



I Dreamt I Was Naked: How To Interpret Your Dreams

Tessie Jayme

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There are hundreds of books & internet websites which readily show you how to interpret your dreams. It's fabulous. If you type "dream analysis" in the search box on the internet, over 72 pages of website listings pop up for your pleasure. Among those listings are people who happily offer to interpret your dreams for you. So why am I writing this book? Well, hopefully, I can guide you to a system of recording your dreams, & then interpreting them yourself so that they are an exclusive personal look into your very unique & personalized psyche. Because the fact is, & I don't care what anyone says, **NO ONE KNOWS YOU BETTER THAN YOURSELF**. Even if you go to a shrink, you don't necessarily tell this person everything about yourself. You might be too embarrassed, or too shy, or simply don't **REMEMBER** certain experiences & events in your life. Well, your psyche does. It may not be able to bring those experiences & events to your conscious memory, but it's in there... inside of you somewhere. & each night, when you're asleep, your psyche tries to reveal these hidden memories to you if it becomes important for you to remember it. If you've suppressed memories because they are painful or difficult to accept in any way, professional therapists are trained to elicit these things from you. & that's not a bad thing. If you like it & it works for you & you can afford it, go to a therapist & benefit from the experience. On the other hand, if you want to be self-sufficient in handling daily issues independent of such guidance, then just pay attention to your dreams. The advantage of you interpreting your own dreams is that it'll be more accurate than looking symbols up in the dictionary. It's important not only to recognize the symbols but to personalize them to fit your unique persona, as we'll see in Chapter 4. If you enjoy puzzles, whodunit novels & mysterious events, then you probably would enjoy interpreting your dreams.

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