

Ten Benefits of an Active Dream Life and Common Dream Themes from *Dreams for Dummies*

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Why Dream? Because. . .

- . . . you'll have interesting, fun things to talk about with your friends and family.
- . . . you'll have firsthand contact with the Mystery of the unknown realms.
- . . . dreams teach you about your psychological process and the subconscious beliefs and fears that can interfere with your happiness.
- . . . you'll expand your sense of personal identity, understanding that you're more than a physical body.
- . . . you'll learn to recognize your inner wisdom. Dreams provide accurate guidance from your soul.
- . . . you'll realize how naturally intuitive and creative you are.
- . . . dreams can help you with problem solving, decision making, even with manifesting the help and resources you need.
- . . . dreams can help you heal yourself and others, physically and emotionally.
- . . . you'll learn you have the natural capacity to know about things that are in the past, future, or in other locations.
- . . . you'll improve your ability to communicate and understand what it feels like to be in someone else's shoes.

Common Dream Themes:

- * My teeth are falling out!
- * I'm naked in public!
- * I'm in a play and I forgot my lines!
- * Someone is chasing me and I'm paralyzed!
- * I'm revisiting an old house I once lived in and it has new rooms!
- * I'm making love with a movie star!
- * I lost my wallet and can't find my keys!
- * I have to take a test and: can't find the examination room/didn't study/forgot to go!
- * I'm flying without an airplane!
- * I'm in an elevator and it's falling; we're going to crash and die!
- * My car: has flat tires/won't start/has brakes that don't work!
- * I found: money on the street/buried treasure/jewels in the attic!
- * I have to catch: a plane/train and am: late/can't find my luggage!
- * I'm having surgery on my: eyes/knees/heart/feet/throat.