

YourPowerToCreate.Com

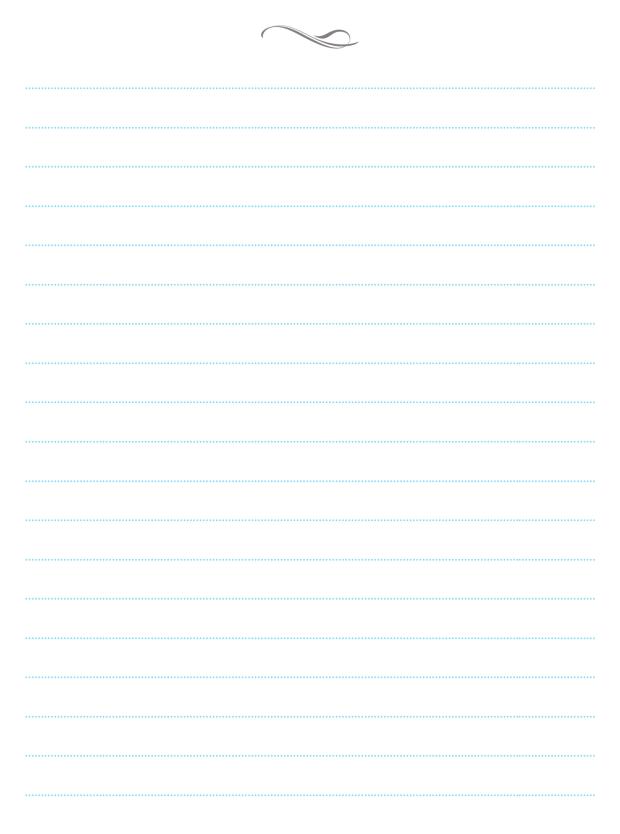
When and where did the dream take place?

Who was present? Describe your relationship with each person -
both in the dream and in real life.

What happened in the dream? Include as much detail as
possible. Add the sounds, sensations, objects and facts you were
aware of. Underline the details that seem the most significant.

Was there anything unusual about the people,

places or events in the dream?



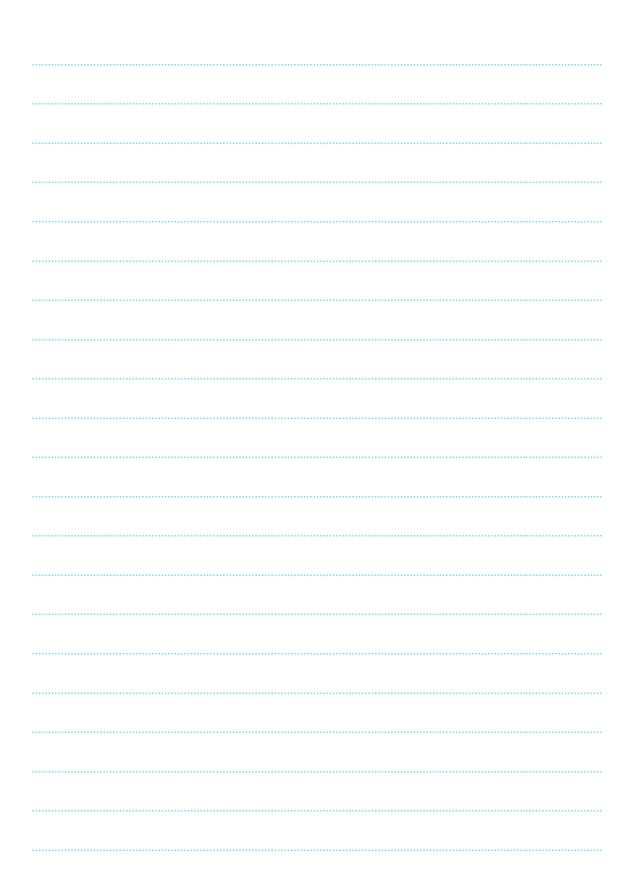
Have you had this dream before? If so, where there
any familiar elements to it?

Is there anything happening in your life that may have influenced the dream?

Does the dream teach you anything? What can you take

from it and apply to your life?



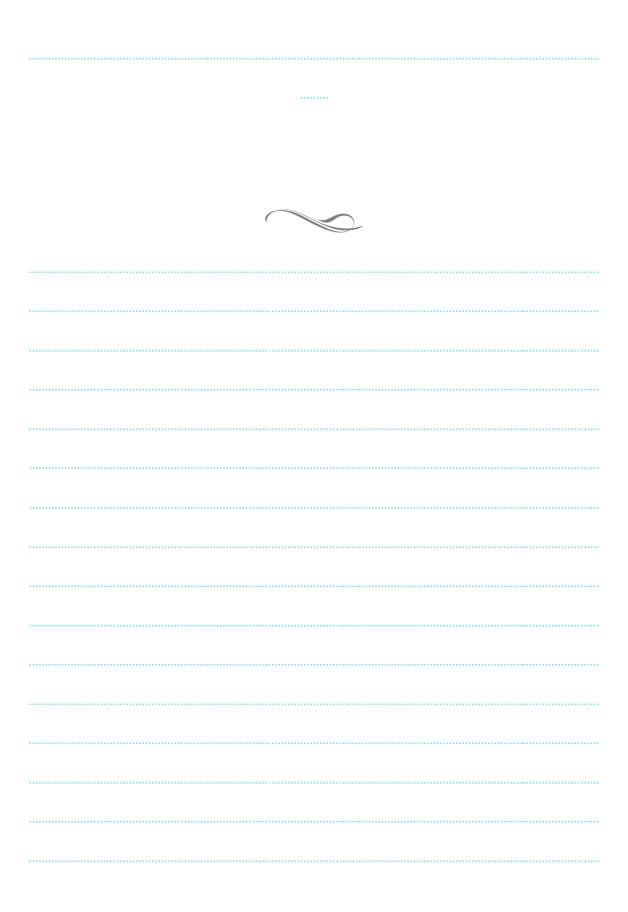


What do you think the d	lream, or parts of the dream, mean?

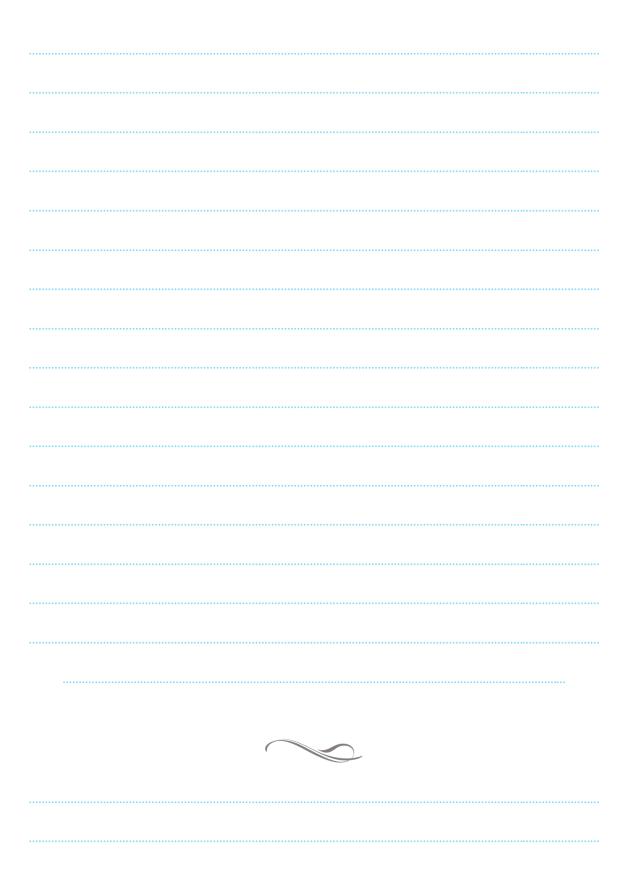
What were your thoughts, reactions and feelings during the
dream? If you don't recall, what were your first thoughts and
feelings when you woke up?

