

I have studied dreams for many years and find this way of interpreting the symbols the most accurate. Here you will find information about dreaming and also a few dreamsymbols and their interpretation.

If you need help with your dreams, please e-mail me, I will be glad to help. The following is an extract from my book:

A Guide to Interpreting your Dreams.

This book is a guide to a new approach to the interpretation of dreams. It was taught to me by an American man who spent 25 years studying his own and others' dreams. During that time he discovered and tested this new approach by trial and error. I tested this way of interpretation, using my own and others' dreams, and found it every time and in every way the most correct and informative. I do not know if others discovered this interpreting method. I, surely, through many years of studying dreams, have not come across this method before. If you are interested in your dreams, and wish to receive information regarding any situation and yourself through interpreting it correctly, this book is a Must.

Many people say they do not dream. That, of course, is not true. Some only do not remember their dreams. Through our dreams we receive guidance, warnings, information about our inner feelings and outer circumstances. Dreams also give information in connection with choices that are available, and sometimes show clearly which choice would be the better for you personally.

If a person 'listens' and learns to understand his\her dreams, it's like having a teacher, guide or guru at your disposal. When you learn to ask, the answers will be given, about your past, but mostly about your present situation and where you will be in your future.

If you are religious, in Job 33: 14-18 it is written: 'God speaks to us through dreams and night visions'. If you are not religious, you can maybe see it as your 'Wider Self' or 'Higher Self' giving you the required information. All you have to do is ask.

Before you go to sleep, tell yourself: I will remember my dreams, I want to understand my dreams, I want to receive messages. Do that at least three times, so that the subconscious will listen. Do that every night, and you will remember your dreams, if you are serious about it.

Keep a book and pen ready at your bedside, and as soon as you wake up, write down the dream, because within a few minutes we forget mostly what we have dreamt. If you do not want to write down the whole dream immediately, jot down a few key words, numbers, colours, so that you will be able later to record your dream in your dream dictionary.

Every dream has meaning and must be recorded. Usually we dream a series of dreams, saying basically the same thing. To really make sense of your dreams you must study the series. As you improve with the interpretation of your dreams you will see clearly the same 'story' being told until you understand.

Our subconscious uses the age-old language of symbols to communicate with us. Each symbol must therefore be taken in consideration, every detail are important and of course the symbols itself must be understood. It takes time and effort to really understand, but everyone can do it. I personally think it's every person's duty to him/herself to gain access and understand their dreams. With time you will receive very important information from the super conscious via the subconscious. The subconscious acts like a bridge between the super conscious and conscious. The conscious is when we are awake. All dreams come from the subconscious, which are active while we are asleep.

The following are very important to remember when interpreting your dreams. Mostly everybody in your dreams is actually you, representing a part of yourself. Very rarely you will have a dream actually about another person. In precognitive dreams, which are rare, the person you dream about might be that person, but like I said, and please remember this, everybody you dream about are representing you, or a situation you are involved in. Animals also represents feelings and thoughts which are you own or a situation you are in. Please always take into consideration your own personal feelings regarding a person or an animal. If for example you love cats, it's symbolism in a dream will differ from a person who do not like them at all. Overall though, the symbolism stays the same, but the interpretation of the same symbol may differ.

For example when dreaming about your sister, the dream has nothing to do with your sister. Your sister represents a situation or aspect of yourself. Dreams call in different 'actors'. Strangers in your dreams also represent you or a situation. If, for example, you think your brother is a coward and he appears in your dream, the dream is telling you that you are acting cowardly in some way. If, for example you were healthy and happy when you were in high school, you may dream about a friend you knew then, who would represent your situation as how it was then, good health and happiness.

Please always remember, the best interpreter of your dreams are yourself, because you know your circumstances best, and when you have discovered the meaning of your own personal symbols, you will be able to interpret all your dreams with skill, if you persist and practice.

