

Breaking the Language Barrier: Learning to Interpret Your Dreams

By Evette Gardner

BREAKING THE LANGUAGE BARRIER: LEARNING TO INTERPRET YOUR DREAMS

By Evette Gardner

This ebook is unusual in that it is actually a working draft. Your input (comments, suggestions, questions left unanswered) is not only welcomed but encouraged. How can this manual be adapted to help you better understand the meaning of your dreams? Please address your feedback to comments@YourDivineInheritance.com.

INTRODUCTION

This is not a dream dictionary. It actually wouldn't be much used to you if it were. For there isn't a dream dictionary in existence which can reliably translate the beautifully intricate language of your unconscious mind; and there never will be either.

You are the best person to interpret your dreams. And *You* are also your own best resource when it comes to recognizing what the "symbols" in your dreams mean. There is no one else on this planet who knows you as intimately as you know yourself; therefore, you are the foremost authority on you that you could ever hope to find. The experiences you've had, the thoughts you entertain, the emotions you feel, the desires that excite you... all blend to form a perspective on life which is uniquely yours. You could search the whole universe a dozen times over and I guarantee you would never find a better expert on you than you are right now. And since your dreams are about *you*, from *you*, to *you* – there is no one else in a better position to understand what your dreams are saying to you than you are. Can you imagine yourself asking someone, "I feel hungry. What do you think I want?" The only thing more nonsensical than posing such a question would be getting back a response which suggested anything other than, *that's something you need to answer for yourself.*

I know many of you, as you sit here now and reflect on some of the dreams you've had, are wondering how you alone could ever make sense of these convoluted things called dreams. From our conscious perspective, the scenarios in our dreams seem to randomly swing between the preposterous and the awe-inspiring. If a dictionary won't help us figure these things out, then the plight might seem hopeless. But it is my absolute promise to you that it is not hopeless. In fact, you already speak the language of your dreams; you just don't know that you know it yet. It is this unawareness (that you don't know that you know) that is the only language barrier between you and your unconscious "musings."

Chapter 1

LAYING THE FOUNDATION

There is a very good reason why long division isn't taught in the first grade. Well *duh* right? It's simply common sense. It would be a needlessly frustrating task to attempt to teach long division to anyone who doesn't first understand the mathematical concepts of addition, subtraction and multiplication; because it is in the understanding of these math concepts that the foundation is laid for an understanding of numerous other mathematical principles, including that of long division. In like manner, there are a few fundamental concepts which will aid you in your understanding of the nature of dreams and the process of interpreting them. So before we jump into the dream interpretation process, let's lay a little groundwork first. The groundwork is what will provide you with a context for understanding how and why this dream interpretation works.

Who You Really Are

You are Spirit. What you see when you look in the mirror is not you, but (in every sense of the word) a *reflection* of you.

You are not your body. Your body is merely the vehicle your Spirit uses for expression. You (as Spirit) infill your body, but you are not your body. You are no more your body than you are your car simply because you get *in* your car and drive it.

You are not your personality either. Your tastes, your preferences, your biases, your temperament, your interests... all of these things make up your personality. Yet none of these things are constant. But no matter how much these qualities change, are you not still the same you regardless of the persona you put on? You may play the role of mother, you may play the role of daughter, you may play the role of wife, a sister, a friend, a co-worker for any number of occupations... and you undoubtedly put on a different “face” for each of the roles you play. You are constantly adjusting your personality to cater to the circumstance before you. But behind all the many masks of you, there is still that of you which never changes. This is the *You* that is Spirit. It is that part of you which is more than your body, more than your personality, more than your thoughts. It is that part of you which is Real and substantial. It is that part of you which is beyond mere matter, beyond fleeting moods, and yes even beyond passing thoughts. For your thoughts, just like the qualities of your personality, are not constant. You are not the thoughts you contemplate because are you not still the same you that you have always been no matter what thought you may choose to entertain at any given moment? You are the same you that you are now and have always been if in one moment you are contemplating what to have for dinner and in another moment thinking of what to buy your mom for her birthday.

You are the same Witnesser of your thoughts. *You* are the same Witnesser of your experiences. *You* are at the back of all that plays on around you – watching and witnessing. If *You* were merely your thoughts, or merely your emotions, or merely your personality, or merely your body, or even a collection of all these things – then who is that behind all of these activities witnessing and considering every aspect of your experience? You cannot be both the Witnesser and that which is witnessed. You cannot be both the Considerer and the thing which is considered. Thoughts pass before your mind’s eye like a slide show. Emotions swell up and dissipate. You may alter your personality at will. Your body is constantly remaking itself; even now, this very second, there are cellular parts of your body that are new to you since just yesterday. Everything is in motion around *You*. *You* are the only constant, the one factor which remains unchanged, permanent, unaffected by the fluctuations going on before *You*. This is the you that is Spirit.

You are Spirit.

The Universe Is So Much More Than What You Can See

Of course I’m stating the obvious when I say that there is a whole lot more to the universe than what is merely apparent to our five senses. It’s just that sometimes we need to be reminded of this truth. Sometimes when we are asked to consider an idea which we cannot verify by personally seeing it with our own eyes, hearing it with our own ears, touching it with our own hands... we tend to mock that idea or be dismissive of it. For example, the whole idea that anyone has the ability to communicate with “the dead” or with beings from another realm through something called channeling is utter nonsense according to some opinions. To some, this whole notion seems as fantastic an idea as the concept of television probably would have seemed had it been proposed a hundred ago before we, as a society, had an understanding of how to use our knowledge of frequencies to broadcast sounds and pictures across great distances.

