

Healing Into Wholeness Through Dreams

A Guide To Self-Mastery

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Chapter 3

Day Dreams

Have you ever been driving a car when you suddenly realize you have not been paying attention to the road, yet have miraculously arrived at your destination? One part of your brain was in the alpha state, which is the same level of consciousness (as measured by brain waves) at which you have nightly dreams. You were having a day dream — one of those watery times of drifting that we often experience while doing a hobby, driving, gardening, or engaged in any routine or mundane chore, such as cleaning or showering. It is during these drifting moments that you learn important clues about your self.

Day dreams are small snippets of time during the waking hours when information from your higher self is coming through to your waking-hour consciousness. Your mind drifts from its current task and creates imaginative scenarios in which you “try out” different stances or emotional states, much like a dress rehearsal. These imaginative portrayals give you a chance to role-play with yourself in your head. You can either recall an actual situation that happened to you and then mentally role-play different things that you could have done or said in that situation, or you can imagine future (or hypothetical) situations and mentally rehearse what you might do or say.

Day dreams are invaluable sources of information about your self and your perceptions. They are meant as tools for guidance and are richly available every day. We often get new ideas during alpha states; they are a time that allows for inspirational thought.

Your waking dreams are as rich and full of information as your nightly dreams. They contain information about your self just as night dreams do, and they can be interpreted in the same way.

When you catch yourself day dreaming, be aware! The trick is to realize that you are day dreaming, and to remember the content of the day dream. Later you can write your day dream down and interpret the meaning using the dream interpretation methods outlined in Chapters 4 and 10. The interpretation methods also work well on “visions” or other quick images that flash through your mind throughout the day — everything has meaning.

It’s also useful to become aware of what triggers your day dreams, and to make a mental note that you’d like to remember your day dreams. You will gradually become more aware of your day dream information, and will be able to use this information for your self-growth and as a source of guidance. It really is that easy. Once you start practicing tuning in to your day dreams, you won’t be disappointed at the amazing amount of information they reveal to you.

Sample Day Dream: The Great Hero

I am driving along the highway when I begin to day dream that there is a horrific accident ahead. I imagine myself leaping from my car and heroically rescuing someone involved in the accident. I see reporters arriving and I am made hero of the day.

<i>Most Significant Feeling</i>	<i>Most Significant Symbol</i>
Accomplishment	Myself as the hero
<i>Meaning of Symbol</i>	<i>Waking-Hour Connection</i>
A hero is someone who is brave, courageous and admirable. Heroes commit acts that deserve acknowledgment, acclaim and recognition.	I realize I have a high need for recognition. I need and I'm seeking acceptance and approval from outside of myself. This day dream helps me see this about myself. But I know that true acceptance, approval and recognition can only come from within. I can now try to work on shifting away from this desire for external validation to recognizing my own "inner merits."

Waking-Hour Symbolism

Your everyday waking-hour events, relationships and experiences have symbolic meaning, just as your nighttime and daytime dreams do. Everything that occurs during your waking hours is rich with meaning — it is only a matter of acknowledging this. Once you do, you will begin to see the magic in every moment of your life.

These waking-hour symbols often hold similar messages to the ones that your night dreams are already trying to relay to you. These seemingly coincidental experiences are not coincidental at all. The Universe sends you endless messages during your waking hours as well as in the dream time.

For example, you may dream of bumping your head and then wake up and actually bump your head. Or you may dream of your wristwatch falling off and the next morning your wristwatch actually falls off. If these types of incidents aren't catching your attention, they should be. For it is no mistake that your dream content and your waking-hour events are similar in nature. Watch for it — dreamtime characters and symbolism are presented to you all the time during your waking hours.

See "Symbolism and the Waking Time" in Chapter 7 for further details on this phenomenon.

Precognitive Dreams

Precognitive dreams, which are also called ESP dreams, are dreams that come true — you "see" something prior to it taking place in the waking hours. For example, you dream of a disastrous plane crash and you awake to hear that this has actually occurred. Only a small percentage of the population

experiences ESP and precognitive dreams, and people who are prone to prediction dreams are often very aware of a special quality or feeling in the dream that is different from the quality of a “regular” dream. They describe it as a “knowing” feeling and they recognize it as such immediately.