ASPECTS OF THE SELF AS DREAM SYMBOLS.

A MAN. Represents conscious life, also may represent the physical body of the dreamer. Is the man sick or healthy? The role a man or men play in your dreams represent what will or are happening in your conscious, waking, physical life. If a man in your dreams, say, fixes your car, your conscious life circumstances will improve or your physical health will improve.

A WOMAN. The subconscious mind. Represents also the emotions or mental life circumstances of yourself. Note the actions and emotions of the woman of women in your dreams. Is she happy, crying? It's your emotions speaking. If the man or woman is older they represent old experiences or memories. If they are contemporary with you, they represent your actual or possible optional circumstances. If they are younger they represent your present or immediate future circumstances

A BROTHER OR SISTER. Indicates your current circumstances or emotions because they represent your current generation.

FATHER. The old conscious mind, physical body and outer life (conscious) circumstances. The one which preceded you. Past experiences, memories, events. The one (self) which has created the existing you in conscious awareness. If he tells you something, please try to remember, the old are associated with wisdom. Past experiences and the knowledge gained through it which you may need in present circumstances.

MOTHER The older subconscious mind, your emotional\mental state and inner life. The one which preceded the one you have today. Your own emotional memories, imaginations and the conclusions you have reached, who you are today, your past moulded your present and future. If she gives advice or tell you anything, try to remember, through experience one gets wise, and you may need the wisdom of the old in current situation.

A MAN AND WIFE (OR COUPLE). Older, past. Contemporary with you, present. Younger, future. In many cases a couple are substitutes for father and mother. Note the specific characteristics of the couple, then apply it to yourself.

THE OLD OR ANCIENT ONE. Mostly an unknown old woman or man. They represent the wisdom of the super conscious. They represent your own ideals, your own judge. They usually bring important information. What they tell you are very important, the old gained knowledge through experience, wisdom you could use in your current situation.

CHILD, CHILDREN. They represent thoughts, creativity, new beginnings, ideas.

YOUNG GIRL. Represents a present or immediate future emotional\mental state of mind which you are going into.

YOUNG BOY. Represents a present or immediate conscious life situation, outer life circumstances you are going into.

SPIRIT OR SUPERCONSCIOUS MIND.

THE CHRIST, BUDDHA, etc. A call to you to reach a higher state of Being, to reach and grow to understand the truths in the Super conscious Mind by using your own Will. When you reach this stage, you will have developed the ability to bring into your conscious awareness spiritual truths.

WATER. Water always represents your emotions, inner\mental life, and not your outer conscious life, although your emotional state has a great influence on your outer life. It is spirit, the energy of the super conscious mind which flows through the subconscious to our conscious awareness of it. It is spirit because water evaporate into the sky, then again pour down as rain to the earth. A never ending cycle.

OCEAN The Great Spirit, The Infinite, God, The First Cause, The Creator, The Primal Force, whatever your own beliefs are. The fountain Source and ultimate destination of all water (spirit). Water equals emotion. Emotion is spirit manifested in life.

HOUSE OR BUILDING. The house or building in your dreams represents the House of Self. You. What is going on in the house? Is it in ruins, big and with many levels? Is it dark inside, indicating confusion, depression or unawareness? If it's in the process of construction, there's growth. Light shining in your house of Self represents insight or awareness. Please see House of Self. A building like an apartment, hotel, etc. and caravan, tent, cabin, etc. means a situation you are experiencing which will not be permanent. You are there for the learning experience, or it may be a time of transition.

The super conscious is the Mind behind the mind, Spirit. The subconscious is your soul. The conscious is your waking, physical life.

UNIVERSAL SYMBOLS

ABANDONED. If you abandon someone, you want to get rid of some situation or aspect of yourself, that you do not want in your life. Some emotion that is keeping you from progress, or something from the past that needs to be gotten rid of. If someone abandons you, you may feel lonely or unappreciated, even deceived or rejected. Could be emotional cleansing.

