
DREAM JOURNAL CHEATSHEET



The feminine speaks through sensations, feelings and dreams. Begin to interpret your dream time messages and record your dreams in a Dream Journal. Do your dreams have any insights to share about a certain circumstance you find yourself in? Interpret it, and see what comes up.

Dream Interpretation

According to Jungian Analyst Clarissa Pinkala-Estes

▶ **First**

Write out every detail of the dream in your dream journal, with spaces above to then write in your first association to the **nouns**.

▶ **Next**

The soul speaks through symbols, but after doing Jungian dream interpretation for over 40 years, she felt that the most important way to interpret dreams is to understand what the symbols **mean to you**.

▶ **Then**

After you write out the dream and read it with your associations, condense into one sentence what your soul is telling you.

▶ **Finally**

Then, make a commitment to integrate the message creatively in your life in the next 24 hours to signal to your soul that you have heard the message.

