

**GOT  
DREAMS?**

**DISCOVER  
YOUR  
IDEAL  
DREAM  
JOURNAL**

**PAMELA CUMMINS**

**Got Dreams?**  
**Discover Your Ideal**  
**Dream Journal**

**Pamela Cummins**

Copyright © 2019 by Pamela Cummins

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

ISBN-13: 978-0-9976703-3-2

To the souls willing to investigate their dream meanings; enjoy the journey...

## Introduction

Every night people are experiencing nighttime messages to assist them with making decisions, overcoming problems, and offering guidance to manifest an awesome life. Sadly, many people dismiss dreams as nonsense, have no clue how to interpret them, or cannot remember them. Dreams are gifts from your Higher Source, God, Angels, or whatever you choose to call it. Please use these presents wisely.

Learning the secret language of dreams takes time and patience to develop that can infuriate or turn off many in our “got to have it now” society. However, we must remember that any skill, be it a musician, yogi, or doctor, requires dedication and practice to comprehend, improve, and become an expert in. Dream interpretation has many benefits as you will learn in the next section about how it empowers your life.

My purpose for writing this free, short, yet sweet eBook is to inspire you to record your dreams. Allow at least three months of practice keeping a dream journal, and following my suggestions to realize the benefits and payoffs. Everyone is unique, which is why there are nine different types of journals to use. This eBook may even motivate you to come up with your own method.

A radio host once asked me, “Do a lot of people tell you that their dreams don’t mean anything?” My response to the host was, “No, most people know their dreams have meaning. What I hear often is I can’t remember my dreams.” If this the case for you, please visit <https://learndreaminterpretation.com/free-gift/> to receive the free gift, “How to Remember Your Dreams.”

It’s time for you to discover your ideal dream journal...

## How Dream Interpretation Empowers Your Life

Perhaps, you're wondering if you should bother with the hassle and work of journaling your dreams. What's the payoff? This is an important question that has many positive answers. Here are twelve reasons why interpreting your dreams will benefit your life:

1. Dreams' messages assist you to find the answer to *who am I*.
2. Environment dreams alert you to what is happening around you while you're sleeping to protect you from danger.
3. You will be alerted to any upcoming health issues.
4. Information in your dreams can assist you in healing ill health.
5. There is no denial in the dreamtime; therefore, you will know the truth of any situation in your life. This is valuable because in order to have utmost joy or serenity in your life, you need to deal with your current waking reality.
6. How you truly feel about a situation empowers you to release repressed feelings locked up inside of you. This will prevent stored emotions festering inside you that can cause havoc in your waking hours and/or on your health.
7. Dreams give solutions to difficulties and problems in your life.
8. You will have more peace of mind.
9. Precognitive dreams give the gift of insight for upcoming future events.
10. You will recognize whether or not it is an issue to overcome dream or truly was a visit from your departed loved one.
11. Dream interpretation accelerates your personal and spiritual growth.
12. Here's an enormous bonus of learning the secret language of dreams – you will have better relationships and a happier love life. Your dreams give warnings about people who are toxic to your health, red flags concerning a potential mate, the "right one" to have a love relationship with, tips to resolve issues, and ideas on how to continue harmony in the relationship.

These are powerful reason to begin the process of recording your dreams! The messages in your dreams are clues and keys to manifest the life you desire, this is why it's crucial to keep a record of them.

## **Benefits of Keeping a Dream Journal**

### Motivates You to Record Your Dreams

If you decided to work out at the gym would you wear your business suit? Would you do yoga in a skirt? How about cooking a meal without any utensils? Workout clothes not only save your business clothes and avoid exposing your underwear, they put you in the mood to be active. Cooking utensils are essential to preparing a meal easily and safely.

Having some type of dream journal inspires you to record your dreams. Whether this comes about from observing it the night before, or upon waking from a dream, noticing your journal that's right next to you will influence you to record the dream.

### Triggers Daily Dream Recall

A trick to help you study and retain information is to keep your school books around your sleeping area or under your pillow. I'm sure sleeping with my tarot cards quicken the process of learning the deck and was responsible for fascinating dreams!

If sleeping with books or tarot cards can assist in your education, then imagine how having your dream journal underneath your pillow or nearby on the nightstand will affect remembering your dreams. Your subconscious mind is aware of your intention when your journal is close by and will gift you with a dream or two. Perhaps, even prompt you to wake up in the middle of the night to record your dreams.

### Easier to Interpret Your Dreams

Have you ever told yourself upon awakening that you will remember the dream you just had, but forgot large chunks of it within minutes? This happens to the majority of people. On a rare occasion, you remember a dream because the information is so imperative to your life. Having a record of your dreams will help you to retain your dream's wisdom in order to analyze it.