ABOVE. If you are above, it suggests a wider view, superiority, able to see further, an advantage or what you strive to become. See Height, mountain.

ABORTION. The leaving behind or aborting of an idea, emotion or situation in your life. Change of mind and plans.

ABROAD. What do you associate with a specific place?. Can mean far away or unknown. May also suggest 'going further' thinking wider, crossing boundaries. Change.

ABSCESS. Something is festering, sick within you. May be negative emotions, thoughts, if the abscess erupts it means cleansing of negativity. Occasionally may indicate health problems.

ABSORB. Influences from another, society or personal experience you are taking into yourself, absorbing. It will have an influence on your present and future life because it could change your way of thinking and behaving.

ABYSS. If you are afraid of falling into the abyss, real or imagined fears, loss of confidence. May represent unknown regions of your own psyche.

ACCIDENT. Rarely predicts a real accident. Mostly something unplanned, or your dream could tell you to take care in the way you are feeling, thinking and behaving. Do not rush into anything, go slower. May indicate problems to overcome. See road, car, etc.

AEROPLANE. Progress. Reaching new heights. May indicate destiny, since you are taken to a destination without driving yourself. Since it is through air, may indicate a spiritual journey. Changes.

AIRPORT. Start of something new. May be new project, spiritual journey or desire for something new.

ALCHEMIST. Healing power in self that can bring transformation.

ANGEL. Guidance from your wider Self. Protection. If a specific angel, like Cupid, is represents love, or whatever the angel stands for.

ANGER. Emotions in dreams are real emotions which you experience in your conscious life, brought into your dreams. May be repressed emotions or feelings of past events which have not been dealt with. Until you wilfully get rid of negative emotions it will continue to haunt you in your dreams.

ARGUMENT. Conflict in Self. Frequently repressed emotions such as hate, anger, pain of past emotional experience that still effect you. Emotion in dreams are almost always real felt emotions. Healing of emotional pain and cleansing of Self.

BABY. Beginning of something new in your life. What are you doing with the baby. Are you caring for it, giving it to someone else, love it? The new you, or

situation, that needs nurturing, love and care to grow. Please try to remember the gender of the baby, for it would indicate whether it's about conscious life (boy) or emotional life (girl).

BAG. What you carry with you through life. What is in the bag, something valuable or trash. Is the bag too heavy for you - you feel overburdened. Please see luggage, handbag.

BANK OF RIVER. Not in the 'flow' of life. Emotionally withdrawn. Afraid to jump in and 'swim'. Could also indicate a time of reflection and decision making.

BATHING. Cleansing, healing. Change in attitude. To come clean of old hurts, anger, the washing away of negative feelings and outlook.

BEACH. Borderline or connection between super conscious and conscious self. Take note of what you find on the beach. See sea. Place of transition.

BIRTH. A new beginning. Note the gender of the baby. Is the baby normal, sick, smiling? Could tell you about the circumstances regarding a new idea, venture, emotional relationship, etc. Usually a very good symbol. You are entering a new phase in your life.

BOAT. Transition. Emotional journey. Shows how you are dealing with current emotions or problems. Many boat dreams are about relationships. If you are disembarking alone - leaving of something. Note whether the water is clear or muddy. The journey itself rough or smooth? Sometimes a journey of Self-discovery. Missing a boat, missed opportunity or relationship.

CAKE. Same as bread, more luxurious. Satisfaction rewards.

CAGE or CELL. Feeling trapped, unable to move on. Which emotion or situation let you feel trapped or helpless?

CAMERA. Recording, experiencing, developing, evolving of Self.

CAR. Many people frequently dream of cars. Represent your ability to move on your path of life, how well you are doing it. If you are driving, you are taking control, if someone else is driving; you may be in the process of learning or are influenced in your choices. Relates to your feeling of security or lack of it in life. The type, colour, direction, body, speed, must be taken into consideration. Tyres flat - indicate a problem. Standstill - need to change direction of life or could indicate a period of waiting. Brakes failing - out of control. Gasoline - needed to continue life's journey or may be volatile emotions.

