

Three Important Points Before Going Further

Only you
can interpret
your dreams

The usefulness
of your dreams
will depend on
your approach

If someone
doesn't remember
their dreams,
that's OK

Only you can interpret your dreams

I have had people telling me: "I remember my dreams and I want to understand them. Could you use your pendulum and tell me what they mean?". And my answer was **NO**.

I want to make something very clear:

It is essential that *you* interpret *your* dreams.

This means **you** use the pendulum, **you** ask the questions and **you** find your own symbolism. Below are a few reasons why this is important.



Your dreams are private. There is no need to tell anyone else about your dreams unless you want to.



You can go at your own speed. What you discover comes when you are ready to discover it.

How To Interpret Your Dreams Using A Pendulum



Your dreams can have many themes woven within them, like threads in a tapestry. You will find the theme which is right for you at that time in your life.



Dreams are personal and dream symbolism is unique to each individual. No one else can tell you what the images, sounds, feelings, smells and events in your dreams mean to you. Only you can know which possible associations might be appropriate. For example:

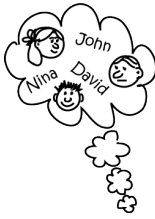


Words: we all have our own ideas about what a word means. For example, my husband was teaching a course on communication and asked 12 people to write down on a piece of paper what the word "success" meant to them. He ended up with 12 different answers which included "having a sports car" and "attaining Nirvana".



Objects: let's take shoes, for example. Someone dreams they are putting shoes on. "Shoes" could symbolise different things for different people. For some people "shoes" could symbolise being tight, confined or "boxed in" (depending on the shoes). For others "shoes" might symbolise "ready to go" (you put your shoes on to go somewhere) or even protection, support and security. For others "shoes" might symbolise fashion and elegance.

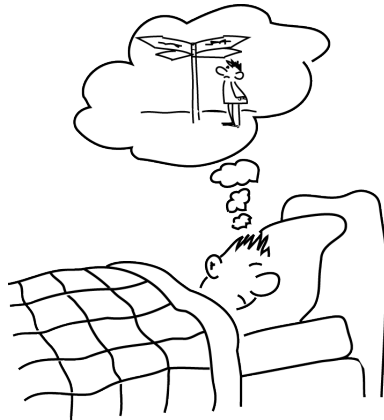
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People: as an example, we'll take the case when a person represents a quality. In one of my dreams my husband was with me. In this dream he symbolised discipline. No one else could have known that my husband possesses this quality unless they knew him well.



Animals: as an example, we'll choose a fish. Depending on the fish, it could represent a quality: flexibility, loner, sociable, etc... or a concept: beauty, happiness (after all, French people say: "heureux comme un poisson dans l'eau"). The possible associations are endless.



IMPORTANT

You need to **explore your associations** for words, objects, people, numbers, colours, sounds, smells, feelings that appear in your dreams. At first it takes time to find your symbolism and understand your dreams but with practice it becomes easier and quicker. (Trust me!)

EXTRA IMPORTANT

We all have different life experiences so our dream symbolism will be unique. It is for this reason that we are best suited to interpret our own dreams.

The usefulness of your dreams will depend upon your approach

If you approach your dreams with the attitude of "I am not good enough so my dreams certainly reveal my faults", then you will influence the whole process of dream interpretation and end up with information which will just confirm what you are already telling yourself during the day. In this case it is not worth spending time interpreting your dreams.

But if:

- ✓ **you interpret your dreams because you are interested, not because you "should", "must", "ought to"; and**
- ✓ **you explore your dreams with a sense of curiosity and playfulness;**

then you will deepen your understanding of yourself and your life in a positive way.

If someone doesn't remember their dreams, that's OK

Although we all dream, not everyone remembers their dreams when they wake up. I have heard people say, "I don't remember my dreams. I *should* remember them. I *must* do something about it."

NO!

No one has to remember their dreams, and nothing has to be done about it.

Let things happen naturally.

A friend of mine said that her husband thought he never dreamed because he never remembered anything. But one day he got up and was very surprised because two dreams were very clear in his mind. He didn't do anything to make this happen, it just happened naturally.

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