

QUICK GUIDE FOR DREAMWORK

There are many, many ways of interpreting dreams. Often one source or course will contradict another. Inevitably there can only be one way to interpret a dream effectively, and that way is as personal and individual as every individual dreamer.

Only you can possibly understand and relate to what is present in your dream.

This little guide is one way I found to help me sort through my dreams and glean meaning from them. It too is not the definitive way of interpreting your dreams – still I think it will help and I hope you find it useful.

**Take Care,
Ailish**

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1) Record the Dream – as if you are re-experiencing it (use first person, present tense). Also note any emotionally significant situation that is going on in your life at the time. Give the dream a clever meaningful name.

2) Metaphors in the Dream Story: Look for phrases in your description of the dream that also sound like a figurative description of something going on, or a way you feel, in your life at the time. Describe the situation, who was involved and how you felt at the time. How might this life story relate to the dream story?

3) Work on a Dream Image (the 6 “magic” questions):

a) Pick one or more dream images that seem important, curious or emotionally significant to you. You might try picking a colored dream image so that you can work on both the image and the color.

b) Let the Image Speak. Go back into the dream and bring the image to your minds eye. Take 3 deep breaths and the 3rd breath imagine yourself as that dream image/object. Now speak as the image and answer the following 6 questions and record your statements. Speak in the first person present tense, using “I am” statements. If “becoming” the dream image is too difficult then imagine yourself asking the dream image these questions, and imagine what the answer might be.

1a) Who or **what are you** (describe yourself and how you feel): **“I am _____”**

1b) Alternatively - if the dream character is someone you know, then as that person:

a) describe your personality; **b)** in what ways are you like the dreamer;
c) in what ways you are different.

2) What is your **purpose or function** (what do you do)? **“My purpose is to _____”**

3) What do you **like** about being that dream element? **“I like _____”**

4) What do you **dislike** about being that dream element? **“I dislike _____”**

5) What do you **fear most** as that dream element? **“I fear _____”**

6) What do you **desire** most as that dream element? **“What I desire most is to _____”**

c) Relate to a Life Situation: Do one or more of the statements sound like a way you feel or a situation in your waking life? Do the “I am” and “My purpose”

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statements sound like a role you are playing in waking life? Do the "I like" versus "I dislike" statements sound like a conflict going on? Do the "I fear" and "I desire" statements sound like waking life fears and desires, perhaps feeding the conflict? If the dream character is a person you know, do one or more of the personality statements relate to a manner in which you are approaching the waking life situation? Or alternatively, does this dream character have a personality trait that you admire or wish you had more of, in order to better handle this waking life situation?

4) Color Work - If there was a unique color in the dream or dream image:

- a)** Pick the closest color in the **Color Questionnaire** table below.
- b)** Read the statements for that color and select any that trigger a "connection", that "aha" response, with feelings or a situation in your waking life. Note that the emotional themes in the table are intended to trigger your own personal associations; they are NOT the "meaning" of the color – the true meaning remains with the dreamer.
- c)** Recall the waking life situation and your feelings at the time. Relate that connection to the dream and the imagery work above. What new perspective does the color add?

Color Questionnaire

This table contains emotional themes that have been associated with color, as derived from color psychology literature, the *Color Test* by Luscher, the works of C.G. Jung et al. They are not the "meaning" of color, they are intended to trigger your own personal associations (that "aha" connection) with emotional events of the day that your dream may be dealing with. The true meaning of the dream always remains with the dreamer.

R E D	1) I feel intense, vital or animated. 2) I feel transformed. 3) I feel assertive, forceful. 4) I feel creative. 5) I want to live life to its fullest. 6) I want to win, succeed, achieve. 7) I feel sexy or have strong sexual urges. 8) I have a driving desire. 9) I need something to make me feel alive again. 10) I need to be more assertive and forceful. 11) I need to get out and enjoy myself. 12) <i>If red appears as blood or inflammation – it may relate to an illness or injury</i>
O R A N G E	1) I want to expand my interests and develop new activities. 2) I want a wider sphere of influence. 3) I feel friendly and welcoming. 4) I want more contact with others. 5) I feel enthusiastic, outgoing and adventurous. 6) I am driven by desires and hopes toward the new, undiscovered and satisfying. 7) I feel driven but need to overcome my doubts or fear of failure. 8) I must avoid spreading myself too thin.
Y E L L	1) I feel a sense of joy and optimism. 2) I feel alert. 3) I am seeking a solution that will open up new and better possibilities and allow my hopes to be fulfilled. 4) I feel the new direction I am taking will bring happiness in my future. 5) I am hopeful. 6) I need to find a way out of this circumstance or relationship. 7) I need a change. 8) I may be compensating for something. 9) I am acting compulsively.

