



Quick Dream Interpretation Guide

The following steps to dream interpretation follows the same formula from the 4 Steps of Transformation. Before I guide you through the process, I would like to point out two important aspects that must be considered when interpreting your dream.

1. **The dream is usually a comment** on something that happened during the day. You read something or someone said something and this made an impression on you and you had some thoughts about it. When you record your dream, try to identify the events of the previous day that may have influenced it.
2. **The dream is usually a criticism.** Don't be fooled into believing that the dream is a confirmation or affirmation. Work through your interpretation first. The dream is the only objective perspective on what you are experiencing and it is often brought about by a one-sided and incorrect attitude on your ego's part. Keep this in mind when you do your interpretation.



Step 1 Confession

Capture the dream in detail; even if it is a snippet, write it down. As you give attention to your dreams (even the little pieces you remember); they will become clearer and more detailed. Write down where the dream took place, how you felt, who was in it, the movement and flow of the dream, where there colours and anything else that you can remember.

Step 2 Illumination

Go through the dream line by line and write down your associations. 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. If the association brings up memories, fantasies or ruminations, capture these as well. It may be helpful to see how the dream differs from reality. Does anything happen in the dream that is impossible or highly unlikely? This usually points to a skewed perspective or paradigm in the waking ego.

Step 3 Amplification

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.

Step 4 Education

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.

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 behaviour 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.