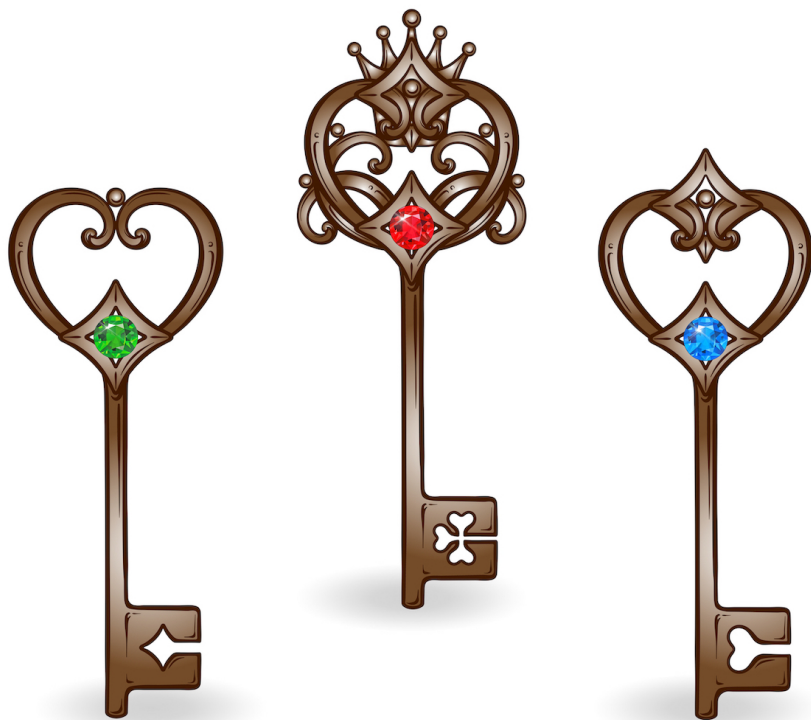


From the creator of TheCuriousDreamer.com

THE CURIOUS DREAMER'S DREAM ESSENTIALS

The All-in-One Dream Interpretation Book
and Concise Dream Dictionary



NANCY WAGAMAN

About This Book

Your dreams speak to you every night. Unless you pay attention to them and learn their language, you'll miss insights into yourself and your life that might otherwise be lost. This book encapsulates the essentials of practical dream interpretation to help you find the value in your dreams.

We'll begin with the foundational dream interpretation process and then explore a range of instructive dream topics that includes symbolism patterns (p. 6), analysis techniques (p. 17), dream intuition (p. 9), the subconscious mind (p. 59), dream recall (p. 64), and nightmares (p. 68)—as well as tips, answers, and resources to help you get the most from your dreams. A concise dream dictionary (p. 43) and top symbol categories (p. 36) also prompt you to explore traditional and personal dream symbol meanings.

This book presents key dream topics in a concise and easy-to-read format. The personal-growth focus of this book draws from various modern disciplines and the author's years of client work. If you enjoy this book and would like to delve more deeply into dream interpretation, you can find much more in *The Curious Dreamer's Practical Guide to Dream Interpretation* (details on p. 93) and *The Curious Dreamer's Dream Dictionary* (details on p. 95).

Chapter 2 Consider Common Dream Symbolism First

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If there's any such thing as a shortcut to finding dream meaning, this is it. The majority of dreams convey meaning using one of just a few forms of symbolism. So, chances are that your dream symbol represents something in your life or mind in one of the following ways, which you'll begin to recognize as you interpret more dreams. When searching for a symbol's meaning, always consider these most common forms of symbolism first.

Literal Translation

If the dream symbol (person, event, object, action, setting, etc.) exists in your real life, it might represent that actual element of your waking life. For example, your mother who was hugging you might represent a particular time she hugged you, or her affection toward you in general. Consider whether the dream symbol might represent the same thing in your current life, past, or imagined future, and whether your feelings about the dream

symbol remind you of feelings you felt about something in your real life (perhaps recently).

Emotions

The emotions you feel regarding the dream symbol are probably the same as the emotions you feel about whatever the symbol represents in your real life. For example, if you feel overwhelmed by a swarm of insects in a dream, the swarm might represent your to-do list that feels overwhelming in real life. (See more about emotions in the “Emotions” symbol category on p. 39.)

Abundance or Lack

A dream symbol can represent something that you feel you have too much of, do too much of, or want less of in your real life. Alternatively, your dream symbol could represent something that you feel you lack, do too little of, or want more of. If your dream contained a pleasant experience (such as relaxing on a beach), your subconscious mind could be pointing to your desire for more relaxation in your life. If your dream was unpleasant (such as someone judging you), your subconscious mind may have been focused on trying to avoid that kind of experience in real life.

