



SLEEP ON IT

The symbols represented in your dreams are the clues to your true nature

We spend a third of our lives asleep, so why not explore the messages your unconscious is sending you? Dream coach and author Leon Nacson says we dream in symbols, and that what the symbols mean to us is a personal thing. In *Interpreting Dreams A-Z* he provides possibilities to get you started on mapping your own unconscious through your dreams.

'Take an apple – if someone works with computers it could be about their job. If you're a teacher it could mean illumination, because an apple hit Isaac Newton on the head. To a greengrocer or a person living on the land it means abundance, as that's how they make a living. And to a religious person it can indicate temptation,' Leon explains. Here he explains some common themes.

FALLING

You feel that the people around you aren't supporting you. Your family may not be as loving as you want them to be, or your workmates are not as responsive. You're not grounded.

FLYING

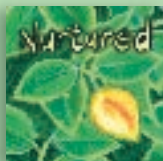
You have a desire to get above things, to look at things from a different perspective. You want to get a bird's-eye view of a worrying situation.

BEING CHASED

What are you running away from? Ask yourself: 'Am I running away from myself or someone else? Why am I frightened of being caught?' Often it's an aspect of yourself. There is a part of you that you are running away from, but in actual fact it needs your nurturing and love. Your unconscious is asking you to accept every single part of yourself and aspect of your character, no matter how dark you think it is.

IN A CHILDHOOD PLACE

It's a time when you felt safe, nurtured and cared for, so if you're overworked and underpaid now, then you may have a desire to go back to the time when you were properly looked after. Or there may be an emotional issue from back then that you haven't yet dealt with, and it's actually stopping you from becoming an adult.



DEATH

Whether it's you or someone else who dies, this is a good symbol because there's never been an act of destruction that hasn't been followed by an act of creation. It's a dream that signifies something finishing in your life. The person you are is completed and the new person is coming through. Children have this dream when they're going through puberty, which is the death of the child and the birth of the young adult. Don't be scared though – look forward to the new transformation.

FAMOUS PEOPLE

This is very common. They are symbols of what you want to create in your life, what you want to be – or what you want to dismiss. If you dream you are with Madonna, consider whether you want to be outrageous at times, unpredictable and creative, but also a good mother and good businesswoman? Famous people in dreams are symbols of what those people represent to you.

FINDING NEW ROOMS

Houses represent one's self. A house with undiscovered rooms in it is a reminder that you are infinite, immortal and universal – and that in life you are always discovering this fact.

BIRDS AND ANIMALS

We attribute human characteristics to them. Owls are wise, eagles are free, lions are brave, doves are loving – it's a symbol of a desire you have, so if you want to be wiser you'll see owls in your dreams. If you see a dove go to a person you've been angry with, it's a sign that you want to make up.

DECEASED LOVED ONES

Because you are devoid of ego and logic while asleep, they are able to get through to you and communicate. It's also wish fulfilment, because you want to see them again. On another level, you are giving yourself a message from someone you respect and love – if you told yourself to give up smoking you'd ignore it, but if your dead grandmother comes in to your dream with the same message you'll pay more attention, because it's someone you respect.

TO FIND OUT MORE

- Leon Nacson's website: www.dreamcoach.com.au.
- *Interpreting Dreams A-Z* (Hay House, \$28).
- *Wish Upon a Dream* cards (Hay House, \$24.95), to program your dreams with a more positive attitude.