Today our science has decisively established that despite all appearances to the contrary, nothing in the universe is truly solid. Nothing in the universe is truly at rest. All matter is, in fact, composed of bundles of rapidly moving energy packets which further *dissolves* into something

science has not yet defined. Therefore we know that despite the definite and concrete appearance of things in our physical realm, we are (in reality) vibrational beings living in a vibrational universe. And given our society's present understanding of vibration and how vibrations interact; how in order to be receptive to certain other vibrations, an instrument needs to be sympathetically tuned to that other vibration. (For instance, you would not expect to be able to receive the television programs broadcast on channel 25 if you set your television to channel 7.) Given this understanding you'd think we (as a society) would be more accepting of the idea that some people in our society are mentally tuned in such a way as to render them able to be receptive to communication from entities who exist outside of our physical space / time (while other people may not be so tuned). Given our understanding of the real nature of the universe as not being in any way frozen but alive with all different kinds of vibrations you'd think this would be an obvious conclusion but it, more often than not, is not. And the reason it is not obvious is because we all too often forget to remind ourselves of the previously stated truth - that there is a whole lot more to the universe than what is merely apparent to our senses.

We don't physically sense every spectrum of vibration the universe has to offer. X-rays are beyond our ability to physically sense. Gamma rays are beyond our ability to physically sense. It is only when we were able to detect these vibrational spectrums with mechanical instruments that we became aware of their existence. And yet we understand that despite our previous unawareness of these particular vibrational spectrums these vibrational spectrums have always been in existence. Our discovery of these types of vibrations merely brought them into the scope of our awareness, it did not bring them into existence. Both x-rays and gamma rays have been in existence long before we knew anything about them.

The fact of the matter is, is that there is a whole lot more which falls outside the bounds of our awareness than there is that which falls within it. The universe is so much more than what we see.

The Law of Attraction

So much has been written about the law of attraction as a late that it seems redundant to go into explaining it. For those of you who do not understand what it is, here are some of the basics...

The Law of Attraction is this. *That which is like unto itself is drawn. Like attracts like.* This testimony, however, seems to fly in direct opposition to the expression, "opposites attract." But both assertions are actually true. The expression, "opposites attract," is really a misnomer. And this is the cause of the confusion. Opposites are really different degrees of the same thing. Opposites don't attract each other, they *are* each other; merely different degrees of each other. Think about it. Hot and cold are essentially the same thing. If you ran hot and cold along a scale could you pinpoint the exact spot where hot ended and cold began? The same is true of light and darkness, up and down, big and small. You cannot pinpoint the exact spot where one quality ends and the other one begins. Why? Because there is no real distinction or separation between opposites. Opposites are like in kind but not in degree. There is an old Hermetic axiom which says, "Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree..." It's called *the principle of polarity*. Turn this axiom over in your mind from every angle you can come up with, and you will see that it holds up as fact. So you see the Law of Attraction is the dominant truism

here, even though both proclamations are true. If “opposites attract,” then that which is attracted is like unto itself. So that which is like unto itself is drawn; this is law. And this law, the law of attraction, is what drives the creation process. Every soul, without exception, is subject to this law. Every soul, without exception, creates the reality of his or her own world by virtue of this law.

The law of attraction creation process as explained in the book “Ask and It Is Given” by Esther and Jerry Hicks sums it up nicely. It is as follows:

“Step 1: You Ask

Because of the wonderful and diverse environment in which you are focused (the physical plane), Step 1, comes easily and automatically, for this is how your natural preferences are born. Everything – from your subtle or even unconscious desires to clear, precise, vivid ones – result from the contrasting experiences of your day-to-day life. Desires (or asking) are the natural by-product of your exposure to this environment of fantastic variety and contrast. And so, Step 1 comes naturally.

Step 2: The Universe Answers

Step 2 is a simple step for you, for it is not your work at all. Step 2 is the work of the Non-Physical, the work of the GOD Force. All things that you ask for, large and small, are immediately understood and fully offered, without exception. Every point of Consciousness has the right and the ability to ask, and all points of Consciousness are honored and responded to immediately. When you ask, it is given. Every time.

Your “asking” is sometimes spoken with your words, but more often it emanates from you vibrationally as a constant stream of personally honed preferences, each building on the next, and each one respected and answered.

Every question is answered. Every desire is given. Every prayer is answered. Every wish is granted. But the reason that many would argue with that truth, holding up examples of unfulfilled desires from their own life experience, is because they have not yet understood and completed the very important Step 3 – for without the completion of this step, the existence of Steps 1 and 2 could go unnoticed.

Step 3: You Allow It In

Step 3 is the application of the art of Allowing. It is really the reason your (emotional) guidance system exists. It is the step whereby you tune the vibrational frequency of your Being to match the vibrational frequency of your desire. And we call that the Art of Allowing - that is, allowing what you’re asking for. Unless you are in the receiving mode, your questions, even though they have been answered will seem unanswered, and your desire will not be fulfilled – not because your wishes have not been heard, but because your vibrations are not a match, you are not letting them in.”

“...to the degree you feel blessed and *expect* good things to flow to you, this indicates the level of your state of *allowing*; and to the degree that you do not feel blessed, where you *do not expect* good things to come to you, this indicates your degree of resistance.”

Jesus counseled us with the same directions on how to harness the creative energy of the Universe when he told us, “...all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”- Mathew 21:22

It is in Step 2 of the preceding instructions that the law of attraction has its application. The Universe responds *Yes* to all that you ask for and you draw these desires to you. However, you ask not with your words but with your Attention. Again, I’ll borrow a quote from Esther and Jerry Hicks from their book, “The Law of Attraction.”

“When you are focused upon what you *want*, your *Inner Being* offers you positive emotion. When you are focused upon what you *need*, your *Inner Being* offers you negative emotion because you are not focused upon what you want. You are focused upon the *lack* of what you want – and your *Inner Being* knows that which you give thought to is that which you attract. Your *Inner Being* knows that you do not want the lack; your *Inner Being* knows you want what you want, and your *Inner Being* is offering you guidance so that you will know the difference.

