

*Your Dream Journal – A Free Gift For You From MyTarotDreams.com*

Date: \_\_\_\_\_

Name Your Dream \_\_\_\_\_

Write a summary of your dream, including as many details as you can recall:

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Note Which Symbols Stand Out Most To You ~ People, Actions, Events, Colors, Weather, Etc.

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Note Which Emotions You Experienced and How You Felt Upon Waking

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What's Going On Right Now?

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What Does Your Dream Mean?

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## *A Few Notes On Recording Your Dreams*

*Don't make the mistake of procrastinating. Dream details often evaporate like the morning dew. You won't remember all of the details if you wait even a few hours before recording your dream. "I'll do it later" easily becomes not doing it at all.*

### DATE

*After translating dream symbols into meaning, you'll compare them to what's going on in waking life to determine your dream. If you fail to record the date and aren't able to look at your dream for several weeks, you may have difficulty with its interpretation. Record your dreams immediately for the same reason.*

### NAME YOUR DREAM

*Native Americans and other dream experts recommend naming your dream. This gives both your conscious and subconscious minds a point of reference for action and subsequent dreams that exhibit patterns.*

### SUMMARY

*Document the details of the dream, in as much detail as you can recall. Any of the above symbols or themes can repeat in dreams over a period of time. Documenting your dreams can help identify these patterns.*

### WHICH SYMBOLS STAND OUT?

*The unconscious speaks in a language of symbols and people and things may not always be who or what they appear to be. Their presence may represent an actual person, or they may symbolize something to you. If they are unknown to you, note their characteristics; i.e., male, female, large, small, race, etc. Remember that people frequently do not symbolize themselves in dreams. They often symbolize aspects of the self demonstrated in their relationship to you, their behavior or their appearance. Note the location, the weather, time of year, etc. These are symbolic as well and play a role by creating context in the whole dream picture. What were you doing? What were the people or animals in your dream doing? Actions such as driving, climbing, running, etc., play a large part in the meaning of your dream. Note what the actions and people in the dream are centered around: colors, animals, clocks, rings, shapes, numbers, etc. The symbols have basic meanings but may have a specific meaning to you. Look up the symbol and reflect upon the role it plays in the dream and what that means for you. Include both the traditional meaning that you find in your dictionary as well as any personal meaning that the symbol has for you. The meaning of one symbol may also be influenced by the other symbols present and entire context of the dream.*

### WHAT DOES YOUR DREAM MEAN?

*Carl Jung believed that "the dreamer is the only true interpreter of the dream." Input from references and others can help jump-start your insight, but you're really the only one who can interpret your dream. Don't worry if you can't interpret it immediately. This skill will develop as you consistently record and compare your dreams to each other and your waking life.*

*Dream Until Your Dreams Come True!*