THE QUICK AND EASY STEP-BY-STEP METHOD FOR UNDERSTANDING DREAMS THAT ANYONE CAN DO

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First of all, let me congratulate you on taking one of the bravest and noblest acts you may ever take - the quest to understand you dreams is ultimately a path to understanding your deepest Self. This is not a path for the faint hearted! You will need to be strong, and you will need to be true. There are reasons many people do not understand their dreams. You may find this process confronting and challenging at times. Buy for the main, I think you will really enjoy using this method. And the rewards you will gain from self exploration are great. You can learn to free yourself from self-limiting beliefs, from fear and insecurity, and to live the full, rich and rewarding life you were truly meant to live.

The insights you will gain from applying the Dream Mirror method will reveal aspects about yourself that you may not have realised for a variety of reasons. You may be fearful of elements of your True Nature, afraid they will attract criticism from friends, family or co-workers if you were to behave in ways that run counter to what you think they expect of you. Or you may feel insecure, shy, or nervous to admit your real strengths and step into your true power. Conversely, you may be in some form of denial, not wanting to admit to yourself what your shortcomings are, or where you need to be brave and make improvements to your life. Or you may simply be confused, overwhelmed by options or torn between competing loyalties.

Dreams shine a light on what is most important in our lives, where we need to grow, where we need to let go. They encourage us, perhaps with a gentle nudge, at other times an urgent cry, to live our greatest life, to be the person we were meant to be. Dreams demand nothing less than you become your most Authentic Self.
There are many approaches to understanding your dreams, and each of them have their own benefits and challenges. The Dream Mirror method is designed to be quick and easy to use, for immediate yet powerful results. (If you wish to take this understanding further, I will let you know in future about a course that can help take your Attentive Dreaming to the next level.)

The Dream Mirror method works particularly well for:
- dreams that have quite a simple narrative
- short dreams, or remembered fragments of dreams
- longer or more complicated dreams with stand-out characters
- dreams that are more symbolic than literal or influenced by external events, medications etc
- dreams that feel more personal, rather than related to extraordinary subjects such as God, the Divine, the Universe etc (these rare kind of dreams often deserve an equally special approach)

The Dream Mirror is method is a powerful tool, but only you can wield it accurately, as only you really have the insight of what is going on in your own life and mind.
core beliefs...

Inspired by the Gestalt method of dream interpretation championed by Fritz Perls in the 1960’s, and enhanced with a little Jungian perspective, the Dream Mirror process of dream interpretation is far simpler than many other more analytic approaches, and a great way to get started in understanding your dreams.

The Dream Mirror process from The Dream Well is centred on three core assumptions:

1. **We only exist truly in the here and now.**
   The past and the future exist only in our mind, as either memories or hopes, fears and speculations. In a dream, this is visualised clearly, as we bring our ideas and feelings of the past and the future together to create a present made up of many co-existing layers.

2. **Everything we dream is within our own minds**
   Therefore every aspect of a dream can be considered to be a part of us. Every item in a dream is like a fragment of our personality.

3. **All things are related to each other**
   If we can integrate various seemingly separate parts we can unite them into a more complete whole.
a metaphor for dreaming...

Consider standing in a hall of mirrors. There is the original “you” that is the body that walks into the hall, with the eyes that see the many reflections before you - but then there are the multiple reflections of yourself gazing back at you from the mirrors.

Now, imagine this is a dream, and instead of seeing an exact carbon copy of yourself in each mirror, instead you see something different: in one mirror a person, in another a creature, in yet others objects or scenery. Each mirror may not look at all like you, but it represents a part of who you are. All these aspects are different, but together they all make up who you really are.

This core understanding can help provide incredible insights into the meaning of your dreams.

The goal of Gestalt psychology is “integration” - a bringing together of all these different aspects of yourself into a unified whole. And in doing so, you will gain a new perspective about who you really are. If this all sounds complicated, it actually isn’t…
3 simple steps...

Each of these core beliefs translates into an easy, specific action for gaining understanding of your dreams...

1. Speak or write in present tense

2. Take on new roles

3. Look at relationships
“If we exist only truly in the present, then we must speak or write of our dreams in the present tense.”

Instead of “I dreamed I walked into a wood and met a large wolf” you would write or say “I am walking into the woods, and I suddenly meet a large wolf.”

You may find that even in applying this simple trick, something subtle but important shifts inside you. This way of referring to dreams makes them feel more immediate, it gives them power and substance. It also can make you feel as if you are talking about something that is really happening, and the parallels to your life may start to become more obvious.

Some TV documentaries employ this tactic. A person recounting what happened to them will tell the story in the present tense e.g. “It’s a really hot day. I’m driving home from work when I see black clouds on the horizon. I think “it must be a fire, I must get home and and check the family are ok.” Then you see a re-enactment of the person’s story, effectively their memories. In a documentary, this device lends an air of the dramatic to the tale, it gives a sense of realism and even urgency. When you talk or write about dreams in the same way, you also have this sense of realism. This helps take dreams from a vague memory into something vital and living that has relevance in the here and now.
"If everything in the dream is an aspect of yourself, then to understand it you must step into the shoes of all the identities within your dream."

When you recount a dream, you usually do so from the perspective of the “lead character,” the person you identify with as “being me” in the dream. But if every part of the dream is part of you, you can also take on the role of others in your dream. Like an actor, you can play any of the roles in your dream “script.”

Of course, it may be difficult to recognise these aspects as actually being “you.” Returning to the mirror metaphor, sometimes the reflections seem distorted, unfamiliar. This is the dreaming mind’s way of trying to reveal a new truth to you. It is easy to accept what is familiar, but a dream will challenge you to look at yourself in a way you may not have considered before. This is where true insight comes from - the strange and the new…

And it is not just other people you can step into the role of. You can become an animal, an inanimate object, even part of the environment. All these are aspects of yourself and can reveal something meaningful. Have you ever thought about your tidal wave dream from the perspective of being the wave?
“If everything in the dream is interconnected, then to understand it you must **consider how all the different elements of you dream are related.**”

This is the step where the magic really happens. While it can be incredibly insightful to enter the new roles within a dream, and thus see yourself from a new perspective, the real value comes when you are able to integrate these different elements. This can help you to see the dream as a whole, rather than just a lot of different pieces.

To do this, it is important to consider the thoughts and feelings you have about each “character,” but also how the characters think and feel about each other. As you do this, keep in mind how these thoughts and feelings also relate to your life. This will give the dream context, and help reveal the messages that are contained within.
questions to ask yourself...

You can use these questions for prompts. You don’t need to answer every question if the answer does not seem clear to you, and you may wish to add extra information of you own. The idea is to get past the perception of the character being someone else, to try and get “under their skin” and really imagine what it is like to be in their shoes. After-all, everything in the dream is a part of you...

Step 2: Take on new roles in the dream
- how would I describe myself?
- how do I feel?
- what do I want?
- what am I afraid of?
- where am I going? what brought me here?

Step 3: Look at relationships
- how do I feel about the other characters/elements?
- do I want to help them? Do they want to help me?
- are they frustrating or hurting me in some way? Am I to them?
- what would the other character really like me to do? What do I want them to do?
applying the method - an example...
Tell the dream in present tense:

“I am walking through the dark woods and suddenly see the most amazing big grey wolf with blue eyes”
Imagine being the wolf (first character):

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?

You might answer:
“I am Wolf. I am powerful and wise, but need to stay hidden as I am afraid of being misunderstood and hunted. I want to be accepted for who I am, but I don’t want to be tamed. I am here because I want “me” to realise I have power and strength and wisdom, I want to be free…”

See how the dream meaning reveals itself? You are speaking about your Self in a new way…
You can go a step further and apply the same process to the dark woods (second character.)

You may come up with something like:

“I am the Woods. I am home to many different creatures, who are all a part of me. They all rely on me to keep them safe, so I am hard to know, I keep parts of me dark to protect the creatures like the wolf safe from those who would hunt them. I am not going anywhere, I am constant and remain here always.”

Now you see not only one new aspect of your own personality as the wolf, but you can also see a different perspective of the forest. Part of you feels powerful, misunderstood, in danger of being hunted and does not want to be tamed. Another part of you wants to protect this element of yourself, and to do so can make you hard to know and understand.

This process reveals that you have a variety of feelings and perspectives. You can repeat this for as many elements of the dream as you like. Other dreams may include other people such as the stranger chasing or attacking you, the lost baby you can’t find, animals, to even non-human “characters” such a cave, a tidal wave or even elements such as fire or snow…
Look at the relationships between your “characters”

- How do I feel about the other characters/elements?
- Do I want to help them? Do they want to help me?
- Are they frustrating or hurting me in some way? Am I to them?
- What would the other character really like me to do? What do I want them to do?

You may come up with something like:

“As a wolf, I love the woods, they protect me and give me somewhere to hide when I feel threatened, but I am also brave and have come to the edge of the woods because I have an important message, and that is that I am too powerful to always hide. Sometimes I need to roam free and escape the boundaries of the woods…”

“As the woods, I need to protect the creatures who rely on me like the wolf. I feel nervous when they leave me as out in the wide world I can’t protect them anymore, and I worry what danger may befall them…”

Do you see how by telling the story from other characters viewpoints, it can add exciting new dimensions to your understanding of the dream?
bonus step: where is the conflict?