To determine whether a particular dream is predicting something, consider your past experiences with ESP-type dreams. Are you prone to these types of dreams? Have you ever had one? If the answer to these questions is no, then chances are that this is not an ESP dream. Similarly, ask yourself whether you had that special “knowing” feeling in the dream; the feeling is usually all-encompassing in a true precognitive dream. But this is not to say that you should entirely rule out the possibility that this was an ESP dream. Remember that it is always wise to consider all possibilities and act on what you believe you need to rather than ignore the possible warning in the dream.

Other minor ESP incidents may happen with more frequency in your dreams. For example, you dream of receiving a speeding ticket and actually get one within a day or two of the dream. This type of mini-ESP dream is common and is a type of warning dream. We create our own future every day with our thoughts, words and actions (or inaction). A speeding ticket in the dream time is a warning that you are “speeding” through some everyday situation without giving it enough thought. Perhaps you are not grounded and rushing around so much that you are not picking up on important inner signals. This dream is very common among people with hectic lifestyles and simply warns them to slow down. You create the “speeding ticket” dream with the feverish pace you are keeping. An actual speeding ticket received in the waking time is presenting you with the same message to slow down — you are going too fast and in danger of hurting yourself or others. This is the same message your dream speeding may have for you. This seemingly coincidental type of experience is not coincidental at all. The universe sends us endless messages during our waking hours as well as in the dream time. See the discussion on waking-hour symbolism above for further details on this phenomenon.

Lucid Dreams

In lucid dreams, you experience yourself in a more awakened state. This may sound dualistic or contradictory, but that is the sensation of a lucid dream state. In fact, you feel so awake in some lucid dreams that it’s hard to believe your physical body is asleep. Some part of you is wide awake, lucid and experiencing the dream state with great clarity. The scenery is brighter and sharper, your vision is more acute and your senses are extraordinarily heightened. It’s a very exciting feeling but sometimes disorienting because of its “realness.”

There are varying degrees of wakefulness in a lucid dream. Sometimes you are just aware you are dreaming while the dream is going on. At other times you may experience such intense alertness that you are confused about where you are and how you got there. But it is only your senses that are awake, not your physical body — which, of course, is sleeping. Lucid dreaming is a common and natural state of being and actually feels wonderful. Once you accept that you are conscious on some level, you are able to control the flow of the dream state, creating whatever you wish, merely by thinking about it. In fact, you will be creating even as you come to grips with the fact that you are “awake” and able to control the dream.

If you ever have a lucid dream you will know it, because these dreams have a certain quality that is hard to describe — a quality of being more awake and alert than in your normal waking hours. How is it possible to be more awake than you are in normal waking hours? Because in normal waking consciousness you are actually in touch with very little of “who you are.” In the dream time you are in touch with, or remembering, a far greater portion of your self. Therefore, if you “wake up” in the dream, you have an expanded view, awareness or consciousness of yourself that you are not likely to have experienced in your waking hours.

The following example, which was my first full-blown lucid dream, may help clarify the degree to which these dreams can be experienced.

Lucid Dream Example: “Am I Drunk?”

In actual reality I am asleep beside my partner in our home in the suburbs of our town (I’ll call it Hometown). In the lucid dream I awake in a bed in another country 3,500 miles from Hometown. I am confused and sit up in the bed blinking and rubbing my eyes. My mind is awhirl in chaos as I try to figure out how I went to bed in Hometown and got to this place so far away. My only rational explanation is that I must have drunk so much that I passed out and someone kidnapped me. My partner is asleep in the upper bunk of a bed beside the bed I’m in, so I reason that he must have brought me here when I passed out. Then I remember that I don’t drink, so this explanation isn’t even feasible.

I’m still blinking my eyes and only seconds have passed since I awoke. I can feel the bed, I can see my partner, and I am awake and feeling rational. So what is going on? I’m more confused than scared. Then musicians with violins start shuffling into the room dragging their chairs on the floor. I can hear the chairs and I can hear them start to tune their violins. Then my partner’s alarm clock goes off and he hops out of the bunk bed and starts to walk around the bed I’m sitting in. I am incredulous and yell to him, “Do you see them? What are we doing here? How did we get here? Isn’t this amazing?” He looks at me as though I’m crazy and he says, “See what?” My jaw drops in disbelief.

At the same time, a man walks over to the bed and telepathically says to me, “He doesn’t see them (referring to the musicians).” I’m stunned and repeat, “He doesn’t see them?” The man telepathically answers no.