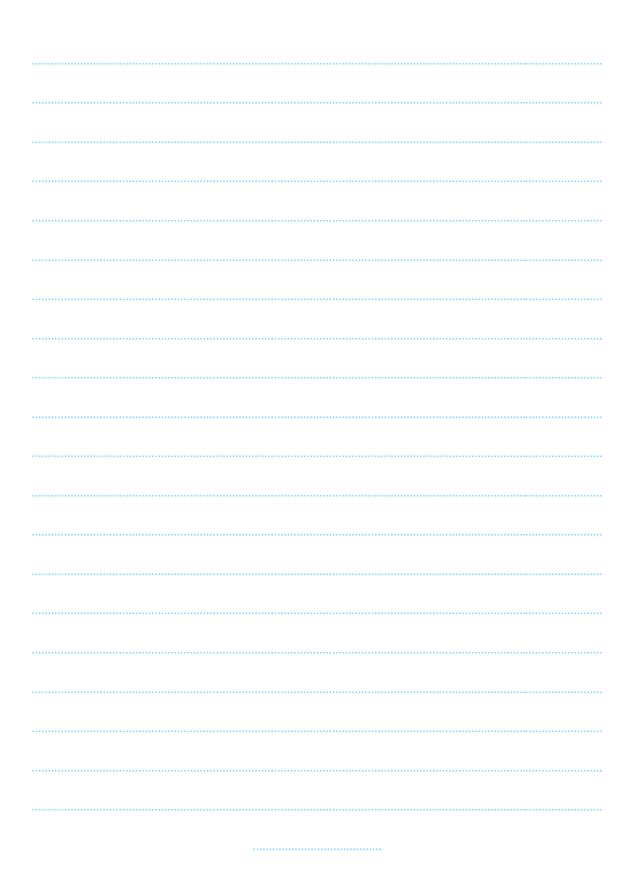
Are there any words or images that you can associate with the dream? If possible, sketch any images that come to mind.



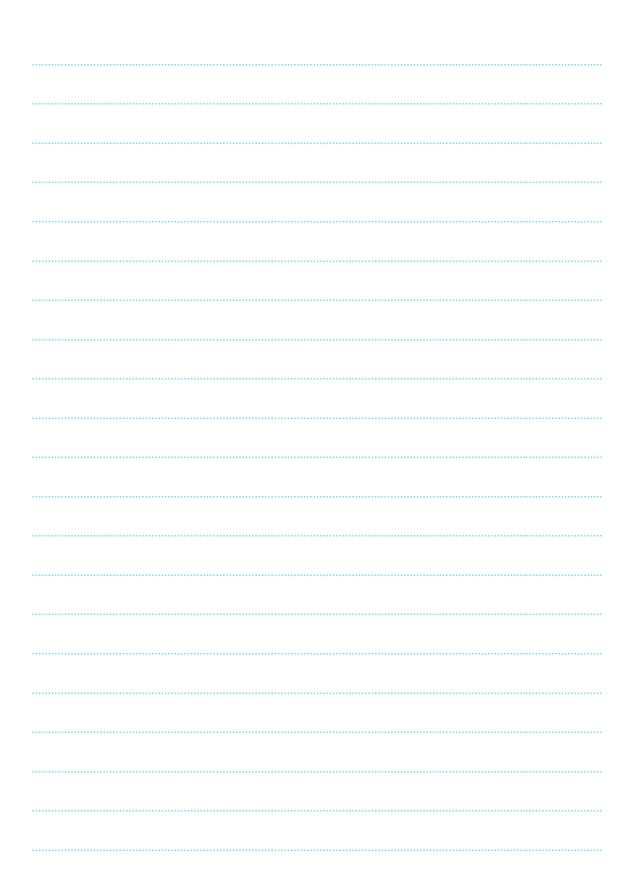


"A dream, which is not interpreted, is like a letter, which is not
read."
~ The Talmud





