

Dream Triggers & Tips for Interpretation

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Ten Questions to Ask to Trigger Dream Responses

- What do I need to know about the functioning of my body to improve my health?
- What beliefs are interfering with my ability to see my life situation clearly?
- What is the next phase of my life work?
- How can I connect with my grandparents who died?
- How can I improve my relationship with my spouse?
- Which of the possible solutions to this problem would best serve my growth?
- What is causing my child's anxiety and irritability, and what can I do?
- How can I move through my writer's block and jumpstart my creativity?
- What hidden factors are limiting the forward movement of my career?
- What do I need to know to become more spiritually aware?

Things to Keep in Mind When Interpreting a Dream

- Interpreting dreams doesn't have to be difficult, intellectual, or dry.
- Use your intuition to sense which dreams have that extra "psychic weight" and allow yourself to work with those first.
- Does the dream trigger an experience of love or fear?
- Is the dream about your physical body, the way you use your energy, your hidden emotions, your ideas and belief system, your inspirations, your life purpose, or is it transpersonal and visionary?
- If the dream is helping you become more authentic, what is it trying to tell you?
- If the dream were depicting a literal movement of your awareness, rather than some thing symbolic, what might you be doing?
- What are the key elements of the dream and how is each one an aspect of your life right now?
- What choices did you make and what feelings did you experience in the dream? What does this tell you about yourself?
- Are there any puns, double meanings, or cliches in the dream? What might the secondary meanings denote?
- Was the dream in color, or sepia-toned or black and white? Was it lit brightly or was it dark?
- Did you have any "sidebar" impressions or outside commentary about parts of the dream?

