famous inventors, artists, composers and writers have come up with their masterpiece through dreams. Inspiration from dreams is one the motivating factors of famous writers like William Blake, Samuel Taylor Coleridge, Robert Louis Stevenson and screen writers Ingmar Bergman and Judith Guest. Singers, musicians and composers are also inspired through their dreams.

Among them are composers Beethoven, Mozart, Sting, Robert Palmer and Peter Gabriel. Dream inspired experiments, studies and discoveries of Thomas Edison, Nobel Prize winner Otto Leowis and Elias Howe for his discovery of sewing machine> These people are just a few of the people whose creativity and imagination were sparked up through dreams.

You can also open up your own storehouse of creativity and imagination through dreams. Awareness of how and why dreams happen, how it can be controlled or recalled are factors that you need to know to fully make use of the power of your dreams. Of course putting that knowledge in action is the next vital step that you must do.

The bits and pieces of knowledge that you need can be acquired not only by personally asking a psychologist or an expert in the field but also through books, internet and other references. Printed knowledge can be found anywhere not only a virtual market where sellers, makers and manufacturers together with buyers and customers can conduct business transactions in spite of the geographical locations and other differences that might serve as barriers.

Commonly used book of dreams to draw out and understand the images, signs and symbols included

in a dream are dream dictionaries. The wide array of dictionary in the market can offer diverse and even conflicting interpretation. It can give the possible meaning that can be associated to your real life experiences but it must not be treated as the sole source of authority that you will definitely believe in.

To give you an overview of what you can find in a book of dreams usually in dictionaries which are meant specifically to give attach meaning and association to real life experiences.

Abduction - If you are the one abducted, it could mean that you are under the control of someone or something and you feel helpless to break free from it. Yet if you are the abductor, dominative and controlling are among your values and qualities.

Airplane - It may be a signal given by your body to take a break from the monotony of daily tasks. It can also express the longing to break free from something or the urge to reach the peak of success.

Alien— Difficulty on how to handle a new relationship or someone you just met can be the corresponding meaning. It could also mean confusion in taking control of an event or situation happening in one's life.

Angels - It can be your spiritual side reminding you to refresh your spirituality. It could mean hope if the dream takes place in the dark hours or problematic period of one's life.

Baby - Something new will come. It can be a new acquaintance, event or situation. It can also indicate a feeling of emptiness which longs to be fulfilled.

Bedroom - Sexual color is usually attached to this symbol. It could also mean the desire to have someone, to love and loved in return.

Bite - It usually pertains to the fear of being left alone or the fear of rejection in case of showing or expressing one's self.

Boat - It can imply a negative and positive meaning. A boat on a calm condition could mean firm belief on one's principles in spite of the problems that may arise. Stormy conditions on the other hand may refer to struggles or conflicts that an individual is encountering.

Jennifer Ambrose is the author of the ebook "Unlock the Mystery Of Your Dreams" which teaches you how to interpret your dreams and understand them. Download it at

<http://www.MysteryOfDreams.com>

DREAM INTERPRETATION - Learn How to Interpret Your Dreams

By Jennifer Ambrose

Dreams usually come to deliver a "state of your state of mind" message. They happen when you are sleeping to tell you that you're doing fine or to let you know if you're going in a wrong direction. And this "state of the state of mind" message left you with only two choices - to hang in there or to try to examine yourself and make necessary adjustments.

Our dreams are always full of symbols and metaphors. Just like stories that are told, which has other meaning than the story itself, dreams also convey deeper meaning. And that's what you need to dig out. If you want to venture into the world of dream interpretation, there are some things you need to learn. First, you must know how to decode you dream. After that, you have to divide or dissect it into different portions. Then, scrutinize each fragment to know its specific meaning.

Each dream fragment is very important since they usually contain a small piece of the whole dream puzzle. Dreams are made up of tiny components of your own life experience. And these components are stored away in your brain symbolically. Because of this, every fragment of your dream needs to be remembered and interpreted.

Sometimes, using a dictionary of dreams can be misleading. It is because the interpretation of the dream or the meanings of the symbols can be based on the composer's or the writer's personal experience. Dreams of someone else don't show exactly the same symbols your mind has created. For this reason, you need to come up with your own interpretations for the symbols that are present in your life's undertakings.

Here are some of the ways to help you develop your own interpretation of dreams:

· **DIVIDE and DECODE YOUR DREAM**

Know the basic strategy used by most military commanders since then. **DIVIDE and CONQUER!** Splitting the opponent's power into small chunks makes it really easy to conquer them. And that's exactly what you must do in order to interpret your dream. Divide it into fragments and analyze it piece by piece.

If you're confused on how to divide your dream, here are some of the basic parts in most dreams:

- o **YOU**. Since it is your dream, you are directly involved. If not, you are surely watching what's happening in the characters of your dream.
- o **OTHER ACTORS/CHARACTERS**. Each person in your dream is an independent actor.
- o **THE SCENE**. There can be more than one scene in your dream. Make sure you remember them well.
- o **THE OBJECT**. There can be a theme or an object included in your dream. Remember what it is.
- o **THE END RESULT**. Not all dreams have end results.

Consider every part of your dream and separate it from the rest. If you want, you can use a piece of paper to record all your observations. With each dream fragment, try to do recall from your memory the following:

– what feelings this fragment has for you

- what memories does it suggest
- who and what did you remember upon thinking of that particular fragment
- what impression and idea do you have for it

· REVIEW YOUR PRESENT LIFE CONDITION

This is a vital step in dream interpretation since it tells you what's going on in your life currently. Your present condition could affect your dream. And you need to review it to make you ready in fitting the puzzle together. Your current life situation may hold some information which can help you create the final interpretation.

· ANALYZE and INTERPRET your DREAM

Bear in mind you're the only one who can give the best and most accurate interpretation of your dream. Your dreams are part of you. It is a part of your subconscious self. So there's no one who knows better what your subconscious is saying to you than you yourself.

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