Helpful Hints for Dream Interpretation

1. Dreams are about you, and no one else.

2. Every character represents some aspect of yourself.

3. Dreams are not governed by time and space.

4. Dreams are not logical.

5. Objects and people in dreams are symbolic.

6. Dreams generally deal with some current situation in your life.

7. The only interpretation that matters is your interpretation.

8. Certain characters in your dream may represent an archetype, such as the Wise Old Man, a Spirit Guide, the Hero, the Goddess, the Shadow, the Child, etc.

9. Recurring dreams are usually important messages that you haven’t yet understood.

10. Everything you can remember about a dream is important. For example, colors, sounds, emotions, settings, etc.

11. Remain open to truths that may be beyond your understanding.