Focusing upon a solution makes you feel positive emotion. Focusing upon a problem makes you feel negative emotion, and while the difference is subtle, they are very important, for when you are feeling positive emotion, you are attracting into your experience that which you want. When you are feeling negative emotion, you are attracting into your experience that which you do not want.”

(Here the term *Inner Being* is synonymous with the same term I will use throughout this writing to refer to *Spirit*.)

Now Is All There Is

Time is a perceptual illusion, “a mistake of the senses.” It is not Real. To borrow the words of William Walker Atkinson (pen name: Yogi Ramacharaka) “Time exists solely in our minds. It is merely a form of perception by which we express our consciousness of the Change in Things.”

“We cannot think of Time except in connection with a succession of changes of things in our Consciousness – either things of the outer world, or the passing of thought-things through our mind. A day is merely the consciousness of the passing of the sun – an hour or minute merely the subdivision of the day, or else the consciousness of the movement of the hands of the clock – merely the consciousness of the movement of Things – the symbols of changes in Things. In a world without changes in Things, there would be no such thing as Time.”

As Einstein so famously reported, time is relative. The only aspect of what we call *time* which truly exists is *Now* (the present moment). What we call the *past* is merely experience. What we call the *future* is merely possibility or potential. We carry both our *past* (experiences) and our *future* (possibilities) with us in the *Now*. That which we call *Now* is awareness or Attention. And as we just went over in our explanation of the law of attraction, it is our Attention which sets into motion the creative process. Creation only happens right where we are *Now*. Therefore, *Now* is all there is. Yes, you can reflect on the *past*. Yes, you can observe the *Present*. Yes, you can imagine the *future*. But you are always doing this reflecting, observing or imagining right *Now*.

“Thought is the vibration which *The Law of Attraction* is acting upon.” And you cannot do your *thinking* outside of the present moment. *Now* is where you do your thinking. Therefore, *Now* is where you are actively creating. Therefore, *Now* is the only interval of time which is truly real and substantial.

Our perception of what we refer to as *linear time* is an illusion which proceeds from a limited awareness of reality. Our Spirit, the messenger behind our dreams, is not afflicted with such a limitation. Spirit is all aware. Past, present, future, to our Spirit, is all the same thing. *Now* is all there really is, and the Spirit knows this. The Spirit’s perspective is infinitely broader than that of the conscious perspective.

The Make-Up of Your Mind

Imagine a person sitting on a boat in the middle of a brook, observing the world around them. The only knowledge this person has of the world is confined within the boundaries of this brook. There may be many possible reasons for this person’s confinement. Maybe the person was told there was nothing beyond a certain point; and as proof of this proclamation someone offers this person the evidence of his or her own eyes which does indeed confirm that they cannot see anything beyond a certain point. So the person then concludes that what he or she has been told is in fact correct. Or maybe this person was advised to not explore beyond a certain point or awful things would result; and so it is this person’s fear which keeps them confined. Or perhaps this person is simply content where he or she is at present and isn’t inspired to go beyond a certain point. Whatever the reason may be, the point is, this brook is all of the world this person knows. This person’s perspective is a limited one, wouldn’t you agree? But imagine that this same person one day overcomes whatever it was that had been keeping him or her confined, and he or she is moved to go beyond where they’d never been before. In this person’s movement, his or her perspective of the world grows. Where once he or she only knew of a single brook, this person soon discovers rivers, and one day will know oceans as well as he or she continues to move passed the self-imposed boundaries they had placed on themselves. And each time this person continues to move these boundaries back and crosses over to explore new territories, his or her perspective on the world expands. He or she does not lose what they once knew, but their understanding of what they knew grows broader and deeper than it had been before. Mentally, each of us is on our very own boat similar to the one occupied by the person in the preceding analogy.

The value in this analogy is that it places a useful image in your mind’s eye. Brooks run into rivers. Rivers run into oceans. There are no real boundaries separating these bodies of water, they are all one, and yet each seems to offer something different from the others. In like manner, there

is no real separation between your unconscious and conscious mind. It is all one mind. The unconscious mind is merely that which falls outside the realm of your conscious awareness (it is your self-imposed boundary).

The way your mind processes information is all relative to its perception. And it's the environment that you're in (the physical dimension) which shapes your conscious perception. As you observe the things around you in this physical environment, if you take the things you see and experience at face value, this viewpoint forms a distinct perspective. However, the more your conscious perspective shifts from accepting the things it sees and experiences at face value, to also observing and considering the aspects which lie behind "the face," the more the conscious mind expands to encompass regions of the unconscious realms, and the boundary lines are thus reset. That which distinguishes the conscious mind from the unconscious is merely perspective; in actuality there is no real division. It is all one mind; and the different perspectives of this mind are in constant communication with each other. Your dreams are just one mode of this communication.

As you observe and experience life, you do so from all your perspectives – simultaneously. Your Superconscious mind (the higher region of your unconscious mind) speaks mainly in terms of intuitive-feeling; and your subconscious mind (the lower region of your unconscious mind) speaks mainly in terms of instinctive-feeling. In other words, *feeling* is the language of the unconscious mind, whereas your conscious mind speaks mainly in terms of logic or reason. Your conscious awareness is fueled by the information you take in through your physical senses. The process of gathering information, sorting through it and then drawing conclusions about it is the function of the intellect. So it's no wonder your conscious mind has an affinity for palpable, logical, linear communication. But regardless of this affinity, remember that in actuality there is no real separation of minds. It is all one mind; therefore you are fluent in both languages (feeling and logic) regardless of the preference of your unconscious or conscious perspectives. You are bi-lingual, so to speak. You fully comprehend the language the unconscious mind speaks; therefore, you fully understand the language of your dreams. You're simply not associating what you're "hearing" when the unconscious mind speaks, with a language. This is because it's such a natural part of your everyday experience. But this just goes to show you how common communication is from the unconscious mind; that it could occur so frequently that it goes unappreciated by so many of us. Our feelings are such an ordinary and natural part of our experience that we often take them for granted and fail to appreciate them for what they truly are – communication from our unconscious mind.