Personal Symbolism

A dream symbol may convey meaning that you personally associate with it based on your experiences, feelings, and other influences. For example, one person might associate a baby with vulnerability and someone else might associate it with growth.

A particular dream symbol may bring more than one meaning to mind for you. For example, money might bring to mind how fun it is to spend, but you might also think of money as power or as a solution to financial problems. If the first meaning that comes to mind doesn't seem to relate to anything in your real life and doesn't resonate intuitively, explore additional meanings.

Importance

The symbols you tend to notice in a dream are often the most important ones. So a good place to start when exploring your dream is with the symbols that stood out. Symbols may stand out because they're so huge you can't miss them (like a boulder falling on your house) or they could be small details that happen to stand out in your mind (like the chipped rim of a teacup). Sometimes an important symbol is highlighted in the dream with a

bright color, illuminated with light, pointed to with an arrow, or emphasized in some other way.

Urgency

If there's a sense of urgency involved in the dream, the dream might represent an urgent matter that you feel needs attention in your real life (or one that you fear or imagine needs attention). For example, a dream about trying to put out a fire at work could point to a real-life problem that arose suddenly at work that you feel requires quick action to avoid catastrophe.

Subject Context

A dream might be about you or it could represent your perception of a friend or a recent situation—even in the media, on TV, or in a movie. For example, in a dream about a girl wearing a cheerful flowered dress, the girl could represent a happier version of yourself or your desire to feel more cheerful. Alternatively, she might represent a friend who was in a happy mood when you saw her yesterday, an upbeat song you just heard, or an optimistic character you saw in a TV show last night.

Time Context

A dream symbol could represent something in your past, present, or imagined future. Look for elements that bring to mind a particular time frame, either in the characteristics of the symbol itself or in the other things associated with it in the dream (people, activities, clothes, places, music, books, etc.). Time-related cues could include things like hair or clothing styles, a person appearing younger or older than their current age in real life, technologies of a different era, or personal cues such as the cowboy boots you wore at age seven.

Emotional Exaggeration

When a dream portrays a real-life situation that's particularly emotional for the dreamer, sometimes the situation shows up as exaggerated in the dream. In other words, the subconscious mind may amplify the real-life situation, "making a mountain out of a molehill," expressing how strongly the dreamer feels about the dream's subject matter. For example, if in real life you saw a baby snake in your yard, and you're very afraid of snakes, the snake might show up in a dream as a huge serpent attacking you. So, consider whether a particular dream symbol could represent a similar but less extreme situation in your waking life, about which you feel strong emotion.

Chapter 6 A Concise Dream Dictionary

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If the following symbols show up in your dreams, you're not alone. These are some of the most common dream symbols, selected from the 1500 symbols defined for personal growth in *The Curious Dreamer's Dream Dictionary* (details on p. 95).

How to Use These Symbols

Before you begin using the symbols descriptions in "The Symbols" (p. 45), you'll need to understand the usage guidelines presented in this section.

Possibilities, Not Answers

Keep in mind that these descriptions provide *possible meanings* rather than definitive answers about your dream symbol's meaning. Use these descriptions as a springboard for your own interpretation process.

Remember also that you are the ultimate authority on your own dream. Your subconscious mind already knows your dream's meaning, and your

intuition will recognize that meaning. The hope is that as you review dream symbol meanings, you'll experience an intuitive flash of recognition when you encounter the one that's true for your symbol in your particular dream.

Consider Symbol Context

The following information is very important to apply as you read the symbol descriptions in "The Symbols" (p. 45). These are contexts that apply to every symbol but weren't repeated in each description for the sake of brevity.

Imagine These Words Before Each Symbol Meaning

In your mind, add the following words before each suggested meaning in a symbol description:

- "Your Subconscious Mind's Version Of"—A dream symbol often portrays your subconscious mind's version of whatever the symbol represents in real life (as if your subconscious mind was painting a portrait of it), rather than an accurate representation of the thing.
- "Your Perception Of"—Each dream symbol portrays your perception of something rather than a straight-on view of the real thing.

Imagine These Words After Each Symbol Meaning

In your mind, add the following words after each suggested meaning in a symbol description:

- "Consider What Comes to Mind"—Because dream symbol meaning is so personal, each symbol likely represents something that you already associate with it.
- "Or Something Else"—Because the meanings listed for each symbol are merely possibilities, your personal symbol meaning may not appear among the ones listed in this book.