CORPSE. Something in your life is over, 'dead'. Look at the rest of symbols in your dream to discover what is over or also what you want to be over. Do not represent death of particular person. Represents death of emotions, conscious life situation. What do you associate with the corpse?

DEAF. Not listening to self or intuition. Not understanding or hearing the truth.

DEATH. Death in a dream rarely means a real death. See dead. Indicates death of old attitude, feelings, situation, etc. New beginning.

DECAY. Something in your life is not cared for, some feeling or relationship, work situation, not alive and growing. Could represent something not working well in your body or otherwise. Negative thoughts.

DEBT. We all have to pay for what we receive, even love received must be paid for in giving love. You may feel the price you have to pay is too high, maybe in time, energy etc. Perhaps you owe yourself something, more freedom, rest, etc. Could suggest you feel fear and anxiety because you do not have that which is asked for the payment of your debts.

DEPARTING. Change. The leaving of something. Could be relationship, job, old way of thinking. Sometimes could represent death, as when we see someone like a husband walking away from us. Could also be death in another sense, like divorce. Usually departing means leaving of old way of life, attitudes. New programming or development in Self. Ending and beginning.

EATING. Satisfying needs or the need to satisfy what you lack in life. Could also be dietary advice. Food usually represents nourishment for mind, body, and spirit. Assimilating knowledge to use in future. See food, kitchen.

EGG. Possibilities for something new in your life. See chrysalis. Could represent wholeness. Hopes. The possible birth of new situation in your life. See circle.

EGYPT. Psychic or subconscious Self. Mystery, hidden knowledge.

EVERGREEN. Eternal growth, constant change, evolving. Good symbol. See colours.

EXCREMENT. Something you have to get rid of. Relieving yourself means cleansing and healing of repressed negative emotions

FALLING. Loss of confidence. Feelings and/or fear of falling from grace, love, job. If you fall from a dark place, say the night sky into a light place, it's a positive symbol indicating awareness and better circumstances.

FAMILY. You're whole Self. The members of your family represent your own complexes, etc.

FAMOUS PEOPLE. What do the specific person represents to you. Lover, sacrifice, grace and beauty, bad character? It's your own desires, fears, potential etc. shown to you.

FARM. Work. Nurturing, cultivating, continuous growth.

FEAR. Emotions in dreams are real feelings brought over from your conscious life. Anxieties, repressed emotions, real or imagined fears in your waking life.

FEATHER. Positive symbol. Uplifting thoughts, achievement. Development.

FLOWERS. Beauty, love, friendship. The inner you. Growth, fulfilment, achievement.

FLUTE. If metal flute, super conscious, enduring truths. Revelation of something unknown. Harmony of feelings.

GARBAGE. Discarded ideas, emotions, unhealthy thoughts or way of life. If compost or something that can be used again, energy that can be used in a creative way.

GARDEN. The garden in your dream represents your creative self. Is the garden overgrown, needs attending, very neat, are there flowers and trees? If the garden is bare, it symbolizes readiness for planting, developing new ideas, starting new friendships. See field.

GARDENER. Wise, creative aspect of Self. Nurturer, adviser, the one who makes new growth possible. Aspect of Self that attend and take care of our inner being, doing the weeding, cleansing, digging, preparing the soil for new seeds of love, friendship and union to grow. Watering your garden, emotional refreshment provided.

HAIR. It symbolizes mental aspects and thought. Blonde hair - awareness, 'light headed', dark hair may indicate not understanding fully, a dark haired woman may symbolize your intuition. Untangling hair, thinking over and solving problems. Neat hair, logical thought. Baldness or losing hair, fear, confusion, emotional distress, losing energy and confidence.

