

Processing Your Dream

I. Determine if the dream is appropriate to interpret.

- A) not suitable: most nightmares, health, realistic, literal, advice from seers
- B) suitable: surrealistic, dramas, life events, adventures, events in other times

II. Write down the dream.



III. Circle each symbol that you feel is significant, including numbers, colors, actions, gestures, expressions.

IV. Consider these things with *each* symbol

- Negative and positive aspects
- Know the universal meanings (read or memorize)
- Understand your cultural context, reference group
- Acknowledge your personal history
- Explore idioms and puns using the word
- Play with phonetics of the word

V. Find the category that the word, expression, action, or gesture belongs to

- A) Record the image and then record the cultural and personal meanings
- B) These meanings may change depending on dream context and your growth

VI. Once the symbols are deciphered, you must finish the processing by finding how this dream story applies to *you*. (theme, what situation it reflects, time frame, solution-if any) Finally you must apply the lesson to your life.