When he says this, I instantly wake up in my bed in Hometown with my partner walking around my bed and shaking his head at me. I am sitting bolt upright in bed as I had been just a second ago in the lucid dream and I now excitedly ask him what is going on. “Did you see that? Holy cow! That was amazing. How did we get there so fast and back? What’s going on?” He just stops and stares at me and asks me what I’m talking about. He has not had the same experience I have and he thinks I’m a bit crazy.

* * *

Since that first lucid dream many years ago, I have been blessed with many more. There are varying degrees of wakefulness, and the example above is what I’d call a full-blown lucid experience. I have since learned that you can easily control the content of your dream experience by the thoughts you have in the dream time. For example, if you dream of standing outside in a field but begin to think of a

cozy bed, you will find yourself instantly dreaming of being in a bed. If you think of a loved one, that person will instantly appear beside you. Other types of lucid dreaming include out of body experiences (OOBEs), astral travel, remote viewing and simple moments of insight and intuition that trigger a déjà vu sense that grabs your attention. In an OOBE you are free of your physical body but you're thinking clearly. Often you see your body asleep in the bed or viewed from above. Astral travel is often experienced as flying about in the air but while feeling awake. Once again you are free of your physical body and usually experiencing the astral plane or dimension. Remote viewing is when you see something or someone that is not in your physical environment — you see them from above or from afar as though you were actually present (a “fly on the wall” type of experience). All lucid dreams are attention getters and usually quite pleasant.

I have been fortunate to have lucid dreams that set me on my path to healing. Many times in lucid dreams I have found myself sitting across from a practitioner and being told what to do — go see a natural doctor; juice wheat grass; do green colour-light therapy; seek out acupuncture; try this remedy or vitamin (actual names were given to me); use a loofah brush on your neck to help with lymphatic drainage. I have been shown maps of my body that indicate where energy is blocked and advised how to assist in its healing. I have met guides, teachers and angels bringing information and guidance. My degree of wakefulness in these dreams varies.

Lucid dreams are an exciting testament to the expansiveness of who you are and a great time to experience your self without the confines of a physical body. Because you are awake in the dream, you can go anywhere and do anything you desire — and all with a simple thought. As you think, so will you create. This principle holds true for the waking hours too, but with a time delay. Not so in lucid dream time. You move and create with your thoughts and can therefore create to your heart's delight. Perhaps you would like to travel to the moon, or Rome or anywhere your imagination can create — you will go there instantly. Perhaps you would like to help a friend heal or visit them. You can do healing work or prayers while in their presence (this does not mean they will remember the encounter, but the effects are just as powerful as if you were standing before them in the waking hours). Contacting other realities is also possible. There is really no end to what can be accomplished in a lucid dream.

Inducing and Maintaining Lucidity

If you want to experience lucid dreams, make sure to specify that in your before-bed dream request and use your dream request to create a dreamtime trigger. For example, you could ask that when you “find your hand” in the dream time, your dream will become a lucid one. You may dream of seeing your hand several times before this trigger works, but it will work eventually. Once you see your hand in your dream and remember your request, you will “wake” up. Decide in advance (while you're awake) on a plan of action (do you want to go to Rome? pray for a friend? meet a famous person?) so you'll be ready to act as soon as your dream becomes a lucid one.

Maintaining the lucid dream state can be tricky. Because the dream scenery changes with your thoughts, it is extremely easy to get pulled back into a “regular” dream state (an unconscious dream state like you normally experience). The key is to practice focussing on a stable object (in our example,

your hand) while in the lucid state. This is often a good reminder that you are “awake” and need to maintain focus in order to stay awake.

We all leave our bodies via our crown (seventh) chakra in order to sleep. But you are always “attached” to your physical body by a “silver cord” or thread (somewhat like a life line) and can therefore always return to your physical body in a fraction of a second. This is important to remember while you are lucid dreaming, because novice lucid dreamers may be frightened by the feeling that they are not in their physical body.

If you find yourself in an unpleasant or frightening lucid dream, simply think yourself back to your body or back to your bedroom and you will either wake up or go into a regular dream state in a split second. You are totally at choice at all times (dreaming or awake!).

And remember to interpret your lucid dreams like a regular dream using one of the dream interpretation methods. For example, if in a drowning dream you are able to “think” yourself swimming safely to shore, refer to the Swimming entry in Part 3, the Dream Symbol Dictionary, to understand the symbolic meaning of this occurrence.