Consider Each Symbol's Focus

A dream symbol can convey symbolism through one or more of the following focuses (or more specifically, "your subconscious mind's version of" "your perception of" the following):

- Something in your real life.
- Something you participated in, observed, or otherwise experienced in the past (saw firsthand, read about, saw on TV, etc.).
- Something perceived, desired, feared, or imagined.
- Something in your past, present, or expected or imagined future.

quality or animal. Consider also the animal's actions, context, and your feelings about it.

Driving

Driving a vehicle can represent how you “run your life,” or did in the past. **Driving well** can represent taking charge of your life, making good decisions, or staying on track. **Crashing** can represent a feeling or fear of a disaster or inability to handle things in your life. **A driver other than yourself** can represent an authority figure or someone you've allowed to make decisions for you; someone who was in charge of a certain process that's represented by the vehicle's movement (such as the leader of your project team, or your friend who took you to dinner).

Falling

A feeling or fear of losing a sense of security or control. A sudden lack of foundation in your life, such as a situation in which “the rug is pulled out from under you.” Experiencing or fearing abandonment, especially by someone or something that provides critical support (a partner, employer, God, etc.). **An object falling** can represent: a loss (or loss of control) of whatever that object represents in your life; the idea of “coming back down to Earth” or facing reality; the idea of an unseen force in action (such as a belief that “grounds” your behavior).

Feelings

Feelings in dreams often represent themselves, meaning that whatever you're feeling about the dream situation is likely the same way you feel about whatever the situation represents in your life. **Another person's feelings** can represent feelings you've seen that person express, or the way you imagine or fear that person feels. **An angry person** could represent: a real-life event during which you experienced someone's anger; a feeling that the world is an aggressive or negative place; your own anger.

Help, Calling for

Calling for help (police, a friend, God, etc.) can represent: A particular time you called for or wished for help in real life. A current desire for help. A feeling or fear of a threat, helplessness, confusion, or inability to take action. **Not being able to call for help (such as yell or dial the phone)** can represent: a feeling or fear of not being able to get help, an overwhelming situation, or an obstacle to getting help (such as feeling too ashamed to ask).

House

A house, apartment, flat, or any place of residence often represents you or your life, even if it doesn't resemble your current home. The events in the

house may represent real or imagined events in your life. Each room may represent a different area of your life (such as your bedroom representing your personal life). Each level may represent a level of your consciousness (such as a basement representing your subconscious mind or attic representing spirituality). A house can also represent security, comfort, protection, familiarity, or belonging (as in the idea of “home”). Also consider the mood and condition of the house and anything that stood out about it (for example, a dreary house might represent sadness, or a house missing its curtains might represent personal boundary issues). **Your childhood home** might represent you or your current life, or a time in your past. **Someone else’s home** might represent that person or their life, your relationship with that person, or a real-life situation in which you were both involved.

Illness

Vulnerability. Feeling under the weather or not your usual self mentally, emotionally, or physically. **Someone else being sick** can represent your feeling that they’re more vulnerable than usual, or that they could benefit from positive attention. Also consider the symbolism of the particular illness (such as an infection representing something invading your personal space, or diabetes representing an inability to enjoy the sweetness of life). Consider also the meaning of the specific illness, symptoms, or the body part involved.

Injured

A feeling or fear of vulnerability, weakness, tiredness, threat, attack, or pain (physical, emotional, mental, financial, or otherwise). An indication of a Toxic Dream (more on p. 69). Consider also the meaning of the part of the body that was injured.

Key

Permission or access. Power or authority. The (real or imagined) answer to a problem, puzzle, or something else you’d like to “unlock.” **Your personal set of keys** (such as car and house keys) can represent your self-identity, personal power, access, or abilities in life. **Losing your keys** can represent compromising yourself or giving away your personal power somehow, or possibly neglecting your responsibility for yourself.

Leg

Ability to move forward, take action, or make progress in life. **A broken leg can represent:** A perceived or real impediment to your progress in life; a feeling or fear of your progress being slowed; a need to slow down for the sake of your well-being.

Thank You

for reading this excerpt from *The Curious Dreamer's Dream Dictionary*
by Nancy Wagaman.

Ebook at most online booksellers.
Paperback at Amazon.com.

Keep Exploring

To learn more about dreams and access interpretation tools, explore the following additional resources from the author of this book:

Join Nancy's Mailing List

Sign up for occasional dream tips, resources, and news from the author. You'll be among the first to hear when Nancy introduces a new book in The Curious Dreamer series or when she offers special discounts on her books or services.

