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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Know the Common Dream Symbols**

**By Jennifer Ambrose**

Dreams are said to be our mind's way or means of making sense of the different issues and events

it deals with on a day to day basis - may it be about work, health, family or relationships. Your dreams help sort out all the information and events that you have gone through within the day. It helps a person, which is free of conscious limitations, to fully comprehend what is going on around him/her, to solve present problems, and to get clarity, insight and idea about a situation, an issue or a person.

Dreams are usually full of symbols and allegories. And to better interpret and understand what your dream means, you also need to know what these symbols stand for. Here are some of the dream symbols and their meanings:

· **CAR/VEHICLE**

It can be a bus, a car, a truck, a boat and other means of transportation. This is supposed to represent you in your waking life, right? But in your dreams, vehicles stand for your direction in life. Pay attention to your driving course. Is your vehicle on the right track? Or are you going in the right direction? Most of the time, if the vehicle is headed towards the right, then it means that you are on the right track, so better stay where you are.

· **HOUSE**

Dreaming of a house oftentimes represents a larger aspect of yourself. Try to recall your dream. Is the house dirty and disorganized? Does it need cleaning and proper care? If in your dream the house becomes bigger, then it means you are improving and learning. Also try to recall the part of the house where you are positioned. Each portion is believed to indicate various aspects of yourself.

**BATHROOM.** It signifies that there's a need for cleansing or for elimination of something in your present life that isn't working well. Or maybe, it's something in your life that has already done its purpose. It needs to be removed so that you can now move on.

**ATTIC.** An attic speaks for your higher self as well as your spiritual development and progress.

**DINING ROOM.** The dining room has something to do with immediate needs for supplying and

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employing nourishment.

**KITCHEN.** The kitchen portends the act of delivering nourishment or food for the body and even for the mind and the soul. If the food in your dream is abundant, then you have what you need.

**LIVING ROOM.** The living room in your dream indicates the way you interact with others everyday. If you are in this part of the house in your dream, there will always be other people that will show up.

**BEDROOM.** This part of the house denotes the unconscious mind aspect of yourself and sometimes even the sexuality matters of your life.

### · MONSTERS/WILD ANIMALS

If you have these symbols in your dream, better pay attention to them. They correspond to the "dark"

side of you. This can be the part of your life that you may not want to know about. Your bad traits, negative habits and even your fears can be represented by these symbols. What you need to do is the "befriend" these symbols and listen to them. Surely, they can help in making you grow.

### · COLORS

- Pink, in all its forms, is a color that stands for love. It usually denotes healing through love
- Black symbolizes your unconscious mind. It often implies death of the old.
- Red represents passion or anger.
- White is for truth and purity. It can also symbolize death as well as a new start.
- Yellow color in your dream means peacefulness and hope but it could also be an allegory for cowardice
- Blue is for spirituality and it could be an allegory for "being blue"
- Green. This color foretells healing, growth or newness.
- Grey is used to show fear and confusion.

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 Archetypes**

**By Dr. Barry Burns**

Archetypes are images common to all humans because they arise out of common human experience.

Though we are each unique individuals, our commonalities are more pervasive and fundamental than our differences. Truly understanding this is the only cure for racism, jingoism and prejudice.

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Most symbols in your dreams reflect a part of yourself. Some images common to all of humanity, along with their typical meanings are:

- **THE PERSONA:** A person's "public mask." The image of yourself you present to the public.
- **THE SHADOW:** The parts of a person they hide from the public, and even from themselves.
- **THE ANIMUS:** The male part of a person's psyche (especially of a woman). Represented by men in one's dreams.
- **The ANIMA:** The female part of a person's psyche (especially of a man). Represented by women in one's dreams.
- **THE COUPLE:** Represents wholeness and integration of the various parts of the self: anima and animus, inner and outer life, etc.
- **THE HERO:** Most people identify with the hero of stories, and so the hero represents the ego, which is the identification of the self.
- **THE MAIDEN:** Represents innocence, purity and beauty, but often an innocence accompanied by weakness that needs to be "rescued" by the hero, and so is more precisely naïveté.
- **THE TRICKSTER:** Sometimes represented as a clown or a magician, the trickster's job is to hinder the mission of the hero.
- **THE CHILD:** The true, innocent self, filled with potential, but vulnerable.
- **WISE OLD MAN:** One's inner guide based on the wisdom a person has accumulated over the years that often has to give guidance to the young inexperienced hero.
- **THE FATHER:** A guide, provider or authority figure.
- **THE MOTHER:** The part of a person that is nurturing, and promotes growth and fertility.

Beginning your understanding of dream symbols with these archetypes can give you a quick start before you delve into the more challenging (but also exciting and rewarding) work of learning your personal symbology.

Beyond these personal images, common dreams are also founded on emotions common to all of humanity:

- Fear · The need to be understood · The desire to be loved · Lust and passion · Thrill and adventure
- The pursuit of security · A sense of belonging · Personal journey of spiritual growth

Because humans have so many traits in common, many of our dreams are similar. These common

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dream symbols are the most easily understood as they have been analyzed and diagnosed by experts for years. Like archetypes, they are an excellent place to begin your journey in understanding the language of dreams.

If you are mystified by a dream, begin with the two lists above and ask if your dream contained any of the characters from the first list, or feelings from the second list. If so, begin there, and often the meaning of other more personal symbols will unfold their meaning as your mind begins to make associations.

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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