Chapter 2

LEARNING BY DOING

The process of dream interpretation is born out of the fundamental concepts just laid out. It is not necessary, however, for you to have a deep understanding of these concepts. Nor is it necessary for you to fully accept them as true in order to make use of this process. These concepts are only mentioned so that you have some notion as to the basis of how and why this process works. Sometimes knowing the *how* and *why* of a thing makes grasping the *what* much easier. At least this has been my experience.

Another thing which has been my experience is that learning by doing is usually more effective than simply consuming dry data. Therefore, as this dream interpretation process is described, it is recommended that you select a dream of your own to be interpreted as you follow along with the explanation of this process.

The Dream Worksheet

Select a memorable dream (the more recent the better) for this exercise. You're going to describe your dream using the *Dream Worksheet* which follows this section. The front side of the worksheet is in a table layout. Once it's filled out, reviewing your dream in this format will make it much easier for you to break your dream down and uncover its meaning at a glance. The table format also gives you a speedy way to highlight the prominent *elements* or symbols in your dream (the people, places, things and activities), with their corresponding *time reference*.

The *time reference* of your dream elements indicates their period origin. This period origin may be from a past life; or it may be from your present incarnation; or it may point to a future point in your present incarnation; or the origin may not be based in any of your physical periods at all, but may be an astral experience. Remember, to your unconscious mind there is no distinction among past, present and future; physical experience or astral experience. They're all the same thing. So as the unconscious mind selectively pulls elements from your experiences in order to fashion them into a dream narrative, these elements may come from any point in time (past, present or future / physical or astral). The unconscious mind makes no distinction whatsoever; however, your conscious mind still needs the ability to recognize where these elements came from so that it may better understand why they were in your dream.

If you don't readily recognize an element in your dream (if you do recognize it, it indicates that it derives from your *present* incarnation), you'll need to rely on the feeling evoked by the *element* in your dream in order to place it in one of the other *time references*.

Past Time Reference: Anything which felt completely familiar or appropriate to you in your dream, but upon awakening this same element seems foreign to you should go under the classification of *Past Time Reference*. Many times we'll have dreams where we recognize ourselves in the dream, even though we are in a different body. In these instances, the "person" dream element that is *you* is a clear *Past Time Reference*. You are getting a glimpse of yourself from a previous incarnation. I had a dream once where I recognized myself in the body of a White man wearing a track running uniform. I had wild black hair and beard that could have made a fair number of Hassidic Jews envious. It was simultaneously cool, funny and somewhat disturbing upon awakening as I came to the realization that this was one of the people I'd been in a past life.

Present Time Reference: Everything that you can identify or associate with some aspect of your life should be classified under *Present Time Reference*. If you dream you're in your house, and upon awakening you recognize the house in your dream (maybe it's the house you're living in now or the house that you lived in when you were eight years old – as long as you do consciously recognize the house, or the house very clearly reminds you of a place which you are consciously familiar with), then this "place" element would be from your *Present Time Reference*.

Future Time Reference: Anything which sparks a feeling of genuine surprise or revelation should be classified under *Future Time Reference*. Let's say in your waking life you have a "tin ear." But you have a dream where you're expected to play a classical piano solo at Symphony Hall. Even in your dream you're sweating bullets because as far as you know you don't know how to play the piano. It's curtain time, you're on stage, the crowd applauds and waits for you to begin. You take a breath, say a prayer and begin pressing keys and lo and behold! It turns out that you're actually a fantastic piano player! This "activity" element would be from a *Future Time Reference* because it was news to you (even in the dream) that you had the ability to do this.

Spiritual Time Reference: Anything which, even upon awakening, still feels as real to you as the nose on your face should be classified under *Spiritual Time Reference*. These are the elements

that give you goose bumps because they're so vivid and feel so awesomely authentic. I had a dream once where I saw the planets of our solar system floating outside my window. It scared the daylights out of me because it was so very vivid and felt so very real. I had that dream over twelve years ago and I still get chills whenever I recall it.

Use one of your dreams and fill out the table on the front of the following worksheet. On the back of the worksheet there are some additional questions. Fill them out in short answer. These questions will aid you in deriving deeper meaning from your dream interpretation.

DREAM WORKSHEET

Date: _____

TIME REFERENCE

	<u>PAST</u> To your conscious recollection, this element is <i>unfamiliar</i> ; however, in your dream this element resonated as wholly <i>familiar</i> ...	<u>PRESENT</u> Your conscious mind recognizes and is familiar with this element...	<u>FUTURE</u> This element evoked a feeling of surprise, or seemed revealing in a way...	<u>SPIRITUAL</u> The element resonated an impression with you which was <i>very</i> (unusually so) powerful. It felt real.	Emotional Response Jot down any prominent emotions you felt in relation to any of the Dream Elements?
PEOPLE (Names or descriptions)					
THINGS					
PLACES / SETTINGS					
ACTIVITIES					

DREAM ELEMENTS

- Conflict Dreams..... Only elements from Past & Present appear in these dreams.
- Wish-fulfillment Dreams..... Only elements from Past & Present appear in these dreams.
- Problem-solving / Information Dreams..... Elements from Past & Present may appear in these dreams; however at least one element from the Future must also appear.
- Prophetic Dreams..... Elements from Past & Present may appear in these dreams; however elements from the *Future & *Spirituality must be evident.
- Astral Travel Dreams..... Elements from Past & Present may appear in these dreams; however elements from *Spirituality must be evident.

