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Dreams about Water

By Stephanie Davies

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Having water in your dreams is a very common occurrence. Whether you are dreaming of an ocean, a pond, or even a glass of water, it seems everyone dreams of water at some point in their lives. And in your dreams, water alludes to the most basic parts of ourselves – emotion. Water most always represents our waking emotion. Think about the dreams of water you have had...was the water crashing ocean waves? Then chances are your waking emotions were pretty rocky and heavy as well. Was the water dark, murky, and stagnant? Then you may well have been depressed or worried before you went to sleep.

The condition of, and placement of the water in your dream is the reflection of your waking mood. Cloudy swirling water may mean confusion, and clear crisp clean water may mean that you were very happy about something.

The only cases where water will not reflect upon the dreamers mood is when the water is part of a larger dream symbol, such as a hurricane, or a whirlpool. Dreaming of a hurricane may indicate a level of chaos in your life, or even on the more obvious level – that you are frightened of situations you cannot control. Dreaming of a whirlpool means that you are afraid that you will be overcome by a person or situation in your life.

Dreaming of fish in water however, is a different dream symbol. Dreaming of fish almost always represents money matters. So if you are dreaming of a tank or pond of bright healthy fish it may mean that you will be getting a large amount of money soon, or that financial matters are currently going very well for you. On the other hand, if the pond or tank water is dirty or mucky, and the fish are dead or dying, this means you are very afraid of your money situation.

Water, much like the emotion it represents, can be an ever changing element, and while the dream may indicate those things which are at the top of your subconscious, you may not immediately realize what the dream represents. Keep an eye out for your emotions, and what that particular dream may have meant to you!

Stephanie is the webmaster of StephanieDavies.com and provides live telephone advice of all kinds to people from all over the world. She gives advice on depression, mental health, spirituality, sexuality, relationships, and many other topics. For more information please visit her website at <http://www.stephaniedavies.com> or subscribe to her newsletter by visiting <http://groups.yahoo.com/group/liveadvice>

What Are Dream Really Made Of?

By Krista OConnor

Have you ever considered what the heck dreams are really made of?

Many people believe dreams are simply a bunch of garbled thoughts strung together that don't mean anything in particular. If you taking the time to read this article, then chances are you probably believe that dreams are much more important than that...and they certainly are!

Your dreams are a true reflection of yourself at that particular point in your life. They encompass all of your thoughts, your emotions, your beliefs, and all of your desires. Think of your dreams as snapshots of what you are in the process of attracting or creating in your life at that time.

That last sentence is what dreams are really all about. They are signposts literally telling you the nature of things to come.

This isn't about prophetic dreams here, but the general direction your thoughts and emotions are taking you in. So in that light, giving your dreams some attention is to your great advantage!

Here's how it works -

Suppose that most of your waking thoughts are of worry, fear, frustration or beating yourself up over something you said or did, and so on. This is negative emotion that will naturally be reflected in your dreams.

However, your subconscious (or you higher self, or whatever you want to call it) is a lot smarter than your conscious self and will offer you nuggets of wisdom to make you more aware of the bigger picture. Awareness breeds the changes necessary to turn those negative thoughts and emotions around.

If you choose to do nothing about your negative state, then guess what...you'll get more of the same. If you choose to be more aware of your emotion and move toward the positive, then you will create more positive results in your life. That's the Law of Attraction at work and believe me, your dreams can really help you with this!

The message here is to become more interactive with your subconscious through your dreams and make use of them. You can start by asking yourself a question before you fall asleep at night and expect an answer.

Sweet Dreams!

Krista O'Connor is an online entrepreneur and long time dream-worker. To learn more effective tips and ideas for quick and easy dream interpretation or to subscribe to Dream Log (monthly ezine), visit her site at



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