

Dream Date:

*Title:

Step One: Confession. Capture the dream in detail; even if it is a snippet, write it down. Write down where the dream took place, how you felt, who was in it, the movement and flow of the dream, were there colors, and anything else that you can remember. At this stage you just want to capture your dream, and avoid trying to analyze or decipher what your dream means. You can draw images as well from the dream, and frequently this is useful in conveying something inexpressible in words.

Description – Present Tense

Comments, Associations, Sketches, Etc.

**Once you have captured your dream, identify key words in the dream out of which you can create a title, this will help you to identify and link dream themes in the future. Having recorded your dream, you are ready to begin the process of illumination or finding personal associations for your dream images.*

Dream Date/Title:

Step 2: Illumination. Go through the dream's images, one by one, and for each of them, write down your associations with the image: what are the words, ideas, mental pictures, feelings or memories that pop into your head when you think about this image? Make as many associations with your dream images as possible. Are there any similarities to real places or real people? Did it reflect a real event or a conversation or something you read or watched? Feelings, emotions, thoughts, all associations must be captured. Repeat this process for each image in the dream.

Dream Images	Personal Associations

It is important to realize that dreams are unique, no dream or dream symbol can be separated from the individual who dreams it. No other individual has your background, your emotions, or your experience. In your dreams, your unconscious is communicating with you alone, selecting images and symbols that have meaning to you and to nobody else. Once you have made these associations, the next step will be to amplify the dreams images to consider their objective associations.

Dream Date/Title:

Step 3: Amplification. Now reflect on the images in your dream from an archetypal perspective. Are the characters in your dream archetypal, i.e. a king or a beggar? What about other images in the dream such as animals, metal or any objects? Are any of these archetypal? Consider what information these dream images contain for you and their relevance to your current situation. You amplify your dream image by moving beyond your personal associations, to look at the attributes of the images, objects, people, animals and archetypes, expressed in your dream images through the lens of myths, legends, fairy tales and ancient texts.

Dream Images for Amplification	Archetypal & Objective Associations

Once you recognize that the dream setting, dream figure or dream symbol is archetypal, that is the image or symbol can be found universally, across cultures, the next step is to go to the myths or other sources where the same archetype appears. What does it tell you about this great archetype? What is its role in your life? As you amplify your dream images, you continue what you have already done in your personal associations, writing down your amplified associations. See what they say about who you are and what forces are at work in you. Our [Archetypes Guide](#) has more info for reference.

Dream Date/Title:

Step 4: Education. Having identified your personal associations and objective associations for your dream images, you are now ready to interpret the message of your dream. Carefully go through your associations. What do you think the dream is making a comment on (remember what happened during the day preceding the dream). Is the dream perhaps reflecting how you really feel, or giving you a different perspective on an issue or an event? See what emerges from the information that you have extracted from the dream.

For consideration at this stage:

What is this dream commenting on?
What is it revealing, that you didn't already know?
What is it advising you about?

Record your reflections, thoughts and analysis,
from the associations and amplification you have done so far.

Dream Date/Title:

Step 5: Transformation. If you have an idea what the dream is saying to you, then this last step is about acknowledging this perspective and adjusting the waking ego's behavior in some way to bring about an integration of this perspective into consciousness. What can you do to bring this back into balance or how can you include this information in your current paradigm? These questions are the foundation of potential transformation contained in a dream.

**Practical or Symbolic Acts You Can Engage In,
to Integrate the Dream's Message Into Your Waking Life**