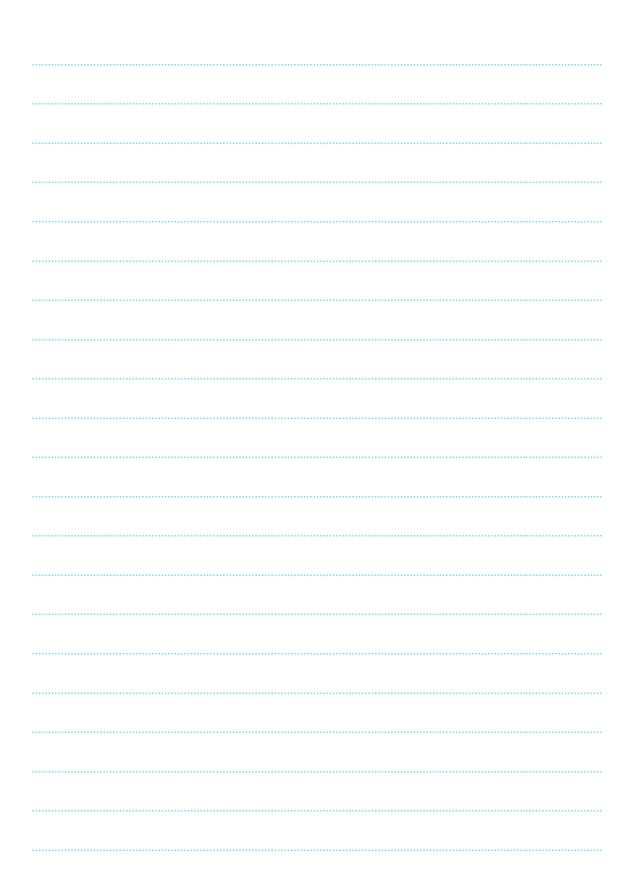




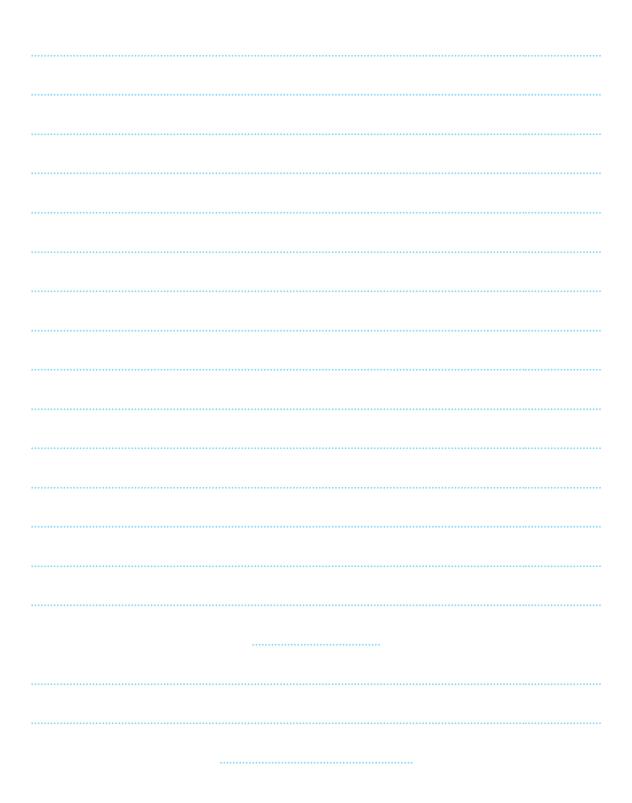
"Dreams are only thoughts you didn't have time
to think about during the day. "
to think about during the day. "
to think about during the day. "
to think about during the day. "
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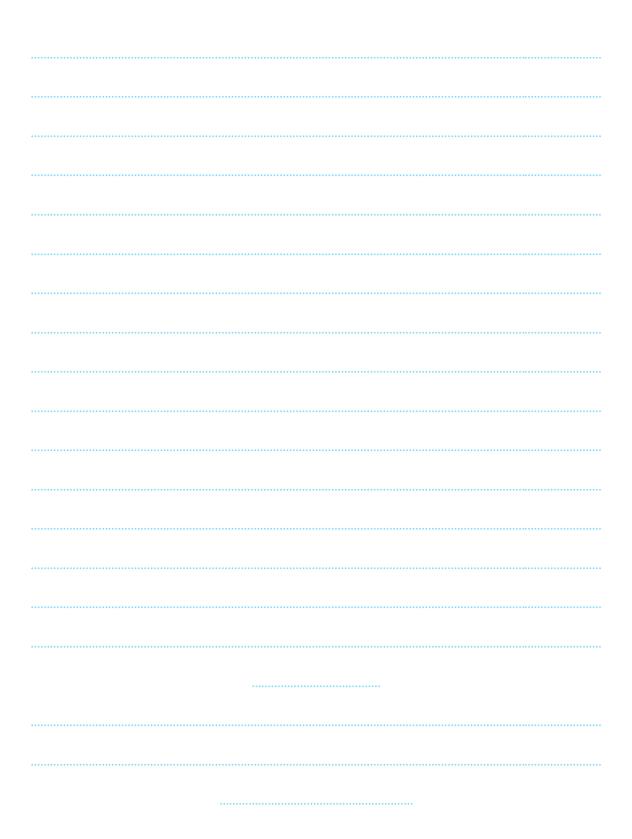




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"A dream that is not understood remains a mere occurrence; understood it becomes a living experience." ~ Carl Jung

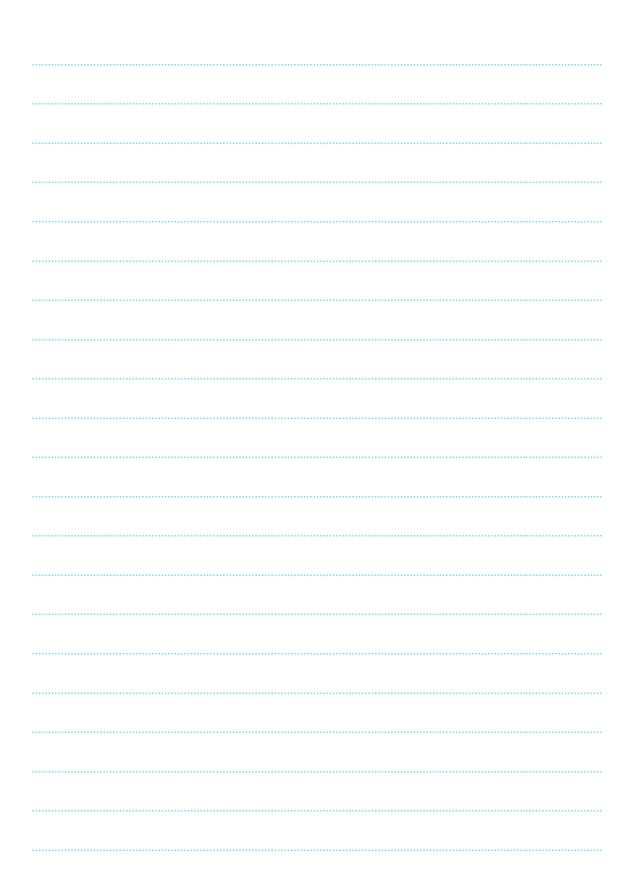




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"Dreams say what they mean, but they don't say it in daytime
language." ~ Gail Godwin



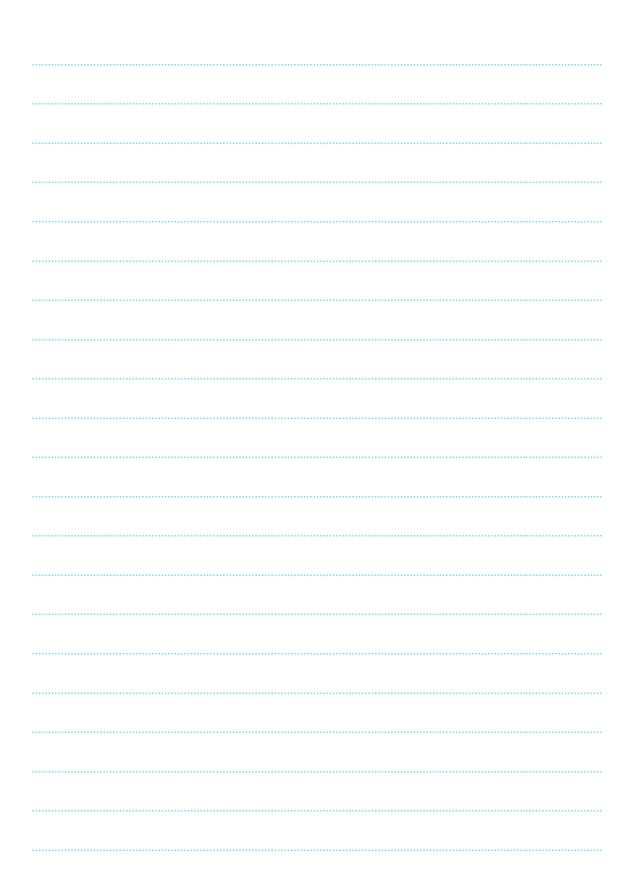


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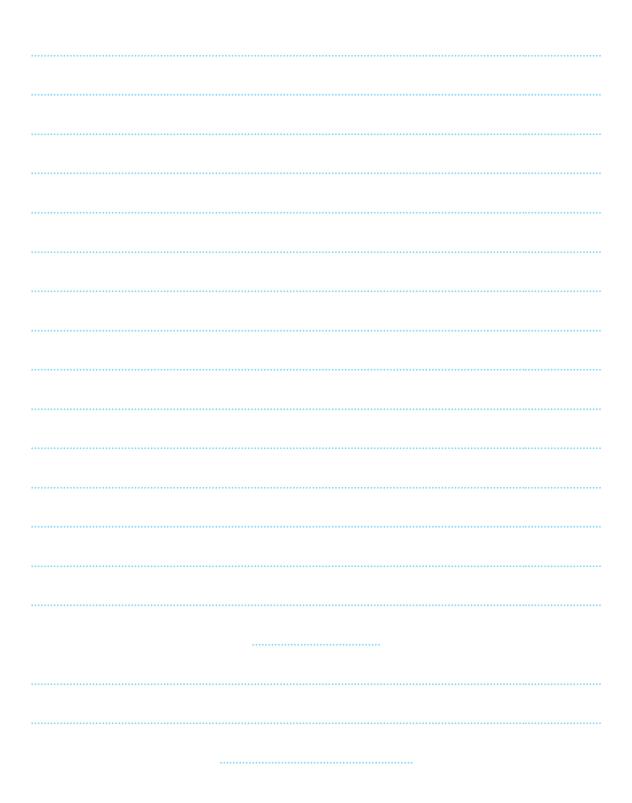
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"The general function of dreams is to try to restore our
psychological balance." ~ Carl Jung





