

TWO STEPS TO GET ANSWERS FROM YOUR DREAMS



You're like an iceberg; up to 90% of your life is influenced by mysterious unconscious forces.

That means you don't really know who you are, which is why when your life starts unraveling, or you can't achieve what you want, or you don't understand why you're not happy, your mind can't solve the problem.

The mind seeks to affirm the status quo even if it's dysfunctional.

My expertise is teaching people the language of their unconscious to help navigate times when they're:

- Barely holding it together or in the midst of midlife unraveling;
- Afraid of making the wrong decision about a relationship or career;
- Exhausted from living life according to other people's expectations; and/or
- Seeking deeper meaning and a renewed sense of purpose.

Your dreams are a direct route to your unconscious because your ego is not standing guard while you sleep. Finding meaning in them requires learning the language of the unconscious, which speaks through symbols and metaphors.

Enjoy this crash course in how to explore and find meaning in your dreams.

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STEP ONE: SHIFT YOUR MINDSET



The most challenging part of exploring dreams is the tendency to look at them literally.

While images and symbols have universal meaning, when they show up in our dreams, their meaning in our lives is deeply personal and subjective.

Dreams are forward looking. They often affirm whether you're on the right path or foresee a coming opportunity or challenge.

I developed some guidelines to help you resist the temptation of interpreting your dreams. Instead, seek to find meaning that is related to current challenges in your life.

Guideline #1 - Look for meaning that might lead to reconciling inner or outer conflict. Ask: Where is this dynamic happening in my life? Look for the metaphor.

Guideline #2 - Your dreams may be trying to get you to pay attention to something you've been ignoring or want you to compensate for being too one-sided in an area of your life. For example, being violent in your dream might mean you need to express old and pent up anger or stand up to someone.

Guideline #3 - People in your dreams typically represent different parts of you. Some you are familiar with, and others are shadowy versions of you that have not been acknowledged. For example, your repressed creativity might be exactly what you need to unleash right now.

[Watch a video](#) about how to explore your dreams or [Listen to me read Chapter 8 from my book, Your Soul is Talking. Are You Listening?](#)

STEP TWO: FIND THE METAPHOR

Try Robert Johnson's approach (author of *Inner Work: Using Dreams and Active Imagination for Personal Growth*) to explore your dreams to discover what they mean for your life right now.

Step #1 - Record your dream and identify all the images, which includes sounds, emotions, temperature, dynamics, scenes, characters, and other impressions.

Step #2 - Start with one image and journal about what comes to mind when you think about the image. Keep going back to the image and asking: This makes me think about XXX. This makes me feel XXX. This reminds me of XXX. The earliest memory I have of feeling XXX or experiencing this dynamic is XXX. Repeat for the other images.

Step #3 - The last step is to find the metaphor in your waking life. Journal about where these associations are showing up in your life. For example, can you see where a childhood dynamic having to do with authority is occurring in your adult life right now?



Step #4 - Sometimes words are not available to articulate the emerging insight. Let your unconscious draw the dream anyway it wants. You can also use active imagination to dialogue with the images.

[Click here to listen to me read](#) Chapter 16 from my book about the Associations Method.

[Click here to watch a YouTube video](#) of me sharing how I found meaning in four pivotal dreams during my midlife unraveling and reconstruction.

STEP THREE: THERE'S SO MUCH MORE!



TO SCHEDULE YOUR FREE EXPLORATORY CHAT

Your dreams are just one way to tap into your unconscious wisdom. Dreams are rich with meaning that is relevant to your current life and your future.

I look forward to teaching you how to mine them for golden nuggets of insights that are needed to unfold into the next version of yourself.

Dr. Deborah

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