1. What was the overall plot / story of the dream?

2. Highlight the outstanding emotions experienced in the dream.

3. Were the emotions felt predominantly positive or negative?

*4. What was your vantage point in the dream (observer, participant, or both depending on the portion of the dream referred to)?
(If you were in observer, how did you feel about what you were observing? Were you caught up in the events as they were unfolding, as if they were happening to you; or did you feel more objective, detach from the events you were witnessing unfold?).*

*5. What was the outcome / resolution of the dream?
(This may reveal tips on how you should go about doing something in waking life)*

6. Could you anticipate the outcome of any of the activities in your dream before they happened? If yes, which ones?

7. Did the events in your dream seem to occur in an erratic or random way, or did they seem to unfold in logical sequence?

8. Were there any recurrent dreams symbols (people, places, things or situations which frequent show up in your dreams)?

Chapter 3

INTERPRETING YOUR DREAM

Let's Put Your Dream in the Proper Context First

With any type of communication, having some appreciation for the *context* of the idea being communicated is just as important as the literal translation of the idea itself. How many times in a day does someone ask you, “How are you doing?” And how do you generally respond to this question? Doesn't your response depend upon who's asking the question? Even a simple question such as this one gets interpreted differently depending upon the type of relationship you have with the person who's doing the asking of it. If the question came from your best friend, in comparison to if it came from the cashier at the local grocery store, or your mother, or your boss, or whomever, do not those same four words conjure up a different meaning for you? In this example, who's asking the question provides the context of the idea being communicated. The idea itself is the actual question, “How are you doing?”

I don't mean to be over analytical about something so simple because this could very quickly lead to confusion, but every one of us takes these interpreting considerations into account every time we hold a conversation with someone. We're so adept at translating in this fashion that the process hardly makes a conscious impression; we just do it. Dreams, the language of your unconscious mind, are no less sophisticated to decipher. With dreams, however, it is the category the dream falls into which provides us with the context of the message. And it is the elements within the dream that convey the message (the “words”) itself. We have to account for both of

these aspects (the spirit of the message as well as the literal “words”) if we are to clearly understand what it is our dreams are trying to tell us.

There is no need to ever feel intimidated by this part of the process of interpreting your dreams because, remember, you already utilize this contextual translation skill numerous times a day without ever giving it a second thought. To interpret your dreams, you’ll use this very same skill; the only additional expertise you’ll need is an understanding of how to apply it to the perspective of your unconscious mind. With this understanding you will easily be able to put your dreams into the proper context; and after you put your dream in context, clearly interpreting the actual message your unconscious is communicating will become a much simpler task.

So what are the dream categories exactly and how do we determine which category a specific dream falls into? Believe me this won’t be all that painful to wrap your mind around. First off, there are only five dream categories we need to familiarize ourselves with, so it’s not like we have to set about memorizing the 3,000 plus hànzi (Chinese writing) characters before we get to the good stuff. The dream categories or dream types are as follows: Conflict Dreams, Wish-fulfillment Dreams, Problem-solving / Information Dreams, Astral Travel Dreams, and Prophetic Dreams. The category a dream falls into will give you a *general* idea of the message it is trying to convey because, as stated before, it provides the context of the message being communicated. Referring to your dream worksheet, the *Time Reference* (Past, Present, Future, or Spirituality) that the elements of your dream derive from provide one of the main ways of deciphering what type of dream it is that you’ve had (in other words, which dream category your dream falls into). Later on we’ll look at how the elements in our dreams (the People, Things, Places, and Activities) communicate the actual details of the message. But let’s start with acquainting ourselves with the five dream categories; what they are (or rather, what is the context of their message), and the distinguishing attributes of each.

Dream Categories

CONFLICT DREAMS

What are Conflict Dreams?

Conflict dreams function as your spiritual progress reports. They’re your nighttime reviews. Your Spirit is constantly attempting to communicate to your conscious awareness the areas in your life which you either need to be more attentive to or handle in a more productive way. *Conflict dreams* represent your Spirit’s endeavor to communicate this message to you through dreams. They’re called *Conflict dreams* because their purpose is to show you where (in your life) you are in conflict with your spiritual purpose. These dreams play the role of your constructive critic. We have these types of dreams frequently.

For many of us, the majority of the dreams we recall fall under the category of *Conflict dream*. While this type of dream does cause you to feel different degrees of disconcertion, the point of a *Conflict dream* is inherently constructive. Most of your nightmares are *Conflict dreams*, though not every *Conflict dream* is disturbing to this extreme degree. Some are more subtle. But all invoke some feeling of disquiet (from slight anxiety to all out terror).

We all occasionally fall into the trap of entertaining negative thoughts during our waking hours. Any thoughts in the spirit of passing judgment (either towards yourself or towards another), any thoughts in the spirit of pessimism, manipulation, yielding to the idea of limitation, etc. is a negative thought. *Conflict dreams* are merely your unconscious mind's way of trying to make your conscious mind realize the unpleasantness you are attracting to yourself as result a of the negative thoughts you have been entertaining during your waking hours. And the way these dreams get this point across is by highlighting and exaggerating the negative emotion excited by the negative thought it "speaks" of. For remember, your emotions are born out of your thoughts, and it is your thoughts which create your personal reality. The more Attention you give a particular thought, the more intensely you will feel the emotion it incites. Positive emotions signify thoughts which are in alignment with your Spirit's intention. Negative emotions signify thoughts which are misaligned with your Spirit's intention. It doesn't matter whether you are asleep or awake; this "emotional guidance system" works the same way. Your Spirit is using your emotions to talk to you about what it is you've been thinking (and thus creating) which may or may not line up with what it knows to be in your overall best interest. *Conflict dreams* are *always* about pointing out those *misaligned* thoughts which are littering your mental aura. They are your opportunity to recognize (so that you may correct) destructive thinking patterns. The level of disquiet you feel in a *Conflict dream* is an indication of the amount of Attention you have been giving a negative thought. If you obsess over a negative thought long enough, the result is always a nightmare. This is your indication that you are reaching a spiritual crisis point. And if you don't correct the negative thought pattern your nightmare is warning you about soon, the crisis will evolve into something more dramatic in order to try to get you to realize that you need to address this disturbance.

