Dream Dictionary

(Northern Star College)

Use a binder, tabs to indicate master sections, and loose-leaf paper.

The master sections should include:

People, animals, places and settings, objects, events, symbols, themes, feelings and actions.

Put those words on your tabs.

Then make specific elements alphabetical within the sections. For example- Under people- I will put Susie Petersen under the “p”s.

My dream that featured a mandala as a symbol will go under “m” in the symbol category.

You may find some of the sections overlap, such as feelings or themes i.e. abandonment or rejection.

Then find elements in your dreams (people, places, animals etc.) that show up. To determine what is important search your psyche.

Some indicators that make it important are: the frequency with which it visits, the intensity of the visit, how meaningful it feels to you. Recent encounters may be easiest and most relevant.

Also note that some elements evolve over time- allow that and chart the evolution- how they change. This may indicate something within you, or affecting you is shifting.

For example if it is a person, does she always show up at a certain age? What does it mean if she is younger or older in a certain dream?