

WEEK 6

Dream interpretation: Travel to other dimensions.






Dream Interpretation

Travel to other dimensions

Reading the unconscious through dreams:

1. How to interpret my dreams?
2. How to manifest lucid dreams?
3. Calling the dream guide
4. Returning to the gateway to my dreams
5. Traveling to other dimensions

• TOOLS •

 Dream Journal

 Meditation

• MEDITATIONS •

 1. Cultivating my relationship with my dream guide

 2. Returning to past dreams

• EXERCISES •

 Creating my own dream book



WHAT ARE DREAMS, AND HOW TO INTERPRET THEM



READING THE SYMBOLS

Symbols are information from the unconscious that wants to communicate with you. Dreams are connected to the quantum field of information where everything we imagine exists.



Types of dreams & how to identify them



EARTH DREAMS

Situations that have to do with the physical body. Situations of the present moment.



WATER DREAMS

Movement, energy that wants to move. Emotions.



FIRE DREAMS

Spirit dreams, masters, lineage ancestors, reading quantum field information.



AIR DREAMS

Ideas and thoughts that want to materialize. Scenes, images, transformation, ideas that mutate.



ETHER DREAMS

Lucid dreams, portals to travel in time and space, where there is all the information beyond the rational. Astral.



BEFORE GOING TO SLEEP YOU SHOULD CONSIDER THE FOLLOWING:



1. What is my bedtime ritual?
2. Where have I been during the day?
3. What have I been watching during the day?
4. How was I feeling, emotionally, & physically?
5. What is my intention for this dream?

Plants that help to generate lucid dreams:

- Blue Lotus
- Artemisa



Plants that help relaxing:

- Chamomile
- Lavender





Meditation 1

Calling the dream guide

Question for your dream guide:

1. How does the guide look like?

2. Where does it live? (Create a space for him/her in your garden).

3. What is its name?

4. What information does it have for you?



Exercise 1

Dream Journal

1

Before going to sleep: Think of a situation that requires information.

2

As soon as you wake up. Look for the following clues: Main Character, secondary characters, shapes, colors, elements, ideas, animals, plants, symbols, energy, associated chakra.

3

Write and draw the most important elements of the dream.





Meditation 2

Entering the portal of dreams

1. Where is the door located?

2. How does one enter?

3. Who protects the entrance?





Exercise 2

Entering the portal of dreams

1

Think of a dream you would like to return to.

2

Ask your guide to take you to the doorway of the dream's entrance.

3

Enter the dream and look for the clues of the previous exercise.

4

Write and draw in your dream journal.





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