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Dreams Interpreting: The Symbols and Meaning of Dreams

By Jennifer Ambrose

Reality can at times be harsh. It can be one of the stumbling blocks that can hinder your longings,

desires and aspirations in life. However our minds have its own ways and means to cope with the harshness of reality and one of that are dreams. Dreams are psychological phenomena that can serve as the key to unlock the world the world that exists deep inside our awareness which we never thought existed. It also serve as wish fulfillment experiences that patches the missing pieces that we may not be fulfilled in real life waking hours.

Several theories were conducted to interpret the meaning of dreams in relation to real life situations. Dr Sigmund Freud and Carl Jung are just two of the well known psychologists that delved into the study of dreams together with the meaning of the signs and symbols experienced in a dream. Although interpretation of dreams may depend on one's personal experiences, there are universal signs and symbols that can give you the hint of what your dreams mean. The following are just a few.

Animals stand for an instinct or emotion which may be possessed or longs to be possessed by the dreamer. Birds may signify freedom especially if you long to be free from something or someone. Direction can also stand for the unexplored areas of your personality. The same is true with the colors which can be subjected to various interpretations. The color black could mean guilt and other heavy emotions. White would refer to purity, yellow with happiness and green for rejuvenation or growth and development in one's life. A person with illness could constantly dream with the color green element as expression as his longing to be healed.

The setting or the background where the dream took place may just be an extension of the real places you've been to or the location you want to see, visit or explore. Dry barren land like deserts could stand for the suppressed feelings and longings but is trying to find ways to be ventilated or expressed.

What your dreams really mean as well as the interpretation of the signs, symbols and other elements can be known by looking into your real everyday living. Dreams often come in series which may be similar to the chain of events that happen in your waking hours. You are the holder of the key that will unlock the real interpretation and meaning of your dreams although you could be subjected to mistakes in drawing out the message that it implies. However don't be too serious or intense in concentration

and focus since it may drain out your energy. Have fun and enjoy.

Aside from the fun and thrill of unleashing the possible meaning of your dreams, creativity and imagination can as well be sparked up. Incubating your dream to recall it during your waking hours can now be possible. Dream incubation has been in practice since the time of the classic Greeks. They use it to talk with the gods for guidance and healing. They have temples where they conduct the rituals and ceremonies for the dream or vision to take place. Aside from personal contact, dreams are also used by the gods to convey their messages to the mortals as what the Greeks believe.

Nowadays dream incubation does not have to pass through rituals and ceremonies. It is used not as a means to talk with the gods but to explore the consciousness by bridging the dreaming and the waking areas of the mind. Its main aim is to be aware that you are dreaming to establish contact with the elements in the dream.

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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>

The Meaning Of Dreams

By Barry Burns

There is a guiding principle to dream interpretation, and Edgar Cayce said it best when he called for us to "interpret the dreamer" and not just the dream.

Dreams are a tool, like the proverbial "finger pointing to the moon." Don't focus on the finger or you will miss out on all the heavenly glory. Dreams are the finger and they are pointing to the dreamer. Interpreting your dreams is an exercise in self-discovery and self-growth. They are almost always referring back to you and every character, image and emotion is usually referring to various parts of your psyche.

The primary purpose of dreams is to attempt to balance the psyche. Keeping this in mind will help you understand the meaning of your dreams and prevent you from getting way off track in your interpretation.

Trying to understand one dream in isolation is like trying to understand a person by spending one day

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with them. By recording all of your dreams in a dream journal you will, over time, find it easier to understand individual dreams you have in the future.

Dreams are like plays or movies that we create every night, and they have a similar structure. It can be helpful to look for this structure when trying to understand your dreams:

oEstablishment of a LOCATION. Where does the dream take place? How do you feel about that place? What emotions arise within you as you think about it? Does it have any relationship with a real place you know?

oIntroduction of the CHARACTERS. Who are the characters? How are you presented? Who is the antagonist? How do you feel about each of those people (including the presentation of yourself), and how do they relate to parts of your own personality or to people you know?

oHow does the PLOT unfold? There is usually a beginning (where the story is established and begins to build), a middle (where a crisis peaks), and an end (where the crisis get resolved - though sometimes dreams don't provide the solution and end in the middle of the story because it is up to you to provide the resolution).

Sometimes (rarely) dreams can be very literal and they are easy to understand. There is nothing wrong with asking whether the face value of the dream may have meaning for you.

Most often, however, dreams are shrouded in symbolism that points beyond the literal image. They can be trying to communicate a very specific message that applies to your waking life, they may be merely trying to balance your emotional life or they may just be hinting at some thoughts or emotions in progress without any final resolution yet in mind.

Dreams are often messages from our subconscious mind that are resisted by our conscious mind. For this reason, the subconscious often cloaks the message in symbols so the dream isn't immediately rejected or simply avoided by the conscious mind.

Unraveling these symbols can be very difficult, but also a lot of fun. It's the ultimate mystery and the most elaborate puzzle, but the answer is always within you.

Sometimes the answers are as simple as consulting a dream dictionary for the meaning of common symbols and archetypes. However, each person is different and has their individual "dream dictionary." To make things even more interesting, your personal dream dictionary can change over time.

Interpreting your dreams can provide you a life-long quest that goes way beyond the puzzle solving of the Da Vinci Code, but can also be much more rewarding.

Dr. Barry Burns received his doctorate from the American Institute of Hypnotherapy. He studied Neuro-Linguistic Programming, Hypnosis and Dreams. Dr. Burns founded Wellspring Hypnotherapy, conducts seminars nationwide and is author of "Wide Awake," a book on dreams. For more on the meaning of dreams, visit:

<http://www.diagnoseyourdreams.com>



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