Sign up here:
<http://eepurl.com/c7VmuP>

TheCuriousDreamer.com

TheCuriousDreamer.com is a free online dream dictionary website with more than 15,000 dream symbols defined for personal growth by Nancy Wagaman. Try the convenient dream analyzer tool by typing a short description of your dream and then seeing a list of possible dream symbol meanings. Explore DIY dream resources, including meanings of common dreams, top dream symbol categories, and how to program your dreams using focused dreaming.

MyDreamVisions.com

MyDreamVisions.com is Nancy Wagaman's professional dream services website dedicated to understanding dreams and their meanings. Get a professional dream interpretation from Nancy, and read how her interpretations are helping dreamers. Take advantage of dream interpretation tools, sample dream interpretations, tips for improving dream intuition and recall, and educational dream quizzes.

Social Media

Discover more dream information and inspiration by following Nancy's social media accounts:

Twitter: @CuriousDreamers

Facebook: facebook.com/thecuriousdreamer

Pinterest: pinterest.com/dreammeanings

Instagram: @TheCuriousDreamerOfficial

Submit a Dream for Interpretation

You can submit a dream to be interpreted by Nancy Wagaman by visiting her professional dream services site, MyDreamVisions.com, and clicking **Buy an Interpretation**. Type in your dream information, and Nancy will email you a custom dream interpretation exploring dream meaning. Choose the In-Depth Dream Interpretation and Nancy will also include an analysis of dream messages, subconscious thoughts and feelings, any dream indicators about life direction, and any follow-up actions that may be appropriate, such as steps to resolve issues that came up in the dream.

Clients tend to rate Nancy's dream interpretation services very highly and report that they're extremely satisfied after receiving their interpretation. Feedback has been overwhelmingly positive, including comments such as:

Wow. I hardly know what to say. Your analysis was incredible!

Your knowledge and interpretations are very inspiring!!

Incredibly insightful in-depth interpretation.

Bravo, Ms. Wagaman!...Thank you for having this service.

WOW!!!!!! All I can say is WOW!!!!!!

I have been working with someone...but your work goes to another level.

Great analysis! Right on target!

Thank you so very much...my mind can rest now.

Such an in-depth and fascinating look at my dream.

Praise for This Book Series

Readers have positive things to say about Nancy Wagaman's The Curious Dreamer book series:

Reviews of *The Curious Dreamer's Practical Guide to Dream Interpretation*:

"You will become your own dream expert..."

—Lesley Jones (*Book Reviewer, Readers' Favorite*)

"A valuable resource for dreamwork...This book is very practical and deals with the nuts and bolts on dreamwork, as well as how to take care of your tools."

—Henry Reed, Ph.D. (*Psychologist, "Father of the Dreamwork Movement"*)

"Insightful...a great in-depth look into interpreting the content and symbolism of dreams...well-written, well-researched..."

—Amy Shannon (*Writer and Book Reviewer*)

"A fascinating read. I enjoyed learning about dream interpretation and had quite a time analyzing my own!"

—Holly Senecal (*Book Reviewer*)

"Takes the labor out of understanding dreams....made for curious people who want to understand their dreams through a quick and easy reference tool..."

—James Hart (*Poet and Editor*)

"This book is a must for anyone interested in dreams..."

—V. Nunez (*Book Reviewer*)

Reviews of *The Curious Dreamer's Dream Dictionary*

"This is the coolest book I've ever read about dreams!...Very easy to follow and understand."

—Melinda H. (*Book Reviewer*)

"This will be my go-to book from now on whenever I wake up after a dream...perfect informative dream interpretation."

—Curious R. (*Book Reviewer*)

"This is one of the most reader friendly books I have ever used...explained in terms anyone can follow...If anyone is looking for a very usable book about dreams, this is the book for you."

—Marie A. (*Book Reviewer*)

About The Author



Nancy Wagaman is a human technologies innovator specializing in personal growth and transformation. Her practical techniques enable people to transform self-limitations and improve their lives. Rooted in science and intuition, Nancy's transformative techniques are practical and easy to use. Nancy began developing human technologies during her early career at Bell Laboratories, and she has also consulted and

conducted research for corporate, university, and private clients. Her work has been featured in magazines, radio, and television. Nancy holds advanced degrees in applied psychology and communications, and bachelor's degrees in psychology and biology. She is the creator of *The Curious Dreamer's Dream Dictionary* (TheCuriousDreamer.com) and has written extensively on applied psychology, intuition, and other personal growth topics.