In your journal, you will record the following facts of your dreams:

- Location
- People
- Animals
- Symbols
- Feelings
- Actions

- Different scenes similar to scenes in a movie.

Instead of relying on your memory, now you have data right in front of you. Now, you can review the dream to figure out its meaning, put down notes, and refer back to the dream for reevaluation or additional meanings.

### Aids in Comprehending Your Unique Symbols and Patterns

When you journal your dreams, the process becomes recording documentation that you can investigate over and over. In time, you will notice some symbols that are repeated. By observing the different themes and possible meanings of your dreams, it will assist you to comprehend your unique symbols and how they fit into each dream.

Investigating your dreams will also help you to identify that some of your dreams are similar in their patterns. These dreams may have different people, symbols, or locations; however, the same theme is there. Thus, keeping records of these similarities enables a much deeper understanding of your dream's meanings.

## Different Styles of Dream Journals

There were few choices of dream journals to choose from back in the early nineties when I began journaling my dreams, which was either handwritten in a notebook or fancy journal or talking into a clunky tape recorder machine. These days, you are fortunate to have a multitude of choices.

It's crucial to find the dream journal style that you feel comfortable with, so that it keeps you inspired to continue recording your dreams. Below, I have listed nine different methods to record your dreams that will assist you to discover your perfect journaling tool.

### Dream Journal Apps

These apps are very popular and some people swear by them. Download the app on your smartphone or tablet, while checking on how to back up your entries in the cloud storage to avoid losing valuable information. One advantage of using an app is you can journal down your dream anywhere, even during your public commute to work. Another bonus is that it won't become damaged in a fire or if your pet decides to use your journal to throw up or urinate on.

### Email

Do you have more than one email account? Choose one email address to input your dreams information, then send it to your other email account. This a convenient way to record and have access your dreams wherever you are. If you choose, you can always print out your dreams.

### Laptop or Desktop

Type your dreams into your dream journal file on your computer, which is a convenient way to keep your dreams organized. Create sub files for symbols, categories, and possible interpretations to delve deeper into your nighttime messages. Back-up your files on an USB memory stick, your computer, and the cloud storage.

### Blog Your Dreams

Some bloggers use their blog as a dream journal. Your readers will give you feedback and/or insights on your dreams. An asset of blog posting a dream is the majority of people won't give you any flack about what you wrote since it was *only a dream*.

### Recording Device

Thank goodness those clunky magnetic tape recorders are a thing of the past! Although boom boxes were kind of cool. These days there are a variety of digital recorders to choose from. You can even use a voice recording app on your smartphone or tablet that can be backed up in the cloud storage. If you dislike writing or typing, yet love to talk – voice record your dreams. Perhaps this will lead you to starting a podcast?

### Videos

Maybe you like to video everything on your phone, tablet, or camcorder? Why not videotape yourself speaking about your dreams? You could even upload them to YouTube, Vimeo, or have a vlog.

### Pinterest

Are you in love with pinning like I am? Create a dream journal board! Pinterest has the option to use sections for your board and now you can *move* pins around a board – hallelujah! Create a secret board if you desire to keep your dreams private.

### Creative Journals

Design your own journal by using your unique talents. Whether that is: crafting a notebook, writing a song, drawing dream scenes, painting a symbol, creating jewelry, sewing or knitting outfits from your dreams, and so forth.

### Old Fashion Journal

There's something magical about using a pen on paper! Handwriting your dreams could bring about insights missed in other journal styles. Plus handwriting does have positive effects on your brain. You can write your dream into a fancy journal or an inexpensive notebook.

## Experiment with Different Journals

Are you having a tough time deciding which journal style to use? Then try them out! Think about it: a car dealership allows you to test drive their vehicles to choose the one that fits best for your lifestyle. The same is true of your important dream journal.

If you enjoy talking, voice record your dreams and the next day make a video.

Do you prefer to write? Test a dream app, email yourself your dreams, type on your computer, and handwrite your dreams in a notebook.

Creative types can mix it up by producing whatever they're best at, then pinning on their secret Pinterest board, writing, or using some type of recording device for journaling their dreams.

Eventually, you will discover your ideal dream journaling method, whether that's one or more methods. Perhaps you won't use any of the nine journals I mentioned, but create your own method? Whatever technique works for you, please use it.

## Understanding Your Dreams

Most times dreams need to be analyzed, which is a journey and takes time to comprehend your unique dream language. Occasionally, your dreams will be a no-brainer to figure out. Nonetheless, this eBook has shown you the rewards are worth it.