ICE. Frozen emotions. See Arctic.

ICE- CREAM. Treat. Sweet things in life. Could symbolize a healing has taken place within you, allowing the release of repressed or cold emotions. You have

learned from previous experiences and are now able to use it to your advantage. See eating, food.

IDIOT. You are acting like an idiot, without reason, or logical mind. Stop and think. Sometimes an idiot may symbolize intuition, if so, you will experience the idiot's wisdom in the dream or from the other symbols in the dream.

ILLNESS. In some cases it may be a warning that you are really ill. Your subconscious knows all the processes that's going on in your body and may warn you if something is wrong. Otherwise it represents mental\emotional illness, something painful you have to deal with and heal, some sick emotion like fear, hate, etc., or outer life situation causing stress.

JOURNEY. Your journey through life. A comment on how you are handling situations and\or emotions. It could be showing you where you came from and where you are going. Are you in the driver's seat or somebody else? Warnings of difficult times ahead or a standstill. You could change direction if you so wish. A smooth, easy road means a peaceful, easy time. An aeroplane indicate rapid movement or change. Please see car, train, etc., also road.

JUMP. To take a risk, jump into something you may not know the outcome off.

KEY. If you find, receive or holding a key, you have or will have the resources or solution to a problem. If you can not find a key, or have lost one, you still feel fear, had not yet made up your mind about something. Indecision and unawareness. Confusion

LANDSCAPE. The 'stage' you created. Shows your inner feelings, thoughts. Is it gloomy, dark - indicates depression and fear, unawareness. Sunny and full of growing things, a positive attitude.
See garden, farm.

LOCOMOTIVE. Power, energy, strength. If you are driving you are in charge of your destiny, if you are a passenger, life, destiny or fate will determine your future.

LOG. Dead wood. Old way of thinking, feeling, outmoded habits or way of life. It can be used to construct something new. Endings and beginnings.

LOOKING. Symbolizes your desire for what you are looking for. Searching for Self, path in life, love, security, etc.

MACHINE. Could represents the workings of your body that goes on like a finely tuned machine, but usually it symbolizes work, conscious life, work made easier through the use of machines. New machines arriving could indicate new work opportunities.

MADNESS. Confusion, fear. Not understanding a situation. Could also be guidance if you are about to be involved or are involved in a 'mad' situation. Anxiety about problems, something or someone is making you 'mad'. See idiot.

NAKED. Without pretence, the naked truth, who you really are. You cannot of would not hide who you really are. Individuality, self confidence. If embarrassed, uncertainty, introvert, fear of being known for who you really are, fear of rejection.

NAMES. If you are given a new name in your dream, you have entered a new phase of your life. Play with the sound of the name to make probable connections. It is an honour or gift, you have progressed and have reached an important level in your growth process. Through life experiences, your actions and inner growth, you have completed a phase, are ready to begin again on a higher level and attain an even higher state of awareness, wisdom and truth. You are not the same person, have accomplished much, and it is acknowledged by higher forces giving you your name. Very possible symbol.

ODOUR. Odours mostly represent feelings. If something smells bad, there is a problem. If smelling flowers or perfume, it is a positive symbol.

OFFER. Decisions, change. See gift.

PACKING. What you carry with you through life, emotional and otherwise. What you need to go on and progress. Might mean change, going further, developing. If packing somebody else' bags, you want that person, the emotions and conscious situation regarding him\her out of your life. Emotional healing.

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PAINTING. Painting a house, article means renewal. Painting a picture or looking at paintings symbolizes your works, what you have created in life. Completion of a phase. Creativity.

QUEUE. Waiting period.

QUICKSAND. Overcome by emotions or outer life problems. See drowning.

QUILT. Like blanket it means protection. If sharing it with someone, union, love, friendship shared. Soft, warm, keeping the 'cold' of life away from you. Note colours and designs.

