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Dreams: Messages for Life Guidance

©Dr. Jane A. Simington, PhD.

Dreams have been a topic of fascination and intense study throughout history. In ancient times dreamers were revered and their guidance sought. Sigmund Freud revived the significance of dreams and the need to understand their messages. He saw dreams as messages guiding emotional healing. His colleague Carl Jung viewed dreams as messages from soul. Jung noted that a dream that is not interpreted is a letter from the Gods that had not been read. Today, dream analysts believe that dreams give you messages to keep you physically healthy, warn when you are at emotional risk, support you during personal crises, give spiritual guidance, and forecast future outcomes. The challenge is in understanding the symbolic messages being presented.

Dreams: Messages for Life Guidance is about helping you understand the messages you are receiving in your dreams so you are more able to put into practice the guidance being offered.

During our time together you will:

- 1) Gain an understanding of the reasons for symbolism in your dreams.
- 2) Be familiar with a variety of common dream themes.
- 3) Follow guidelines for determining the meaning of your dreams.
- 4) Determine the physical, emotional and spiritual significance of your specific dreams.
- 5) Recognize dream predictions related to your relationships and other future aspects.
- 6) Increase your ability to remember and recall your dreams.
- 7) Gain skill to help others determine the meaning in their dream messages.

Articles written by Dr. Jane Simington on this topic include:

Solstice Nights Offer Winter Dreams

<http://drjanesimington.com/soul/solstice-nights-offer-winter-dream/>



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[A Dream Message Revealed the Soul Survives Death](http://www.selfgrowth.com/articles/a-dream-message-revealed-that-the-soul-survives-death)

<http://www.selfgrowth.com/articles/a-dream-message-revealed-that-the-soul-survives-death>

[Hope Helps Dreams Take Flight](http://drjanesimington.com/grief/hope-helps-dreams-take-flight/)

<http://drjanesimington.com/grief/hope-helps-dreams-take-flight/>

[Dreams and Dying: A Process of Spiritual Growth](http://www.selfgrowth.com/articles/dreams-and-dying-a-process-of-spiritual-growth)

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