



Common Dream Symbols

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Here are a few common dream symbols. This list is not meant to be comprehensive, just a small guide to help you get started. I prefer to interpret symbols within the context of the dream they appear in, rather than piece-by-piece. That leaves too much room for error. There are thousands of symbols, and it depends upon the context of one's own personal dream as to what they all mean for him / her. Look at it this way...a dream is like a puzzle, and although there are several pieces that are quickly pieced together because they are so obvious, the puzzle isn't complete until all the pieces are placed together bit by bit. Then you have the complete picture...until then, you'll only have disjointed images that don't add up to anything coherent, and you'll still be confused.

Symbols in dream interpretation are just one piece of the puzzle. Each piece / symbol fits together and makes a complete picture. The entire dream tells the story, not just 1 or 2 symbols picked out of it, and each individual will have different nuances affecting the dream...such as daily influences perhaps integrating into the dream. For example: let's say you saw a movie yesterday about a vicious grizzly bear and it was frighteningly graphic, and then later that night you dreamt about a bear. This would be less meaningful than if you suddenly had a dream about a bear one night, without prior influences. That could be entirely different.

One last important thought: I get so much email that say something like "I dreamed that my boyfriend cheated on me...does this mean he will in real life?" and "I dreamed that my father died...I'm scared! Is this a premonition?" Most dreams are NOT premonitions.

When interpreting dreams, the first thing everyone should consider is the typical universal meaning of the symbol / dream image. For instance, death symbolizes the end of something that's ready for change, and a new beginning. Most people start out highly resistive to changes of any sort, and see any upcoming change in their life as something foreboding and scary. Death dreams are usually about change.

Dreams about a boyfriend cheating on you are most likely, but not always, fear-based dreams. There may be a nagging fear eating away in your subconscious that is breaking through in a dream. Or you may have fear of abandonment issues rooted in childhood that are affecting your dreams. If that were the case, your dream would then be a signal for you to get a handle on this problem before it grows into something that could hurt the relationship. Another possible meaning: you may have noticed your boyfriend has been spending less time with you and is vague when you ask him questions, so a warning flag in the form of a dream has appeared to help you become more aware and start dealing with this issue.

The above are several examples of how dreams can be fear-based or can show you negative viewpoints more than anything else, and one should not suddenly dump their boyfriend because they dream he cheated on them. It's been done many times, and it's a sad commentary on just how important it is for people to learn how to understand their own dreams more effectively, to save themselves much heartache. Once you learn how to do this, you will be relieved and amazed at how much clearer your life becomes. It no longer seems like one big puzzle. That said; let's get to some common dream symbols!

These are not 100% right in every person's situation, but they are common symbols and their meanings give you a point of reference to go by. Evaluate your own individual dream against this information to see if it feels right in your case. If it doesn't - chuck it and move on, explore other possible meanings.

TEETH: My most popular requests for dream interpretation are by far, dreams about teeth falling out. Apparently this is quite disturbing to people who have this dream...they simply **MUST** know what it means! In my experience, a dream about one's teeth falling out usually symbolizes that the dreamer is having a challenge getting their voice heard, or feelings acknowledged. This may be referring to their conversations with a particular person such as their significant other, boss or friend; or can be generalized for people who are shy; to include almost everyone they come in contact with. The dreamer needs to brush up on conversational skills, believe in the value of their own opinion, learn how to be less intimidated by aggressive people, and become more assertive in making their voice heard. Once they do that, this dream (which is a common recurring dream) should evolve, show improvement or disappear altogether.

PEOPLE: Every person that appears in a dream is supposed to represent an aspect of One's Self, and not actually be about that other person at all. Rather, it is a quality or characteristic about that person that your dream is focusing on, and how it applies to **YOU**. Try to think about what aspect(s) this could be. It can be something you admire and wish to follow or incorporate into your own personality. It could be a more negative characteristic that you may dislike intensely in your waking life, but which is telling you something about yourself and your beliefs, judgments or attitude. It could be a call to alter your thinking in some manner, in order to be more open-minded and accepting of this aspect in others and your own personality, because it is hampering your spiritual growth & making life harder for yourself. The other person in your dream is always mirroring something back to you about **YOURSELF**. Try to discover what that something is, and go from there. Once you get it through your head that the other person's appearance in your dream is **NOT** about them, but really about **YOU**, then you will be much more successful interpreting your own dreams. This takes constant reinforcing - I still find myself wanting to think it's about that other person instead of me.

