

to Your Dreams Message

First...

- In the order the dream played out, make note of what each element (settings, people, and objects) could mean, using logic and your association. Any you are unsure of will be identified later.
- Actions, dialogue, and thoughts are inserted into the message as they happened with no altering.

Now, do you see a theme or topic?

Second...

- Now identify something/s within the dream that relates to your waking life, 'what triggered this dream?'
- For example, the setting could be the topic or the dialogue could be something you are saying in waking life, alternatively a feeling within the dream or upon awakening can relate to a feeling you have in waking life about a situation.

Once you know the trigger, you can put it together, from start to finish.