

DIVING INTO DREAMS WORLD

Every dream is a message from your **unconscious** self, expressed in a code which only you can understand and **interpret**. The images, colours, moods and terms of your dreams depend upon your culture, upbringing, slang and your own understanding of things and values. In order to interpret your dream correctly, you have to work on every dream symbol, and the following tips can be useful to you.

It is most likely that you will be present in any of your dreams, but you may look differently. You can dream of other people, animals and **inanimate objects**, which may **represent** you. For example, a panther can have an allusion to some of your character features like strength and smartness, and seeing a pig could mean that you are being greedy and behaving like a pig. Sometimes you may appear as an object in your dreams. For example, a chair leg, while other chair legs are broken, if you are the only one who is supporting the family. Dreaming is like looking **into** a mirror and seeing yourself with your own eyes.

If you dream of animals, you should know that animals represent our basic instincts or parts of our personality. On the other hand, folkloric interpretations suggest that some animals bring bad or good luck. However, we must look at the nature of the creature and with what character features or feelings we associate it. Also, it is important to note that animal symbols can carry positive and negative potentials and should be correlated with your feelings and emotions about them.

It is also good to know the mood of your dream. It happens that sometimes we don't remember the dream itself, but we definitely remember the mood in which we wake up. If you woke up feeling depressed, or sad, there might be an indication of a problem or any other aspect, which you haven't acknowledge yet in waking life and need to focus on.

Another tip in understanding your dreams is analysing what feelings and emotions you had during them. If you felt cold, it may suggest that you are indifferent towards someone, and feeling hot could mean that you are passionate about someone. If you dream about getting sunburned, the dream could indicate that you are taking risks in waking life.