FLYING: usually represents freedom from the physical body, as we experience in sleep & while dreaming where we don't use our physical bodies but instead use our mental & spiritual bodies to experience our dreams. Everybody seems to have a natural inclination to want to fly, unless that is changed by a fear of flying due to a frightening incident in his or her waking lives. Flying = freedom. This could mean a desire for freedom, an "escape" from restraints in your physical life (like a mini-vacation for the mind) or any number of possibilities. Tie it in with the context of your dream...what were you doing in your dream besides flying? How did it make you feel? Also, the type of flying I'm referring to here is the person flying on their own without an airplane or any

aircraft at all. Airplanes & other aircraft are different symbols dealing with spiritual awareness, among other things.

SCHOOL: This type of dream relates to your current "lesson in life," and if you learn how to interpret it, you'll find out how you are progressing...yes, folks, you're still taking tests and getting graded! Our "true selves" are our souls, and not our physical bodies. You are a spirit / soul having a physical dream, not the other way around. Ever feel like your life is like a play, and you are acting out some role that you don't even understand, even surprising yourself with your actions sometimes? Bingo! When we sleep, that proverbial "Veil of Forgetfulness" that prevents us from "cheating on the test" is lifted, and we are shown what type of progress we are making (or, GULP, not making) and given guidance on what to do next. We always have free will in our waking physical lives, though. If we stubbornly refuse to finish our tests, then we have that right - but we are doomed to repeat it until we pass it. And each time we turn away from the test, the next time it will be more unpleasant until finally we are forced to acknowledge it's importance for our growth. The things we consider vitally important in our waking physical lives are not nearly as important as the TRUE reason we are here, which is to overcome our shortcomings so that we may get closer to our Source / God / Higher Power. To avoid learning the lesson is like forcing your soul to a fate similar to the mythical Greek god named Sisyphus who was doomed to keep rolling a boulder uphill for eternity, only to watch it roll back down & have to repeat the same tedious hard chore again & again. That sounds like school to me! So pay attention to the messages in dreams about schools, and you may advance faster. Do you really want to repeat kindergarten again?

CAR or VEHICLE: This is supposed to symbolize you in your waking life, in your physical body. Your physical body is used by the soul pretty much like we use a car...it's driven for awhile and we give it gas / nourishment & repairs as needed until it stops running, and then we go back home. Pay attention to your car, which symbolizes your physical body. Are you behind the wheel, or is someone else in control? You want to be in charge of your life, naturally. What is the color & condition of this vehicle? Do you seem to be driving it the right way, on a safe road in good condition, or is the road rocky, winding, or suddenly ends at a cliff? That would signal that you need redirection. The bigger the vehicle, the more energy you may be successfully using for your daily lessons, depending on the context of your dream. Note all clues as to how you are faring, and make adjustments accordingly.

HOUSE: You drive a car, but typically you LIVE in a house/apartment. Dreams about a house symbolize a larger aspect of your Self, and the aspects of self, which make us whole. Each room is said to symbolize a different aspect of your Self, for example:

An Attic symbolizes your Higher Self, and your spiritual development & progress. Look at other symbols in the attic of your dream, and try to evaluate what they mean. Also pay attention to the feeling(s) you experience in your dream...is it serious, enlightening or what, exactly? All these things are clues for you.

A Bathroom would symbolize the need for cleansing / purging / elimination of something in your life that isn't quite working, or that has served it's purpose and now it's time to move on.

A Kitchen would symbolize the need or act of supplying nourishment or food for the body / mind / soul...whatever is currently "cooking" or developing in your life. If the food is plentiful, you have what you need. If the cupboard is bare, time to go shopping for new nourishment, and you need to figure out what is needed for that "shopping list."