What characteristics distinguish a Conflict dream?

- *Conflict dreams* only draw from your Past and Present memories.
- The emotions you feel during a *Conflict dream* are always unsettling. The greater the degree of unsettlement you feel (such as in a nightmare) is an indication of the extent to which your dream has been trying to warn you regarding the matter it is reflecting. Each successive dream dealing with the same negative emotion (or misaligned thought) will grow more emotionally intense if (in your waking hours) you have been failing to effectively deal with the negative thought which is at the root of the negative emotion your dream is illustrating.
- *Conflict dreams* have an erratic, random quality about them. This disorder is part of the reason why they can so effectively exaggerate the negative emotions you feel while experiencing them. The erraticness of a *Conflict dream* promotes a sense of confusion, which in turn exaggerates the core negative emotions you were already feeling. Have you ever noticed that the more erratic your *Conflict dream* is, the more intense the negative emotions you experience in the dream will be? Nightmares are often highly erratic.

WISH-FULFILLMENT DREAMS

What are Wish-fulfillment Dreams?

Wish-fulfillment dreams offer you a window into your desires. They can oftentimes be highly symbolic. In other words, if you hit the lottery in a *wish-fulfillment* dream, it's not an indication that you are soon going to hit the lottery in your physical reality (this would only be the case if this were a *prophetic dream*). Whatever emotions you felt as you experienced hitting the lottery in your *wish-fulfillment* dream (happiness, optimism, security, well-being, etc.) are the

undernourished desires your dream is trying to call your Attention to. *Wish-fulfillment dreams* are your unconscious mind's way of trying to point out to you the desires you have been denying yourself in your waking life. These desires are always in alignment with your Spirit's intention, that's why the emotions felt in these dreams are always positive and invigorating. You would do well to be more Attentive to the thoughts you have in your waking life which incite these same emotions. Such Attention would invariably lead to those same positive *desires* (not necessarily the literal event in your dream that sparked the desire, but the desire itself) to manifest itself in your physical reality.

What characteristics distinguish a Wish-fulfillment dream?

- *Wish-fulfillment dreams* only draw from your Past and Present memories.
- The emotions you feel during a *Wish-fulfillment dream* are always positive and exciting.

PROBLEM-SOLVING / INFORMATION DREAMS

What are Problem-solving / Information Dreams?

Problem-solving/ Information dreams are exactly what their name implies; they offer illuminating information or outright solutions to the puzzles which have been perplexing or harassing you in your waking hours. *Problem-solving / Information dreams* can serve as the landscape your mind uses to practice the solution to a problem (working them out unconsciously); or these dreams may simply *reveal* the solution to the problem to you without your having to mechanically work it out in the dream. Either way, the value of *Problem-solving / Information dreams* is tremendous. However, a prerequisite for receiving a *Problem-solving / Information dream* is that you have to have asked for the information or solution before it will come to you. And the way you ask is with your desire to receive the information or solution, you do not necessarily ask with your words. The strength of your desire is the catalyzing factor, not the utterances that come out of your mouth.

What characteristics distinguish a Problem-solving / Information dream?

- *Problem-solving / Information dreams* draw from Present memories, and also highlight aspects of your (immediate) Future.
- Surprise is the key emotion felt in a *Problem-solving / Information dream*. These are the dreams that make you wake up and go, ah ha! I got this now!

ASTRAL TRAVEL DREAMS

What are Astral Travel Dreams?

Astral Travel dreams are real experiences that we have while our physical bodies are sleeping. We are not just our physical bodies, remember. The essence of who we are is Spirit (this is our likeness in God). Our body is merely the vehicle our Spirit uses to experience life; but our experiences in life are not limited to the physical plane of reality. Esoteric literature refers to the dimensional planes which exist above the physical dimensional plane of reality as the "astral planes" (these are dimensional planes which vibrate at a higher rate than what our physical senses can detect). And superimposed on our physical body, each of us also has many astral bodies (bodies composed of matter which vibrates at a rate higher than what our physical senses can detect). Our physical body, actually our whole physical reality, is merely an extension of that which is drawn from the astral planes. In fact, without the astral bodies, the physical body could not exist. But it is not necessary for the astral bodies to have a physical counterpart in order for

them to exist. Before you were born into this physical world, you had an astral body. And that which we refer to as “death” is merely our Spirit severing its link to the physical body it had been using. The physical body dies when the Spirit severs its link (for it is your Spirit which animates and gives your physical body its life in the first place). The Spirit survives “death” because the Spirit is immortal. And it continues on experiencing life, after “death,” using an astral body as a vehicle for expression. And as our physical body sleeps, we often take the opportunity to travel about the universe using our astral body. This is what an *Astral Travel* dream is, real experiences that we have in our astral body, while our physical body is sleeping. In our astral bodies, we can astrally travel to places on the physical plane (sometimes to peek in on our loved ones, etc.), we can astrally travel to “heaven” or “The Other Side” (sometimes to visit with loved ones who have passed on, etc.), the possibilities are endless because on the astral plane, there is no “time gap.” Our thoughts are manifested instantaneously. We can literally think ourselves anywhere instantly.

What characteristics distinguish an Astral Travel dream?

