



## Dream Interpretation

### What Is Dream Interpretation?

For many thousands of years people have been fascinated by their dreams. Dreams are the porthole to the other side, and once you understand and harness the true meaning of your dreams they can empower you to the highest levels of your life. Every dream has a message and there is always a hidden meaning waiting to be found. As sleep is important to your survival, so are your dreams.



Dream interpretation is the process of exploring the images and symbols produced by the unconscious mind during sleep. With careful analysis it allows you to decipher the real meaning behind your dreams so that your conscious (or waking) mind can understand them and deal with them effectively.

### Dream Interpretation Readings

Max has over 35 years' experience interpreting all manner of dreams. During a face to face reading with Max, you will have the opportunity to discuss your dreams and explore them in more depth. This way you will have a greater understanding of yourself, others and your life. Max has the ability to unravel even the most complicated dream and reveal the truth behind it.

### What do your dreams really mean?

**What does it mean when your teeth fall out?** There are a couple of reasons why you dream about this. Firstly dreams about your teeth reflect your anxieties about your appearance and how others perceive you. Your teeth help to convey an image of attractiveness, thus, such dreams may stem from a fear of rejection or the consequences of getting old. It also signifies times when important decisions or life changes are being made by the dreamer. The number of teeth that fall out will signify just how major the decision or change will be.

Secondly, it is out of fear of being embarrassed or being made a fool of in some situations. These dreams are an over-exaggeration of your worries and anxieties. Perhaps you feel that you are unprepared for the task at hand. However, the good news is that you will find your worries are unfounded in most cases. Sometimes what plays out in your mind is far worse than what is reality.



### **Have you ever woken up because in your dream you were falling?**

It can be a bit scary, but contrary to popular myth, you will not actually die if you don't wake up before you hit the ground during a fall. Falling is actually an indication of insecurities, instabilities and anxieties. You are feeling overwhelmed and out of control in some situation in your waking life. It also signifies a time when the dreamer is re-evaluating their life and wants more security.

**Help I'm being chased in my dream!** These dreams are quite common and stem from feeling of anxiety in your waking life. Running away from an attacker or monster is an instinctive response to a physical threat in the environment. Consequently you run, you hide or you try to outwit your pursuer.

Your actions in the dream parallel how you would respond to pressure and cope with fears, stress or various situations in your waking life. Instead of confronting the situation, your dream indicates that you have a tendency to run away and avoid the issue. Try turning around to face the pursuer and by doing this you take the upper hand and gain control of the situation. Typically these dreams end once you do.

**What does it mean when you can't run in your dream?** This type of dream shows you are feeling vulnerable, afraid to embrace new things or experiences and can't move forward. It's often a fear-based dream and people who doubt themselves or their abilities tend to have these dreams. It's important to consider what you are trying to run from or to, the direction and if any obstacles are present.

**Here's a dream you might have had; you're at school assembly or in a meeting surrounded by all your friends and peers when to your horror you realise you are totally naked!** But what does this mean? Nudity symbolises many things depending on your circumstances. Horrified at the thought of being naked in public, reflects your vulnerability or feelings of shamefulness. You may be hiding something and are afraid that others can see right through you. It shows how you feel others really perceive you. If they are not noticing your nakedness in the dream it means it is only your perception of how they see you.



Clothes are a metaphor for concealment. Depending on the type of clothes you wear, you can hide your identity or be someone else. But without them, everything is on show for all to see, you are exposed and left with little defences. Thus, your naked dream may be telling you that you are trying to be something that you really are not. Or you are fearful of being ridiculed and embarrassed.

**A lot of people come to me and tell me that in their dream they are dying.** Don't worry this is actually a good thing! This symbolises inner changes, transformation, self-discovery and positive development that is happening within you, or your life. You are undergoing a transitional phase and are becoming more enlightened or spiritual. Although such a dream may bring about feelings of fear and anxiety, it's no cause for alarm as it's often considered a positive symbol. Dreams of this nature usually mean that big changes are ahead for you. It is an ending of something and you are moving on to new beginnings and leaving the past behind.

**Have you ever had the exhilarating and liberating dream of flying?** Well if you are flying with ease and are enjoying the experience, it means that you are on top and in control of a situation. It indicates escapism and a desire to break free. It is quite a spiritual dream, and the higher you fly the more enlightened you are becoming.



**And have you 'risen above' something in your dream?** It also means that you have gained a new and different perspective on things. Flying dreams and the ability to control your flight is representative of your own personal sense of power and wellbeing. However, having difficulties in flight indicates a lack of power in controlling your own circumstances. You may be struggling to stay in the air or stay on course. You may also encounter obstacles in flight. These obstacles symbolise something or someone who is standing in your way in your waking life. You need to identify what or who is trying to prevent you from moving forward. Difficulty flying may also be an indication of a lack of confidence or some hesitation on your part. You need to believe in yourself and not be afraid.

**What if you dream of being in everyday situations, but are unable to keep your eyes open properly.** Furthermore no-one seems to notice? Is your job and life exciting enough? Your dream questions this. Not being able to keep your eyes open means not being able to focus on things properly. Your life path is falling in to a routine and other people are not on the same path as you and there's no guidance. You need to make changes to your life.

**What if you dream about hair?** Dreaming of hair relates to your strength of character. If you dream your hair is being cut by someone, you are being undermined in your waking life. If you cut your own hair you are giving away your power. If your hair is long in a dream it shows strength and courage. If you have long hair in your waking life but see it short in a dream you are underestimating your abilities. If your hair is falling out in your dream you are feeling vulnerable and are unable to handle the stresses around you. If you are pulling your own hair out in a dream it relates to frustration.

**What is the significance of birds in dreams?** Dreaming of birds signifies messages & insight, and the colour of them shows the intensity of the issues you are dealing with. Birds signify times when important things are happening in your life. Seeing them in many of your dreams shows that you may have to act more quickly on the subjects around you. The type of bird you dream about is also important. Owls represent wisdom & knowledge. Eagles represent strength, courage & insight and Kingfishers represent emotional issues.