RACE. Eager to reach goal. Influenced by outer life, instead of recognizing inner capabilities. Could indicate phase of life, progress by own effort, participation in life.

RADIO. Communication. What you hear could be a message for you.

RAFT. Inadequate means of travelling or dealing with your emotions. Could fall easily apart. In some cases could be life saving, temporary means to help you reach emotional security.

SAILING. Is the water clear, calm, murky, rough? Do you have any problems with the boat, or are you sailing and in control? It's your emotions represented here. If there's someone with you in the boat, it indicates relationship.

SAILOR. Help to cope with emotional life. Desire for change or progress, emotional journey.

SAINT. Wise, spiritual Self giving guidance.

TAILOR. The ability to alter that which do not suit you. Altering emotions and situations, outmoded ideas. New way of thinking and behaving to suit you better. Your true Self. Changes. See clothes.

TALISMAN. Healing influence. To help you cope with fear, danger, insecurity. Your own courage, insight and strength.

TAME. To tame a wild animal in your dream symbolizes the integration of that part of you. Union, understanding. Wholeness. To 'tame' emotions such as aggression, fear, etc. See animals.

TRAIN. Usually your conscious life. If you are the machinist you are in command of where you are going. If you were a passenger, there are unknown influences at work in your life. You will not be able to decide where destiny or fate will take you. But rest assured, usually these unknown forces takes us to where we ought to go. Someone leaving the train, some situation that ended, will not go with you to the future. Missing the train may mean missed opportunities or that your life will change direction. Sometimes we reach the destination, that's Super conscious information given to you, telling you where you will be in future. A very important dream that must be interpreted with care, through it you may gain much knowledge about yourself, the direction you are headed in, and where it will take you, the destination. The journey through life.

TREE\TREES. The tree is an important dream symbol. The tree is you, and can tell you almost everything about the phase of life you are currently in. Trees symbolizes past life(s) or previous personal experiences in this lifetime. Is the

tree in your dream blossoming, bearing fruit? Full of green leaves? If the tree is damaged or dying, a phase in your life is about to, or has already ended. In some part of your life, maybe all parts, renewal and new growth is necessary. The dead or dying tree symbolizes death and rebirth. Big changes are about to happen in your inner and outer life. See seed, blossom, fruit, wood.

UNDER. Under a roof, tree, umbrella, etc. could symbolize protection. If you are underneath another person(s) may feeling inferior or dominated by them. Could mean depression.

UNDERGROUND. Searching deep within for the truth, like a miner search for gold or precious stones, you could be mining for everlasting truths, Super conscious information, exploring unknown territory to bring hidden treasures to consciousness.

VICTIM. Self pity, feeling unloved and unaccepted. Feeling of inferiority. Denial of own lack of courage and drive. Feeling victimised by society, especially if you are very individualistic, and do not accept or conform to rest of humanity.

VINE. What is growing in you. Past experiences and knowledge gained, life, evolving, progress. The vine has a wider meaning than other plants and trees in that it may symbolize the whole of the Universe, and your connection with it. If it is healthy and growing, a very positive symbol.

WALL. Boundary between yourself and others, your personal space. Also protection and shelter. Could indicate obstacle, confining situation.

WALLET. Personal identity. That which is valuable to yourself. See handbag. Security.

X-RAYS. Looking deeper into Self. Progressing and developing, usually inner life, getting to the core, gaining insight into what is hidden.

YAWN. Loss of energy, tiredness, you need a break. Also boredom in current situation, renewal or change needed.

YEAST. Like in dough, the ingredient that will make the dough rise, become more, it symbolizes the idea, feeling, thought, action that has a big influence on yourself and can change your whole life.

ZODIAC. Your whole Self. Connection. Soul's path through all the cycles.

NUMBERS, BODY PARTS, CLOTHES, COLOURS AND ANIMALS WILL BE INCLUDED WHEN YOU PURCHASE THE COMPLETE DICTIONARY.