



Dream Journal

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You can use this to create your own Dream Journal or simply print out the pages you need from this document and keep them in a file

May you be blessed with insight and understanding

May you be blessed with a life of happiness joy and laughter

Blessing Robin J and the Soul Seeds Team



Introduction

Dreams are the rivers of the subconscious flowing into our thoughts, bringing all those things we have tried to hide in the deep recesses of our mind.

Dreams are many things. They are the way Angels, Guides and loved ones passed can make contact with us without fear of frightening us with their presence. . Symbolism is the traditional way of interpreting dreams but it is important to note different people will attach different meaning to certain objects what the ocean means to me might not be what it means to you. Dream weaving is unraveling dreams so their meaning can be revealed to us and it is this task we take on now.

The first thing to do is break down the dream into parts start by looking for symbols example a house, car, water

Don't limit yourself to the obvious look for numbers, letters or colors also Figure out what you are doing in the dream what actions reactions emotions Look at what you have written does anything evoke an emotional response try to figure out why

What events took place in the dream and what would be your relationship to those happenings in real life

Can you link the meaning of a symbol with what might be happening in your life something you are afraid of, trying to avoid, want to happen in the future?

Once you have done all of the above sit back and try to look at the dream as a jigsaw puzzle waiting to be solved.

Things to keep in mind

All symbols are open to interpretation don't rely on the meanings to heavily try to thinking what does this symbolize to me?

Not every dream needs to be interpreted a lot of dreams are our minds having a spring cleaning or they may simply reflect something we watched on the television or read in the media that affected us more profoundly than first thought.

Keep writing in your dream journal that way you will know if there are re-occurring themes, keep it by your bed so you can write in it upon waking.

Common Symbols

Perhaps the most common thing dreamt about is a house. Houses are thought of as our self . What part of the house you dream about also has it's own separate meaning. But perhaps it is better it sit down and describe in detail the house in your dreams and relate this information back to how you might be feeling about yourself. Is the house falling down- Are you struggling to define who you are? Are you on the outside of the house- Are you being what others want you to be? Are you trapped in the house- Do you hate parts of yourself? You may even want that back to how you feel about feel lack of opportunity in your



Vehicles, cars etc are also a represent your journey. When like where it is headed, who is example if you are in the passenger seat and some one else is driving then maybe at some level you feel others are in control of the direction your life is taking. If you are not in the car ask yourself what may be keeping you from moving in the direction of your dreams? Again look for other symbols that may indicate obstacles in your way. Is the car old and rusty maybe its time to try new ideas and a different approach to your life journey. As you can see once you have a basic idea of what the symbols are in your dream and a good description of them you will be

to see what is in the house and relate yourself. Is there any windows-do you life?

major symbol because they are said to you dream about a car look for things driving or what type of car it is. For able to apply your own interpretations.

Water is another common ogy you need to think about said to represent our emotions scious. But its interpretation is water may be peaceful to you depth to me. So when you across a symbol like an ocean or lake write down what emotional response it evokes and use this as your interpretation guideline.



symbol and as with the car house anal- all aspects of its appearance. Water is and is also a symbol for the uncon- very subjective because a large body of but be a symbol of being out of my start your dream journal and you come

There are certain events that are common in dreams. Falling is often associated with fear of losing control or may reflect a sense of failure, drowning the inability to handle situations in your life or loss of emotional control and being chased usually symbolizes your fear of something or chasing something trying to get rid of something from your life.

A bridge is usually transition or transformation.

A baby/birth a new beginning or new ideas



A window may be connected to opportunity

Climbing a ladder might signify moving towards what you want to achieve where as descending the ladder might mean a fear of achievement or a need to explore your emotional self

A tree sets down roots to anchor itself and it is used sometimes to represent the family of origin. If the tree in the dream is withered it could indicate a dying of the spiritual self and the need to focus more on the person you are inside and less on the material. Trees represent growth the stronger and healthier the tree the more grounded and stable the person. Flowers on the tree may indicate abundance. Family of origin may also be connected to seeing a tree a withered tree may also represent a lack of family unity. There are many different possibilities.

Then there are colors-Blue / inner peace-

Orange / Passion-

Brown / freedom, success-

green / Growth, serenity

These are just a few but please look up definitions for yourself as different belief systems, healing practices etc place their own interpretations on colors.



Animals again like colors their meaning is open to interpretation but here are a few totem meanings.

Spider-patience, creating balance, weave all areas of your life together

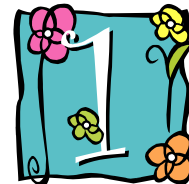
Dragonfly-change, magic

Owl-wisdom, dreams, insight, visions

Horse-power, freedom

Snake-rebirth, sexuality

Dog-Loyalty, friendship, support



Numbers are also important.

(1) oneness

(2) partnership

(3) completeness

(7) Change

There are plenty of online dream dictionaries if you cannot find the symbol you want here



Dream Journal

What Symbols were in my dream and what do they mean?



What was I doing in my dream what were my actions and emotions?



What emotions do I feel when I look at the words and say them?

Can I link anything back to what is happening in my life at the moment or what has happened in my past?



New Symbols

In this space write down any new symbols you discover