



Dream Reading Cards

Discover the purpose
of your dreams

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[A] How to Read the Cards

The deck is comprised of 52 cards, divided into two sets: one set of 22 theme cards and one of 30 oracle cards.

The theme cards represent the most common dreams we all share universally. Each theme gives possible explanations of the dream meaning.

The oracle cards assist the user to gain further insight into the dreams and apply the wisdom found in these cards.

[B] How to use the theme cards

From the 22 theme cards, choose all the main images you can recall from your dream. Lay them out in front of you. Don't worry if you have not recorded your dream on paper. You may choose a combination of theme cards. For example, if you dreamed of driving a car out of control in a strange landscape, you would choose the cards Vehicles/Car and Landscape/Places.

Read the definition in the booklet on theme cards for each image.

Answer these questions:

1. What has been going on for you in the last two weeks?
2. If this is a recurring dream, what was similar in your waking life when you had this dream last time? For example, did you start a new job? Or were you stressed about travelling overseas?
3. What was the main emotion/s associated with the dream?
4. How does this reflect the emotions you are feeling in your waking life?

5. If the dream were a book or movie, what title would you give it?
6. If every part of the dream were you, what would the dream be telling you? For example, if you were the car that was out of control, what would that be saying to you?
7. Imagine you were the strange landscape—what is that telling you about you?

Once you have some understanding of the meaning of your dream, go to the oracle card deck and choose one card.

[B] How to use the oracle cards

The oracle cards offer insight into the meaning of your dreams and how to action the dream—what to do about it, other than simply understanding what it means.

Shuffle the oracle card deck. You may use any method of shuffling and splitting the deck. Think about the dream or ask a question as you shuffle and choose a card—your subconscious mind will choose the most insightful message.

Choose one card. It may be the card Flow. So, using the example of the car and the landscape, now you have the card that represents you, your drive and ambition. The strange landscape is your interior landscape—the way you are feeling about yourself in the world and where you fit or don't fit.

Read the meaning from the oracle card and see the possibilities and insights it can offer you. Now you will be able to take some action. Are you driving against the flow? How can you go with the flow so that you feel you're in a comfortable territory?

For a more comprehensive insight, you may wish to do a three-card spread. Choose three oracle cards.

Interpretation:

1. Past (the first card you choose): past circumstances that influenced the dream.
2. Present (the second card): what action you need to take now.
3. Future (the third card): possibilities for future outcomes.

[A] General Meaning of Dreams

Dreams are a window to your inner self—your subconscious mind. They are a minefield of information about what is bothering you in your waking life, and on ways to overcome your fears. The problem is they appear in symbols—like some crazy encryption that doesn't make sense.

That's why the message is often either misunderstood or ignored when it reaches your waking brain (conscious). Once you work out the code of dreams and understand the symbols, you'll be blown away by the insight you get. Understanding your dreams is an excellent starting point to self-discovery.

The meaning of a dream for you will be quite different from how the same dream is understood by someone else. So it is important to look at both the general meaning and your personal interpretation. What is most important, however, is the emotions associated with the dream. The dream is telling you specifically, at this time in your life, about your current problems and conflicts. Events and emotions in your waking life trigger your dreams. Ask yourself what is going on in your waking life that is bringing up these emotions in your dreams.

Recurring dreams and nightmares demand more attention. Sometimes they are quite frightening or disturbing. If you have the same dream repeatedly, your subconscious is trying to send you a message. If you take the time to think about how the dream relates to your life, you can deal with the problem and the dream won't recur.

To make recurring dreams and nightmares go away, you could try lucid dreaming—that is, you are aware that you are dreaming and then take control of the action, which will change the outcome. For example, if you are dreaming of driving your car into the ocean, and it is a recurring dream, this time mentally build a road over the ocean so you can drive safely. Or perhaps, like in a James

Bond movie, your car has special equipment that enables it to travel underwater like a submarine. Alternatively, dive out of the window before the car crashes into the ocean.

Dreams can warn you of danger and have been known to prevent the danger from happening. In your subconscious mind you store your intuitions as well as your fears. If there is danger in the dream—such as falling off a ladder or a car accident— then it's important to investigate what's making you feel unsafe. Think about those dreams on a literal level first (check that ladder, don't speed). Then look at the dream at a metaphorical level.

Sometimes the events and emotions you experience in dreams have opposite meanings to those in real life. Dreams of death, for example, are not about anyone dying but are more to do with 'endings'—which then allow for new beginnings. So it's a good thing to dream of death, no matter how painful it is in the dream.

