



## Dreamwork

A quick guide to better understanding your dreams

1) Capture your dream. Keep pen/paper beside your bed and as you're waking up (before you even open your eyes or begin to move) see if there is a dream in your awareness. Very gently "reel the dream in" before it leaves. When you remember the dream immediately write it down to avoid losing details.

2) Record your dream. Write it in first person, present tense, as if it is happening. Be sure to capture all the details. Don't take the dream literally, it's usually always a metaphor trying to get your attention.

i.e. I am riding in the back seat of a green car. There is a cougar sitting next to me. I can't tell who is driving the car but I know the ocean is just a few streets away. I so desperately want to go to the ocean but the driver is taking us in the other direction....

3) After recording the dream go back through and circle or highlight the dream images and metaphors.

i.e. I am riding in the backseat of a green car. There is a cougar sitting next to me. I can't tell who is driving the car but I know the ocean is just a few streets away. I so desperately want to go to the ocean but the driver is taking us in the other direction....

4) List the images and free associate

- backseat – behind, not in driver's seat
- green – healing color, not ripe, naive
- car – drive, ambition, movement
- cougar – powerful feline, older woman, type of car
- ocean – vast, infinite, unconscious, emotional realm
- driver – initiator, in control

Also look up meanings and symbolism for different images. Google is your friend!

5) Look at the associations and tell the dream in a different way. See if it applies to anything in your life.

i.e. I am not in the driver's seat. I'm being naïve about movement in my life. This powerful, feline (feminine) part of myself is there with me. She's not in the front seat either. I don't know who the driver is but it's taking me in a direction I don't want to go.

6) Use the different symbols and metaphors to tell a story in different way. What most resonates? Notice what you feel in your body. What is your dream trying to tell you?

With thanks to my guest, Tammy Roth



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