Nightmares

Nightmares are dreams that are so frightening that they wake you up in the middle of the night, often sweating and terrified. They can feel so “real” that they make you put the light on and stay awake for some time. Children are especially prone to not wanting to go back to sleep for fear of experiencing the same dream.

Nightmares reflect confusion of the mind and try to tell you that there is a situation in your current life that needs immediate attention. Something is upsetting your balance and sense of what is “right and wrong” for you personally. Often you have a feeling of impending threat or danger at a deeper level of your awareness, and your higher self (wisdom) or inner voice is trying to draw your attention to that threat. Since you are not “hearing” or getting the message while you are awake, the information comes through at night when you are very relaxed and therefore much more receptive. Nightmares are trying to get your attention (and they usually do) and they are trying to get you to “put the light on”; i.e., to see the situation that is creating such concern.

Nightmares are common in children because often they don’t feel in control of their lives or their actions. Parents, society and school all influence children and tell them what to do, think and feel. This kind of well-meaning advice often runs against the child’s true nature and therefore causes significant distress that is the child is unable to express.

At a deep, unconscious level, adults often feel that their lives are not aligned with their true selves or their fundamental goals and desires. But because they are not in touch with what their true self is, they need nightmares to tell them that their true nature is feeling threatened.

There are a few simple techniques to help you “get the message” that the nightmare is trying to communicate into your waking-hour awareness. These techniques work well for both adults and children. Once you “get the message” or meaning of the dream, the nightmares will stop.

How to Get Your Nightmare’s Message

Step One – Turn on the light and acknowledge that this was a frightening experience. Telling yourself or a child to “forget it, it was only a dream” not only perpetrates the problem, but leads to poor dream recall. Reassuring yourself and/or your child is a healthy first step in abating nightmares.

Step Two – Ask the child to recount the dream to you in detail and comfort them as needed. Adults should write the nightmare out in detail, noting the feelings and the main symbol of the dream. This simple step in itself will do a lot to reassure the child or yourself that it was a “real” experience and that their/your feelings are valid.

Step Three – Ask the child to recount the dream again, but this time to change the ending or scary part to something that is more appealing or more positive. Being chased by monsters is the most common type of nightmare among children. In the newly created “dream,” they can replay the scene to have themselves remove the monster from the sequence, have help arrive, or talk to the monster to find out why it is chasing them. Children are often very creative and can easily think of “new endings” for their nightmares. Anything they create that helps them deal with their monster will help them go back to sleep and/or end the frightening dreams. Simply asking the monster why it’s chasing them may give you clues as to the issue bothering the child.

The same technique applies for adults. Either replay the dream in your mind with an ending you like, or rewrite one that suits your sense of what’s more appropriate. If applicable, ask your “monster” why it is after you. Pretending what the monster would say back to you is an invaluable technique that will lead to insight. If your rational mind tells you that doing this is “just making things up,” that’s all right. In fact, your make-believe scenario will be very close to the “truth.” Pretending an answer is almost always valid and relevant and leads to greater insight and understanding. Listening to that first response in your head will often lead you in the right direction. Even if you still don’t have a clue what the nightmare symbolizes about your life, talking to the “monster” will create a new avenue at deeper levels to replay a positive outcome in your new version of the nightmare. Later, when you have more time, you can use one of the interpretation methods in Chapters 4 and 10 to help you understand the nightmare’s meaning.

It is interesting to note that studies conducted on the visual cortex of the human brain reveal that the brain response is exactly the same to what you see with your eyes and what you imagine in your mind. That part of the brain cannot distinguish between what is real and what is imagined — seeing or visualizing are perceived as being the same. This is why “replaying” your dream content is so helpful — it actually does change the outcome!

Step Four – Taking measures to reassure the child, such as checking under the bed or in the closets for monsters, leaving a light on, or allowing them to sleep with a stuffed animal, will help the child go back to sleep. In the morning, offer to talk about the nightmare with the child. Honouring a child’s fears gives them a great sense of security, and this alone will help abate the nightmares to a certain degree.

This counsel goes to adults too. Honour your own feelings of fear after a nightmare. Acknowledging your feelings and acting without judgement will assist you greatly in lessening the frequency of nightmares. Telling yourself that you are silly or stupid for wanting some comfort measures after a traumatic nightmare does not acknowledge the nightmare or your own feelings. Leave the light on if necessary and check under your own bed if you want. In the morning talk about the nightmare with a friend. All this “talking” will help integrate and validate the message into your waking-time awareness, even if you haven’t yet gained full insight into the nightmare’s meaning.

