

UNDERSTANDING HOW DREAMS WORK

Dreams are a form in which our soul/sub-conscious and/or spirit guides relay messages to us. When we start to implement dream work in our lives, our dreams start changing. They become more meaningful and not jumbled up weirdness. In time, they start to become tools of communication with the spirit world. They can give us answers to questions or be used as a teaching method for our spirit guides. This takes time because our spirit guides need to learn what methods work best to relay messages to us. As you start to look up dream meanings on the websites, try to notice any sensations (chills) or thoughts that may pop up in your head as you read the meanings on the websites. This is usually an indication of your spirit guides trying to confirm, that what you are reading, is what they are trying to relay to you. The use of a pendulum can also be of aid by using it to answer any question regarding dreamwork. Once you establish telepathic abilities with your spirit guides, then they can help you interpret them thru thoughts.

DREAMWORK IMPLEMENTATION:

When you start dream work, you work with looking up meanings to dream images. These images can be in the form of a place, symbol, color, animal, emotions, etc. You first write a brief description of images that you can remember about your dream in a dream journal. Then, as soon as you can, look up these images on dream websites. See below for websites that I used. Start writing as much as you can remember, about the dream. Don't worry if you can't remember everything about it. For when you start writing it, things start to just pour out of your mind as though you just had the dream. Use your journal to help re-jog your memory. This may take a couple of weeks, but soon it will be easier and easier to remember and write your dreams down. Within months your dreams will evolve into mini movies and may progress into lucid dreaming. The more work you put into it the more you will progress. Don't worry about lack of sleep because of jotting things down in your journal in the middle of the night, for I had no lack of sleep. I even spent an hour in the middle of the night thinking and jotting things down and I still woke up fresh eyed in the morning.

DREAM ANIMALS – SHAMANISM

When one receives animals in ones dreams, this could provide more in-depth information. In shamanism, animals reflect specific energies at play within one's life. These animals may represent specific aspects of your life that may begin to manifest or have manifested. If one sees a particular animal in their dreams, they should look it up in a shamanic website instead of a dream site. These animals provide clues to which area your focus should be on. One may need to focus on that particular animal's qualities or behaviors. When looking up an animal, type in the search bar, "Totem animal and/or power animal" A Totem/power animal is a spirit guide taking on a form of an animal. This animal will have traits or qualities that you possess. Sometimes your power animal or totem animal will make their presence known or confirm their identity thru a dream. Again, when reading the description of a shamanic totem/power animal on a shamanic website, a chill or a knowing may arise.

WHY IS DREAMWORK IMPORTANT IN SPIRITUAL DEVELOPMENT?

Part of spiritual development is continuous progress. In shamanism learning and working with your dreams is necessary. This is how the divine spirits communicate to us. In shamanism, they take on an animal form which is usually associated with one's own chakras. In the Native American tradition, a person will have nine spirit guides associated with them. Each one will resonate to a chakra in the chakra system and each spirit guide will take on an animal of their choice. This animal has traits or qualities you possess. Spirit guides are assigned to us at birth. In time, they will communicate with us thru the form of telepathy or clairaudience. Dreams act as gateways to the other side. As we progress using dreamwork, our dreams change. With proper training, one's spirit guide can use our dreams to test, teach, or instruct us. They can also be used to help one in a personal transformation. Things we need to improve about ourselves. Like public speaking, becoming more sociable, or outspoken and assertive. This can be done by implementing Tree of Life or Pathworking by Ted Andrew, thru the use of dreams. Dreams become a way of strengthening us and enable us to become a better person.

DREAM MEANING WEBSITES:

[Dream sites:](#)

<http://www.dreammoods.com>

<http://www.auntyflo.com>

Shamanism:

<https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/mammals/bear-symbolism-meaning/>

<http://www.spiritanimal.info/bear-spirit-animal/>

<http://www.shamanicjourney.com/bear-power-animal-symbol-of-strength-introspection-knowledge-dreamtime-and-transformation>

Suggested reading:

Ted Andrews Books: Dream Academy

Understanding what is expected:

- Documentation of dream information. Keep a dream journal of our dream material.
- Work with creative, imaginative art. Personalize dreams with Art, Music, Writing, Dance, Tantra or Mantra. Experiment and change up periodically.
- Using tools such as: Crystals, Essential oils, Fragrances, and Candles
- Reading of mystic tales and/or fairy tales.
- Know what your intention is and hold to it. Whether it is for accessing past-life information, working on self-improvement (Tree of Life, Pathworking, Qabala), or understanding and solving problems within one's life.
- Time. One needs to understand when it comes to establishing contact with deeper levels of our subconscious, it requires time. This time frame can vary with each individual and can take a year or two before accessing the greater depths of our soul or subconscious. Always be appreciative to your soul and spirit guides and efficient at your dreamwork documentation. One can always take a couple of weeks off before resuming onward. We all have situations that arise that require more of our attention. The amount or intensity of your dreams may subside, but once you start up again, they will start to intensify again.

