

A Dreamers Guide to Remembering



**Capture the Wisdom of
Your Dreams**

with Pamela S Alexander, PhD

Remembering Dreams

Getting Started

Key Points to Remember

1. Dreams come every night to help us. Their intention is for us to be happy and thrive. They are created by a part of us that is much smarter than we are and the dream source wants to share its wisdom with us. This source knows who we are and what we need to do to live authentically.
2. Because we are used to thinking literally, that is often the default method of interpreting a dream. Try looking at each aspect of the dream as a symbol to divine the deeper meaning.
3. Since dreams are usually symbolic, if you have a “nightmare,” just remind yourself that it probably isn’t about what you think. I’ve had many clients who were frightened by a dream, but after we worked with it, they were excited about the dream’s message and felt transformed by it.
4. If a challenging emotion comes in response to a dream, then find where the sensation is felt in your body. See what it feels like, hard or soft, small or large, etc. Try not to label it as a specific emotion, but just sit with and watch the sensation in the body. It usually will pass and dissipate after a period of time. Imagine the emotion as a visitor, just sit with it, and let it leave whenever it’s ready. Try not to rush it out the door or control what it does. If you feel overwhelmed, seek the help of a professional.
5. Dreams can assist you in resolving any issues that are disrupting your life.

Why Should We Listen?

I saw an interview with Natalie Portman in which they asked her about dreams, since she has a degree in psychology from Harvard. Her response was that they don't matter. "It's your brain getting rid of information it doesn't need and your brain naturally puts it into stories." Unfortunately, that's a common belief, even in the field of psychology, even at an Ivy League University like Harvard. That idea couldn't be further from the truth. After twenty-plus years of exploring the dreams of my friends, clients, and myself, I can assure you they aren't just a master filing system for our daily experiences.

The misconception arises because of one small thing. It's easy to make the mistake of believing that the way we operate in the waking world is the same as our dream world. We may think they use the same language, operate by the same laws, and have the same motives as we do during the day, but they don't.

Our dreams take place in an entirely different magical world.

It's a world of wonder where we can fly, travel to exotic locales, meet famous people, and spend time with deceased relatives. Time and space are different, what we can do transcends the limitations of the waking world, and we are being seeded and prepared for the future in them. We are guided, helped, and are assisted in the process of transforming from restrictions of the caterpillar to the freedom and joy of a butterfly.

We all dream every night, even if we don't remember, and despite what we believe about them. They address every single aspect of our lives, including relationships, career, beliefs, the environment, the world, how it works, life balance, and wellbeing in body, mind, spirit, and soul. Dreams want us to thrive, experience greater happiness, and embody our authentic selves.

The dream Source is guiding us to embody an authentic life.

The Source of the dream is more conscious than we are, transcends space and time, and contains tremendous wisdom about our lives and potential. Dreams are taking us home to ourselves, which is a place of freedom and wholeness. They reveal who we are and what we need to do to live a more embodied authenticity. Dreams will direct our attention to any places we are in judgment or fear, any errors in belief about the truth of the world, or ourselves.

When we are frightened by a dream, it is usually because we are looking at it literally, with our daytime consciousness. Their language is often symbolic, which may make them feel scary and nonsensical to the rational mind, but once you begin to pay attention, you will start to understand them more. Try to remember to look at the elements of the dreams as symbols and remember, the dream probably doesn't mean what you think it means. They are rarely literal, even when the subject is death.

I believe dreams use a symbolic language because they are speaking to your soul, which we might perceive as being right-brain oriented. The soul loves beauty, creativity, poetry, music, movement, expression, and nature. It has a slow rhythm, that's cyclical, seasonal, unitary, and lunar. Soul is an embodied presence that takes life in through all

the senses, feels, and breathes. Our dreams and stories nourish the soul and speak to it with the intention to awaken it from its slumber.

Tips for Getting Started

Increasing Dream Recall

1. Put a pad of paper, pen, and flashlight, or a recording device, beside your bed. I use a spiral bound notebook for paper, because I write a lot, it's flat (easy to write on in bed), and it's hassle-free.
2. Set Intention – Before drifting off to sleep, repeat to yourself, “I will remember my dreams when I wake up and I will write them down.” Repeat this nightly until you remember and record your dreams consistently.
3. Write down anything you get in the morning. This includes thoughts, feelings, ideas, actual dream content, vague recollections, sensations, or anything at all.
4. As you are trying to remember, if nothing is coming to you, begin asking yourself some questions and then pause to see if it jogs your memory.
 - i. Where was I?
 - ii. Who was I with?
 - iii. What was I doing?
 - iv. What do I feel?

Recording Dreams:

1. Write the date. I usually use both the number (1-5-20) and the name of the day (Sunday). I sometimes note if it's a holiday or if a major event happens, I note it on that first line. It makes it easier when I want to look back for a dream.
2. It is an option to give the dream a title that captures the essence of the dream. I never adopted the practice, but I know some dreamers feel it helps to find the focus or the dream's main message.
3. Record as much of the dream, including details, as you can remember. Noting the people, places, significant elements, who, what, where, why, when, feelings, thoughts. If you can't do this upon waking, write several key notes, then go back later and write what you recall.
4. Write down any associations. For example, does the dream remind you of something else, like the dream car was like your first car, although it may be an entirely different model and color, it doesn't matter, the feeling is important and your intuitive sense of a connection between the two. Remember we leave logic at the door:) Note if a person in the dream reminds you of someone else you

know. Or does the dream seem related to an event from a day or two before the dream? Like a conversation or experience?

