

Your guide to
interpret the
meaning of
your dreams



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Can dreams tell us something
about our future?

Are some dreams more significant
than others?

Is it possible to learn the language
of dreams and unlock their
messages?



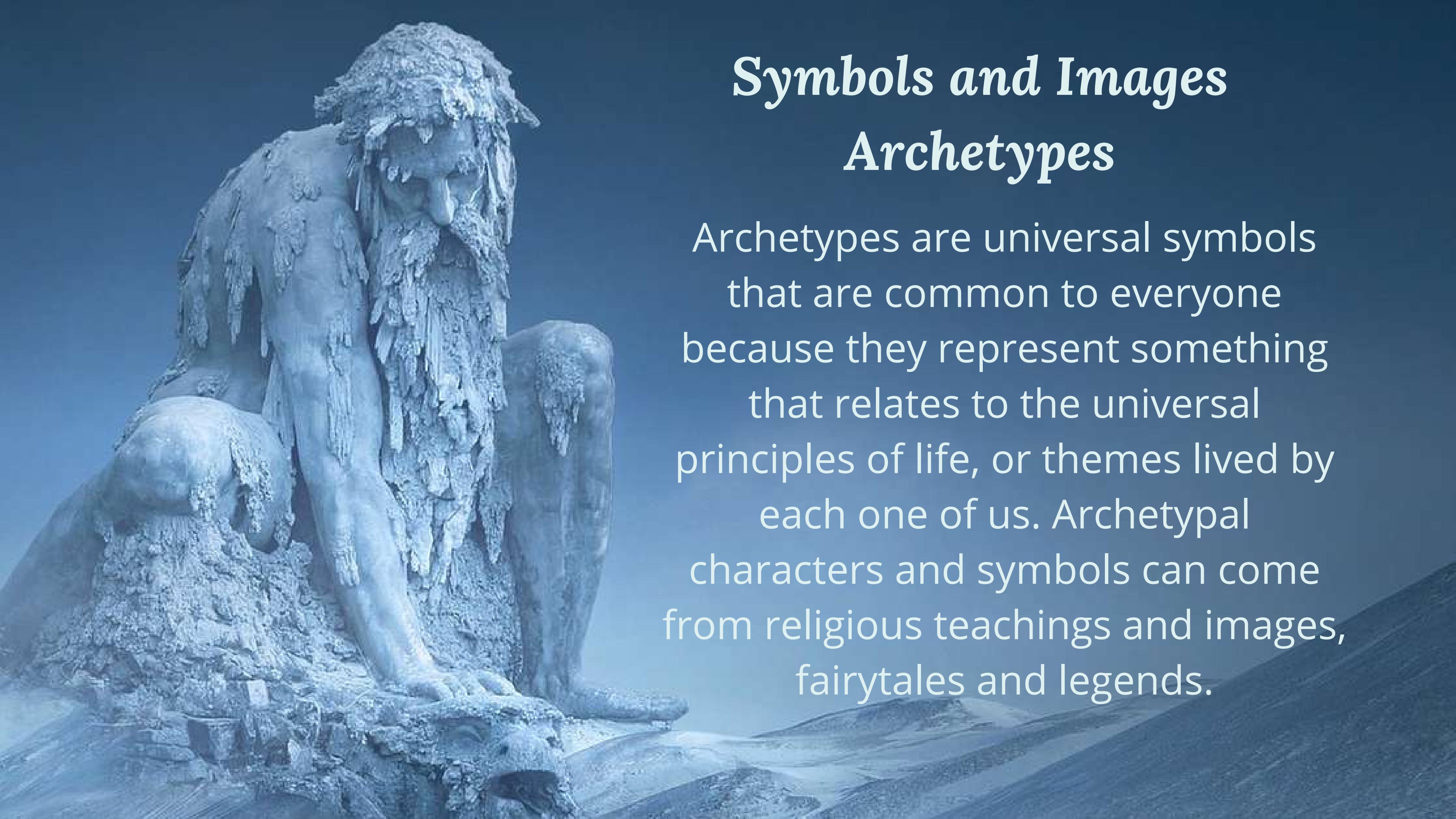


Dreams and the unconscious

Dreams offer useful information about our unconscious mind. Interpreting dreams can help us better understand ourselves through learning more about our true feelings, thoughts, behaviour, motivations and values. It can help us solve problems or have creative ideas. Your dreams are personal to you and reflect your innermost thoughts and feelings.

The dream experts

Two of the greatest pioneers in dream analysis are Sigmund Freud and Carl Jung. Freud created a method called free association to interpret dreams. This involved describing thoughts and feelings as they come to mind to find their meaning. Carl Jung was more concerned with the purpose of dreams. He believed in the collective unconscious and common archetypal images, to universally describe the dream images shared by people all around the world.



Symbols and Images

Archetypes

Archetypes are universal symbols that are common to everyone because they represent something that relates to the universal principles of life, or themes lived by each one of us. Archetypal characters and symbols can come from religious teachings and images, fairytales and legends.



Typical dreams

Typical dreams might include: animals, babies, buildings, chasing - being chased or attacked, clothing, crosses or crucifix, death, devil, driving or driver, exams, falling, food, hair, hands, killing, lateness, marriage, money, mountains, nudity, paralysis, or people.

Recalling your dreams

Do you have problems remembering your dreams?

- ~ Remind yourself you want to remember your dreams before you fall asleep
- ~ Keep your dream journal beside the bed - write down what you remember as soon as you wake up.
- ~ Don't try too hard to remember - it can block your memory - instead be patient and wait for the dream to come back to you

Dream interpretation

Dreams are unique to every individual. There is no one set symbols that will explain every dream. Use a dream dictionary as a guide only - think about common elements and archetypes and how these relate to your life. Follow your instinct and relate your dreams to your life.



Dream interpretation

Dreams that tell a story should be divided into beginning middle and end.

~ Identify the main elements and pay attention to the people in the dream

~ Look for emotions such as love or fear

Interpret the dream literally and try to identify the main purpose. How did the dream end?

~ Link the dream to something that is happening in your waking life - can you identify the characters?

Is there an underlying message - and how will you act on it.

Can dreams predict the future?



So people think that they do. I believe that if we pay attention to the messages we receive through our dreams, we create an opportunity to become familiar with the signs and symbols and this may help us manage life's challenges more effectively.

Strengthen Your Gift

Sometimes it is difficult to know
what to do next.

I've created a **FREE COURSE** to support
you on your journey.

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You will be redirected to my **FREE**
members area where you can access all
of my goodies in one place!!





I'm Elizabeth Roebuck-Jones, Relationship Counsellor and Clairvoyant. This means you get the best of both. I see (hear and feel) spirit energy and help you get real understanding through the experience I have had working for Relate in England and Relationships Australia.

When not doing readings and hanging out with my dog, Bertie, I help women build their confidence and listen to their intuition through Tarot reading and psychic development.

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