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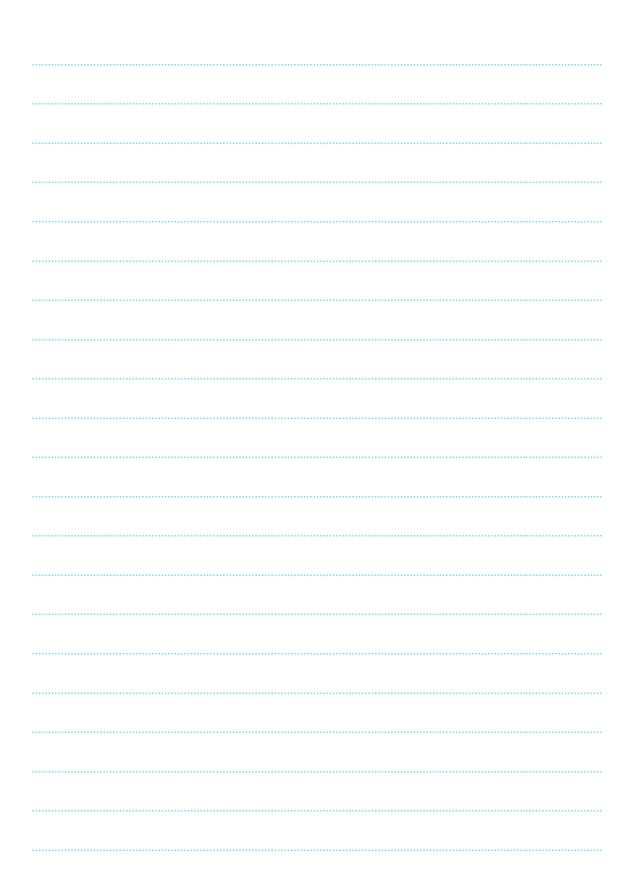
"In a dream, you are never eighty." ~ Anne Sexton



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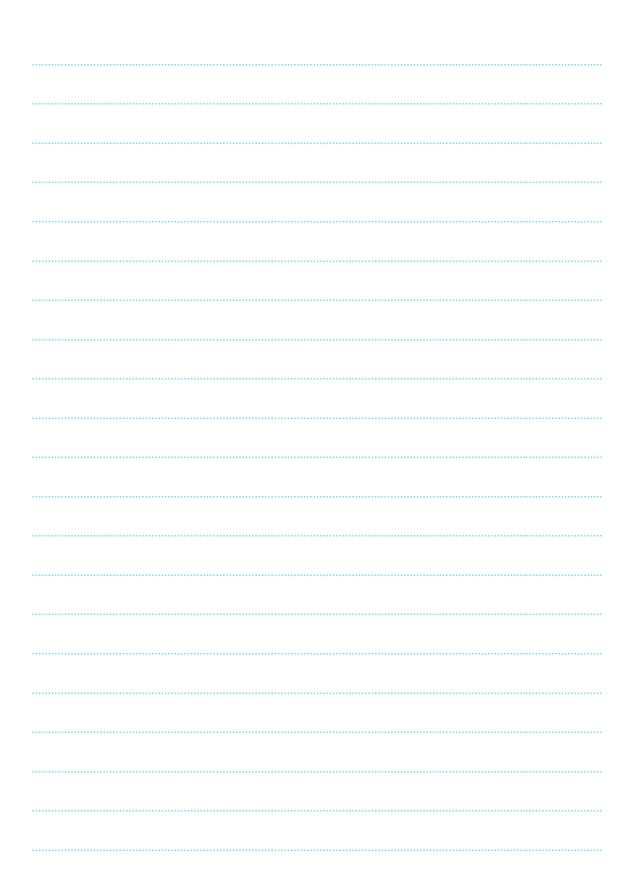


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"Dreams are road signs along the nighttime highway of sleep."
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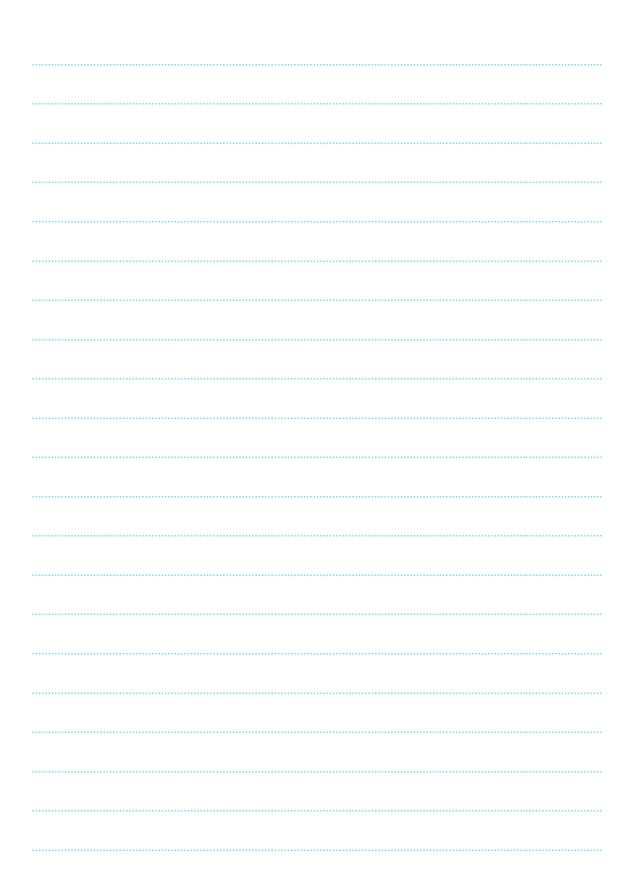


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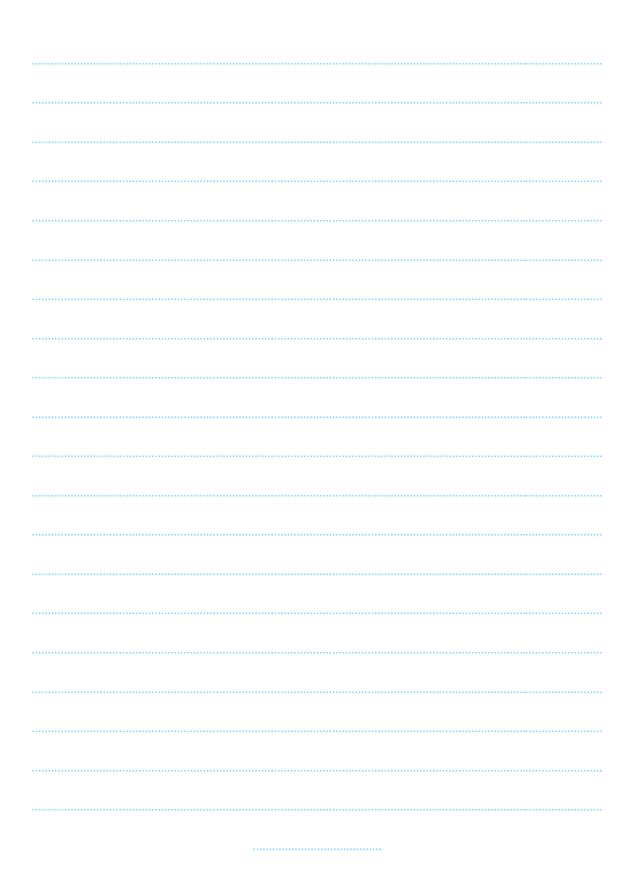
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"A nightmare is only a dream that hits turbulence." ~ Terri
Guillemets

