



Dream Basics v 1.0

By David Sunfellow

"For these, if paid attention to, brought back in the memory, written and kept and studied, interpreted as actual experiences which are symbolic and yet real in their nature, become guidelines to such an extent that one should be able to understand and rectify all those things in the life which are of an imperfect nature."

-- Season of Changes, Ways of Response

How To Remember Your Dreams

- First and foremost, you need to value dreams and WANT to remember them. Here are a few ways to awaken an interest in dreams: talk with long-time dreamers, read dream books, visit dream websites and social networks, attend dream groups, study the profound impact that dreams have had on human beings throughout the ages. Since dreaming is an ability that all human beings are born with, you, too, can learn to remember your dreams -- and then use them to change, heal and transform your life.
- Buy a dream journal, and personalize it with beautiful images, prayers, and quotes that inspire you.
- Since dreams are servants of health and wholeness, they are easier to remember and understand when we maintain a healthy diet and lifestyle. Eat organic foods, especially fresh fruits and vegetables. Avoid pesticides, artificial ingredients, preservatives, and heavily processed foods. Breathe fresh air. Drink clean water. Soak up sunshine daily. Spend time in nature. Exercise. Cultivate healthy relationships, especially with God and other human beings. Pursue your heart's callings.
- Establish a regular sleeping schedule that allows you to get sufficient sleep (at least six hours). Take naps; avoid going to bed overly tired.
- Be sure your sleeping space is clean, dark, quiet and comfortable. Turn off lights, computers, televisions, and other electronic gadgets.
- Every night, before falling asleep, take time to review the events of the day. Write these events down in your dream journal and then focus on the areas of your life that you wish to receive help with. Doing a "clearing session" before you go to sleep will help clear your mind of the clutter that will otherwise follow you into your dreams. It will also help you focus on the areas of your life that are most important to you.
- Place your dream journal beside your bed and open it up.
- Place a small flashlight or book light near your journal to use when you write your dreams down (turning big lights on will tend to wake you up and make it difficult to get back to sleep).
- Before falling asleep ask God/Spirit/Your Higher Self for help remembering your dreams.
- As you are falling asleep, repeat to yourself The Four Dream Suggestions.
- Whenever you awaken, whether in the middle of the night or in the morning, write down whatever you remember -- no matter how fragmented, insignificant or ridiculous it may be. This will help train you to remember your dreams and also help you capture important dreams that might otherwise slip away. Dreams that seem unusually ridiculous or evoke strong emotional reactions are often very important. If you try to drag dreams through the night, instead of writing them down as soon as you remember them, you can forget and/or distort key elements, which will make them harder to understand. Your sleep will also suffer.
- During the day, think about whatever dreams you remember and find ways to apply their messages in your life. Remembering dreams, but not taking the time to write them down, or writing them down, but not acting on their messages, will limit the helpfulness of your dreams.
- Share your dreams with other dreamers. This will anchor, reinforce, and deepen your dream life. This is also an excellent way to learn more about dreams and unravel their hidden meanings.
- As you begin to experience the transformational power of dreams, thank the universe for the guidance, insight, and healing that begins to flow from your dreams to all aspects of your life. Your dreams will help you realize that you are not alone. You are, instead, known, loved, and surrounded by benevolent forces that constantly seek to help.

The Four Dream Suggestions

1. I will remember my dreams.
2. I will only have those dreams that God/Spirit/My Higher Self wants me to have.
3. I will record my dreams clearly and accurately, as soon as I remember them.
4. I will interpret and apply my dreams as they are intended to be.

Dream Basics v 1.0

Interpreting Your Dreams

- Dreams can be symbolic and/or literal. They possess layers and layers of meaning and come from many different levels of consciousness. A helpful rule is to first look at the images in your dreams as aspects of yourself. Then as the people, places, and things that they appear to be. Then as both. Then look beyond these interpretations for other meanings.
- Dreams are usually talking about current issues and events in our lives. To help you identify the area of your life that your dreams are talking about, give your dreams a title and identify their main theme. Then look for themes in your life that are similar.
- You can also use the feelings in your dreams to identify the areas in your life that your dreams are talking about. Ask yourself, "What area of my life feels like this?"
- Spend time thinking about and talking to the people, places, and things in your dreams. Ask them who they are, why they have come, what message do they have for you?
- Ask God/Spirit/Your Higher Self to help you understand what your dreams mean.
- Share your dreams with other dreamers, especially those who know you well. If possible, find a dream partner that you can share dreams with every day. Working with dream partners and dream groups can be magnitudes more productive than working on dreams alone. That's because others see what we overlook and dreams, by nature, thrive on collaboration.
- No one is better equipped to understand the meaning of YOUR dreams than YOU. You will know you have unlocked the meaning of a dream when you have an "ah-ha" moment. That's when all the pieces fall in place and you "get it." Since the full transformational power of a dream is not unleashed until you experience an "ah-ha," don't settle for interpretations that fall short.
- When dreams elude all attempts to understand them, ask for more.

