

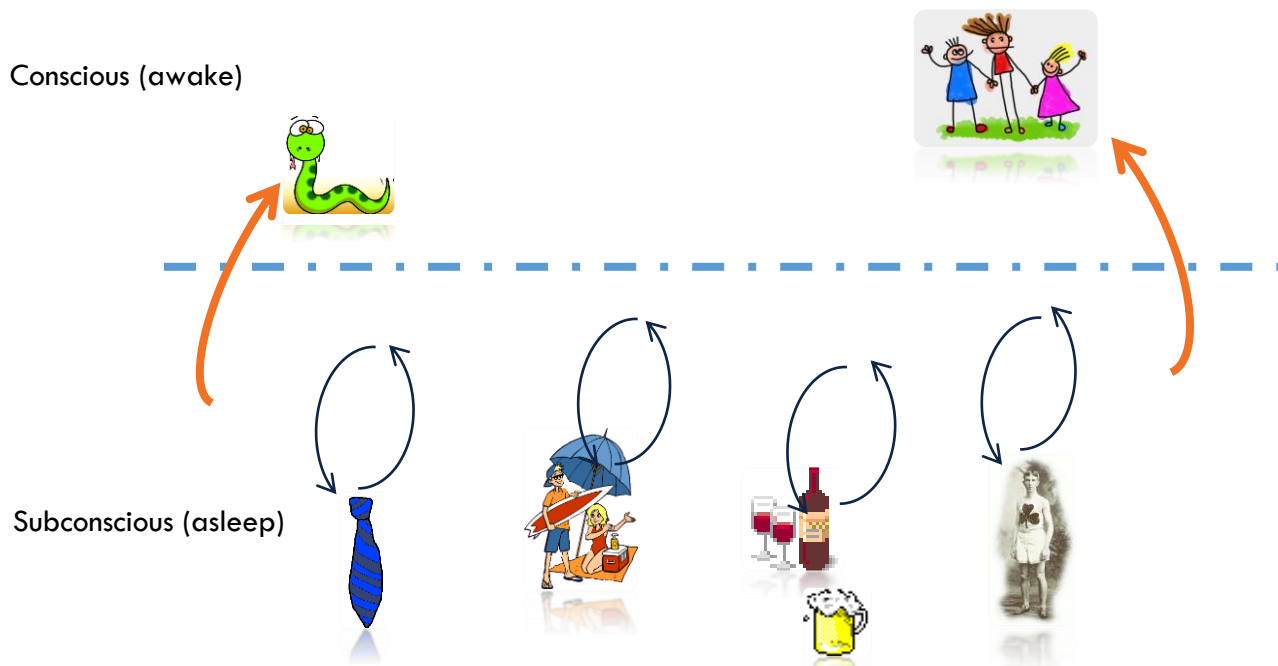
## Dream Interpretation

Your subconscious brain (the bit responsible for dreaming when you're asleep) can't talk. Talking is controlled by your conscious brain, usually when you're awake.

But while it can't talk using words, your subconscious is where the real 'You' lives and that's where all your true feelings and emotions about things are kept, along with an image bank of all your memories.

So, when you're asleep and your subconscious is still awake, which it always is. It gets to work communicating with you by combining images with your emotions and playing them back to you, tossing them up towards the conscious brain.

This is something it actually always does. We only remember a very small number of our dreams, and here's why. The subconscious brain is playing back images and events in our lives to us and fuels the importance of those images using our emotions. The stronger the emotion associated with an image, the more likely it will break through into our conscious mind and we will remember it when we wake up.



The exercise on the next page will help you to take each of the images from your dreams and capture what those images mean for you in life right now. List the image on the left and on the right, think about all the meanings it has for you and capture them. Be as open-minded and objective as you can.



## EXERCISE

Capture as much as you can from your dream.

Where was it?

What were you wearing?

When was it? Was it meant to be now, in the past or in the future?

What objects were there?

Who else was there?

Was it Bright? Dark? Cold? Warm? Scary or Comforting?

Any details you can remember are helpful because it's all you.

Image	Meaning to you
e.g. Snakes	Dangerous? Scary? Clothing? Tattoo? Could be anything remember.

