

The background of the book cover is a white sheet with soft, wavy folds. In the lower half, two hands are pressed against the sheet, their shadows cast onto the fabric. The overall tone is soft and slightly ethereal.

how to

**stop bad dreams
& nightmares**

and get a
good night's sleep

Jane Teresa Anderson

How to Stop Bad Dreams and Nightmares

And get a good night's sleep

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How to Stop Bad Dreams and Nightmares – and get a good night’s sleep

First published (ebook pdf format) by Jane Teresa Anderson, July 2006

Kindle edition published by Jane Teresa Anderson, September 2011

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Publisher:

Jane Teresa Anderson,
PO Box 1735, Milton BC, QLD, Australia.
<http://www.dream.net.au>

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ISBN 978-0-9871896-0-8

Cover design and internal layout:

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She is the author of six books including *Dream Alchemy* and *101 Dream Interpretation Tips*, a frequent guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across commercial and ABC stations. 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

What is a dream?

Dreams are your mind's way of processing the events of the last two days, especially your unconscious emotions and feelings in response to those events. Every new experience you have is an opportunity to learn something new about how the world works, and your brain needs time, in your dreams, to absorb and file this new knowledge.

Why are dreams so weird if they're just filing and storing new information? Your dreaming mind works more like a painter painting a picture, than like a storyteller telling a story with words. Dreams paint your unconscious feelings and emotions into pictures. Yes, there are words and stories in your dreams too, and these are details. If you focus on the simple BIG PICTURE instead of the details, you will see how your dreaming mind really feels about the last two days. The big picture also shows you how your dreaming mind (that's you, at a deeper level) sees the world today. It shows the beliefs you have built about the how the world works. Tomorrow it will update its picture of the world, and it will do this every night of your life.

Imagine collecting all those big pictures and stringing them together, playing them like a movie, starting with day one of your life as the first frame and ending with the very last dream of your life. Imagine what you might see!

Imagine looking at someone else's dream 'big pictures' or movies. Imagine looking at the movie of all the dreams they had in their whole life and saying, "There are a lot of dream pictures in there about loss: losing things, losing people, feeling lost". What do you think this might tell you about how that person saw their world, deep down inside? What do you think it might tell you about that person's experiences of the world throughout their life, experiences they felt deeply and may not have shared with other people?

Bad dreams of loss, losing things, or being lost, paint a picture of the dreamer's negative feelings and beliefs about loss and feeling lost in life, perhaps of having no real direction or strong purpose.

What makes a dream good or bad?

Using the example of dreams of loss:

We all feel differently about loss in our lives. How do you feel when you lose something? Imagine, for example, losing your job because the company you work for is closing its doors. How long do you think you might spend feeling sad about this loss? How long do you think it might be before you suddenly realize you have a wonderful opportunity to find a better job or to start your own business or begin some other exciting adventure that seemed impossible before your job loss?

Different people respond to loss in different ways, and when they dream to process this loss, they dream in different ways because of their different responses.

Some people get bogged down in loss, and their dreams bring up times from their past when they experienced losses, dreams that end still stuck in loss, with no feelings of hope on the horizon. Other people feel their loss deeply then let go of the feeling and move on to find the new, whether that's a new job, a new adventure, or a new way of looking at the world. After several dreams of loss and sadness they begin to have dreams of finding their way, discovering new treasures, moving on to the new. These new dreams are happy dreams – good dreams, not bad dreams.

As you can see from the above example of dreams of loss, the main differences between bad dreams and good dreams are these:

Bad dreams often happen when your dreaming mind is stuck in a negative feeling, belief, or experience, unable to find a more positive way of moving on with life.

Good dreams are dreams where your dreaming mind paints good, positive pictures of the world. Sometimes this is because you are experiencing good, positive days and your dreaming mind is storing these away as good, positive experiences. Sometimes good dreams happen because your dreaming mind has found a way, while you were asleep, to turn a negative experience or belief into a positive one, to find a new and positive way of looking at the world. This is why you feel so good when you wake up from a good dream! It's not only because the good dream was a positive experience in itself, it's also because the good dream shifted your view of the world. When you opened your eyes in the morning, the world looked and felt better, even though you had no idea this was going to happen!

When is a bad dream a good dream in disguise?

Remember, your dreaming mind is YOU. It's a deeper part of yourself you may not be aware of as you go about your daily business. It's a deeper part of you that carries and explores your deepest feelings and beliefs.

Life works best when you take the time to get to know this deeper part of yourself because, when you do, life becomes much easier.