Dream Guidelines & Insights

- All dreams are important. Big dreams gift us with breakthroughs and healings, while small dreams help us ground, integrate, and manifest lofty visions step-by-step, day-by-day.
- As dreamworker Jeremy Taylor says, "all dreams come in the service of health and wholeness." Some dreams help us connect with the divine within. Others shine bright lights on the dark, undeveloped, and shadowy aspects of our nature. By working with all the different parts of ourselves, dreams help us realize our full potential and accomplish the unique purposes for which we were born.
- Whether short and simple, or epic productions with a cast of thousands, dreams love drama. In order to get our attention and reveal the true nature of things, dreams are masters of shock and awe. When we embrace their wildness, they reveal transformative truths; when we resist, they turn into nightmares.
- In some dreams, we are portrayed as lost and incorrigible. In others, we are full of virtue, wisdom, and power. When confronted with such extremes, the tendency is to feel good one day, and awful the next, depending on the content of our dreams. In order to rise above this cycle, we need to remember three things: 1. Dreams exaggerate; 2. The challenges we encounter in dreams (and waking life) transform into blessings when we face them; 3. While there are imperfect aspects of ourselves that need to be recognized and developed, we are, in essence, indestructible parts of God who will, in time, master everything.
- While we can and should learn how to tap the power of dreams, we should never try to force them to do our bidding. The resources they offer are so far beyond earth-bound minds and emotions, that we limit ourselves, and our awareness and growth, if we try to exert too much control.
- While we are all born with other methods of guidance -- intuition and rational thinking, for example -- there is no substitute for dreams. In the same way we have five physical senses to find our way through the world -- seeing, hearing, touching, smelling, tasting -- so, too, do we have different kinds of inner senses, each with different strengths and weaknesses. We should aspire to live a balanced life in which all the senses we have are honored, used, and developed, including dreams.

"Jung told one dreamer: 'Look here, the best way to deal with a dream is to think of yourself as a sort of ignorant child, ignorant youth, and to come to the two-million-year-old man or to the old mother of days and ask, 'Now, what do you think of me?'"

— Marc Ian Barasch, *Healing Dreams*

"Our dreams are a continuum, revealing, if we care to look, that we do not exist alone, but in a skein of relationship with all that has been, all that is, and all that shall be."

— Marc Ian Barasch, *Healing Dreams*

"I find the most powerful single tool for getting to the fuller meaning of dream experiences and dealing with problems and issues that they present, is the technique that I call dream re-entry; in other words, learning to go back through the doorway of a remembered dream to explore the dreamscape with greater depth. Dreams are real experiences, and the full meaning of the dream is inside the dream itself, if you can only recover more of the original and full experience of the dream."

— Robert Moss

"Another aspect of appreciating a dream involves sharing it with others. When we work on a dream alone, we tend to repress those aspects we don't want to see. To encounter a dream in the company of others helps us see what we would otherwise gloss over."

— Marc Ian Barasch, *Healing Dreams*

"I'm not enthusiastic about the term 'lucid dreaming' because it has often been associated with silly notions of 'controlling' or 'manipulating' dreams. Through dreaming, we have access to a source that is infinitely wiser and deeper than the everyday ego, and we want to be available to that source. I am in favor of learning to choose where we go and what we do in dreams, as in waking life, but that requires discernment, not the fantasy of control."

— Robert Moss

"If you take the idea of evolution of the species at all seriously — if you think there is anything at all to the idea that species alter both behavior and physical structure to enhance their ability to survive in particular ecological/environmental circumstances — then there must also be something about dreaming itself that is of primary and fundamental importance from a collective evolutionary survival point of view, because in spite of the multiple, serious, and dangerous drawbacks associated with dreaming, there is not a single relatively evolved species that has found it of increased survival value to abandon this seemingly... dangerous behavior."

— Jeremy Taylor, *Where People Fly and Water Runs Uphill*