

Pointers on Dream Interpretation

by Eva Pierrakos EP1

1. It is most important that you make personal associations. No matter how preposterous the dream itself, as well as the associations may at first appear, if you analyze them closely and carefully you will feel the truth as a strong feeling of inner knowledge and understanding. In fact, this inner knowing is the only indication that the dream has really been properly analyzed. Intellectual interpretations are not enough, even though they seem logical, or if they are later proven correct. Associations often lead far astray. This flow should not be stopped, even though it seems to wander away from the dream. Ultimately these associations, no matter how far afield they may seem to go, will return to the dream. Therefore, it often takes a long time to really work a dream through and understand its full meaning.
2. No matter how 'silly', unimportant, or crazy a dream may appear, it always contains something of importance. In fact, the dreams that make sense are not necessarily more important than those that at first glance do not.
3. If a dream is fully interpreted and understood, it always contains a special message, even if this message just repeats something the person already knows. In such an event, the person may not be fully aware of the extent and scope of what the dream finds necessary to repeat. It is worthwhile to think and feel it through rather than to discard it with an 'I know this' attitude.
4. There are general dreams that show the entire inner situation; past, present, and future. These are not necessarily prophetic dreams, but the inevitable outcome of one's present attitude. They also show the direction and the inner life plan, the right way one should go or the solution to a problem if one's attitude were to undergo change in this or that particular direction. Or they may show a situation as it really is. Since these dreams show the subjective aspect, they are called Objective Dreams.

There are also dreams that show one's subjective feelings to a person, a situation, or a predicament. They point out a passing reaction or emotion that may be in itself significant but that is important as a part of the whole picture. These dreams may bring forth fear, desire, irritation, or whatever the emotion may be. They show but a momentary aspect of one's inner life, and they are called Subjective Dreams.

5. The dream is often obscured in the constant battle of the personality between concealing and disclosing the truth. It is necessary to understand this battle and to have patience in order to decipher the hidden meaning. Therefore, the side that wants to reveal the truth at times resorts to drastic means. For example:

- a. Gross exaggeration that, at first sight, one feels inclined to dismiss as nonsense. But if one keeps this in mind, such dramatization and exaggeration of a single factor presented out of focus will help rather than hinder one's getting on the right track
- b. Repetition of the same meaning in different pictures or symbols or dream situations. This is particularly helpful in showing that one is on the right track.
6. Almost all people or situations in a dream are part of oneself. They represent an aspect of the self, or they show one's reaction to a person or situation.
 7. A dream situation, a person or an object has to be analyzed by free association as to its general or specific meaning to the dreamer. Going on a trip may be more than just 'life's journey', that is, life as such. The dreamer should think and feel what traveling means to him personally. If no enlightenment comes out of that, he should think upon what traveling generally signifies. It may be a change, an escape, a development. It depends on the accompanying circumstances in the dream situation as to whether it has a positive or a negative connotation. Any dream event or action or happening that cannot be analyzed by personal associations should be tackled from this approach: What does the event or action generally mean? What does it stand for? Brought in this way to its simplest terms, a striking answer can usually be found and then applied to the dreamer's personal inner life.
 8. There are general dream symbols that may apply to everybody... Animals usually indicate the instincts, not only sex, but others as well. Hair is often the symbol for sex. Water often symbolizes the emotions. A dried-out well may represent dried-out, inhibited emotions. Darkness, fog, haze, and night represent confusion and ignorance. There are too many symbols to go into them all now. However, it is really not necessary to know these general symbols. By thinking and feeling through, by free association, and by looking into the concept on such, one is inevitably bound to find the solution. For example, one dreams about an animal. It is much better to disregard the knowledge that this may be a part of the instinctual nature, which may lead to a pat answer that is not felt through. Rather investigate: What does this animal mean to **me**? Do I like it or fear it? Is it destructive or useful? Is it low or noble? What are **my** opinions and emotions in regard to it?

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The dream that is given by the Spirit World is really a memory of your sojourn in the Spirit World while your body was asleep. You are taught or advised about something and then you can take a memory along to help bring out what your soul has been impressed with....often it is helpful and more effective if this is a fortified picture. PL 15

In your dreams, you have your own personal symbols for your personal little idiosyncrasies. A myth, on the other hand, deals with a general, universal truth. PL80