

Symbols Explained

A symbol is usually something we see --- an image composed of shapes and colors which combine to give the image a form that we can describe with words. **Within the form, we find a feeling.** Symbols can provide a deeply personal look into self-discovery and one's search for individual and spiritual meaning.

Symbol Interpretation

Because there are many types of symbols, and because a specific symbol can have so many different interpretations, **each individual will be the BEST interpreter of their own images.** Thankfully, with a little background, experience, and practice, this process is not difficult.

Symbolism is one of the most powerful means of communication because symbols transcend the boundaries of language, culture, and belief. Symbols can also have multiple meanings.

The two main factors that determine meaning are:

the PERSON having the image AND the CONTEXT of the image

Interpretation of Dreams

1. Write down your dreams immediately upon awakening - even if it's only a vague impression. Even if you only have the impression of a good night's sleep, write it down.
2. Realize that the feeling you had about the dream is every bit as important as any one possible interpretation. Note your emotional response too.
3. Remember that every character in the dream usually represents a part of yourself. They reflect aspects of your personality, desires, and fears.
4. Watch for recurring symbols, characters, and emotions in your dreams, and begin a personal dream dictionary.
5. Practice. Make it a habit to explore your dreams. Look for themes, situations, emotions, and symbols that are repetitive.

Symbols of birth & death, nightmares, etc

Consider the possibility that the subconscious mind may use these types of symbols in order to process information, attempt resolution, or bring awareness to the conscious mind. With this perspective, there is really no such thing as a bad dreams, because: **ALL DREAMS HAVE THE POTENTIAL TO HELP THE DREAMER.**

Ask yourself: **“What is the theme of this event, and how does it apply to my present life experience?”**

Generally, dreams of disaster indicate the disastrous consequences that may occur if the dreamer doesn't change attitudes, belief systems, relationships, or diet. Unpleasant dreams can become valuable tools of personal guidance if an individual attempts to work with them.

Symbols of birth and death are often symbolic. The image of being pregnant could mean the birth of a new idea or a new beginning. The image of death could represent the end of a situation or an experience.

Using Dreams for Problem Solving

Several prominent artists, writers, world figures, and athletes have reported using the information from their night-time dreams to create, invent, improve, and problem-solve. *Have you ever solved a problem in a dream?*

Suggestions for using Dreams for problem-solving:

- Study the problem for 15 minutes before sleep.
- Just as you are drifting off to sleep, tell yourself you want to dream about the problem.
- Keep the paper by the bed.
- Upon awakening, lie quietly before getting out of bed. Note whether there is a trace of a recalled dream and invite more of the Dream to return if possible.
- Write it down.

Developing Symbols with Spirit

In many ways, making sense of spirit messages is like interpreting dreams. Spirit messages are often very symbolic.

Each medium has a structure of symbols that spirits use in communication through that medium. A good medium knows his or her symbols and can present to you its meaning rather than the symbol itself. Using symbolism helps because sometimes a spirit fumbles for just the right image and presentation.

Write it down

It's a good idea to keep a journal of the symbols that appear to you consistently. They might include certain sounds, smells, or images - numbers, words, colors, or objects.

Write down the **symbol**, and then a **brief description of its context**. Over time, this will become your personal dictionary of symbols. Many times you will intuitively know and understand the meaning of the symbol. For the times that you don't, use the following exercise.

The Symbols Exercise:

This exercise will help you intuitively "step into" the image with your consciousness, describing what you see with words and feelings. **Remember to use your inner senses to touch the image**, engage with the image, and perceive the meaning of the image in relation to the question/problem you are working on.

1. Choose an image from a dream, spirit message, or intuitive impression. Write it at the top of the paper.
2. Set a timer to yourself a time limit - one to three minutes. This encourages you to work quickly, without giving your intellect an opportunity to interfere.
3. Allow your senses to ENGAGE WITH THE IMAGE. Zoom in on the symbol and explore, allow yourself to open more and more to the image.
4. Each time you perceive something, ask your intuition to tell you the meaning, the significance of what you are perceiving. Pay attention to what aspects of the image you feel particularly drawn to and what captures your attention.

5. Write every word that the image you selected evokes. Do this without thinking about what you are writing. The faster you do this, the more intuitive your responses. It doesn't matter whether the words seem to relate to the image - just write them.
6. When the timer goes off, stop writing.
7. Look at the words on the paper. Do any of them instantly relate to the image? Do any of them seem unrelated?
8. What pattern do you see emerging? Sometimes it isn't immediately obvious to you. You might need to journal, meditate, or ponder the words and the image to make a connection.

Do this exercise regularly to build a foundation of understanding about what symbols mean to you.

It is essential to trust the information and impressions you receive during the session. If you are working with an image and you suddenly begin to feel sleep, anxious, joyful, nauseous, tense, or sad, you can be sure **those feelings and sensations are connected** to the image and are therefore pieces of information coming to you from your Intuition. Allow yourself to make connections.

Note space for YOUR SYMBOLS!!!

Personal Awareness

Symbols provide mirror images of feelings, situations, fears, and experiences. One of the easiest ways to become open to the wealth of information stored in the subconscious mind is through relaxation meditations.

Sometimes the stresses of daily life block individuals from insights they already possess. The process of meditation can be very helpful. Relax and then ask whatever question has been on your mind in a way that will allow for an objective response.

During the meditation, **interpret the images, sounds and sensings you receive:**

- WORK with symbols
- TRUST your first impressions
- GO INTO the silence
- ASK for symbols to be shown to you
- BE specific, ask for meaning

Symbols & Synchronicity

Using symbols, you can gain insight into your life, your talents, your frustrations, your shortcomings, your relationships, and even the mission in life for which you may be best suited.

Look for the symbols in your everyday life. Perhaps a person, a number, an animal, an object, or a metaphor has caught your attention in a synchronistic way. This is your opportunity to learn and grow.

Remember that there is a world of exploration just waiting for your discovery - one that has been available for you each day of your life.

Enjoy using these methods of interpretation for symbols. And most importantly, **LISTEN** to the guidance and symbols of your own soul!