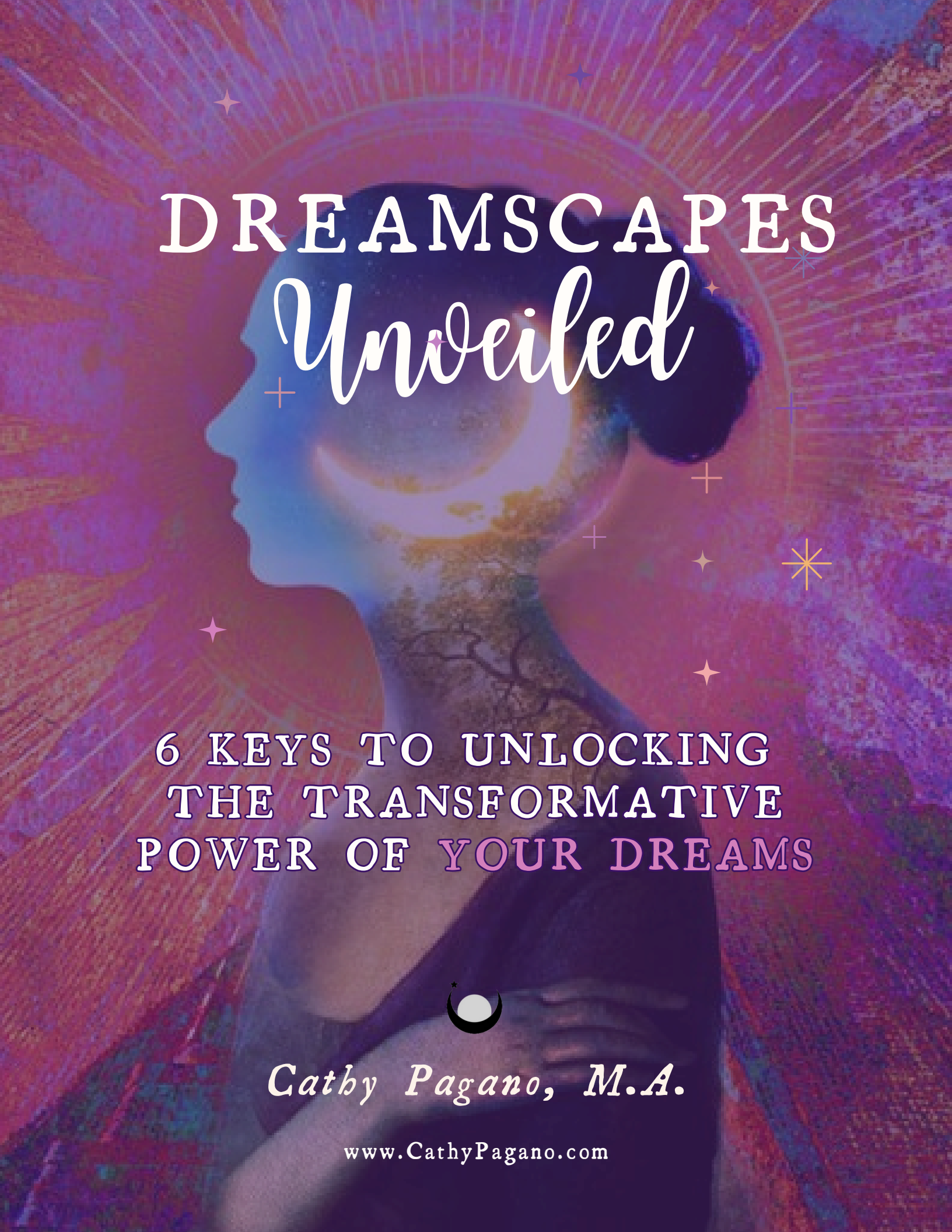




DREAMSCAPES *Unveiled*

6 KEYS TO UNLOCKING
THE TRANSFORMATIVE
POWER OF *YOUR DREAMS*



Cathy Pagano, M.A.

www.CathyPagano.com



Dreams are the stories our soul tells us when our Ego is asleep.

Even when you don't remember your dreams, you dream every night. These dream stories show us our life from the soul's deeper perspective so we can live our lives wisely and fully. In ancient times, people believed in the power of dreams to heal, to give directions, to open creative channels or to show us the future. Dreams can alert us to dangers in the outer world as well as inner dangers to our health. People have reported dreams that alerted them to illnesses and when taken seriously, helped them to catch their health problems before they became acute.

Dreams can raise your consciousness, heal your past and help you learn new skills.

As a dream analyst, I've seen how dreams can do all these things. I've seen that correctly understanding a dream can change the course of a life.

So why doesn't everyone pay attention to their dreams? Because we've been told they're not important. **BUT THEY ARE!**
Dreams are the source of our personal inner wisdom!

They can enhance our creativity, open us to our psychic awareness and help us deal with our emotional issues.

Dreams are an integral part of our human experience. If we want to become whole, independent human beings, we must learn to understand our dreams. When we do, we'll begin to understand ourselves.



So to begin... First you have to remember your dreams!

1. At least ½ hour before you go to sleep, turn off all electronics.
2. Get a special notebook for your dreams that you keep besides your bed. Before you go to sleep, write down a few things that happened that day so you can tie the dream back to those issues.
3. If you're not a natural dreamer, before you sleep ask for a dream to clarify something happening in your life.
4. Write down your dream first thing every morning, even if you only remember one image. Always write the dream down in the present tense. "I am ..." rather than "I was..."
5. Spend time during the day thinking of your dreams.

Your task, if you accept it, is to learn to 'know thyself'.

You have to find the thread that runs through the dream and tie it together into a story. Like a fairy tale, a dream takes you on an inner journey to discover the secret of how you are using your energies. **People, places and things in your dream are symbols of those life – energies you interact with in your daily life.** Some are mundane. Some are magical. Some of spiritual.

When working with your dreams ask yourself these questions:

1. How do I feel? In the dream? After I'm awake?

Dreams come to us in symbolic stories like myths and fairy tales.

Since most of us don't understand symbolic language, we begin with our **FEELINGS**.

What did I feel in the dream? Am I afraid, excited, curious, angry? Or maybe I don't feel anything. **Record your feelings.**

Now what did you feel after you woke up? Energized? Sad? Disoriented? **Write it down and feel** both feelings. When did you feel like that before?



Feelings show us our emotional state.

Often we need to let our **E-motions** (energy in motion) move through us to help us understand what we are feeling.

Feelings are more conscious than emotions.

Feelings tell us how we value ourselves and our experiences.

2. Where is the Dream taking place?

Are you in school? At work? At home? In your childhood home?
In Nature? In a store? In a complex?

Now, try to translate it symbolically. Meaning, what is the metaphor of those places?



Home is our inner psychic headspace. Where we ‘live’ in our heads. How we feel comfortable with ourselves.

Our parents home indicates our old childhood attitudes and beliefs.

School shows up whenever we feel like we’re **learning something** or being **tested**.



Beaches are thresholds between our conscious life and the life of the unconscious – the ocean.

An in between place that gives us access to other realms.



3. Who is there in the dream with me?

**The You in the dream symbolizes your conscious ego.
What you consciously know and feel.**

So who are the other people in the dream?

Family, friends, people from work?
Strangers? Gods or Goddesses?

Animals? Some people you know,
even if they're not quite who
they seem. Some are strangers.



If you know the people, what are
their personalities or issues?

If unknown, it is a shadow figure.

How are they acting?



If an animal shows up in your dreams,
what animal is it?

What are its qualities?



4. What is happening in the dream? What is the action?

What are you doing and how does it make you feel? Brave? Afraid? Confused? Excited?

How is it related to what's going on in your life now? Do you like what you're doing?



If you're in a car, who's driving?
Cars symbolize what we do to reach our goals.

If your father is driving that car, what does that say about who's determining your goals for you?

Riding a bike in your dreams talks about the need for balance in your relationships.



If you don't like what's going on in the dream, there's only one thing you can change when you wake up. Your ego attitude!

The Ego is the only character in the dream you can look at to change. Everything else – the situation, the place, the other people – they all are a given.

You want to look at and think about how you interact with these energies. Are you doing your best? Or worst?

**5. Is there a resolution to the action?
Or did you wake up before you got it?**

Hopefully by the end of the dream you've resolved an issue or completed a task. You wake up feeling complete.



**Are you happy with how
you dealt with the
situation in the dream?**

If not, you can try to change the outcome by doing active imagination
– going back into the dream in meditation and changing how you acted.

Sometimes you wake up before there's a resolution to your dream story.

That's when you have to take time to 'dream the dream' on with active imagination to get the full message.



6. State in one sentence or image what you think the dream is telling you.

Write out a statement or name your dream. How do you feel?



These Dream Stories can help you make sense of your life and your world. To feel whole and centered, you have to learn to listen to what is INSIDE you rather than what the outer world tells you.

You are a unique personality and one size DOES NOT fit all!

Working on your dreams takes a commitment, but in the end, you will know that you are following your own soul's path. Working with a dream analyst can help you find your way quicker until you understand symbolic language.

While you might understand part of the dream's meaning, you can miss out on the deeper wisdom available.



Alix Toland

*Artist & Inventor of Color-Scope,
An Astrological Mandala*

I love Cathy's insights into fairy tales, mythology, dreams, astrological energies and archetypes. She makes sense of how our lives are impacted by these complex yet very beautiful elements by making them accessible and keeping them profound.

Her wisdom can only enhance anyone lucky enough to have crossed her path.



For more information and help in discovering what treasures, talents, hang-ups and spiritual messages are awaiting you in your unconscious..

Please contact me at:

Cathy Pagano, M.A.

Email: info@cathypagano.com

Join me on FaceBook at:

facebook.com/CathyPaganosWisdomSalon/