



The Insight of Dreams

By Sheila Hollowell MA

Dreams are a window to the soul. They are one of the most powerful insights that we have into understanding our own lives, and probably the least used, because we don't know how to comprehend and interpret the information we receive through dreams.

The language of all dreams is symbology. It is one of the fundamental things that must be understood before you attempt to work with the messages received through dreams. Dreams are a reflection of your soul. All the characters and events in your dreams are about you. The characters represent pieces of yourself. Whether you dream about your car or your boss, those are symbols that represent aspects of you personally.

The purpose of dreams is compensation. They balance the emotions and events of the day and keep you centered.

Dreams are energy, little bits of electricity transmitted through the brain. They are involuntary and like lightning storms that hold all the valuable answers to the directions that we are meant to travel. When you work with dream interpretations, you are not working with the whole dream, but rather with only the remembered fragments of that dream, for dreams tend to disappear rapidly as we go through the waking day.

There are approximately a dozen major types of dreams:

Great Dreams - These are those significant and earth shaking dreams that for some reason you remember for years. They are cornerstones for the direction of your life.

Ordinary Dreams – These are the common, everyday, ordinary housekeeping type dreams that you routinely have and forget every night.

Spiritual Healing – These are dreams that sooth the hurts to your emotions, forgive your transgressors and transgressions or give you information about your health and well being.

Directions – These are the turning point type of dreams that suggest the various directions your life could take. They are a look at exploring the possibilities of different choices and where those choices may take you.

Nightmares - Scary as they are, nightmares are the “the god of dreams” and great pains should be taken to try and remember nightmares, if you can convince yourself to retain them. Nightmares are just very strong dreams; strong, because they have a powerful message to given you.

Anxiety Dreams – These help you to face in your sleep what you have refused to face while awake. They can be about small anxieties, or larger anxieties, depending upon how long you have put off facing the problem.

Psychic Dreams – These are night time, sleep-state, psychic events, such as clairvoyance or precognition. They occur at night, because you must be quiet and focused to receive psychic information. Often we are not calm, sensitive and attuned during the day, making the reception of psychic information more difficult, and so that information comes through to us in our sleep.

Confirming Dreams – These dreams help to enforce or confirm impressions that we may have. They help to direct you in a particular direction.

Prophetic Dreams– These dreams are precognitive in nature. They are about future sight and are the result of knowledge acquired unconsciously making itself known. This would be called extrasensory perception if we were awake. They may be the source of the déjà vu experience. They may also be a survival mechanism. One way to tell predictive dreams is that they are often filled with emotion and reaction which is unusual in a dream state. Most dreams are simply visual images and the dreamer does not experience a great deal of emotion while having the dream.

Prospective Dreams – These dreams are like rehearsals, where you have the option of trying on various scenarios to see which is most appropriate. They help to sort dilemmas bit by bit.

Shadow Dreams - These dreams help us get in touch with darker aspects of our nature. They are the Jekyll and Hyde type of dream, everything you don't want to be. Because our society places emphasis on being good, we tend to repress some images, emotions and messages as negative. They do however come out in dreams. The shadow dream may seem evil or frightening, but in just energy emerging from the unconscious mind. These dark aspects of personality are necessary.

Lucid Dreams - These dreams are ones in which there is a conscious perception that you are indeed dreaming. In this state a person usually has control over characters and the environment of the dream as well as the dreamer's own actions within the dream. This can be a useful tool at certain times. Lucid dreaming has been documented by science.