

*Approach problems as challenges that you are "up for."
Be calm, warm-hearted, and wise according to your own intuitive sense.*

To understand dream images, stay close to the exact dream image, events, and feelings. Write out a brief description of the dream image and then draw the dream image. Make seven associations to the image. E.g., Falling – Loss of control; Falling – Fear; Falling – All Alone; Falling – Death.

Ask yourself questions. For example, "How would things be different if my teeth actually fell out? How would I feel? What is the dream saying about my attitude and my actions? What is the dream saying about **someone else** or about a **situation**?" Be open to loving intuitive guidance.

Teeth Falling Out — Are you losing something? An ability? A lifestyle? Strength? What feeling do you have in your waking life that is similar to the dream?

Being Unable to Call for Help — Is something stopping you from communicating to others that you want their help in your waking life? What do you need help with?

Flying — Are you in control and enjoying the flying, or in danger and feeling afraid? Are you leaving the earth and heading to outer space metaphorically speaking?

Falling — How are you feeling out-of-control in waking life? Are you feeling doomed?

Being Chased — What is chasing you in waking life? What do you not want to face?

Problems With Transportation — What is your dream saying about your ability to get somewhere? Are you in control? Who is driving? What do you need to do? Who is with you?

Losing A Wallet/Purse — How is your sense of self, your identity, being threatened?

Exam Problems — What are you not prepared for? How are you afraid of failing?

Clothing — What kind of person typically wears this kind of clothing? What does the appearance (the color, or shape, age, condition, texture, etc.) remind you of? Does this speak to you? Your attitude/actions? To another person? To your situation?

Being Naked — How are you feeling vulnerable? Who sees you when you are naked? If you feel great in your "altogether," how are you feeling "good in your skin?"

People from Your Past — What are the dream character's three key characteristics? What was happening in your past life that is similar to your present situation?

Famous People — What are the dream character's three key characteristics? Are you or someone else like this person? How is your dream situation similar to your present situation?

Romance with Someone Unlikely — What are the three key characteristics of this person? Separate from the dream character, do these three characteristics by themselves appeal to you? Does the romance attract or repel you in the dream? What attracts or repels you in your intimate waking life?

Your Childhood Home — What issues that relate to your family of origin are absorbing your attention? What typically happens in the room you are in? What year is it?

Discovering New Rooms/Caves — Describe the new rooms? What do you like? Dislike? How do you feel about your discoveries? How is this a metaphor for waking life?

Dogs, Horses, Cats, Birds, Fish, Snakes, etc. — What are the animal's three key characteristics? Who is like this animal? What present situation is similar to the one the dream animal is in?

Insects — How are little things, through their sheer numbers, affecting you? Is anything "bugging" you? Or, is anything disgusting you? Are you being harmed?

Unknown Attacker/Monster — What is threatening to overwhelm you or someone you know? What is the attacker like? Are you surprised? Is there a monstrous trait you need to pay attention to—in you or someone else? Or, is your health a serious concern?

Being Hurt — How are you, or someone else, being hurt in the present situation? Is it life-threatening? How are you responding? What do you do? How do you feel? Are you effective at problem-solving? What do you need to do?

Helplessness — What is the source of your helplessness in the dream? In your waking life? What is one thing you can do in waking life to empower you? How can you become more in control? Who can assist you?

Continuous Little Frustrations — What goal are you trying to achieve in your dream? What is holding you back? How is this a metaphor for your life?

Lack of A Basic Necessity — What are the key functions of the basic necessity that is lacking? Who is lacking it? What do you do to provide it? How do you feel? What would happen if this situation were to continue?

Finding Precious Things — What new abilities are you discovering? What inspiring people or projects are delighting you? What has been hidden that needs new life?

Babies — What is happening to the baby that reflects your life situation? What does the baby need? If the baby represents a favorite project, how is it doing?

Transformations — Who or what is being transformed? Describe the three key characteristics of each state separately. How do you feel about the changes? How is this transformation a metaphor for you, for someone else, or for your situation?

Dreamwork

- [Top Ten Dreamwork Techniques](#) — "Your Guide to Happiness, Wisdom, and Purpose"
- [What Did You Dream Last Night?](#) — "Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind's Answers Tomorrow"
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys