

Dream Interpretation, How To Use It To Inspire Yourself

We all have dreams but what we do not realize is that our dreams hold many keys to finding happiness and success. In fact, our dreams are inspiring us through the messages that are contained in these dreams. Dreams contain many symbols and signs that may explain things such as dreaming about strange objects such as ladders or doors, which, to the untrained person, have no significant meaning or value to them.

Every dream that you have holds a subconscious message in it for you. While you are sleeping, your subconscious mind has the opportunity to come to the surface and speak to you. Unlike the conscious mind, the subconscious is not rational or direct. This is the reason that we see symbols, colors or numbers, rather than being told specific messages, such as you need to take better care of yourself or take that new job opportunity.

Dream interpretation takes a look into these symbols, colors, and numbers, to give you some sort of explanation as to why you have been dreaming about these objects, or symbols, and how you can use the information held in your dreams for your advantage.

There are many dream interpretation books, and information resources available that will assist you in interpreting symbols that you have seen in your dreams. As you get to know what the symbols mean, you will be able to get the feel for your dreams, and interpret them yourself according to your own life, and particular circumstances.

How To Remember Your Dreams

Many people do not get the inspiring messages left to them by their subconscious minds, simply because they do not know how to remember their dreams. A dream will often follow a certain pattern, such as you, your location, what is happening in the dream, the action you take, or your role in the dream, other people or objects in your dream, and an end result. At this stage you will often waken from your deep sleep.

The trouble is that, often, you will wake from a deep sleep feeling disorientated, and confused, with much of the dream missing. If you turn over and go back to sleep, you will completely forget that you ever had the dream. The best way to remember your dreams for interpretation is to have a pen and notepad beside your bed. When you awaken from a dream, fill out as many details as possible about the dream pattern mentioned above, what you do not remember can be filled in later. As you practice writing down your dreams, you will get better at remembering more of them.

The next day, you can look at what you have written in your notepad, and interpret what the symbols or details in your dream mean. Dreams happen for a reason, and hold many inspirational messages to help us in our lives, so take note of them, jot them down, and use them to help inspire you.

Source: <http://www.articlecircle.com>

About the Author

Did you know that our dreams hold the key to our success and happiness? Each dream of ours holds messages for us. Do you want to know the meaning of your dreams? Discover how at <http://www.mydreaminterpreter.com/blog>