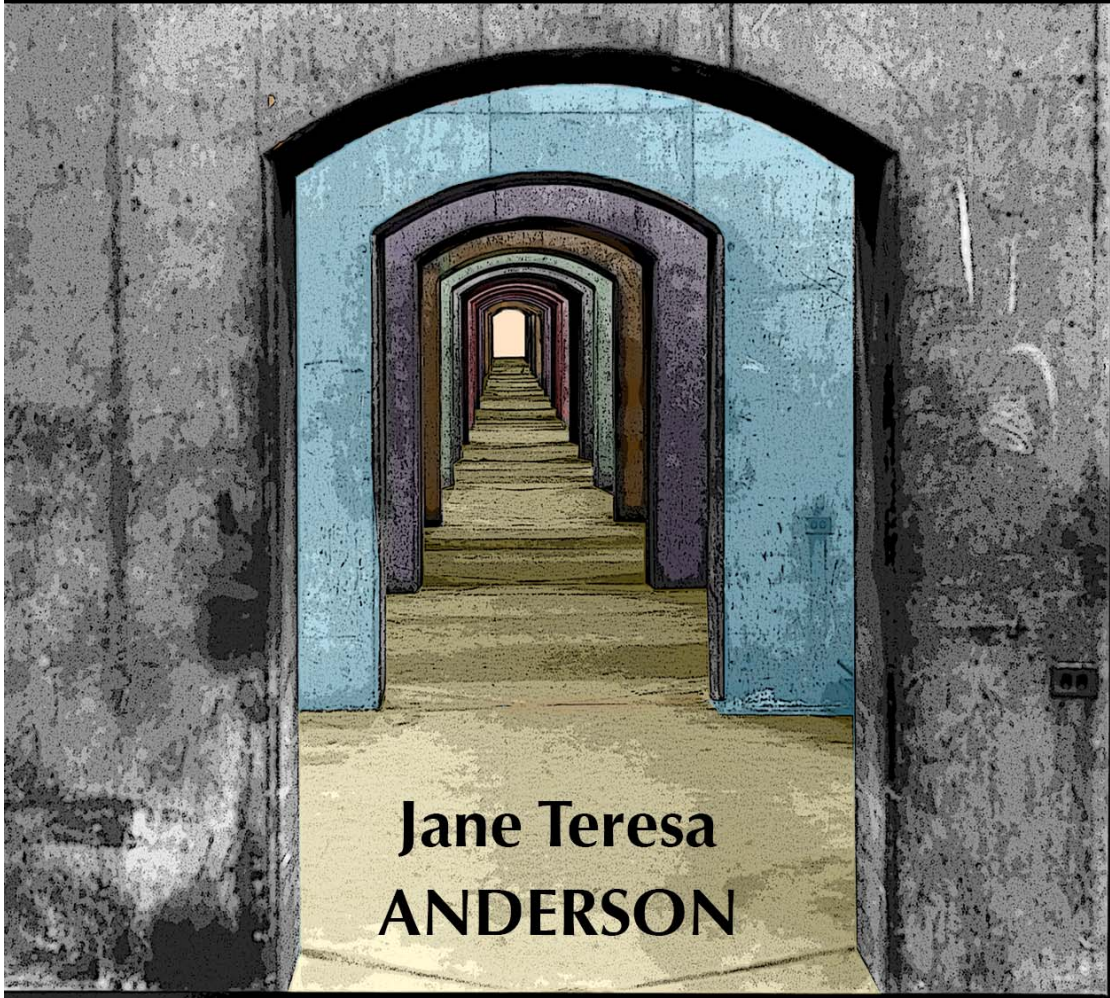


How to interpret your
Dreams
an *easy* step-by-step guide



Jane Teresa
ANDERSON

How to Interpret Your Dreams

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How to Interpret Your Dreams

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About the author

Jane Teresa Anderson BSc Hons is an internationally acclaimed dream analyst, dream therapist, and dream alchemist living in Brisbane, Australia, consulting worldwide through her website at www.dream.net.au and blogging at www.JaneTeresa.com.

Published by Hachette, Random House, and Harper Collins, Jane Teresa is the author of six books including *Dream Alchemy*, a frequent guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across. She also hosts a monthly podcast series, *The Dream Show*, at TheDreamShow.TV

With an Honours degree in Zoology specialising in neurophysiology from the University of Glasgow, (graduating as Jane Teresa Newton), Jane Teresa has been researching dreams since 1992, and developing and teaching dream alchemy practices (exercises) that transform unconscious limiting beliefs.

As a dream analyst, Jane Teresa is able to reveal a dreamer's unconscious mindset and show how this is affecting the dreamer's waking life. As a dream alchemist and dream therapist, she is able to create exercises based on this insight - simple exercises using the dreamer's personal dream symbols – to help transform the dreamer's mindset for more enriching outcomes.

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Introduction

Based on the dream interpretation methods I use both on radio and during in-depth consultations, this book guides you through a step-by-step process in which you work on your own dreams as you go.

If you choose your recurring dreams as your basic material you will experience some powerful insights into why your life seems to go through recurring patterns and then discover, also through your dreams, how to break free and move forward.

Each chapter introduces you to different methods and approaches, as no one method of interpretation is sufficient for all dreams. The book is laced with examples of common dreams for you to practise your newfound skills as well as a variety of exercises, puzzles, and processes which are designed to subtly awaken and fine tune your dream-interpretation brain.

