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Remember Dream Signs and Symbols to Open Up your Creativity through these Simple Steps and Tips

By Jennifer Ambrose

Dreams are not only wish fulfilling phenomenon to bridge the gap of reality. It can also give insights of who we really are for us to better know and understand ourselves as well as discover the potentials that could only be known through dreams.

Several inventions and compositions were done through the aid of dreams. Examples are the famous composers Beethoven, Mozart, Peter Gabriel and Sting who came up with their masterpiece by means of dreams; the Nobel Prize winner Otto Lewis who discovered the chemical mediation of nerve impulses; Samuel Taylor Coleridge for his literary piece "Kublai Khan" and Robert Louis Stevenson for his thriller "Dr Jeckyl and Mrs. Hyde; Elias Howe for his discovery of the sewing machine and a lot more!

Remembering your dreams is not easy especially if you have to link the dreaming and the waking areas of your mind. However you don't have to lose hope since there are now new techniques developed to remember the events that took place in your dreams as well as the corresponding images that can serve as signs and symbols to understand the subconscious and the unexplored areas of your mind. Such techniques requires awareness that a dream is taking place for you to have a clear image of the action or the signs, symbols and other included elements.

Dream Incubation is one of the tools used in remembering dreams. It is even used by some hypnotics by putting the person in a trance. You can also do it if you want to discover what is happening in your dreams. The following simple steps can be done.

1.Pose a question you want to answer or a problem you want to solve by enumerating the details in your mind before going to sleep.

2.Through concentration, command yourself to have a clear recall of the dream that will took place which can be in connection with the dreams you had the previous nights. The dreams may not directly give the needed answer or solution. It can an insight which can be known by analyzing the meaning of

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the images, signs and symbols independently or based on the real events that took place or is taking place in your waking or real life events.

3. Upon waking, record the dreams or thoughts that entered into your conscious mind. Its meaning may not be clear at first but through careful analysis as backed up by the dreams for the previous nights, the message it convey can be deciphered.

Remembering dreams or dream recall needs focus and attention. Each of us has the capacity for dream recall but it may not be as active since it may vary for each individual. Younger individuals especially the children can easily remember their dreams since they have greater capacity for concentration together with little and limited problems that can interfere to their focus or concentration.

Recalling your dreams especially for the recent previous nights before going to sleep is a good starting point to establish contact with the dreaming mind. Drinking a glass of water before going to sleep can help your body to awaken after a dream cycle.

Your first attempts may not produce satisfactory results but constant practice can help you to effectively recall or remember a clear image of the dreams that took place. There may be several factors that can hinder you from remembering your dreams. At times, trying too hard can cause headache. Dream recall done under periods of stress and fatigue can produce no results and can even cause further tiredness. Just relax, take it easy and let the motivation come naturally.

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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>

Waking Dreams: The Key to Spark Up your Imagination and Creativity

By Jennifer Ambrose

The gods and goddesses of ancient Greece appeared to mortals through visionary dreams. They have

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dream temples where they perform sacred rituals to talk with the gods. The decisions they made in life are consulted first to ensure success in whatever plan that they have. Thus their life is greatly affected by what the gods will say.

Nowadays, dreams are ordinary psychological phenomenon that takes place while sleeping although there is also a type of dream that occurs when one is awake. Why and how it occurs has been posed with several answers through the theories and studies done by psychologists and other experts. According to Sigmund Freud, the unconscious of an individual can mingle into his consciousness which can give his dreams sexual coloring. What it means is explained in psychoanalysis and dream interpretation although it can be subjected to diverse and at times conflicting meaning.

You are not probably in deep sleep when you dream. Dreams can take place when you sleep lightly or just before you fully awaken which means that the dreams you remember after you wake up takes place in light sleep. Some authorities and experts believe that you always dream when you sleep but most of it does not leave impression on the waking mind. This is the reason why you tend to forget your dreams.

Psychologists however have come up with the methods for the possibility of waking dreams or remembering the events that took place while dreaming as well as the included signs and symbols that can lead you to the twists and turns of your unconsciousness. Dreams can lead you to the portals of imagination and creativity that can help you to discover and make use of your full potential.

There are several inventions and work of art that have been inspired by dreams. You can also open up your storehouse of imagination and creativity by using dreams to come up with something that would help you to make a difference in the world we are living in. It could be a new invention, insight or knowledge.

Waking dreams from sleep to reality can be done by exerting consistent effort to recall and record the dream experiences so that the waking mind can find and draw out its real meaning and message that it wants to convey. Remembering your dreams is a matter of attention and concentration. The more frequent you do it, the easier it will be. Consciously controlling your dreams is one of your capacities which need consistent practice. Dreams usually come in series so it is preferable to record it or put it in a journal for easier organization and access.

The question you want to answer or problem you want to solve can be given the needed response through signs, symbols and images. Knowledge of what it means can help a lot to draw out the insights from your dreams. Its meaning can be drawn through several sources which may include books, magazines and internet. Some interpretation may not be as authentic as the others so be careful of what or which you will believe in.

Your everyday actual experiences are linked to your dreams so be sure to have an open critical mind to bridge the dreams to your waking mind. Too much concentration however can cause strain and fatigue to your mind especially if you are under stress so just take it easy. Relax and have fun!

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