

Bring the magic of dreams into your Life

A PRACTICAL GUIDE TO
LEARN HOW TO WORK WITH
YOUR DREAMS

Kinga 
MY SMOOTH LANDING



*Everyone who dreams is
little bit a shaman - Robert Moss*

In every kind of soulwork it is one of the greatest sources of information and power, if you are blessed with rich dreams. They can guide you to the next step, they can show you obstacles to be aware of or hidden gems that you'd miss otherwise.

Dreams often carry messages that are buried deeply in your subconscious, but with encrypting the symbols and the magical meanings, you can bring all that wisdom to the surface and use them consciously.

You can learn how to work with your dreams and of course, like with every skill, the key in this learning process is practice.

It will always be challenging for the first time to either remember your dream or to figure out what to do with it, especially if you are working on mending your soul. But that shouldn't hold you back, because often it takes only a few special moments or powerful dreams to break through the barriers.

*If you are willing to listen respectfully,
the message will come through.*

Everyone can become a shaman of their life, if they pay attention to what's going on in their dreams.

Besides the great guiding and often healing properties of a good dream, it is also really fun to play the humble investigator of the other realms.

Learning about dreams is a lifetime's work and with every attempt you will get wiser.

The following few steps can be your framework to practice your skills and if there is remembrance of your dreams, you can use this method successfully already at the first time.



Record your memories

The first and one of the most crucial steps of dream work is to save your dream as detailed as you can. It's always a good idea to have a notebook at your bedside and write down or record some key words on your phone right away, as you wake up, before your mundane thoughts kick them out of your head.

If you can't write it down right away, try to repeat in your mind the main plots, symbols or other elements of the dream in that half-awake state, before you start to think about your day and other practical stuff.

Sometimes, the message of a dream is so clear that you don't even need too much analysis. You know right after you wake up, what does your dream want to tell you. If you have to hurry, just jot down that message and you can come back to the details later.





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Create your story

You might want to try to give a name or a title to your dream. Often, when we do that, we unconsciously hit the nail on the head about the main messages.

Some people like to share their dreams with others. If you are like that, it can be a fun thing to tell it as you take your breakfast with your loved ones, if they are open to listen without interruption. This is also a great way to remember and to get the meaning of a dream.






Observe your emotions

After you've got the story, as simple as possible, focus on your emotions. How did you feel during the dream?

If there were different scenes you might want to remember your emotions in each of them - perhaps your emotions have changed during the dream and that can be very important.

Most of the dreamworkers agree that often the emotions can change the landscape and meaning of a dream completely.

If, for instance, you dream about something that sounds scary (e.g about spiders, big holes or a scene when you are hiding), but you feel calm or even happy, then you have to rely on the feelings and approach the symbols from a different angle.



Try to figure out the aim of the dream

Is there's any connection between your dream and
the course of your awakened life?

Is it perhaps referring to an issue that you are
facing in this reality?

Is it trying to warn you about a future event?

Is it trying to guide you in some way?

Is it perhaps a message from someone, you are
connected to?

Or is it a peep into a possible alternative life of
yours?

If you find any meaningful connection - that is
meaningful for you -, listen to that feeling.

Sometimes it is hard to explain to others why we
believe that our dream refers to a part of our lives,
but it's always enough that we know it.

If the concrete message is not clear yet, just the
connection, don't worry, with further work you
might be able to find that out, too.





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Draw about your dream

The subconscious mind often holds very important information that is hard to grasp with words.

We dream in pictures mainly and our brain created images about everything that we talk about in our awake life, too.

Therefore it is a great way to learn more about your dream, the symbolism in it and its message, if you sketch a picture about it.

Try to leave it to your intuition, what you put on paper - perhaps it will only be a small element, or a person, or an important detail that will lead you further in the discovery.

Often it is a good idea to play with the picture: turn it around and see if it gives you a new idea from another angle.

Or simply come back to it later with a fresh eye.

Make notes of what the drawing brings up in you.



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Encrypt the codes

Now, try to remember the symbols and details of the dream and try to figure out their meanings.

It's the best idea, if you write down each and every element in your notebook with your first thoughts about them.

It is important that you try to create a map of your own understanding of your dream symbols, because - even though there are common, typical meanings about objects - we all have our special history that carries the special layer of a word, colour, shape, person, place, animal or even of as universal thing as an element of nature, like water.





07

Choose your help carefully

As Robert Moss , the great dream worker says:

"You don't want anyone to tell you what your dream means. You really don't want. Nobody knows the answers more than you."

If you work with your dreams regularly, you will be able to recognise the symbols and their meanings easier and easier and you will find that a 'code' that you've already cracked, will come back to you again and again - perhaps not only in your dreams, but in other synchronistic events, too.

If a certain thing or word doesn't make any sense to you, but somehow feels important, it might be a good idea to look it up on the internet or in a dream book and check if the explanation that you've found resonates with you and matches your dream or not.

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Make an action plan

It might be anything from: 'I will keep an eye on this message and see if anything related comes to me again',

through 'I will discuss it with my therapist next time we meet'

to actual actions or

writing a reminder message on a post it sticker that you hang on your mirror.

Be creative and curious about this.



Coming Home to Me

Dreamwork is one of the most powerful tools that help you connect with your Soul and its wisdom.

If you learn how to use them, they offer a beautiful way to heal the lost and hidden pieces of you.

If you want to learn and experience how to do that and if you want to learn many more intriguing ways to find the way back **home to your true Self, where you feel empowered, whole and belonging**, than my most complex and full program is for you.

In the Coming Home program we spend 6 months to learn and practice ways to connect with your authentic and wise inner world.

You will try tools from eastern energy healing, from shamans and from Jungian psychologists and modern counselling, too.

Read more of the Coming Home Program and join the Wait list now at

www.mysmoothlanding.com