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G R E E N	1) I need to establish myself, my self-esteem, my independence. 2) I want recognition. 3) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or my possessions. 4) Hard work and drive will gain me recognition and self esteem. 5) My opinion must prevail. 6) I must hold on to this view in order to maintain my self-esteem. 7) I want what I am due. 8) I must maintain control of the events. 9) Things must not change. 10) Detail and logic are important here. 11) I need to increase my sense of security. 12) I need more money to feel secure. 13) I want to withdraw and retreat into my own center. 14) I need healing or better health.
B L U E	1) I feel tranquil, peaceful and content. 2) I feel a sense of harmony. 3) I feel a meditative awareness or unity. 4) I feel a sense of belonging. 5) I need rest, peace or a chance to recuperate. 6) I need a relationship free from contention in which I can trust and be trusted. 7) I need a peaceful state of harmony offering contentment and a sense of belonging.
V I O L E T	1) I like to win others over with my charm. 2) I feel an identification, an almost "mystic" union. 3) I have a deep intuitive understanding of the situation. 4) I feel a sense of intimacy. 5) The feeling is erotic. 6) I seek a magical state where wishes are fulfilled. 7) I yearn for a "magical" relationship of romance and tenderness. 8) I seek to identify with something or someone. 9) I need intimacy. 10) I engage in fantasy in order to compensate for my feelings of insecurity.
B R O W N	1) I seek a secure state where I can be physically comfortable and relax or recover. 2) I am uneasy and insecure in the existing situation. 3) I need a more affectionate environment. 4) I need a situation imposing less physical strain. 5) I want to satisfy the physical senses (food, luxury, sex). <i>6) If it is a Natural or wood brown: a) I am concerned about matters of family, home, or my "roots". b) I am concerned with a son or daughter. c) I am searching for my true self or natural state of being.</i> <i>7) If Dirty Brown: it may relate to a physical problem or illness.</i>
G R A Y	1) I want to shield myself from those feelings. 2) I feel emotionally distant, only an observer. 3) It is as if I am standing aside, watching myself mechanically go through the motions. 4) I want to remain uncommitted, non-involved, shielded or separated from the situation. 5) I do not want to make a decision that will require my emotional involvement. 6) I have put up with too much and wish to avoid any further emotional stimulation. 7) I am trying to escape an anxious situation. 8) I am compensating for something.
B L A C K	The unconscious realm. Moving into darkness = suppression, "death of the ego" (first stage of transformation). Beautiful shiny black = a positive view of the unconscious from which a new self emerges. Try: 1) I am anxious and don't know why. 2) I am fearful of or intimidated by the situation. 3) I have been dealt an unacceptable blow. 4) Nothing is as it should be. 5) I refuse to allow it/them to influence my point of view. 6) I can't accept the situation and don't wish to be convinced otherwise. 7) I feel the need for extreme action, perhaps in revolt against or to

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K	compensate for the situation.
W H I T E	<p>1) This is a new experience. 2) I'm becoming aware of new feelings. 3) I'm experiencing a new beginning, a reawakening. 4) I have a new outlook, a new awareness. 5) I feel innocent or open and accepting. 6) I feel a sense of purity. 7) I feel unprepared. 8) I feel alone, isolated. 9) It feels cold or sterile.</p> <p>Pastels: Note that white adds a newness, an innocence and a fantasy nature, as well as a subdued coolness, calming, pacification or transformation of the emotion associated with a base hue.</p> <p>Ex: pink (white + red) might relate to the romantic side passion; or a cooling or pacification of "red" emotion into nurturing, compassion and the discouraging of aggression.</p>
B&W	<p>BLACK & WHITE Patterns - forces of unification, an integration of conscious (white) and unconscious (black) from which a greater self emerges; a unity of opposites; an internal change</p> <p>[ref. C. Jung]</p>