A Dining Room is similar to the kitchen, but has more to do with immediate needs for supplying & utilizing nourishment, and less with the preparation or taking stock of those needs.

The Main Room or Living Room symbolizes your daily interactions with others, and often you will have other people appearing in your dreams in this room. Remember, they represent aspects of YOUR Self, and not themselves. (See PEOPLE, above)

Bedrooms symbolize the unconscious mind aspect of your self, rest, dreams, sometimes and sexuality issues in your life.

The Upstairs symbolizes your spiritual awareness aspect of self, or the Higher Self that holds all the keys or knowledge to this life's role you are acting out, and always has your higher good looked after, no matter how it might seem otherwise.

The Downstairs / Basement symbolizes your subconscious mind / aspect of self, which deals with habits, old coping skills, self-regulation, ego. That's usually the part of our Selves that makes us feel "torn" between knowing we should do one thing, and inexplicably ending up doing the opposite. (Don't you HATE that?) Old belief patterns & fears have to be corrected, if that is the case. Tackle & overcome it, and you will feel much more peaceful about your life.

The Ground Floor of a house represents your daily agenda; what's currently going on in your life.

Revisiting Old Houses from Childhood or Earlier Times: this points to issues that probably are resurfacing in your current life, and need to be looked at, analyzed, and healed so you can move forward and not backward. If you find yourself repeating the same old tired mistakes, or dealing with the same old tired fears, chances are you will have this dream.

A Hallway symbolizes that you have reached an area that is necessary to journey through in order to get to the other side, and it may be a narrow path that has to be traversed with care and awareness. If you have that "closed in, claustrophobic feeling" then you need to expand your awareness/open your mind to more possibilities for completing this phase of your journey.

TORNADO: this symbol points to emotional turmoil, as in a "whirlwind of emotions"; and / or rapid or sudden changes in your life. It is a sign to "get a grip" on what is possibly spinning out of control & deal more effectively with your emotions. Meditation and finding some private "thinking time" for yourself might be a good idea.

COLORS: *Pink:* the color of love in all its forms. Often used to show healing through love.

Red: passion or anger.

Black: the unconscious mind; void; death of the old.

Grey: fear or confusion.

White: truth, "coming clean," purity; can also be symbolic of death & new beginnings.

Green: healing, growth, newness.

Blue: spirituality; could be a metaphor for "being blue" (look at context of dream).

Yellow: peacefulness, hope (as in "sunny disposition"); could be a cowardice metaphor.

NUMBERS: I am not a numerologist, but I will put a few basic numbers here

One: unity, completeness.

Two: balance of yin-yang principles, or male / female energies-either it's needed or it's achieved.

Three: (common dream symbol) the trinity of the Father, Son & Holy Spirit, and the 3 principles uniting in harmony, as in body-mind-spirit harmony. This dream has an important spiritual message for you - pay attention!

Five: changes!

BABY & or PREGNANCY: newness or creation in your life, a new aspect of self is being formed and coming into being!

** Remember, all these are generalizations and each individual dream must be interpreted on it's own merit, by the individual dreamer. You can take in suggestions and advice, but don't see them as gospel in your case unless it truly seems to fit your dream scenario and FEELS RIGHT to you. Your intuition will let you know if you have hit on something; otherwise you'll feel a nagging sense of doubt.

Dream Themes

A dream theme is an identified recurring image in one's dreams, such as dreaming often about a school. In order to identify themes, it helps to keep a dream journal and follow other tips.

Right now, my dream themes are still church and schools. I've had that recurring theme for years now. Some dream themes of the past have been: roaches, bathrooms (hated those!), and a recurring nightmare in which I was paralyzed while an evil, shadowy entity sped towards me. I had that dream all my life until finally facing my fears in waking life 4 yrs ago. Since then I haven't had the nightmare again (Thank God!) By working through that recurring nightmare I became very interested in dreams and their meanings. Once you face whatever issue the dream theme is representing in your life, and "heal" it or conquer it, that particular theme will either evolve or disappear from your dreams altogether.