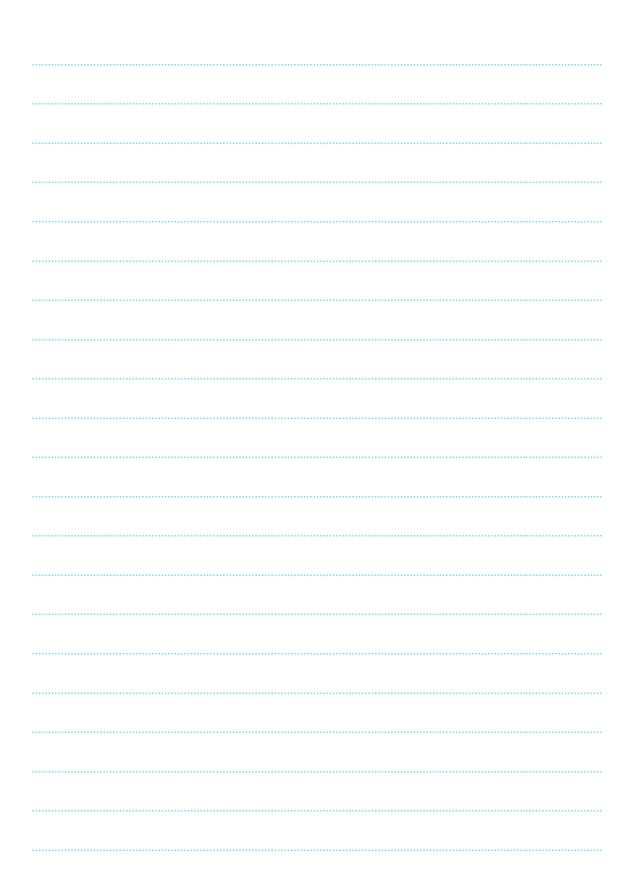
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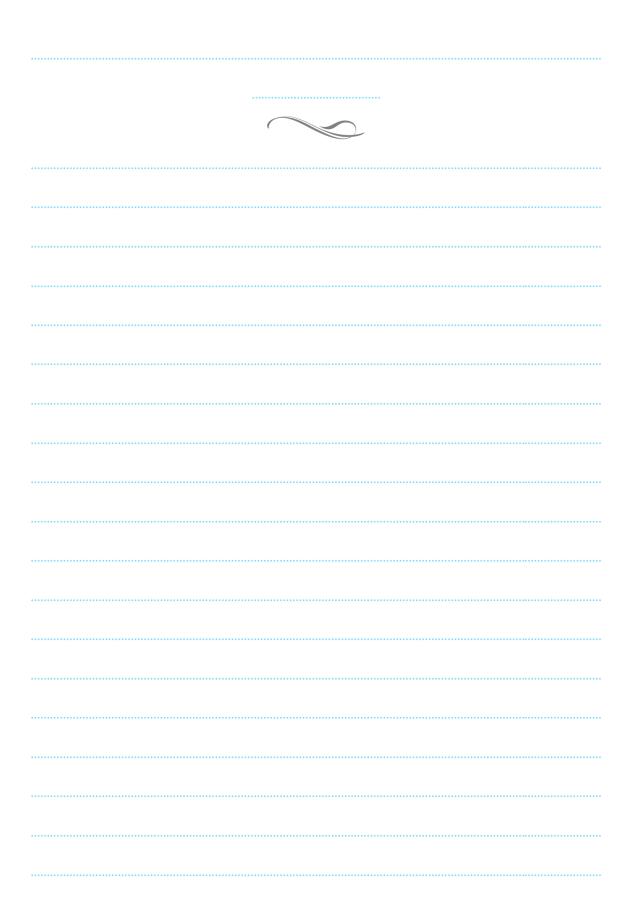


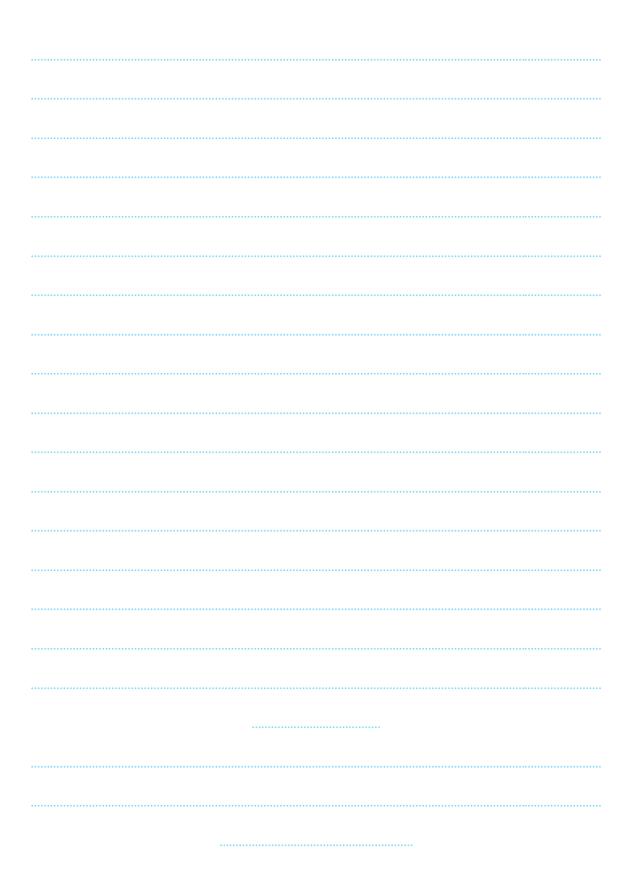
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"A dream is a microscope through which we look at the hidden occurrences in our soul." ~ Erich Fromm





