

Title:

Dream Archetypes

Word Count:

485

Summary:

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.

Most symbols in your dreams reflect a part of yourself. Some images common to all of humanity, and some unique to you.

• THE PERSONA: A person's "public mask." The image you present to the public.

Keywords:

dream, interpret, common, nightmare, symbol, archetype

Article Body:

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.

Most symbols in your dreams reflect a part of yourself. Some images common to all of humanity, and some unique to you.

• 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 dreams.

• THE ANIMA: The female part of a person's psyche (especially of a man). Represented by women in dreams.

• THE COUPLE: Represents wholeness and integration of the various parts of the self: anima and animus.

• THE HERO: Most people identify with the hero of stories, and so the hero represents the ego, the self.

• THE MAIDEN: Represents innocence, purity and beauty, but often an innocence accompanied by vulnerability.

• THE TRICKSTER: Sometimes represented as a clown or a magician, the trickster's job is to hinder and challenge.

• 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.

• 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.

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 dre

If you are mystified by a dream, begin with the two lists above and ask if your dream containe

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