

Your dreams are filled with valuable messages that can enhance your everyday life. The Dream Compass introduces you to simple techniques, tips and exercises that allow you to understand dream messages and shows you how to navigate your life with a greater sense of direction and flow.

The Dream Compass: Using Dreams as Your Guide

by Hitomi Sakamoto PhD

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The book cover features a watercolor-style illustration. On the left, a large tree with a thick brown trunk and green foliage stands. In the foreground, a woman with long, flowing orange hair, wearing a pinkish-red dress, is shown from the back, holding a round compass. A brown, furry animal, possibly a dog or a bear, is looking at the compass. The background is a light, warm-toned sky with a few small, dark shapes. The title 'The Dream Compass' is written in a large, black, handwritten-style font, and the subtitle 'Using Dreams as Your Guide' is in a smaller, black, sans-serif font below it. The author's name 'Hitomi Sakamoto, PhD' is at the bottom in a white, sans-serif font.

The Dream Compass

Using Dreams as Your Guide

Hitomi Sakamoto, PhD

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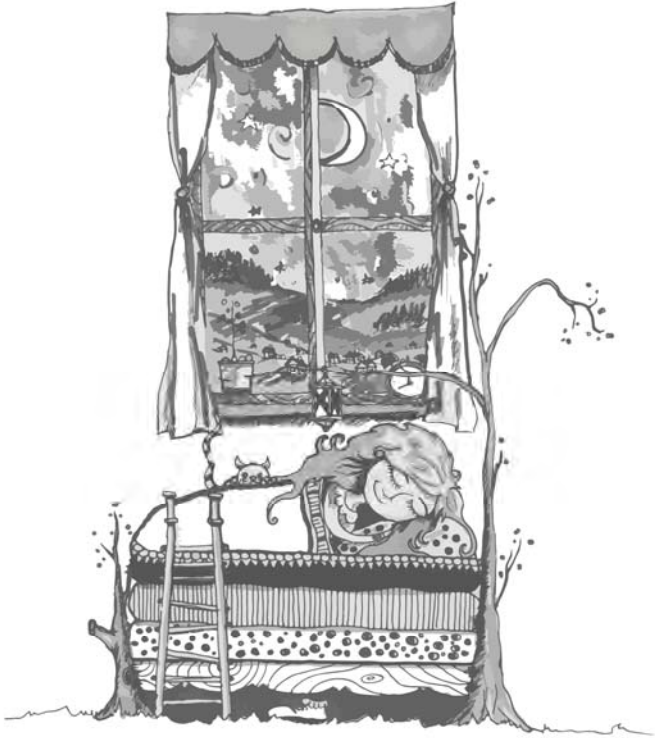
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Chapter 1

Making Friends with Your Dreams



When you have an amazing dream, strange dream, scary dream, or mysterious dream, what do you do? Do you pay attention to it? Talk to someone about it?

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Dreams can be fascinating, with curious characters and strange events. You may suddenly find yourself flying through the air, being chased by a monster, or landing on a beautiful island with extraordinary plants and animals you have never seen in waking life. Are they just meaningless illusions that the mind creates during the night, or do they actually mean something?

For example, my friend Olivia, a teacher, told me about the following dream she had:

**** Olivia's Dream ****

"I was supposed to be an actress in a theater company in this dream. All of a sudden, I was behind the curtain on a stage, and very soon I would have to go out there and say my lines. I felt a little panicky, as I had no idea what I was supposed to say. When the curtain went up, I saw that it was a full house. To my surprise, the words just flowed out of my mouth, and the show was a great success."

Did Olivia's dream have any special meaning for her? Yes! As we explored the dream, she started to make connections between what she was experiencing in the dream and her everyday life. Did the dream mean she was stressed or wanting more attention? These were possibilities. However, as you will see in the next chapter,

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she found that the meaning of her dream went much deeper. The dream pointed her in a new direction in her life.

You, too, will be able to understand the meaning of your dreams like Olivia did. I'm going to show you how to decode the meanings of each dream part, put them all together and build a bridge between dream messages and your waking life.

It's useful to imagine that nighttime dreams are like messengers from a faraway land. Sometimes it's not easy to notice them because they are a little shy, and sometimes you ignore them because you are busy with your everyday routine. The good news is, dreams are very patient and will keep knocking on your door until the messages get delivered. When you don't open the door for a long time, the knocks get louder and louder. That's when you have the same kind of dreams over and over, or when you have an intense dream that makes you jump out of bed.

It's time to answer the door and start making friends with your dreams. Here are a few tips for making better connections with them:

- ❖ Have a special notebook and pen or a voice recorder ready at your bedside.
- ❖ Before falling asleep, set the intention that you will remember dreams if they have important messages

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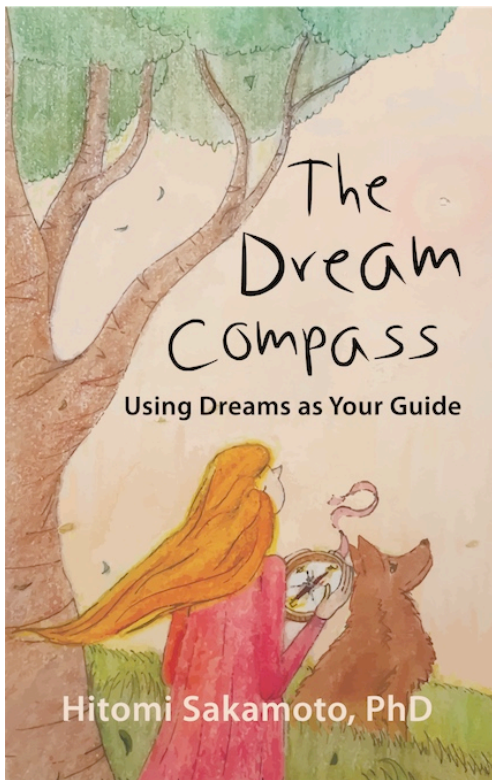
for you. Just say in your mind, "I will remember my dreams when I wake up."

- ❖ When you wake up, without moving your body, try drifting your awareness back to your dream.
- ❖ Record your dreams while you are still lying down. Try not to write in perfect sentences. Sometimes it's better to jot down a few words, feelings or atmospheres. You could also sketch a few images.
- ❖ People tend to find it easier to remember dreams when they awake naturally, without an alarm. Consider trying the above method the next time you don't have any plans in the morning.

Don't worry if you can't remember any dreams at first. You don't have to catch every single dream. Sometimes it's great to enjoy a deep sleep without remembering any dreams. As I mentioned earlier, important dreams will knock on your door again and again anyway.

In the next chapter, you will learn more about how to welcome your dreams and how to begin to understand their messages.

Next time you have an interesting dream, try talking to someone. Ask them if they have had any interesting dreams lately.



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