This wolf in the woods dream is only a hypothetical example drawn from the many, many dreams I hear and read about, created to have a wide appeal and ease of understanding. But even as I wrote this, I became aware of an interesting tension this hypothetical dream revealed, and could not pass it up without exploring this with you.

While increased awareness is an incredible benefit of dream work, one of the keys to getting really life-altering breakthroughs is through the resolution of conflict. Dreams try to help us resolve where you are “fighting” yourself, to identify issues you are not comfortable with and hopefully help you truly come to terms with them. This is integration work at a deep level.

If you are prepared to do a little more work, then I suggest this step may sometimes prove helpful.

**please note - not all dreams are about conflict resolution in this way, so don’t knock yourself out looking for it if you don’t feel it is there!**

Consider these questions:
- where do the characters in my dream have opposing views or objectives?
- is there somewhere my dream characters disagree?
- don’t just look for the literal, remember to go back to what it felt like to be the character or element.
  Do some of them feel extremely different?
Where is the conflict?

In this wolf dream, we see a tension between the wolf that wishes to be free, and the woods that seek to protect. “Protection” and safety are opposed to “freedom” and risk.

This dream would then lead me to question how I reconcile the opposing parts of my own personality that at once seek freedom, but are afraid of doing so for the risk it involves.

*How do I keep my wild Self safe whilst also allowing it to be free?*

This is potentially one of the main cruxes of the dream. There is no definitive answer to this, and it is one you must work out for yourself. However, simply recognising that you have any inner conflict, and identifying it, can lead to powerful transformation.

*(If addressing such an issue in detail is of interest to you, then as the special bonus to buying this course early you may contact me directly for advice on this.*

*In future I will be offering a more detailed course which can guide you through a process step by step that enables reconciliation of just such conflicts.*)
I would like to share with you an extra example that I hope will help you gain an understanding as to how powerful this method can be. This is a real life situation that led to life changing decisions for the dreamer....
A 17 year old girl visited a psychotherapist. She was studying hard to graduate from high school while also working all the hours she could spare in a fast food restaurant, saving her money diligently to buy a ticket to Europe and out of her small town life. Despite being academically gifted, her grades were suffering, and it wasn’t because of the job. The girl had lost belief in herself, and her ideal future seemed an impossible dream. Her childhood had not been easy, and now, lacking confidence in herself, she felt ready to give up on life. Even plans to travel the world were not enough to sustain her through the despair that had gripped her. She sat in front of the kindly, bright eyed therapist, with her knees drawn up to her chest, her arms wrapped round them and her face buried, looking as if she simply wanted to disappear. Which is not so far from the truth.

The therapist asked her gentle questions, but she was so very sad, so numb, that she could barely answer them. Until he asked her about her dreams. Now here was an aspect of her life that still had some strange vitality. A glimmer of light in her barren emotional existence. Hesitantly, she shared her dream with a person who could actually help her to understand it for the very first time…
Tell the dream in present tense:

“I am in a room. I have a little mouse that lives in my coat pocket. I feed him crumbs of bread. There is also a bird in a cage, the door is open but it does not fly out. A cat enters the room, all slinky and cool, then walks out past us without even paying us any attention at all and leaves the room…”
Imagine being the mouse (first character):

- How would you describe yourself?
- What do you feel?
- What do you want?
- What am I afraid of?
- Where am I going?
- What brought me here?

“I am a mouse. I am timid and shy, but very resourceful. I feel the world is dangerous, and I like to hide here in the pockets of this coat where I am safe. I like that I am being looked after, even if I only get just little crumbs. It’s better than nothing. I don't know if I could find enough to survive out there…”
Imagine being the bird (second character):

- How would you describe yourself?
- What do you feel?
- What do you want?
- What am I afraid of?
- Where am I going?
- What brought me here?

“I am a bird. I am beautiful and love to fly, but stay in my cage as it keeps me safe. I know the door is open, but I am worried what would happen if I flew out there… isn’t that a cat?”
Imagine being the cat (third character):

- How would you describe yourself?
- What do you feel?
- What do you want?
- What am I afraid of?
- Where am I going?
- What brought me here?

“ahhh! I am a cat. (immediate sense of change in the body and mind, the girl sits up straighter, stretches)... I feel independent, sexy, free... I don’t care what anyone else thinks of me. I can go anywhere. I am going to do what I want, and enjoy it!”
Look at the relationships between your “characters”

- how do I feel about the other characters/elements?
- do I want to help them? Do they want to help me?
- are they frustrating or hurting me in some way? Am I to them?
- what would the other character really like me to do? What do I want them to do?