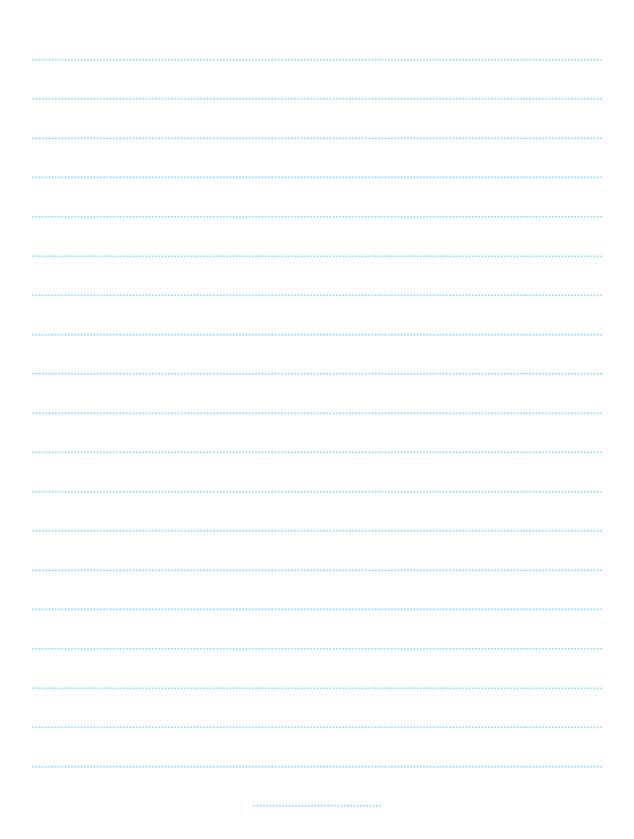






"The best reason for having dreams is that in dreams no reasons
are necessary." ~ Ashleigh Brilliant
are necessary. Turnelight Brittlante

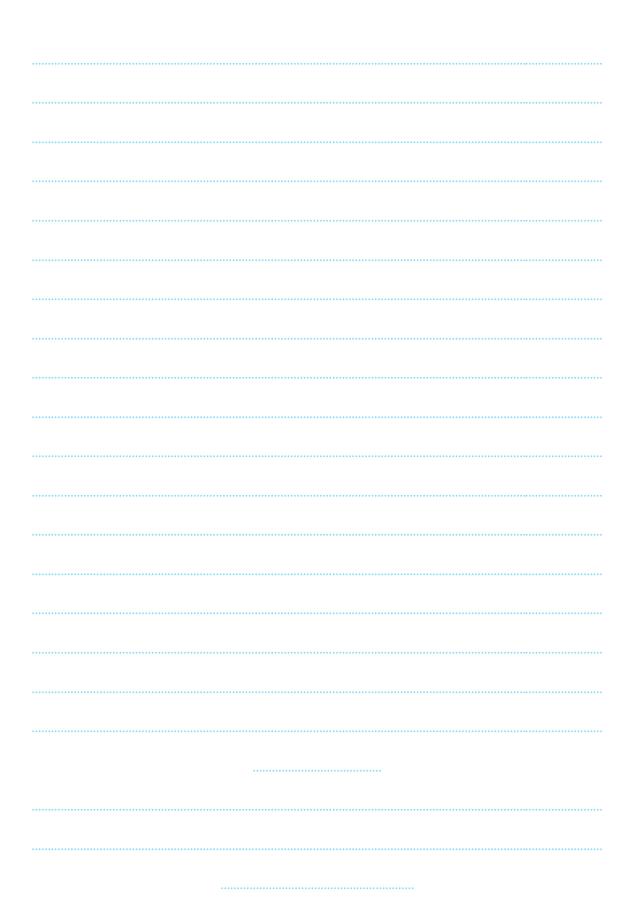
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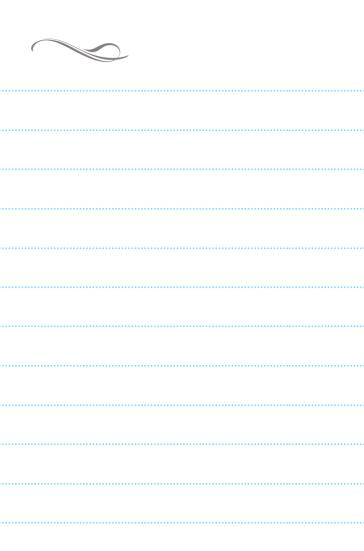


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"Dreams are free therapy, but you can only get appointments at night." ~ Terri Guillemets

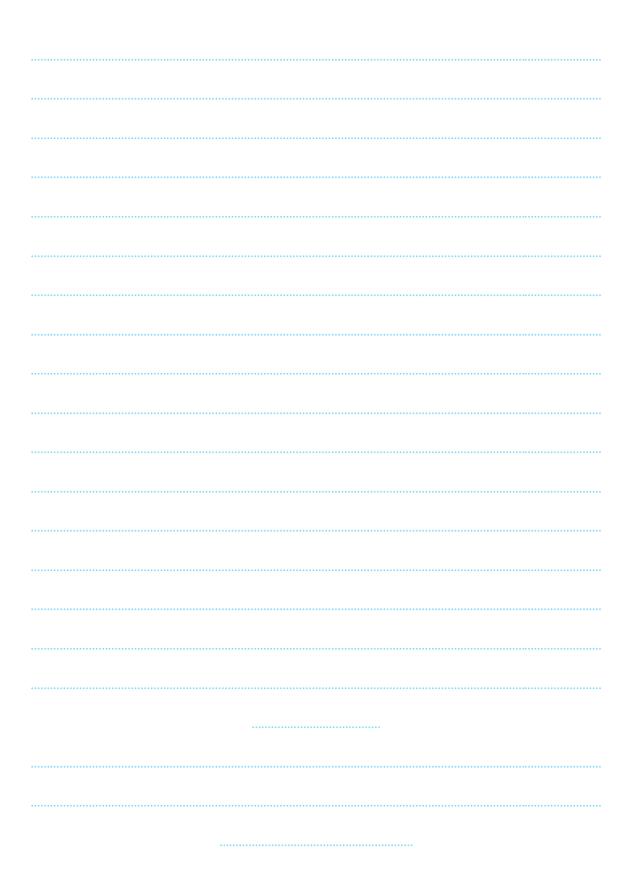






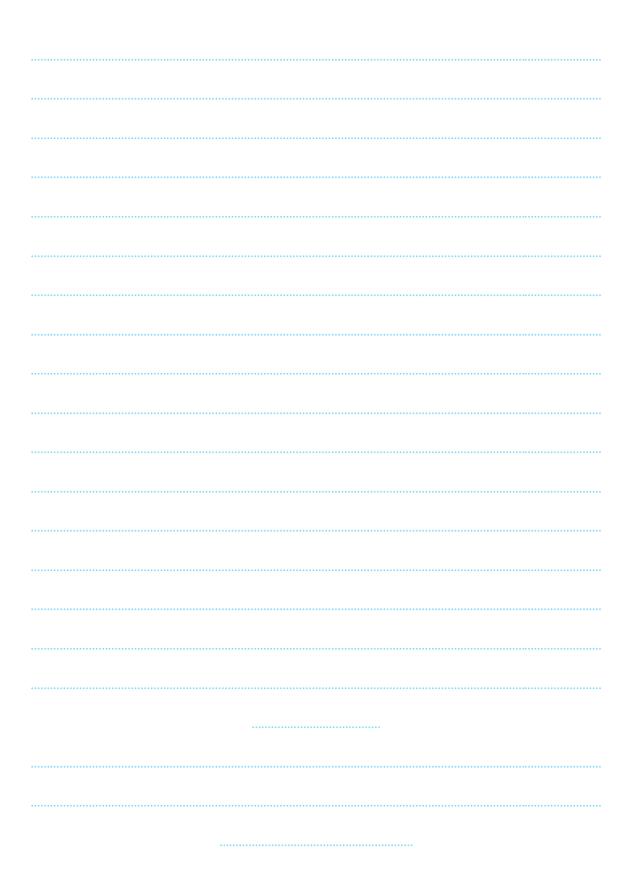
"I don't use drugs; my dreams are frightening enough." ~ M. C.
Escher

