

Analyzing your Dream - Universal Symbols

Symbols in a dream, are actually the elements that make up the details. Even specific actions are sometimes symbols (such as falling). In the dream above about the hall, the pictures, ceiling, arches, paintings and even the mouse, are all dream symbols. All the little details mean something.

Symbols, for the most part, are a very personal thing. Meaning that a "dream dictionary" may not necessarily have the correct definition to the symbol in your particular dream. Why? Because we associate meanings differently from one another at times.

Animals

They symbolize our own traits, good and bad. When you see an animal doing something in your dreams it usually represents a bad trait. As it is far easier for us to accept and watch an animal doing something negative than to take the credit for it ourselves.

Here is a good example: A woman on a diet and really wants to lose weight but is prone to binge eating. She has tried and failed many times, but this time has resolve. That night in a moment of weakness, she eats a big slice of cake, and a bowl of ice cream. That night she dreams of being on a farm on a cloudy day, and watching in disgust as a big manure covered sow eats and sucks non-stop at her sloop. She is astonished and ashamed when she noticed what the sow was eating! (cake and ice cream). It does not take a rocket scientist to figure out what that dream means, or what the animal symbolized! Her dream was telling her she would feel about as good about herself as she felt about the sow if she did not control her eating.

Automobiles

Vehicles that you ride in usually reflect two things; the direction you are heading in life, and your body. (the thing you travel or "ride" through life in) Unusually over exposure to a specific vehicle type may easily change the meaning. The condition of the vehicle might give you an idea of your health. Driving an old beat up car down a muddy road on a stormy night would be considered a pretty bad dream! However flying a Lear jet through blue skies with a song in your heart and the wind at your tail would be a rather good dream.

Children

A child represents to most of us, something new, different and joyous. Using this logic, it is easy to see why a child represents a new phase in your life or a new project as well. How well the child gets along and fares in the dream is an indication as to how well what it represents is doing. Also, a child symbolizes innocent parts of yourself sometimes, and at other times, immaturity and childishness. It all depends on the theme and emotions used in the dream.

Clothing

When you get into different moods you tend to choose different clothing, so clothing, for this reason best symbolizes your mood or state of mind. They also signify attitude. We wear clothing for all sorts of different reasons including, work, dating, play and social occasions. Attitudes and moods are similar to clothing in this regard, they are the camouflage we hide behind, our face we put on for the world in various situations so we can better cope. Take a look at what you, or other people in your dream are wearing to get even more clues to the dream's meaning. Also, a commonly overlooked clue is sometimes you see clothes on a clothes line, or lying around. It would be a good idea to take note as to what style and condition the clothes you see are.

Death

Nearly any dream you have that refers to death, dying or attending a funeral, or the like, pertain to change. Most all the time this change is very dramatic and major. It can be change in your life attitude or emotional balance. These types of dreams can also symbolize confronting fear, usually fear of death or change. Since most of us will agree that death is the ultimate change, and many people fear it. Death dreams are generally big changes and should never be ignored. Sometimes they really do signify death! Another possible symbol of a death dream is threat. Whichever suits the dream depends on how well the theme was arrived at. Most death dreams are about major change and not about literal death though, so don't panic if you have one. Just patiently go through the analysis process, and make sense of it.

Buildings

The building in a dream usually points directly to a specific area of your life. Dreaming of being in an office complex, or factory can pertain to your working environment. It does not need to specifically pertain to your exact line of work. In other words, an office worker dreaming of a loading dock still can relate the dock to work, because that's the association made in his mind. A bathroom, may pertain to your general health and hygiene habits, and a kitchen might be about your eating and nutrition. What you associate different locations to mean in general, usually points to what the dream was getting at specifically. To dream of your childhood house, tends to be a reflection of your life today though. A dream of mass chaos in your childhood home can indicate great disturbances in your life either now, or coming shortly. These kinds of dreams are often prophetic. You should always write down and deeply analyze dreams of your childhood dwelling. Dreams of great buildings like cathedrals and large churches usually indicate the dream has a great meaning, and should be taken seriously, as well as any applied association.

People

People most often portrayed in dreams are actually reflections of your own personality traits, provided the dream is not prophetic. These traits are ones that you need to enhance or develop, or if negative, work on eliminating or reducing. You should immediately ask of yourself, what traits do I like, and what traits do I dislike in the characters I dream about? Then look for those traits in yourself. You may be very surprised to find a match up! People in dreams work most commonly to reflect, or mirror important aspects of your personality. You do well to always make this association.

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