When you take the time to know this deeper part of yourself (which includes your unconscious mind) you come to understand why you have certain attitudes and feelings about the world – the positive and the negative - and this insightful information helps you to respond to daily life to your best advantage. Life becomes smoother, easier. It becomes very, very good. That's why even a bad dream is useful to you when it helps you to see and understand your negative beliefs and negative feelings such as fear, grief, anger, resentment. So a bad dream is a good dream in disguise because once you remove its disguise by interpreting it, you discover helpful information that you can use to gain a better experience of life.

Do you have to understand your bad dreams to stop them?

If you are not yet ready to devote time to understanding your dreaming mind by interpreting your dreams, you can still do some very simple exercises to stop your bad dreams AND these exercises will also have a very powerful and long lasting positive effect on your life.

Your bad dreams will stop, good dreams will take their place, and your waking life will become better and better in ways you would never have imagined before.

There are just a couple of other things to understand before giving you these dream-changing, life-changing exercises that I call 'dream alchemy practices'.

The exercises: dream alchemy practices – how they work

In the next chapter you'll find a list of the most common bad dreams. Find the one nearest to your bad dream and do the recommended exercise (dream alchemy practice) to stop the bad dream coming up again. Some of these exercises are visualizations, some are affirmations, and some are different again.

This is what you need to know before moving on to that chapter. Please take the time to understand this, as this is the KEY to seeing huge positive change in your life as well as stopping the bad dream itself.

The exercises work by getting your dreaming mind to focus on the positive side (or opposite) of the negative feeling or belief in your dream.

Let's stick with the example of bad dreams about losing things or losing your way. What is the positive side (or opposite) of lost?

The opposite of lost is found.

The positive (opposite) side of being lost is that sometimes you need to lose your (old) way before you can find a new way. You might need to lose a job you would otherwise never have thought of leaving to find a much better job. Or, on a very simple level, you might need to lose something precious to find out how much you appreciate it so that when you find it again your life is so much sweeter because now you value that thing so much more.

The exercise (dream alchemy practice) to stop bad dreams of being lost or losing things, involves focussing on finding something new and wonderful. This may sound too simple to be true, so how does this work?

It works because these exercises use symbols your dreaming mind recognises deeply. Remember that your dreaming mind paints the BIG PICTURE and uses symbols to do this. Your dreaming mind (your unconscious mind) is incredibly powerful, far more powerful than your awake mind (your conscious mind), so if you 'talk' to it in a BIG PICTURE way, using symbols it understands, you can change, or reprogram, your dreaming (unconscious) mind and it then very powerfully influences your waking life for the better.

Imagine your dreaming mind is stuck in feelings of being lost. No matter how many times your bad dream about feeling lost recurs, it just cannot find a solution. At the end of each dream you are still lost, unable to find a new way, and you wake up feeling panicky and upset. The meaning of your dream is that you are feeling lost in some area of your life and are unable to find a way forward. Your dreaming mind is stuck in negative attitudes about feeling lost.

When you do the exercise (dream alchemy practice) for this dream you focus on finding something wonderful. It's important to repeat the exercise the recommended number of times and to keep it up for the recommended period. What this does is TRAIN your dreaming mind to FIND the positive side of lost.

What happens next is that your powerful dreaming mind (your unconscious mind) then continues to work, deep within you, while you are awake, to FIND the positive side of lost, so whenever you actually feel lost, you start to notice positive solutions – you start to FIND what you had lost.

For example, if you have lost your motivation for work, this exercise will lead you to suddenly FIND motivation again. It will appear as if by magic. The magic is the result of doing your dream alchemy practice exercise. It is the result of training your dreaming mind (your unconscious mind) to get out of negative (lost) mode and into positive (find) mode. It is the result of reprogramming your dreaming mind (your unconscious mind) with positive beliefs about life to replace those negative beliefs.

Remember, the key is repetition: doing the dream alchemy practice recommended for the type of bad dream you have been having, and doing it the recommended number of times for the recommended period of time.

Your life magically changes AND, because this happens, you NO LONGER DREAM THE BAD DREAM.

Dreams reflect what is going on for you in your waking life. When your waking life changes, so do the dreams. When you are no longer feeling lost, you no longer dream the bad dream about being lost.

Can you guess what might happen to your dreams in this example?

As you do the dream alchemy practice exercise and things begin to change in your waking life you may have dreams which start in the old way and end in the new way. So you might dream you are lost in a big city and then suddenly find the way to your destination and get there. And there you are – your bad dream has become a good dream and you get a good night's sleep AND a great life as well!

*** END OF SAMPLE ***

Enjoying this book?