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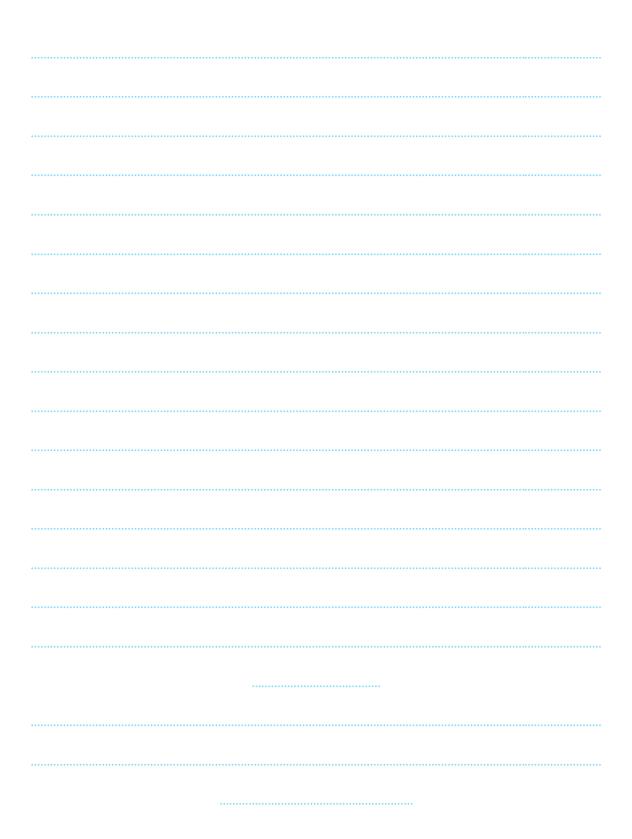
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"The dream is the theater where the dreamer is at once: scene, actor, prompter, stage manager, author, audience, and critic." ~

CarlJung

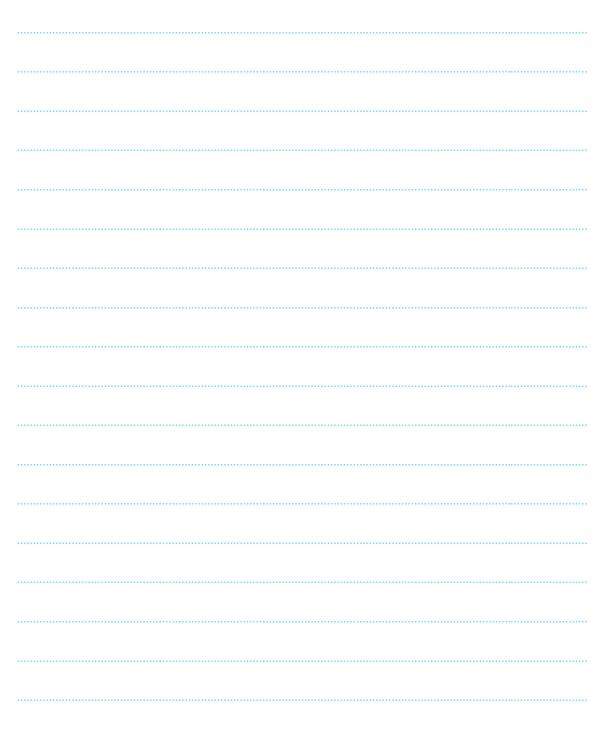
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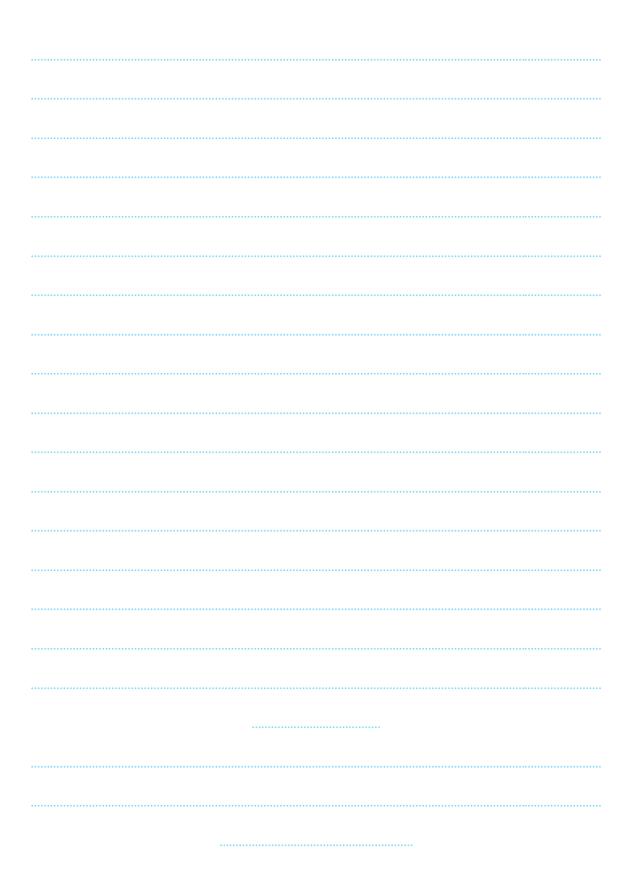
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"Dreaming permits each and every one of us to be quietly and
safely insane every night of our lives." ~ William Dement





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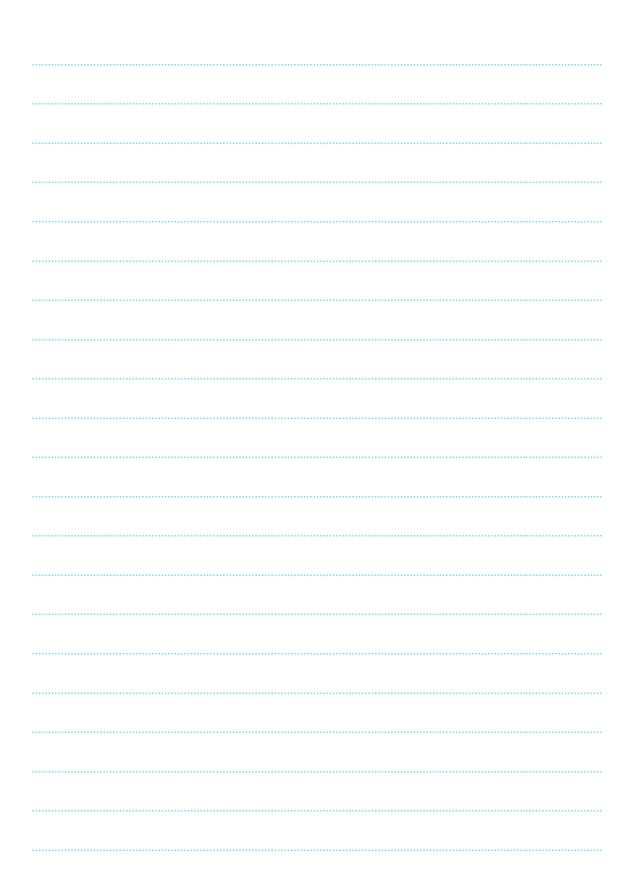