To intensify results, one should:

- Develop a routine or ritual devoted to dreamwork
- Know your purpose or what you want to achieve.
For instance: Pathworking, T.O.L., or Qabala (self-improvement).
- Write a prayer that indicates your intent for your dream work for the night. Every so often, one may change up the T.O.L. path they are working on.
- The stronger one's intent and preparation the greater the results
- If working with the Tree of Life, I strongly recommend working with Archangel names vs God/Goddess names. It is your choice, but we are working for a divine purpose. To accomplish our soul's path in the current incarnation. Archangels are the ones that work the closest to the Divine.
- The use of Crystals, Essential oil, Fragrances, or Candles in your preparation or ritual. You can use a combination, but the use of essential oils or fragrances are significant enough. (Scented wax burner)
- Gather all your aids or tools (fragrances, oils, etc.) together before bed.
- Approach dreamwork with great respect and reverence.
- Always appreciate and thank your spirit guides, Angels, and Archangels for their assistance.

How to begin

- Focus on your intention or purpose for your dreamwork
- Gather your tools and/or aids that you have decided to work with
- Create your personal dream Mantra and hang it up next to your bed or place it on a desired sacred space or alter.
- Establish a ritual or routine, preferably before sleep.
- Recite any prayer or intent before retiring for the night. One can always leave the desired intent to one's own spirit guide, Angel, or Archangel with whom he or she is working with. They would know more about what you would most benefit from at that time in your life. *Reflecting back on my personal experience, my spirit guides were already working and guiding me thru the process of dreamwork prior to me understanding the whole concept of dreamwork. When I finally began reading his Dream Academy book by Ted Andrews, my spirit guides started me on chapter 4. I already completed chapters 1 thru 3. So just the process of writing your dreams down and looking up key dream meanings is enough for the divine spirits to help you out as long as you continue to learn and show progress.*

Starting the process of dreamwork

- Write down in your dream journal any key object, place, number, emotion, or color that you remember seeing or expressing in your dream.
- Write down a short description of your dream. It doesn't need to be long. Just a brief description. Something like: "I went to the mall" then anything you may have seen in the window displays while walking thru the mall.
- Keep your dream journal next to your bed for easy access. Don't worry about not getting enough sleep. I have done this for over 1 and a half years, and I still wake up refreshed regardless of how much time I spent during the night writing down my dream information.
- Whenever you find time, the sooner the better, open up your dream book and start reviewing your dreams from the night or two before. Then retype your dream as best as you can recall it. You will be surprised how much starts coming back to you as you begin to type it. If you haven't established contact telepathically yet with your spirit guides, it is ok. Just type what seems to flow from your mind. This is a form of your spirit guides helping you to remember your dreams.
- Look up any keywords, using a dream website, that shows up in your dreams that you have written down in your dream journal.

Things one may choose to work with or do prior to dreamwork

- Use aromatherapy. Place a few drops of essential oil fragrance into a humidifier or diffuser next to one's bed. Refer to my list of essential oil/fragrance for choosing the desired fragrance for the purpose of your intent for your dreamwork.
- Crystals, statues of Archangels that are assisting you, a figurine of your animal spirit guide, candles, dream Mantra, etc.
- Taking a scented bath and/or meditate for a few minutes on your intent while soaking in the bathtub.
- Applying scented body lotion or gel to your body prior to retiring for the night
- Placement of crystals, candles, or any other objects for dream work process in your sacred area, alter, or nightstand.
- Placement of a dream crystal next to your bed.
- Inhaling a fragrance before bed or placing a little bit on your body or pajamas prior to sleep.
- The lighting of a scented candle with a certain fragrance or a certain color relating to the Tree of Life (T.O.L.) that you are working with prior to sleep.
- Meditation on your dreamwork intent upon bedtime or after you lay in bed before going to sleep.

How to implement dreamwork (Met.) – for beginners.

When you dream and receive images, write them down. It could be a number, place, emotion, or object. Whatever it is, writing it down is very important. If one disregards their dreams, they will not remember or continue to have dreams. By writing things down in a journal, this tells the subconscious mind, soul, or your spirit guides that you are interested in implementing and receiving more dreams. Dreamwork is essential for one to precede and continue down the spiritual path. When one starts to retain and shows interest in their dreams, the dreams will intensify and change accordingly. One should look up dream meaning using a dream meaning website or book. Soon the dreams develop into movie like scenarios and your dreams start manifesting into something other than jumbled up images. When you get a chance, sooner the better, start writing your dreams down on paper or in a word document, using your dream journal as a reference to jog your memory. The dream should start to resurface like you just had it. You will start to have more dreams more often. In a couple months' time, one should start implementing the Tree of Life or Pathworking by Ted Andrews books) into their dream work studies. One doesn't need to have spirit guide communication to start dreamwork. With constant effort and determination along with meditation and/or journeying, one will start having telepathy (hearing spirits) access after a year or two. The time frame depends on the individual's determination and persistence.