



“Be the Dreamer, not the Dream.”

—from *Dreams for Dummies*

Sample Interview Questions

Does everyone dream?

If you don't remember your dreams, how can you start?

How can you increase dream recall?

What happens when we dream?

What categories of dreams are there?

What are daydreams; do they count as real dreams?

Do women or men dream more than the other?

Do you stop dreaming as you age?

What's the best way to deal with nightmares; and what causes them?

What are some of the most common dreams and what do they mean? For example, teeth falling out, being chased or feeling paralyzed, being unprepared for tests, being naked in public.

What does it mean when you dream of: flying, falling, dying, having a baby, having sex with a celebrity, killing someone, fighting a monster?

How would you interpret common symbols like: cars, planes, money, attics or basements, houses, food, or various animals like snakes, dogs, horses, lions?

What about when you dream in numbers, colors, or geometric patterns?

What is déjà vu? Is it related to dreams?

How can dreams be useful? For example, for creative solutions, precognition, healing, guidance.

Do blind people dream?

You mention in your book about 24-hour consciousness; what is that?

How do you know when a dream is precognitive or symbolic?

Can dreams have several meanings at once?

Your book describes something you call “dream zones;” what are they?

When you dream of someone you know should you tell them?

What's the best way to work with children and their dreams?

What things are important to keep in mind when starting a dream group?