

The Landscape of Dreams

What kind of dream is this?

Recurring Dreams

Recurring dreams insist on delivering an important message to us. They will come back again and again until we listen. Notice what is being repeated, and if any elements change.

Childhood Dreams

Memorable dreams from our childhood often provide powerful insight into some of our primary egoic patterns and life struggles.

Archetypal Dreams

Archetypal dreams dip into the collective unconscious to bring symbols, myths, and meaning into our personal conscious life. They must be considered in light of their original context as well as our personal associations in order to honor them.

“Big” Dreams

Across our lifetime, we may only have a handful of “big” dreams. These dreams indicate major change, and we revisit them over and over again, continually finding new layers of meaning.

Anima/Animus Dreams

Dreams come to bring us inner harmony, and anima/us dreams offer insight into what untapped energies within us are asking to be explored, deepened, and embodied.

Compensatory Dreams

Compensatory dreams alert us when our perspective is “off”- too high, too low, too sweet, too harsh. Like Goldilocks, these dreams search for the emotional regulation that is “just right.”

Nightmares

When we don’t pay attention to vital hints in our dreams, they may eventually return as a nightmare. Nightmares come for our healing and wholeness, even though they employ heightened emotions to wake us up.

Visitation Dreams

Sometimes, when loved ones come to visit us in our dreams, they come not as part of ourselves, but as themselves. When they do so, they often carry an important message, or show up to bring us a sense of emotional closure.

Prophetic Dreams

A prophetic dream can serve as both a warning and a declaration of what is to come. They are to be shepherded with caution and care, but with respect for the prophetic message that may be seeking to be heard.

Collective Dreams

Some dreams come to provide perspective on the world at large. These collective dreams speak to our shared planetary life, and are meant to be stewarded on behalf of the good of all.