

DREAM PRIMER

- 1) Dreams are recordings of emotional events of the preceding day which we choose to ignore.
- 2) Every part of the dream is some representation of yourself.
- 3) We all dream every night - we choose not to remember them.
- 4) If you tell yourself to remember your dreams - you will.
- 5) The most subtle parts of the dream are the most important.
- 6) Try to remember how you feel when you first awake from a dream.
- 7) Have a tape recorder or paper next to your bed - record everything you can remember without concern for whether it makes sense.
- 8) Dreams are disguised wish-fulfillments.
- 9) Dreams have a time reality - like the floor of a house:

Basement - Past
1st Floor - Present
2nd Floor and Above - Future
- 10) Whether it is dark or light in a dream will reveal the mood and the closeness to consciousness of the dream material.
- 11) Death in a dream does not usually mean death but change.
- 12) Numbers in dreams should be added in a base 9 fashion. For example: Numbers 71 would equal 8 ($7+1=8$). Eight stands for infinity.
- 13) Dreams reveal important information about ourselves. It can help us to know ourselves better and thus feel more in control of our lives.