Nightmares will lessen every time you take the time to acknowledge and honour the feelings that the experience brought up. Continue to search for ways to comfort yourself and child after a nightmare and use the visualization techniques suggested. You will be pleasantly surprised at how readily you can decrease the frequency and intensity of nightmares just by recognizing and honouring them as real.

Recurring Dreams and Symbols

Recurring dreams and symbols are common and indicate a conflict that has gone unresolved. A message is trying to get through to your waking-hour awareness; if you are still having the same dream or if a particular symbol keeps showing up in your dreams, then you haven’t got the message yet. This conflict may be an internal one or an external problem. For example, a recurring dream of your mother-in-law driving your car could represent your feelings about your mother-in-law “driving you crazy,” or perhaps taking too much control in your life. A recurring dream from childhood may indicate an internal conflict with your self (mind, body or spirit) that has followed you into adulthood and is still unresolved. This could be any issue, pattern, habit or belief that no longer serves you well. The recurring dream is trying to get your attention about it, in order to restore balance for your internal reality.

Think of your recurring dreams and symbols like a benign bill collector. It keeps sending you invoice after invoice, patiently waiting for you to pay your bill. In a recurring dream, “paying the bill” is simply “becoming consciously aware.” As soon as you “get the message,” your recurring dream will stop. But if the conflict remains unresolved, the recurring dream or symbol may turn into a nightmare.

Try using the dream interpretation methods in Chapters 4 and 10 to help interpret your recurring dreams and symbols.

Sample of Dictionary Contents

Clothing

Clothes indicate what you “put on” or wear for the world (and yourself) to see. Clothes can be symbolic of your mood or state of mind and may represent your idea of how you look or present yourself to

others. These are the attitudes you “put on” to show to the world. They also imply your sense of style, fashion or overall self-esteem (or lack of it). What do you associate with the type of clothing seen in the dream? For example, wearing a dress may indicate your femininity whereas pants may indicate your masculinity. Are you wearing a specific colour? This would indicate a certain mood, emotion or chakra (see the Colours and Chakras sections for further insight). What is highlighted about the clothes? See that specific item of clothing. Whatever the item, you can be sure it is trying to tell you something about your “posture,” attitude, stance, mood, and the way you portray yourself in your waking time.

Remember: These symbolic meanings are just suggestions. If these suggested meanings do not resonate with you, ring a bell, give you an “ah-ha” moment or otherwise feel right, search through your own experience or beliefs about the symbol to find what makes sense for you.

Apron – May represent work in the kitchen and therefore work in the “mind” or mental aspect of self. How do you feel wearing an apron? Is it “women’s work” or is it a time for creative play? Do you feel a slave to your lifestyle, or old and matronly in the apron? An apron is a type of protection, so it could speak of your need for more security, safety or control.

Armour – Symbolic of feeling in need of emotional, mental or physical protection. Do you feel safe in the armour or ready for war? What issues have been surfacing for review or expression lately? Do you feel you need protection from certain feelings? May indicate that you have been acting defensively or that you are resisting some change. Perhaps you feel “hardened” about a subject or relationship, or that you are being rigid and inflexible about something.

Bath Robe – See Housecoat

Bathing Suit – Depending on how you feel in your dream bathing suit, it may symbolize how you have felt comfortable or uncomfortable in a recent event or experience. Perhaps a bathing suit represents that you have felt overly exposed in a recent relationship or encounter with another. Do you feel sexy and playful in your dream bathing suit? Could suggest you are ready to “get wet” or get involved with looking at your feelings. May be associated with feelings of relaxation if you are on a beach.

Beautiful Clothing – Depicts recent acts or behaviours that you deem beautiful or attractive. This could be a recent incident where you felt gracious, generous or benevolent toward yourself or others. Clothes in which you feel beautiful, attractive or elegant may represent any act of kindness. Usually suggests a positive attitude and feelings of security and self-confidence.

Belt – Because belts are used to hold something up, it may symbolize that you feel something is “slipping” away or that you need to be “held up” and supported in some way. Perhaps you need to “belt” something out or express yourself in a big way. Maybe you have felt “belted” or berated by yourself or another recently. May indicate your need to “tighten your belt” or be more thrifty and frugal.

Bikini – See Bathing Suit

Blouse – Represents how you express your feminine nature. Are you comfortable in the dream blouse? Are you comfortable in expressing your feelings and the truth of your heart? See also Shirt.

