



How to Remember Your Dreams

Do you have trouble recalling your dreams? You are not alone. In fact, I constantly hear this from clients, readers, and radio show listeners. Many people think that dreams are just meaningless things that occurred during sleep. Nothing could be further from the truth! The sewing machine needle works today because the inventor, Elias

Howe, had a “Solution Dream” that gave him the idea to place the needle eye hole from the heel to the tip of the needle. Our dreams are constantly giving us messages all the time in symbolism and the Dreamtime language. At the end of this publication, I will go over seven types of dreams you can have. But first you need to remember them.

Before we go into that, let me give you some background on what makes me a dream expert. I have always been fascinated by dreams and blessed with the ability to remember many of my dreams. I even remembered a dream I had when I was six years old. I was with a boy I liked (OK, so I have always been a little boy crazy) and we were running away from an evil witch. We climbed up a telephone pole hoping to escape and she started to climb it. I was scared to go on the white wire and get electrocuted, but the little boy grabbed my hand and off we went without being hurt. This dream shows how that my inner male/female was safe from danger.

In 1990, I was healing some childhood issues that were coming out in my dreams. I found a therapist who worked

with dreams and she taught me how to interpret them. Dream interpretation is not an overnight process; in fact, it takes a lifetime. I wrote down my dreams for many years and got to learn my symbolism. During this time my psychic abilities (that I turned off as a child) were also coming back in my dreams and eventually came into my waking life. A few years later, I started helping friends with dream interpretation.



Today, I continue to help my clients with their dream symbolism and teach those who want to learn. I have archived shows on the topic of dreams on my and other's radio shows. And I am the columnist for the monthly [In the Dreamtime](#) column in **Bellesprit Magazine**. In fact the following comes from my November 2014 article.



What Dreams?

I have been reading your column for a while and I just don't get it. How in the world can people go into such detail with their dreams? I never remember mine. Occasionally, I will wake up in a sweat, heart pounding, and feeling afraid. How can I remember mine?

Remembering Your Dreams

That is a great question! There are many people who have trouble remembering their dreams. But everyone dreams. REM (Rapid Eye Movement) occurs when a person dreams. If you didn't dream you could end up very sick and eventually die. Thankfully, your body naturally goes

into the REM state. Even if you don't remember it, you still dream. In fact, one of the dreams I used for an **In the Dreamtime** column came from someone who claimed he didn't dream!

Here are some tools you can use to help remember your dreams:

- Visualize yourself waking up and remembering that strange dream you had. You reach for your journal or tape recorder and record your dream. Allow yourself to feel joyful because you remembered your dream so accurately.
- Ask God, your Angels and guides to help you remember your dreams. Let them know you want to hear and learn the language of dreams so you can understand the messages that are being given to you.
- Leave a letter to yourself under your pillow or on the nightstand. It can simply say – I will remember my dreams. Your subconscious mind will pick up the message while you are sleeping. This is a good tool to use if you are studying for something, leave your book open around you, even a closed book will work. When I was first learning to read the tarot I would sleep with my cards next to me. In fact, I couldn't sleep with Aleister Crowley Thoth Tarot Deck because my subconscious mind was protecting me. I

- When you do remember and record your dream, congratulate yourself and thank your Angels.

With the above suggestions and listening to the MP3 included in this free gift, you will be remembering your dreams in no time. When you do, check to see if it is one of the **seven types of dreams**.

1. Environmental Dreams - this occurs when outside things influenced your dreams. The sound of a jackhammer might trigger a dream about having your dentist drilling your teeth. If you need to urinate, you might dream all the bathroom stalls are filled.

2. Solution Dreams – these dreams help solve problems that are occurring during your waking hours. You may be too busy or in denial with a life situation that comes in your dream. For instance, it may be time to let go of an unhealthy relationship, so you dream about leaving it. Solution dreams can help you find answers. Before sleeping ask what you should do about a certain issue and almost always you will have an answer upon awakening.

3. **Health Dreams** – warnings often come into our dreams and health issues are one of them. The good news is dreams often offer a solution. Another plus of remembering and learning the secret language of dreams.

4. **PTSD (Post Traumatic Stress Disorder) Dreams** – when a traumatic event happens, emotions and memories can be repressed to help the person get through it. For some people it is easier to start the healing through dreaming about it. This may feel like having nightmares, but it is important to allow and go with the process. There is light at the end of the tunnel.

5. **Recurring Dreams** – you may dream the same dream over and over because you haven't got the lesson yet. A personal example is that I used to dream about a room filled with closets and drawers. When I opened them I would find all kinds of treasure that I stuffed in my pockets and purse. The dreams stopped when I began my self-growth and healing journey back in 1989. Years afterwards, I realized

those dreams were telling me to find the treasure within!

6. Precognitive Dreams – these dreams may feel like Déjà Vu when they occur because they do predict the future. It helps you be prepared for an upcoming event. Many people dreamed about 9/11 before it happened. But it doesn't necessarily mean an unhappy event. You could dream about your upcoming wedding!

7. Visitation Dreams – we receive visits from our loved ones who have crossed over to the other side. This happens the most when someone just died. But they still like to visit from time to time. It is easier for those who are in spirit form to come to us when we are dreaming because our energy vibration is much higher when we sleep. During our waking time we are in low earthbound vibration, which makes it more difficult in their high vibration (those who have crossed over) to come back to the earth. You will know it is a real visitation if it feels like a hello, I love you visit or if they give you a message. But if you are

dreaming about being angry with them or some type of issue, it is a solution dream.

I hope by reading this you can understand my fascination with dreams and I inspired you to start remembering and recording your dreams. Please visit <http://www.learn dream interpretation.com/> where I can help you learn how to do your own dream analysis. I am also available to help interpret your baffling dreams through email, Skype or by phone in the United States only.

Blessings,

Pamela Cummins