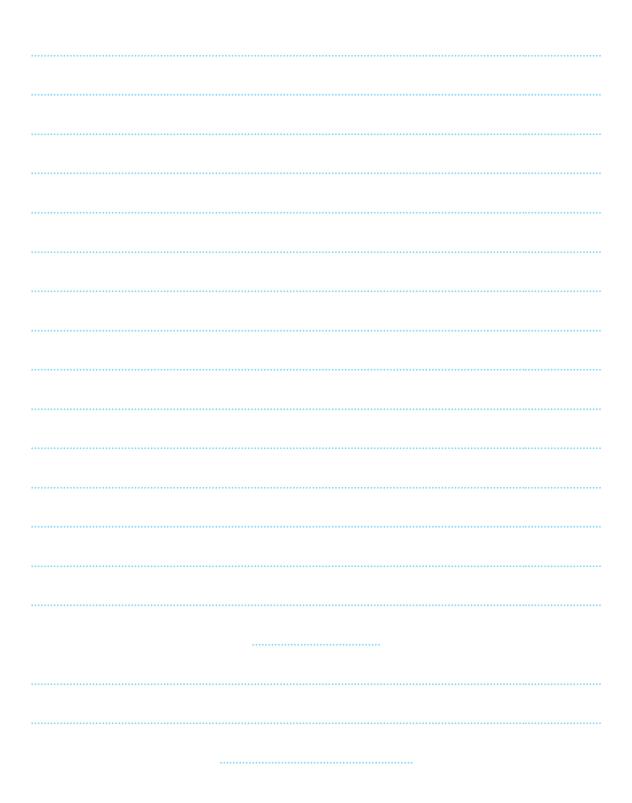
"All the things one has forgotten scream for help in dreams."
~ Elias Canetti

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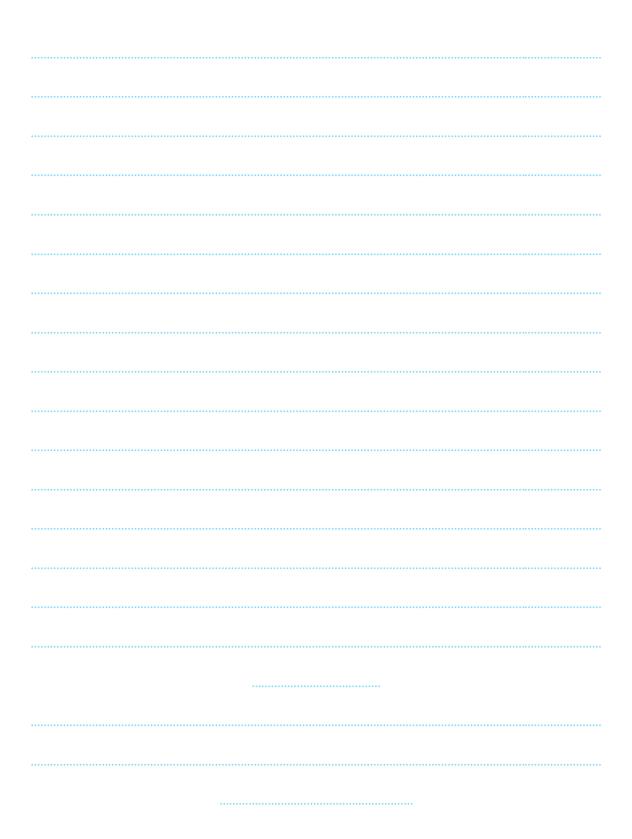
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"I think we dream so we don't have to be apart so long. If we're in each other's dreams, we can play together all night." ~ Bill Watterson

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"Dreams digest the meals that are our days."	~ Terri Guillemets
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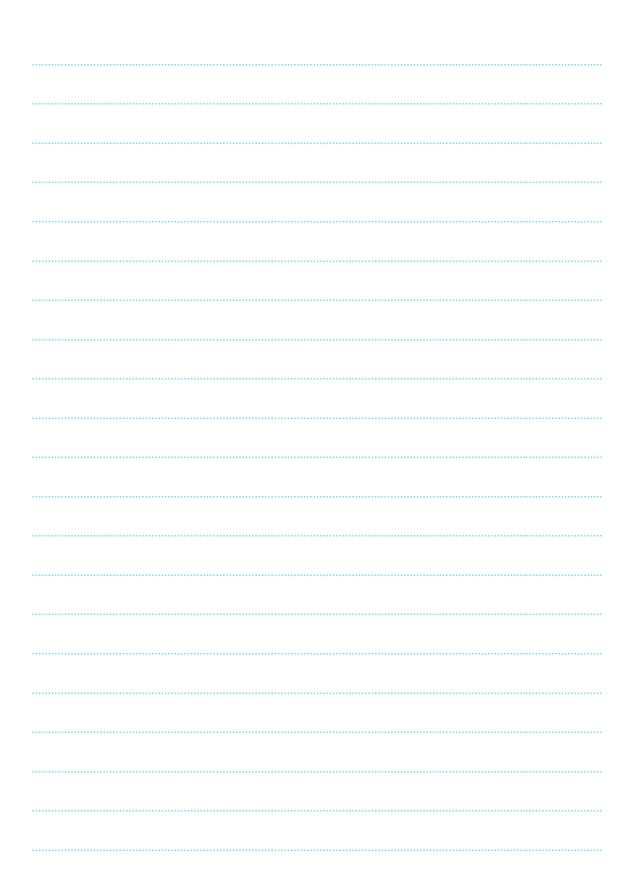


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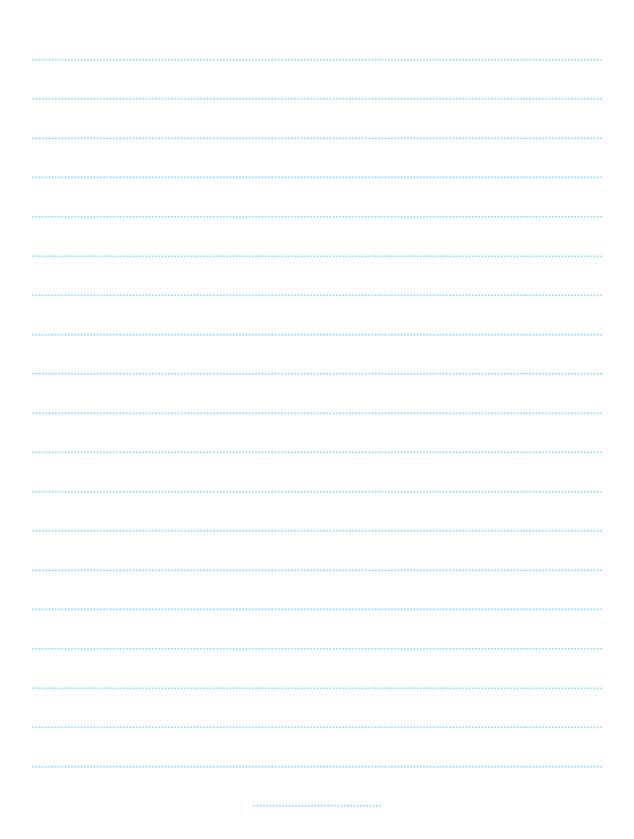
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"I was never able to agree with Freud that the dream is a 'facade
behind which its meaning lies hidden — a meaning already
known but maliciously withheld from consciousness." ~ Carl Jung



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