Boots – See Shoes

Borrowed Clothing – May indicate that you have recently taken on someone else’s point of view, opinions or ideas. Have you borrowed attitudes or beliefs of others recently? Are you freeloading or sponging off others? Note how you feel wearing the borrowed clothes for greater understanding.

Bra – Symbolic of how you support your feminine self or how well you align with your feelings. Is the dream bra comfortable or uncomfortable (denotes whether you are comfortable with your feelings)? Is the bra new or old (denotes new feelings or old ones)? Is it supportive or unsupportive (denotes how supported you are, or feel you are, by your self or others)? How you feel in the bra will help determine its meaning more clearly. Perhaps you are not wearing a bra in your dream, which may indicate that you need support for recent feelings or issues of the heart.

Button – Because buttons hold “two things” together, they symbolize the need to hold something together. They could also represent that it is time to let go of something that is holding you in a fixed position.

Children’s Clothing – If you are an adult looking at or wearing children’s clothing, it may indicate that your recent behaviours or thinking have been childish. Look to recent events in which you may have acted in a childlike way. Could also suggest you need to play more or be more free in your expression.

Coat – Symbolic of how you may “cover up” or hide what you don’t want others to see. Perhaps you hide certain behaviours or attitudes behind a “cloak” or cape. A coat could also be a protection of your attitudes, beliefs or opinions, depending on how you feel wearing the dream coat. A raincoat could indicate that you are covering up emotions and feelings, or that you feel you need protection from your own emotions or those of others. An overcoat could denote that you feel the need to cover some aspect of your self and not show it to others. A winter coat may indicate the need for comfort or that you are feeling “cold” or abandoned. Note if the coat is new or used and how you feel wearing it. May be a pun on “riding on someone’s coat tails.”

Costume – May indicate the need to present yourself in a different way, or symbolize that you are presenting yourself in a false way. Do you feel the need to disguise your thoughts or feelings? The type of costume and how you feel wearing it will indicate why you feel the need to “put on an act” or hide under “false colours.” Perhaps it represents a playfulness that needs to be expressed.

Diaper – If you are an adult wearing diapers in the dream, it may indicate that you have been acting in a babyish way or that your attitudes have been babyish. On the other hand, perhaps you are in great need of treating yourself with extreme gentleness and nurturing — the way you would treat a baby. How you feel about yourself in diapers will be a big clue about the meaning of this symbol. Changing diapers in a dream indicates the need to change some babyish aspect of yourself or change an old, outgrown attitude or belief. A messy or dirty diaper may have a similar symbolic meaning — the need to “clean up” your act or recent actions.

Dirty Clothing – May indicate a need to “clean up your act” or that you feel you have been acting “dirty.” May imply that you have had “unclean” or lewd thoughts recently. Have you been acting in a disgraceful, improper, or “shameful” way? Perhaps a recent event has left you feeling polluted, corrupt or tainted. Has a messy situation or encounter with another left you feeling violated or unclean? Do you consider yourself to have a “dirty mind” and therefore in need of some cleansing? May imply you are not caring for yourself well and need some attention.

Dress – Represents how you feel about being a woman (or about the feminine aspect of your self) or how you relate to women. How does it feel to be wearing this dream dress? Do you feel confident, comfortable and strong? Or do you feel uncomfortable, demeaned or small in any way because of the dress? The feelings will help you understand how you feel in your feminine nature. A dress may also represent how receptive and nurturing you have been to yourself and others lately.

Favourite Clothing – Often represents attitudes, postures or ways of being that are comfortable and familiar to you. These are behaviours and habits that are known, acceptable and even cozy to you. Represents “states of mind” or perspectives you experience daily.

Formal – Depending on how you feel about formal attire, this symbol may indicate rigid, conventional or stuffy ways of thinking and being in the world. Or it could represent elegance, graciousness and refined states of being. May express a particular attitude of grandeur or recent prideful state. Do you feel luxurious in formal attire, or feel as though you “have it all” in the dream? Look to recent events in your life to hone in on the precise meaning of your formal “stance.”

Glove – Brings messages about “covering up” how you are “handling” things. May indicate whether you have a “grip” on a situation or not. Are you handling a current life challenge with “kid gloves” or with a rough hand? Are the dream gloves a type of work glove and therefore referring to how you are handling things at work? Or are they evening gloves and more suited for elegance? See also Hand in the Body section.

