

Wisdom Journey, We Are All One

Appendix: Method of Dream Study

- 1) Write the dream down exactly as it happened, whether it makes logical sense or not. Write it as if it makes perfect sense, don't get side-tracked trying to explain anything or wonder how something could happen that is not possible in real life, etc. Use present tense for all the verbs.
- 2) Think of the dream as a play on a stage. List every character (each person who appears in the dream), and every prop (every item that is in the dream). Describe the setting.
- 3) Note any emotion that is experienced in the dream. The stronger the emotion the more significant the message of the dream. Ask yourself: What in my life right now feels like that? Or, when in my life have I felt like that?
- 4) Objectively summarize the "plot" of the dream distilled into one or two very simple sentences. Then ask yourself: What in my life right now is like that?
- 5) Work with the characters. Think of each character as they appeared in the dream and describe them in three words. Don't spend time analyzing, just find three words that come to mind when you picture the character in the dream. If it is a person that you know from real life, find three words that you would use to describe them in real life. When you are finished, ask yourself, what part of me is like that? Or, what part of me might that be?
- 6) Work with the props. Ask about each item in the dream: What kind of a thing is that? What is it for? What does it do?
- 7) Work with the setting: What kind of a place is it? Does it remind you of a place you have been before? What happens in that kind of a place? (Consider these possible implications: school = you are to learn something, hospital = some part of you needs healing, home = your physical body, the dwelling place of your spirit, on a road = your journey, your life path, in a restaurant = what in you needs to be fed, etc.
- 8) Once you have worked with the characters, the props, and the set, retell the dream with those meanings substituted within the story. See if it makes any sense to your life's current situation.