For some people who are very intuitive, prophetic dreams can foretell future events. It's common for people of all cultures all over the world to dream of an earthquake before it happens. It's called the collective unconscious and we all have it—but we don't all access it.

For those of you with a creative bent, many inventors have come up with amazing inventions and solutions from their dreams.

Some of you simply do not remember your dreams, even though you have been dreaming throughout the night. You only remember dreams if you wake up during or just at the end of your dream, but if you go back to sleep after a dream it will be forgotten by morning. So it is a great idea to write your dream down as soon as you wake up.

Yes, we all dream—even animals experience dreams in the sleep cycle called REM (Rapid Eye Movement). This is the 'dreaming sleep'. It is when you are in your deepest sleep. It's almost impossible to wake up from this state. It's the time when the brain

is in its most active state. The body is paralysed even though you are mentally active. REM sleep occurs in stages, lasting from ten minutes to one hour, so there may be five cycles of this type of sleep in one night. That's when you dream. The longest uninterrupted REM sleep occurs early in the morning—and this is the dream you are most likely to remember.

Try to write it down as soon as you can or describe it to someone.

[B] Remembering dreams

Not everyone can remember dreams. Sometimes it's pure exhaustion that prevents you from taking in all the images, at other times it's medication that suppresses the memory. Or you are simply not interested.

Make yourself remember by telling your conscious mind a couple of times during the day, and especially before going to bed, that you will dream and that you will remember the dream. Do this for a few weeks. Practise.

If you need a solution to a problem or need some guidance, sleep on it—literally. If you go to bed with the 'intention' of finding an answer to your problem, the chances are that your subconscious mind will give you the answer you need.

Keep a dream journal. Write down your dreams as soon as you wake up and include as many details as you can remember.

Flying/Falling



What do you need to be free of?
Are you ready to take risks and fly solo?
What do you need to feel empowered?
Are you afraid of letting go?

4. FLYING/FALLING

FLYING/FALLING are images of escaping the laws of gravity—not feeling supported and craving freedom.

Themes: flying in a plane, parachuting, gliding, free-fall flying, being airborne, falling off a cliff, falling into an abyss, water or a pit

FLYING: The exhilarating sensation of freedom in a flying dream is telling you that you want to escape from limitations in your waking life. Job dissatisfaction, money issues or relationship commitments could be holding you back from being who you really want to be or from where you'd like to go. The dream indicates your need for independence and a craving for new experiences. Chances are that you want to explore new horizons and follow your passion.

If you are a passenger in a plane, you are relying on others to get you where you want to go. How you fly to reach your destination reflects your real life goals. Examine the images carefully—they will reveal how you see your life journey or perhaps how you wish it were.

FALLING: Falling is a common anxiety dream. It comes at a time when you are feeling insecure and lack confidence in the direction you're taking. It indicates that you need to feel supported and that in some way you feel alone, isolated, lack control and are misunderstood in your waking life. Maybe you're embarking on a new activity, relationship or job that nobody else believes in? Falling in love can also make you feel that you are not in control.

If you jump off the edge, it indicates that you are either pushing yourself too hard to reach your goals or that a situation is pushing you over that edge. Falling and waking up before you hit the ground means that whatever issue you are struggling with in real life, you will overcome it without too much effort.

Card's message

Experience and failure lead to wisdom.

Apply wisdom to a present situation.

Learn from the spirit world and its collective knowledge.

Wisdom



Experience and failure lead to wisdom.

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26. WISDOM

'Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.'

There is a distinct difference between knowledge and wisdom. It is through having many experiences and becoming discerning about what you are told that you begin to gain wisdom. For most people, wisdom comes after an excess of anything—diets, belief systems, studies, bad relationships and career changes. Eventually you say 'enough'. Your understanding leads to wisdom and you only accept what is valuable to you and discard the rest.

Wisdom is looking back and learning from the lessons through experiences that at the time you might consider to have been failures. Albert Einstein said, 'Anyone who has never made a mistake has never tried anything new.' Failure is a learning process that ultimately leads to success because you've eliminated what you don't find useful.

Apply wisdom to your life's path right now. Don't be tempted to follow other people's ambitions—use your inner wisdom to discern what your heart wants. Look deeper into a present situation. Use your experience to sort out what is at play and don't be reactive. It is a time to trust your intuition and learn from teachings of the elders, nature spirits, spiritual guides and your higher self. Apply the wisdom you have gained and walk your talk.

Card's message

Experience and failure lead to wisdom.

Apply wisdom to a present situation.

Learn from the spirit world and its collective knowledge.