

5 Keys To Interpreting Your Dreams

(NAPS)—Have you ever awakened and wondered what a dream meant?

According to Mark Thurston, Ph.D., author of “How to Interpret Your Dreams: Practical Techniques Based on the Edgar Cayce Readings” published by the A.R.E.® Press, one of the best tools for dream interpretation is to write everything in a “dream journal” within five minutes of waking up. The dream will be fresh in your memory and you’ll have a better chance of recalling vivid details. Write with these five guidelines in mind:



1. *Theme: What is happening to whom?*
2. *Emotional context: What is the general feeling you get from the dream?*
3. *Is the meaning literal or metaphorical?*
4. *Compare the dream to your present life.*
5. *Interpret the symbols using a symbol dictionary.*

Following these steps will set you on your way to recalling more dreams, deciphering their messages, and applying the messages to your waking life.

For the free booklet “Understanding Your Dreams” or more information, call 1-800-333-4499 or visit the Association for Research and Enlightenment’s (A.R.E.) Web site at www.edgarcayce.org.