- *Astral Travel dreams* may draw from your Past and Present memories, but they must also highlight aspects of your Spirituality.
- *Astral Travel dreams* are extremely vivid. These dreams feel absolutely real because in actuality, they are real. All of us experience *astral travel dreams* on a regular basis, but it is the rare *astral travel dream* which is actually remembered. The more relevant an *astral travel dream* is to a concern in our waking experience, the more likely it is to be remembered. If the *astral travel dream* is simply a nightly dalliance (a reprieve from the pressure experienced in the physical dimension), it will oftentimes be forgotten upon awakening.
- *Astral Travel dreams* are never incoherent; they always unfold in a logical sequence. These dreams are always in color.

PROPHETIC DREAMS

What are Prophetic Dreams?

As the name suggests, *Prophetic dreams* offer you a glimpse of the future that is presently unfolding. The future, however, is not a fixed preset. *Prophetic dreams* can only tell you what is to come given that all the presently unfolding variables remain unchanged. Every *Prophetic dream* is also an *Astral Travel dream*. However, not every *Astral Travel dream* is a *Prophetic dream* as well. It might be helpful for you to use your consideration of the square and rectangle relationship to help you grasp this idea in that every square is also a rectangle, however not every rectangle is necessarily a square.

What characteristics distinguish a Prophetic dream?

- *Prophetic dreams* may draw from your Past and Present memories, but they must also highlight aspects of your Future and Spirituality.
- The emotions you experience in a *Prophetic dream* are both profound and intense, so much so that these emotions stay with you even if the events of the dream are consciously forgotten upon awakening. But the *Prophetic dreams* that you do consciously recall are very rarely ever forgotten, and can be recollected with a vividness of detail that may surpass even your waking life memories, years after having the dream. The emotions felt in these dreams can either be positive or negative depending on the nature of the impending event. Whichever way you feel (positive or negative), surprise is always a

component of these emotions. It is the surprise emotion element which distinguishes a *Prophetic dream* from an *Astral Travel dream*.

- Because of the *Prophetic dream*'s relationship to the Astral Travel dream, the two share this common distinction: *Prophetic dreams* are never incoherent; they always unfold in a logical sequence. *Prophetic dreams* are also very vivid and are always in color.

Refer to your Dream Worksheet. Look at where the *elements* in your dream were *time referenced*; then review questions 3 and 7 on the back of the worksheet. This is all the information you will need to categorize your dream and understand the context in which it was communicated. Using what you now know about the distinguishing characteristics of each dream type, take the information you just gathered from your worksheet and compare your dream's characteristics to the distinguishing characteristics of each dream category. The dream you had should only fit one category. Which one is it? Make a note of it. We'll come back to it later.

SO I GET THE CONTEXT, NOW WHAT'S THE MESSAGE?

(Can you say that in English please?)

Your dreams do *not* use words to “speak” their message. Yes, there is often verbal dialogue in your dreams, but such dialogue is comparable to an accent within a language, and should not be regarded as the actual language itself. The language of all dreams is Emotion. And seeing as how this is a language we are all born naturally comprehending, interpreting your dreams is not really a matter of translation, but differentiation.

For example, I'm from Boston – the home of the *drop all R's* accent. Have you ever heard Ted Kennedy speak, or seen the movie *Good Will Hunting*? Now of course this is a generalization because not everybody in and from Boston speaks this way (myself included); but because I was born, raised and have lived in Boston all of my life, I can readily process the Bostonian accent without a pause. Whereas when I travel “down south” (to Virginia, North Carolina, or wherever), there are moments when I find myself repeating what someone has said to me in my head before the words they spoke make clear sense to me. It's not that I don't understand the words a southerner speaks or know what the words mean, it's simply that (because I'm hearing words spoken in an accent which I am, in general, unaccustomed to) I sometimes process the words a little slower. I understand the language, but I'm not used to their particular accent of the language; therefore, I sometimes need to go over the words a southerner speaks in my mind in order to differentiate them. I'm sure many of you have had similar experiences, and I also think most of you would agree that making this type of “language adjustment” is not a big deal. In like manner, figuring out what your dreams are saying to you is also no big deal; you already know the language spoken by your dreams, you just need to learn to get passed the “accent.”

So what is the dream “accent” exactly? The “accent” of your dream has nothing to do with enunciation or inflections. The “accents” in your dreams are the symbols or elements in your dream (the people, the things, the places, and the activities) and whatever dialogue is spoken. All of these occurrences (the people in your dreams, the setting of your dream, the things in your dream, the activities in your dream, the dialogue spoken in your dream) are orchestrated by your unconscious mind to excite certain emotions. Your emotions are what tell the story of what your

dreams is trying to get across; the symbols and dialogue in your dreams merely add flavor to the story.

The Practice of Emotional Overlaying (Getting passed the dream “accent”)

The practice of Emotional Overlaying simply involves matching up the emotions you feel in your dreams with the emotions you feel in waking life. When you are dealing with *Conflict*, *Wish-fulfillment*, and *Problem-solving / Information dreams* there will always be an exact match between your dream emotions and your waking emotions. Any lack of success you have in determining where a match is does not indicate the absence of this match, it merely means you simply have not recognized it yet (kind of like hunting for that last backwards spelled word in a word puzzle). Maybe you haven't recalled enough of your dream to make the recognition of an emotional match clear to you. Maybe you are still in denial about certain emotions you've been feeling in your waking hours and this is why you can't see a match. If it is the latter, your dream has just imparted to you an opportunity to have a “get real” moment. If you haven't been being honest with yourself about something going on in your life, and you have a *Conflict*, *Wish-fulfillment*, or *Problem-solving / Information* dream that you can recall in detail but for which you have failed to find an emotional match to in your waking experience, this tells you that you are in denial about something going on in your life. That understanding, in and of itself, is a valuable message. Again, however, this scenario only applies to *Conflict*, *Wish-fulfillment*, and *Problem-solving / Information dreams* because in the case of the *Prophetic dream*, the practice of Emotional Overlaying takes on a slightly different context. As it applies to the *Astral Travel dream*, the practice of Emotional Overlaying is wholly unworkable and thus obsolete.