You might like to print and bind your ebook with blank pages at the end for you to do the exercises and make notes on your dreams, interpretations, insights, decisions, actions and results.

Chapter 1

The storyline method

The best way to learn the art of dream interpretation is to work with your own dreams and follow the step-by-step instructions given in each chapter of this book. If you have a recurring dream you will gain most insight from working with this first. If you don't have a recurring dream, choose a dream that was vivid, one that really made an impression on you.

This book is designed as a step-by-step practical guide to dream interpretation, so resist the urge, if you can, to read ahead. You will gain maximum benefit from going with the process. Okay, let's go!

STEP 1

Choose a dream, ideally a recurring one, and write it down.

Dreams are often remembered as stories, complete with a beginning, middle, and end. As with the best of stories, there's a 'once upon a time' beginning to set the scene, then there's a lengthy middle part usually involving a conflict, question, or task of some kind, followed by an ending which is either a happy resolution or a sobering conclusion.

We don't always remember the whole storyline of a dream. Sometimes we just remember part of a dream and think it is the whole dream. Have a look at the dream you've chosen. Does it seem to have a beginning, middle, and end? If not, you will still find following this method enlightening, but you may prefer to choose a more complete dream for this method, and keep your first one for another chapter.

STEP 2

If you wish to choose a second (more complete) dream to work with, write it down now.

STEP 3

Dreams, like stories, need titles.

Choose a title for your dream (go with your gut instinct) and write it down.

You will be working through your dream, or dreams, in a step by step fashion, using Alex and Mary's dreams and workings as a guide. Alex and Mary are fictitious characters, whose dreams are based on common dream themes collected from hundreds of people over the years.

STEP 4

Read through Alex's dream. Think of it as a story rather than a dream. What do you feel you know about Alex from reading this dream story?

Alex's recurring dream

The extra room

I am living in a small cottage and I'm quite content, looking around the house, admiring the way I've set out the old furniture in the rooms. I'm proud of the way I have used the small space to advantage, selecting just the right pieces of furniture so that we can feel comfortable. Then I discover a door I've never seen before and I'm really surprised. I open it and walk into a huge room. It's unbelievable that this enormous room could exist in the middle of our small cottage! It's filled with light and space and looks arty. I think it's strange that there is so much space and so little furniture. It's such a contrast to our other little rooms all so carefully measured out and meticulously furnished. I'm surprised how much I like the light and space in this room and at how expansive and free the modern arty look feels. Suddenly my old rooms seem cramped. I'm worried that if I leave this room I may not be able to find the door again. I see a beautiful cat sitting on a window seat. I pick her up and carry her into the old cottage with me, knowing that if I can't find the door again by myself, the cat will certainly lead me to it. I look around the old familiar cottage rooms and think it's time to throw out some of the old furniture and refurbish more in the style of the extra room.

Alex's dream has a fully recalled storyline. For this method of dream interpretation the dream story needs to be broken down into four parts. These are:

Part 1: The situation (Once upon a time)

Part 2: The problem or question (What needs to be solved)

Part 3: Taking action (The attempt to solve the problem or question)

Part 4: The resolution (How the story ends)

STEP 5

Read through Alex's dream again and see if you can break it down into these four parts.

Compare your results with mine.

The Extra room

Identifying the four parts

The situation (Once upon a time)

I am living in a small cottage and I'm quite content, looking around the house, admiring the way I've set out the old furniture in the rooms. I'm proud of the way I have used the small space to advantage, selecting just the right pieces of furniture so that we can feel comfortable.

The problem or question (What needs to be solved)

Then I discover a door I've never seen before and I'm really surprised. I open it and walk into a huge room. It's unbelievable that this enormous room could exist in the middle of our small cottage! It's filled with light and space and looks arty. I think it's strange that there is so much space and so little furniture. It's such a contrast to our other little rooms all so carefully measured out and meticulously furnished. I'm surprised how much I like the light and space in this room and at how expansive and free the modern arty look feels. Suddenly my old rooms seem cramped. I'm worried that if I leave this room I may not be able to find the door again.

Taking action (The attempt to solve the problem or question)

I see a beautiful cat sitting on a window seat. I pick her up and carry her into the old cottage with me, knowing that if I can't find the door again by myself, the cat will certainly lead me to it.

The resolution (How the story ends)

I look around the old familiar cottage rooms and think it's time to throw out some of the old furniture and refurbish more in the style of the extra room.

STEP 6

Now look at your chosen dream and see if you can break it up into four parts in the same way. Don't worry if one of the parts seems to be missing: just leave it out if that is the case. The exercise will still work for you as you will discover. Stay with it!

STEP 7

Take time to summarise the parts of your dream. The method works best if you write the summaries down. Use Alex's results here as a guide:

The extra room

The dream part summaries

The situation is that I am content with the way in which I have made the most of a restricted space and I draw comfort from having old familiar things around me.

The question is "How could this extra room have been here all this time and why is it so different from the rest of the house and how will I ever be able to find it again?"

The action is to take the cat from the extra room into the old space because cats always know their way home.

The resolution is that it's time to throw out some of the old, familiar stuff and bring in the free, expansive, arty feel of the extra room.

*** END OF SAMPLE ***

Enjoying this book?