Dream dictionaries apps and books are popular because the general public have the misconception that knowing what a symbol means is all they need to interpret the dream. If you believe this, then you also must think that a general horoscope for your Zodiac sign will always be true! Dream dictionaries and horoscope readings are based upon the opinions and life experiences of those who created them. What is right for them isn't necessarily true for you.

Dream dictionaries can be compared to a foundation of a house. To build a house the foundation is only the beginning, what else is required are: flooring, beams, dry wall, insulation, ceiling, stairs, plumbing, and so on. The same is true of analyzing your dreams; however, it's important to understand symbolism at the beginning. You can use a dream dictionary or books on symbolism, eventually leading you to go within yourself for what the symbol is truly about. Other factors to consider are:

- Feelings in the dream are so important!
- Other symbols in your dream.
- Past experiences may come into play in a dream.
- Present problems will show up in a dream.
- Unresolved issues from your past are presented in your dreams.
- Trauma from childhood or other events that you must heal.
- The status of your relationships with other people.
- Health problems.
- Solutions to your issues.
- Visitations from your deceased loved ones.
- Premonitions of the future.

Now, can you understand why learning the secret language of dreams is not an overnight process?

I am happy to assist you with understanding your dreams! My website has a ton of blogs for you to read, online courses in audio and video format, books, and services. To learn more and to contact me, please visit <https://learndreaminterpretation.com/>

Pamela Cummins helps her clients and students to take their nighttime messages and turn them into daytime wisdom to accelerate their personal and spiritual growth. She is an author, dream interpreter, and intuitive coach. Pamela is also a servant to two cat gurus that insisted she create a self-improvement card deck about them, *Purrs for Humans*, which luckily she received their meow of approval! To learn more about Pamela, please visit her websites <https://learndreaminterpretation.com/> and <https://www.pamelacummins.com/>

### Social Media Links

LinkedIn <https://www.linkedin.com/in/revpamelacummins/>

Pinterest <https://www.pinterest.com/revpamelac/>

Facebook <https://www.facebook.com/PamelaCumminsAuthor/>

## More Books by Pamela Cummins

### *Learn the Secret Language of Dreams*

Do you know that your dreams are special and unique? But if you don't understand their meaning, you are missing out on vital information. Because every night your subconscious mind sends you messages to help you solve problems, improve relationships, and teach you how to create a higher quality of life. The key is to learn how to decipher them and that is how Pamela Cummins, dream and relationship expert, can help you. *Learn the Secret Language of Dreams* is designed to give you the ability to understand the meanings of your own dreams.

Symbolism in dreams is not a "one size fits all." One symbol can mean many things. In order to understand the nature of dream symbolism more clearly, you will need to know what category your dream fits into. This book will help you identify the different dream styles so you can recognize what part of your life the dream message is for. Once you know the category of your dream, it will be easier to interpret your unique personal symbolism.

### *Personal Growth Affirmations*

Do you desire more happiness and peace in your daily living? Did you know that you can have the life you always dreamed of? Change is possible; however, all transition starts within.

*Personal Growth Affirmations* will motivate you to begin the process of your transformation journey with fifty-two weekly affirmations to be used for self-help and/or meditation.

Some of the topics are: self-love, forgiveness, patience, gratitude, boundaries, meditation, connecting with a Higher Source, the ups and downs of living, and much more. The affirmations have questions to inspire reflection, action steps to help you transcend, and a short mantra to be chanted any time you feel the need. Manifestation of your aspirations becomes reality by applying the wisdom of each affirmation. Now is the time to start your journey...

### *Pamela's Love Collection (FREE eBook)*

What do self-love, the *Three F's*, and "He has to be spiritual" have in common? They are all in *Pamela's Love Collection*. Love is always in the air, but often it's just out of our grasp. It is time to start grasping it whether you are single or in a relationship. You will learn how to recognize the signs of healthy love and what to do with it. This eBook consists of twelve articles, blogs, and columns by love intuitive and radio host Pamela Cummins.

### *Insights for Singles: Steps to Find Everlasting Love*

*Insights for Singles: Steps to Find Everlasting Love* delivers insights to help readers reach their highest potential, learn to think positively, recognize red flags, how to let go of a relationship, improve communication skills, and understand how to *attract* and proceed with the “Right One.” Whether you need to learn to “Keep your pants on” or “My fantasy is not reality,” singles will find plenty of *potent* insight and *proven* solutions in this book.

### *Psychic Wisdom on Love and Relationships*

Do feel like you will always be single? Are you sick of bad dates and relationships? Bored and unsatisfied in your relationship? *Psychic Wisdom on Love and Relationships* is a unique book packed with wisdom for BIG relationships. Go inside the world of a psychic to see how the spirit world gives knowledge to transform your love life. This book will take you on the journey of self-love, boundaries, intuition, communication skills, and more.