



Common Dream Symbols

You May Find In Your Dreams

Universal Symbolism

The following definitions are representative of universal symbolism as it relates to various archetypes. You may also have a highly personal association with certain dream symbols. When that occurs, consider both meanings and how they might apply to you.

Buildings:

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Basements: The subconscious mind and all that lives there, including repressed memories and emotions.

First floor: The Conscious Mind - things you're aware of in your waking life.

Higher floors: Higher levels of consciousness, spiritual goals and information from the higher self.

Places:

Dreaming of a certain place is telling of your inner state of mind. Consider the feel, the appearance, and the coloring of the place. Also consider your own personal feelings and memories with that particular place.

Water:

To see water in your dream symbolizes your subconscious and your emotional state of mind. Water is the living essence of the psyche and the flow of life energy. It is also symbolic of spirituality, knowledge, healing and refreshment.

Colors:

Colors in dreams represent energy, emotions, and vibes. First consider what that single color in your dream means to you and your own personal associations and relationship with that color. In general, pale pastel colors indicate weakness or subtlety. Dark colors represent passion and intensity. Bright colors mean awareness. Colors also have cultural associations, so be sure to take that into account.



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Colors (cont.):

Colors may also represent a chakra:

- Purple = Crown
- Indigo = Third Eye/Brow
- Blue = Throat
- Green/Pink = Heart
- Yellow = Solar Plexus
- Orange = Sacral
- Red = Root

Vehicles/ Transportation / Travel:

Modes of transportation in dreams refer to life direction, life paths, ambition, your drive and your ability to navigate from one stage of your life to another.

People:

The characters in our dreams represent fragmented aspects of ourselves - personality traits that we wish we had, or that we are exhibiting as part of our shadow self.

Animals:

To see animals in your dream represent your own physical characteristic, primitive desires, and sexual nature, depending on the qualities of the particular animal.

Words, Phrases, Songs and Lyrics :

Words, phrases and songs may be the most direct communication you'll receive from your subconscious. Consider interpreting them just as you would the symbolism within the dream itself.

Actions:

Leading a group: To dream that you are a leader represents your ability to assert your ideas and/or offer guidance to others. Consider who you are leading and where you are going and what they may symbolize for you.

Being chased: To dream that you are being chased signifies that you are avoiding a situation that you do not think is conquerable. It is a metaphor for some form of insecurity. Consider what is chasing you and the symbolism behind it.



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Situations:

Zombie Apocalypse: To dream that you are attacked by zombies indicate that you are feeling overwhelmed by forces beyond your control.

Classroom: Classrooms represent important life lessons. Consider what type of class it is, who is in it, and what is happening to determine the lesson being learned.

Naked: Dreaming of being naked often represents our emotional vulnerability. Consider how being naked makes you feel - if insecure, you may feel exposed and embarrassed. If you feel completely normal, it may indicate that you are comfortable with vulnerability.

Losing or crumbling teeth: Teeth can symbolize a few different things - vanity (we all want to have a pretty smile), your ability to provide for yourself (we need teeth to eat and survive), or things you've said.

Sex: To dream about sex refers to the integration and merging of contrasting aspects of yourself. It represents psychological completion. Or it could be very literal in that you haven't had sex in a while and it's manifesting itself through your subconscious. It may also be indicative of issues you have surrounding the act of sex.

When sex is about integration, often the person we are having sex with holds some sort of trait that we admire and want to express more of.

If the dream is negative in any way, consider how it made you feel and the associations that may lie therein.

Positioning:

Right side:

- Masculine energy
- Giving of energy
- What is outgoing
- May signify what you need to let go of

Left side:

- Feminine side
- Receiving of energy
- What is incoming
- May signify what you are resisting