Hat – May represent the many “hats” you wear in your day-to-day life and encounters, the many jobs or talents you have. A hat could also represent your thinking, or those thoughts that you try to cover up. Either way, your dream hat is about your mental state of being and may protect or reveal your state of mind. Note what type of hat you are wearing and whether it is specific to a particular job or talent. This will help you understand what your attitude is toward that job or talent. Trying on a hat in a dream represents that you are “trying on” new (or used) attitudes, beliefs or opinions. You may also be trying on a new stance or behaviour. Many hats may denote that you have many talents, abilities or expertise in a particular field. Perhaps you can “change hats” easily and switch from one mental state to another with ease. A helmet or hardhat may indicate “hard” or limited thinking. Or perhaps you feel in need of protection and don’t want to take in or another’s point of view or beliefs. The type of hat will be a great clue about the meaning of your recent type of thinking or thoughts.

Housecoat – Often represents a comfortable attitude or belief that you are currently “wearing” or displaying. Or it may denote a more private and personal aspect of self, not often seen by others. How do you feel wearing the housecoat? This will reveal what the dream housecoat symbolizes for you.

Jeans – May indicate how comfortable you have been in recent situations or events. Do you wear jeans often, or is this an uncommon piece of clothing for you? Do you consider them work-type clothing or a statement of free thinking? If old and faded, they may represent your old attitudes that are still being shown to the world.

Mending Clothing – May indicate that you are mending, repairing or updating healing attitudes, beliefs or ideas that no longer serve you well. Perhaps you are making amends for a recent thought, word or action that did not align with your beliefs or attitudes.

Neglige – May denote feelings of sensuality or sexiness. Who is wearing the negligee and how do they feel? May say you feel exposed or that someone has “seen through” you. May represent shame or embarrassment, depending on how you feel about wearing negligees.

New Clothing – May symbolize new ideas, thoughts and beliefs. Perhaps you are testing out a new attitude or way of being in the world. Have you had any new perceptions or insights lately that are represented by the dream clothing? How do you feel wearing the new clothes? Do they represent a change in your understanding, self-esteem or self-confidence?

Old Clothing – May indicate old attitudes, beliefs or behaviour patterns. May symbolize that your thinking or “posture” is out-dated or in need of replacement. Are these clothes suitable in your current life? Are you comfortable in your “old habits” and behaviours? Are you clinging to the past and old ways? If the clothing is old-fashioned or from another era, it may be telling you that this is a past-life dream.

Pajamas – Reflect attitudes of comfort and reassurance. Depending on how you feel about wearing pajamas in your waking time, could also represent personal issues or indicate that you are feeling exposed in some way. May indicate the need for more rest, sleep or “down time.”

Panties – May symbolize a feeling of exposure if you are caught in your panties in the dream. Or may reflect personal issues and feelings. Panties reflect the feminine or female point of view, so the Feminine entry in the People section of this dictionary may be useful to you. What feelings are elicited by wearing panties in the dream?

Pants – May reflect masculine point of view or attitudes, depending on what type of pants are worn in dream. May be a pun on “who wears the pants” or issues of control. See Masculine in the People section for more in-depth understanding of male attributes. Feminine pants would reflect feminine attitudes and tendencies.

Purse – Symbolizes issues of identification, value, worth and money. What do you keep in your purse and how much value do you place on it? Understanding this will help you decipher the meaning of your dream purse.

Shirt – Since shirts cover the heart area, they often denote feelings and expressions of the heart. How do you feel in your dream shirt? Are you comfortable? Is it, or does it feel like, a familiar shirt? A shirt

that is new or uncomfortable in some way indicates new feelings that you are “trying on” to see how they suit your lifestyle and image. See also Blouse.

Shoes – Denote the beliefs and foundations “upon which you stand.” Shoes are the “basis” of your understanding and represent everything you “stand for.” The type of shoes worn (or not worn) in the dream will help you pinpoint the type of support you are or aren’t receiving. If the shoes are stiff, uncomfortable or inflexible, it may denote a barrier to your understanding, poor support of your self or poor support from another. Comfortable and flexible footwear may indicate that you are comfortable in a certain stance you have taken recently and that you are flexible in your understanding and thinking. Note how you feel in your dream shoes. Are they too tight, indicating a less than flexible or desirable foundation? Or are they “just perfect” like Cinderella’s glass slipper? Are you barefoot and comfortable in your chosen beliefs and support systems? Or does going barefoot represent poverty and the inability to move freely for you? Perhaps your dream shoes are boots, which may represent your need to protect your beliefs or defend your understandings. Boots could also be a tough exterior which you show to the world, or symbolize your need for security. Are your dream shoes old or new? Old shoes represent old beliefs and understandings; new shoes mean that you have taken on or adopted new beliefs. How well do the shoes support you? What kind of foundation are you standing on? Safe and secure, or flimsy and unsupportive?