5. Did something of significance happen that day or the day before the dream? Such as getting a new job or promotion, someone coming for a visit, running into a long-lost friend, the basement flooded, the furnace isn't working, some kind of physical symptom (like your back went out), or you found a dog.
6. Does the dream seem connected to a recurring dream theme?
7. Note if you have been preoccupied with something of significance. Like you are looking for a new job, considering having a baby, wondering what your purpose is, thinking about how to simplify your life, or want to lose weight. The dreams can be a response to your thoughts.

This may seem like a lot to think about to start, but you will quickly and easily catch on, and most of this will become second nature.

Good luck and sweet dreaming....

Dream Template

Date: _____

Title (optional): _____

Special Event/Holiday/etc (optional):

Dream: (Who, What, Where, Why, When, Feeling Tone)

Associations: (How dream content relates to daily life)

Note important daily events: (less significant than those above like a pesky health issue, dog sick, child received award, etc.)

Focus: (Preoccupations, new ideas, or insights)

Notes: _____

Congratulations!

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Why Dreams Matter

<https://wisdomoftheswan.wordpress.com/2020/03/23/why-dreams-matter/>



We are visited each night, by strangers and friends, menacing or friendly, in dream after dream. We may be in a childhood home, fly, visit exotic lands, breathe under water as we swim deep beneath the sea, go far into outer space, and explore alternate realities. I once stood in the bathroom of a NYC apartment and looked in the mirror as I got ready to go out clubbing. I was perplexed though, since the woman in the mirror wasn't me, nor did I live in NYC.

Night after night, throughout an entire lifetime, dreams faithfully arrive without fail. A companion through life's trials and tribulations, joys and successes, births and deaths. They prepare us for all of it. Sometimes they make us feel happy and uplifted, while at other times we are disturbed. Why are we dreaming?

The explanation I see most frequently, besides they don't mean anything, is that it's our brain processing the events of the day. Like a master organizing system, processing, sorting, and filing away information. Well, after twenty-five years of working with dreams, I'd say, not quite.

I have explored thousands of dreams, my own, those of friends, family, and clients. I can tell you, without a shadow of a doubt, that they are of great significance. Not only to us, but also to the world. They have the capacity to transform our lives, and as a result of our own inner changes, the collective.

Our dreams address every aspect of life. They concern our physical health, body perception, exercise routines, diet, and wellness. My dreams turned me into a vegetarian by repeatedly exposing me to food in a way that turned my stomach. One had a melted half-gallon of ice cream sitting in the kitchen sink. All of the ingredients had separated into something like foam, oil and water. That was the end of eating ice cream on a regular basis. They slowly encouraged me to be a vegetarian and then a vegan.

I had dreams of herbal remedies and since I know very little about herbs, I would look them up to see what they were for. The dreams were always right. I'd even dream of flowers and research the remedy associated with them and it was always exactly what I needed.

The dreams revealed a gift in the arts to me at the age of thirty. I was perplexed as I began dreaming repeatedly of art classes, since I didn't have any talent. After taking a few classes, as the dreams suggested, the instructors were telling me that I had a gift for painting and sculpture.

That was a huge surprise to me. Any time I would veer off the path, the dreams would guide me back to it. They also suggested I write poetry, teach, and be an author.

Psychologically, dreams are concerned about our relationships with others and ourselves. Any emotional issues that are not being addressed in waking life can appear to be resolved. The reason for this is that when the emotions don't flow, they reinforce certain patterns of behavior, and create blocks in our energy. In the interest of greater health, they surface the issues so we can heal them. Projections, repressions, and any challenges with others can show up. They will reveal the ways we see ourselves, limiting beliefs, and if we are out of alignment with our true selves and love. When our fears surface, we can transform them, and open our hearts to embody greater love.

Dreams can share past life information if they are impacting our current lives. The patterns that appear are being replicated in some area of life. These dreams may be quite dramatic, but once the emotions are processed, the fear dissolves and peace arises. This is how we break the cycle of repeating patterns in our lives from this lifetime and those that have been carried over from other lifetimes.

I am frequently asked why we have nightmares. Of course, I can't know for sure, but what I have found most often, is that the dream just wants to make us aware of something. We can view it as similar to feeling pain in the body, which just means that it's trying to get your attention. The more severe the sensation, the more quickly you work to resolve the discomfort. These dreams are usually frightening because we look at them with the logical, rational, waking-mind, which most frequently sees literally. So, since dreams aren't meant to be taken literally, we look at it symbolically. Then, as we uncover the message, the fear usually dissipates, and the dreamer is often delighted about the true meaning of the "nightmare."

The rule of thumb with nightmares is that *they usually don't mean what you think they mean*. That statement has saved many dreamers from unnecessary anxiety. For example, a death dream is often about transformation, like the caterpillar dies for the butterfly to emerge.

Spirituality is an important theme in dreams as well, as they break down the beliefs we've been taught that aren't true or are limiting. We can meet spiritual teachers, learn spiritual truths, attend classes, visit alternative realities, and have spiritual experiences. These dreams reveal the deeper meanings of life to us as they attempt realign us with the soul.

The source of the dream contains a wisdom that is greater than our waking consciousness. They help us night after night by sharing personal information about how we can embody our fullest potential. They are guiding us to our purpose, greater health, well-being, and passion in all areas of life. We are here to thrive, and the dreams are showing us how to transform ourselves, and our lives, to make the world a better, more loving place for us all.

Pamela Alexander, PhD assists dreamers in the cultivation of the dream wisdom as a way to navigate life, find deeper meaning, establish inner stability, and discover purpose. Email pamela@WisdomoftheSwan.com to schedule a free session to see how dreamwork can benefit you.