

Title:

A guide to dream interpretation

Word Count:

730

Summary:

Only a very small percentage of us understands that dreams hold much importance and opportunity.

Keywords:

self improvement, self help, dream interpretation, discovery, psychology

Article Body:

Most of us dream. But only a very small percentage of us understands that dreams hold much importance.

This article is a concise description of the method of dream interpretation that I use. There are three main points.

1. The dreams are often symbolic representations of what we are experiencing or are about to experience.

2. Usually the people that we encounter in the dream symbolize the different aspects/characteristics of ourselves.

Have you ever wondered why we sometimes appear and behave so differently in our dreams. Well, there are reasons.

3. Often how we feel and the emotion we felt during the dream reveals and conveys much about the dreamer.

Intuition and the willingness to examine ourselves with brutal honesty are two very important factors in dream interpretation.

Below is a list of commonly encountered symbols. In my opinion, we should always take into consideration the context of the dream.

Common dream symbolism

Water- associated with emotion.

Ocean or any large body of water - often represents the subconscious mind. The state of the sea represents the state of the dreamer's mind.

Eating/digesting- Trying to understand an issue/situation

Walking- associated with learning and assimilating.

Path, road or pavement- symbolizes life or spiritual Path/journey

House- symbolizes our self. Within the house, the various rooms could represent the various aspects of the dreamer's life.

Snake- symbolizes knowledge.

Tree and forest - subconscious feelings that governs our emotions

Bridge- a transitional phase or period of transformation / change

Below is an example of a dream and its interpretation. Like any other types of skills, dream interpretation is a skill that can be learned.

Dream

Miss A was visiting a foreign country. She boarded a train that has a stop in a shopping complex.

Instead of alighting at the intended destination, she alighted at a strange place. She had difficulty finding her way out.

Symbolism involved

Foreign country- unknown knowledge, new experience Train- accelerated learning and understanding

Interpretation

Miss A is currently experiencing and/or learning something that is still unknown to her. It is a sign that she is ready to learn.

Well, that's all for a quick lesson in dream interpretation. I hope it is informative and beneficial to you.

Happy Dreaming...

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