Skates – Represent your ability to glide through life or through a current challenge. May suggest you have good balance presently, or indicate that you need more balance in your life. If you have never skated, they may suggest you are trying something new or that a challenge is before you that will require patience and practice to perfect. See also Skating in the Sports and Games section.

Skirt – Symbolizes the feminine and issues of how you feel as a woman (or about the feminine side of your self) and how you relate to women. Feminine qualities may include tenderness, receptivity, openness, creativity and nurturing. May be a pun on “skirting an issue” or “hiding behind a skirt.”

Socks – A reflection of the beliefs and foundations upon which you stand. Are the socks comfortable or well worn? This will help you understand if they symbolize comfortable beliefs that you endorse or old, worn-out beliefs. See also Shoes.

Soiled Clothing – See Dirty Clothing

Sweater – Often associated with the chest and heart area, a sweater may reflect your feelings and the truth of your heart. In your waking life, do you consider sweaters to be casual wear or for more dressy occasions? This will reflect whether you feel comfortable in your thoughts and feelings.

Tie – Usually worn by men, a tie reflects masculine points of views and attitudes, including attitudes about aggression, protection, dominance, action and authority figures. May be a pun on the “ties that bind us” or any type of physical, emotional, mental, or spiritual tie that you have. Could also represent “karmic ties,” “financial ties” or “religious ties.” May be about bonds, such as “love bonds,” “marital bonds” or bonds of malice. Perhaps you feel “tied” to a situation or relationship, or “all tied up” in knots emotionally or mentally.

Torn Clothing – May symbolize how you feel about your thinking processes. Do you feel as though your recent thoughts are flawed or in need of some repair? Or do you feel shabby in some way about the way you have recently presented yourself in some situation or relationship?

Trying On Clothes – Often denotes that you have recently “tried on” a new attitude, belief or stance to see if it “fits” your lifestyle. Note how you feel in the clothing you are trying on — does it feel comfortable or awkward? Your feelings are further clues about the meaning behind your trying on something different or new.

Underwear – May reflect a sense of exposure, depending on how you feel in the dream. May indicate personal issues or those parts of you that others don’t see. Could relate to feelings of comfort or constriction, depending on how you feel about wearing the underwear in the dream. See also Panties.

Uniform – Depending on the type of uniform, this could point to issues of control, dominance or feelings of obsequiousness (subservience). Also reflects work-related or group issues, depending on the type of uniform being worn. Army uniforms may relate to issues of discipline, assertiveness and orderliness. Police uniforms symbolize issues of law, authority, judgement, or what is considered right and wrong. Nursing uniforms may reflect issues of health, nurturing and compassion.

Used Clothing – May symbolize that you have adopted another person’s point of view or attitudes. Did a recent event in your life make you feel “used” or manipulated? Have you been making decisions based on others’ beliefs or opinions? Look to how you feel in the dream’s used clothing for further clues about the symbolic meaning.

Veil – Denotes something that is partially or completely hidden from you. What do you currently experience as not being fully in focus for you or that you have a “blind spot” for? Veils often relate to issues of mystery and hidden or secret knowledge. May imply feelings of modesty, sexiness or insecurity. May denote flirtation or temptation. Who is wearing the dream veil and how do they feel wearing it? Are they hiding behind it or using it as a deliberate tool, such as for deception?

Vest – Often related to issues of the chest and heart. May reflect how you currently feel about some issue or relationship, or reflect the truth of your heart.

Washing Clothing – May indicate you feel in the need to cleanse or clean up your act or your actions. Perhaps you need to forgive yourself or another or release some emotions. Note whose clothes you are washing, since this is an important clue about whose attitudes or beliefs need to be cleansed or changed.

Wedding Dress – Symbolizes issues surrounding marriage, purity and innocence. May also be about two things or ideas coming together. May denote issues of love and devotion, depending on how you feel about the wedding dress. Could also reflect issues of commitment and service. Feminine in nature, it may also indicate your femininity and relationships to men.