“As the mouse and bird, I am a bit afraid of the cat. But then as them I am afraid of lots of things, especially freedom, and being able to look after myself. I guess me as the mouse and bird are also a bit jealous of the cat. But me as the cat doesn’t care about them, I just want to be independent and do my own thing. Me as the cat knows I could chase the mouse and the bird, but I have better things to do, and that will be more fun…”
“So who do you want to be?” the therapist asked the girl, who was not quite yet a woman. “The cat of course” I said, and smiled. In case you hadn’t guessed, yes, the girl was me.

This was my first ever experience of dream work with a professional, and one that changed my life forever. We continued to work on that dream, and I have revisited it many times in the years since. Though a very simple dream, the symbols and the relationships in the dream had a profound meaning to me personally. By being attentive to this dream, I was able to address my insecurities about growing into an adult and leaving home, the need to fend for myself and make my own decisions. I came to embrace the cat nature in me, to feel confident enough to boldly follow my goals of travel and adventure. It is no exaggeration to say that this dream, and the wisdom I gained from it, probably helped save my life.

Not all dreams will be as significant as this one, but you may surprised by how even the most simple or the most obscure dream can still impart a brand new perspective, help you make a difficult decision, or even just give you a sense of peace and resolution to an issue that you may have struggled with for a long time.

It’s entirely up to you. When you reflect on the many potentials within yourself, you have the ultimate freedom. Who do you want to be?
It is my sincerest wish that you have found this method helpful in understanding your dreams. If you have enjoyed it, please let others know so they can share the benefits. It is my mission to help you develop your dreams and intuition to achieve deeper understanding of your own innate wisdom. And I believe the more self-aware people are, the better off we will all be!

And please - let me know your feedback! I am continually striving to create the best possible tools to assist dreamers, so your suggestions are invaluable. You can email me at: thedreamwell@hushmail.com

I suggest that you try applying this method as often as you can. The more often you can reflect and pay attention to your dreams, the greater your own intuitive understanding will become. You will start to recognise patterns. Recurring symbols will become like familiar friends, who’s messages you will welcome. Just like a muscle, the more you work at building your dream wisdom, the stronger it will become.

If you need more information, please come and visit www.thedreamwell.com This is a resource I have worked on for many years to help you delve into the symbols your dreams contain, and for lots of tips and advice as to how to advance the exploration of your inner worlds.
The Dream Mirror process should have revealed at least one vital and potentially life changing meaning of your dream.

But this is just the beginning. Dreams have many layers of meaning, and can relate to a variety of areas of our lives simultaneously. They can pose questions and provide answers within the same dream.

As I mentioned at the start, every method to understanding your dreams has its benefits and drawbacks. I have aimed to keep the Dream Mirror a simple and quick process that delivers impactful results. But by virtue of this simplicity, we have had to necessarily forgo understanding some of the subtleties and variety that can come with a more detailed and lengthy approach.

While the Dream Mirror method is powerful on its own, combined with other approaches, you can reach even deeper levels of understanding, and importantly, have confidence to take deliberate steps in waking life to address what you discover.

Stay in touch to learn more about a process to master your dreams, that will take you step by step through a process that ensures you will understand even complicated dreams, and to boldly live the life they encourage you to.
Amy is the founder of The Dream Well and an experienced writer, coach, speaker and facilitator. Working with dreams and intuition, Amy guides people to achieve deeper understanding of their own innate wisdom and to achieve greater clarity, purpose and fulfilment in their lives.

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you can print out and use these blank template pages to explore your own dreams...
Tell the dream in present tense:
Imagine being the first character:

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?
Imagine being the wolf (first character):

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?
Imagine being the second character:

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?
Imagine being the third character:

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?
Imagine being the wolf fourth character:

- How would I describe myself?
- What do I feel?
- What do I want?
- What am I afraid of?
- Where am I going? What brought me here?
Look at the relationships between your “characters”

- How do I feel about the other characters/elements?
- Do I want to help them? Do they want to help me?
- Are they frustrating or hurting me in some way? Am I to them?
  - What would the other character really like me to do? What do I want them to do?

You may wish to look at the relationship of two main characters, and then see how they interact with others, or you may wish to look at how they all interact together…
Look at the relationships between your “characters”

- How do I feel about the other characters/elements?
- Do I want to help them? Do they want to help me?
- Are they frustrating or hurting me in some way? Am I to them?
- What would the other character really like me to do? What do I want them to do?
Look at the relationships between your “characters”

- How do I feel about the other characters/elements?
- Do I want to help them? Do they want to help me?
- Are they frustrating or hurting me in some way? Am I to them?
- What would the other character really like me to do? What do I want them to do?
Where is the conflict?
- Where do the characters in my dream have opposing views or objectives?
- Is there somewhere my dream characters disagree?
- Don’t just look for the literal, remember to go back to what it felt like to be the character or element. Do some of them feel extremely different?
other notes and ideas...