



A Comprehensive Look at Dream Interpretation

Make the most of your new year's resolutions by harnessing the profound direction that is presented in your dreams. Hi, this is Kari Hohne, author of *"The Mind's Mirror: Dream Dictionary"* and *"The Mythology of Sleep: The Waking Power of Dreams."*

I have been analyzing dreams for more than 3 decades. Users visiting my website www.wayofdreams.com will find free dream tools that will help you to decode your dreams. People from around the world submit their dreams for interpretation and more than 50 percent of the dreams submitted are from somewhere other than the United States. My work has allowed me to identify a consistent pattern of how dreams guide us through difficulty, and how they offer a profound source of inner direction.

Many people ask me about the types of dreams that come in from around the world and whether or not our cultures make them different. Surprisingly no. Dreams can be categorized in terms of age groups, but not culture. In dreams we speak a common language of symbols that existed in a part of our mind before language developed. In our 20's, when we enter the workforce and are still exploring our identity, we will commonly have chase dreams. This type of dream portrays how we can be forced to adopt a new type of behavior before we are cool with how it is changing us at a fundamental level. This new identity can challenge our sense of self. Since all characters are portraying aspects of us – the emerging one can chase and frighten us, at the same time this part of us seeks integration. In fact, after a dream of this type, we often have a better sense of our own needs apart from the demands society forces upon us.

In our 30's we often dream of searching for keys, lost wallets, purses and luggage or sorting through clothing. This is because we are trying on new identities and discarding old baggage or ideas that no longer serve our growing sense of self. Being late is another common theme of the 30 something crowd as we explore where we are in relationship to life stages. Dreams that revolve around food are symbolizing how we can achieve fulfillment from a broader sense.

In our 40's and 50's we tend to have the Great Dream or Shadow dream. We stand on the precipice of success and are able to get in touch with the more profound meaning of our lives. Perhaps we were labeled as a black sheep when we were young and were still able to achieve monumental success. Some part of us however, remains locked away. We can dream of a scary character or intruder attempting to break into our house, and since the house represents our inner architecture – this is the unaccepted part of us that is seeking to be understood and 'let in.' Great dreams usually revolve around archaic mythical themes or involve older characters revealing profound messages about us. In any given day, I will receive similar dreams from people all over the world.

The reason most people dismiss their dreams is because they view them from the same perspective used in daily life. Dreaming is the psyche's way of breaking through our habitual way of viewing experience. They are cryptic specifically to move us away from our routine perspective. Dream analysis begins to make sense when we view all aspects, lighting, scenery and even the other characters in our dreams as our reflection, as we move toward change and integration. It is as if some aspect of the mind has an awareness of who we should be and where we should be going. I have never worked with a client who wasn't grateful to discover this rich source of inner wisdom. It is not only life affirming – it somehow makes us feel that we are cared for in some way we have yet to understand.

In my shows, I discuss the patterns that appear in dreams. Most dreams are about conflict and resolution. The first portion of the dream portrays the conflict being explored. When the landscape suddenly morphs into another setting, it often includes images from the past, which depict the root of what has caused the internal conflict. The third portion is remembered upon waking and often includes the bizarre symbolism that most people dismiss. These bizarre clues however, are richest in transformative information. It can present the 'a-ha' or new way as a key or pathway through crisis. When we take the time to interpret our dreams we discover that something very profound is actually interpreting us to ourselves.

So why are dreams so bizarre? By nature we are order seeking creatures. At some point in our development we begin to dismiss any ideas that go against what we believe to be true about ourselves. Picture a fortress erected by the psyche with a gatekeeper denying access to anything that might topple our inner kingdom. When we sleep, the gatekeeper also sleeps and some new information does make it beyond our walls. However, it is the bizarre symbols which become 'food for thought' in creating lasting change within us. Just as the Trojan soldiers were duped by the Greeks who gained access into their kingdom by building a bizarre wooden horse, the psyche uses highly creative symbols to cleverly break through and fertilize consciousness. Transformative clues can inspire us simply because the idea comes in a form that doesn't appear threatening. In fact, the more bizarre the dream, the more it stays with us so we can chew on its meaning.

Listeners often ask about the most common dream I see. Most dreams are about transportation symbolism. Riding in a car, whether or not we are driving or being driven will portray our current sense of autonomy. If we are not driving, chances are we are not

in control of where we are going in life. The dream of missing the train or bus is common for children. These dreams symbolize other's expectations and moving in a way where a track or route is laid down for us and not easily changed. Airports and flying dreams symbolize how we move toward aspirations to achieve success.

You may wonder how dreams teach us about the pathway ahead. The third portion with its bizarre symbolism usually presents ideas that become prophetic in terms of the future. Dreams demonstrate a different time sense and offer a broader view of where we stand in relationship to where we are going. A pattern emerges over time, unique to the dreamer. In the subtle synchronicities of how what is happening 'in here' blends with what goes on 'out there' we begin to see how our path takes shape from our changing beliefs. Most therapists agree that whatever guides our dreams seems to know us better than we know ourselves.

People ask how dreams can be important if they don't remember them. Dreams help us to release outworn patterns of thought whether or not we are aware of this. Like digestion, we process and release ideas that are not necessary. Dreams allow us to evolve into the world we are growing into whether or not we remember them. The more bizarre, unsettling or repetitive the dream, the more likely we will remember it and attempt to understand its message. REM proves everyone dreams nightly. By taking an active approach in understanding our dreams, we are able to accelerate our growth and achieve a more authentic sense of success.



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