Astral Travel dreams are the most literal of all your dreams because in an *Astral Travel* dream you are literally creating and participating in a new experience while you are sleeping – as opposed to merely reviewing your waking experiences while you are sleeping (which is what you are doing in a *Conflict*, *Wish-fulfillment*, or *Problem-solving / Information dream*). So since you are actively creating and participating in *new* experiences in an *Astral Travel dream*, the emotions you feel in these dreams won't necessarily coincide with the emotions you experience in your waking hours. How could it? It's all brand new. That's why the Emotional Overlay procedure does not apply here. With respect to *Prophetic dreams* (which are also *Astral Travel dreams* as you remember), the Emotional Overlay procedure does work, but not in the same way that it does for *Conflict*, *Wish-fulfillment*, and *Problem-solving / Information dreams*. Oftentimes (for remember, the future is not a fixed preset) you “grow in to” the emotions that you experience in a *Prophetic dream* because the events being prophesized in the dream haven't yet occurred in your waking life. Therefore, you haven't yet experienced those dream emotions in your waking experience. The Emotional Overlaying procedure with regard to *Prophetic dreams* merely verifies the accuracy of the *Prophetic dream* you had. For if the event in your *Prophetic dream* does come to pass in your waking hours, the emotions you felt in that dream will mirror the emotions you will experience as you physically live through the event. This is why our *Prophetic* and *Astral Travel dreams* can oftentimes feel somewhat “other worldly,” for in them we are actually experiencing real events outside of the physical dimension, so of course it feels extraordinary. Now that we understand why we won't be using the Emotional Overlay procedure on *Prophetic* and *Astral Travel dreams*, let's look at how-to carry this process out on *Conflict*, *Wish-fulfillment*, and *Problem-solving / Information dreams*.

Emotional Overlaying is not at all a complicated procedure. The biggest thing you have to do in order to be a successful practitioner of this procedure is be attentive to your emotions, both in your dreams and as you're going about your day. If you do this, the two step process of an Emotional Overlay procedure will seem like child's play. The two step process is as follows:

Step 1: Identify the emotions you felt in you dream.

Step 2: Examine your waking life emotional experience until you find an exact match to the feelings experienced in your dream.

It's that simple. Emotional Overlaying is simply about *overlaying* your dream emotions on top of the equivalent waking emotions you've experienced; and through this superimposition, you gain the gift of viewing your thoughts and emotions from a different perspective (the perspective of your unconscious mind). How cool is that!

To get you started on the practice of performing this procedure, refer back to the Dream Worksheet you filled out. Review the feelings that you listed in the Emotional Response column, and the feelings that you listed under question 2 on the back of the worksheet. The emotional experience in your dream should resonate with an emotional reaction you've had in your waking experience. Finding this match tells you where exactly, in your waking life, your dream is referenced from. And bear in mind that the term "*waking* experience" does not merely refer to the events that happen to you while you are awake, but also the thoughts you give your Attention to while you are awake. For example, let's say you had a dream in which you felt lost, powerless and frustrated. And as you reflect on the emotions you feel in your waking hours you recognize that these same feelings (feeling lost, powerless and frustrated) match exactly how you feel when you are thinking about the direction your life is heading in. From this Emotional Overlay procedure, you now understand that your dream is talking to you about the thoughts you've been giving your Attention to as you consider your life's direction. Do you see how this works now? It's just that simple.

Putting it all together (the context and the message)

Let's take the preceding example of the dream where you felt lost, powerless and frustrated (all negative emotions) even further. Let's say this dream also seemed erratic and incoherent; and that the elements within the dream came from your Present Time Reference. This information tells you that this was a *Conflict dream*. And we know *Conflict dreams* are always about pointing out to us where our thoughts are out of alignment with our Spirit's intent. So in this example, your dream is trying to shake you. It is essentially saying, "Stop thinking about the direction your life is moving in, in the manner in which you have been thinking about it because these thoughts are not serving you well; these thoughts are not in your best interest. Did you feel just how intense those emotions in the dream were? Well this is the same power of intensity you are imparting to these thoughts which are out of sync with what your Spirit knows to be best for you. And as a result, look at what you are creating and inviting into your experience if you do not now change the way you thinking about your life's direction."

So do you see now how the context of your dream and the dream message itself works collaboratively to provide you with your unconscious mind's perspective on your waking life experiences? You cannot separate the message of your dream from the context in which it was

sent, to do so only muddles the intended meaning of the dream and invites confusion and inaccurate interpretations of these priceless messages from your unconscious.



<http://www.YourDivineInheritance.com/>

Dear Readers,

Please excuse the abrupt end to this material. This version of *Breaking the Language Barrier: Learning to Interpret Your Dreams* is actually a working draft. Hopefully I have provided you with enough information in these opening pages to make you realize that, with a little practice, understanding the meaning of your dreams can very well become an ability which is second nature to you. If the dream interpretation technique outlined in this book has been helpful to you, I invite you to share your stories of success for possible inclusion in the final draft of this material. Tell me, what was your dream about? And what category did you determine this particular dream best fit into? Where in your life (in the case of conflict, problem solving and wish-fulfillment dreams) did the emotional experience in your dream seem to mirror an emotional experience in your waking life? Share as much detail as you feel comfortable with as you explain what it is you interpreted your dream to mean.

In addition to your stories, please feel free to send me any questions you may have about the subject of dream interpretation. What would you like to see answered or explained better in the final draft of this book that you didn't see presented here in this draft of the writing?

It truly is a delight to read all of your stories and receive your constructive feedback. I thank you for it. You may address all your correspondence to comments@YourDivineInheritance.com. And here's to not only always remembering your dreams, but to also remembering their value.

Sincerely,
Evette Gardner