



Dream Interpretation with Tarot

“Let us learn to dream, and then we may perhaps find the truth” F. A Keule

Both are excellent tools for strengthening one’s intuition and both unlock the door to hidden realms of insight, meaning and self-discovery in the unconscious. Since our unconscious can speak to us through dreams and Tarot, we can use one to strengthen our relationship with the other. Using Tarot images and dream symbols together seems to open a dialog between the conscious and subconscious mind that is normally closed, creating a powerful synergy. Dreams often alert us to our problems and guide us towards integration. While there are plenty of dream dictionaries etc out there, this is just one thing that needs to be taken into consideration when working on understanding our dreams. Symbols, words, people, and environments are very personal and there is no one meaning for them. This is where working with a magical tool like the Tarot can help bring some more clarity.

Dreams and dream work have been studied throughout human history and in all cultures. We have fallen a bit away from this in more modern times but when you think about how much of our lives are spent in dreamland (around 26 years!) we might as well make use of this time to help us in our waking lives. Dream incubation - “sleep on it”

Evidence suggests that most dream activity occurs in the final hours of sleep during REM (rapid eye movement). When a scientist looks at a dreamer's brain activity, it looks very similar to our brain activity when we are awake, it's like one brain but two totally different worlds.

Why do we dream?

There are many different theories:

- Freud: Dreams as the Road to the Unconscious Mind
- Jung: Archetypes and the Collective Unconscious
- Hall: Dreams as a Cognitive Process
- Domhoff: Dreams as a Reflection of Waking Life
- Brain’s response to random simulation?

Types of Dreams:

- Lucid: occurs when a person is asleep but aware that they are dreaming. In this state, a person can take control of their dream’s narrative to some degree.
- Mental: generally reflect the processing of actual experiences of the day and the thoughts and feelings we have in response to these events. They function like a daily "data download," routing and processing information before it is sorted and stored in memory.
- Physical: often address health issues or imbalances which reveal themselves in dream symbols. Health or medical dreams can function as early warning systems if recognized for what they are. Death dreams sometimes appear as health warnings which are intended to "frighten" us into paying our attention.



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- Spiritual: Sometimes called "big dreams," spiritual dreams are believed to be messages from our soul to our conscious mind. The "big dream" deals with spiritual guidance, contact with our Higher Selves, and have the intent of gaining knowledge and power.
- Prophetic: these dreams are the ones that come true.

How Biases Affect Dream Interpretation

Researchers Carey Morewedge and Michael Norton have studied the dreams of over 1,000 individuals from the United States, India, and South Korea.⁷ What they discovered is that the weight and importance people attach to their dreams depends largely on their biases. People are more likely to remember negative dreams if they involve people that they already dislike. They are also more likely to take positive dreams seriously if they involve friends or loved ones.

In other words, people are motivated to interpret their dreams in ways that support their already existing beliefs about themselves, the world, and the people around them. The researchers found that such things as the confirmation bias and the self-serving bias can impact how people respond to their own dreams.

Because people tend to take their dreams seriously, the researchers suggest, these dreams can also become something of a self-fulfilling prophecy. If you dream that you are going to fail an exam, you might be less motivated to study or even become so stressed out that you perform poorly.

Symbols: A Universal Language

“Symbol” means *throwing together* merging the divine realm with the material. (As above, so below). The reason tarot works so well is because of the images themselves which include universal archetypes and symbols. Our conscious mind uses words whereas in order to access our subconscious we rely on visualization, images, and symbols. The tarot is made up of archetypes which are qualities and experiences that are common to all of us such as happiness, anger, love, truth, etc. The major arcana represents archetypes that manifest in daily life. It is through symbols that we are able to recall the ancient archetypes that are common to humankind. According to psychoanalyst Carl Jung, we resonate with these symbols because they are carried with us in our collective unconscious (shared by all). Symbols are universal motifs which appear in all civilizations since the dawn of humankind. Symbols take us into the unknown depths of ourselves. Tarot images combine number significance, themes, astrological energy and more. When we read the cards we are translating everything before us which creates many layers of meaning. It is also important to think about what these symbols and meanings mean to YOU. Exploring symbols will help you go deeper into the subconscious mind. It is also important to remember archetypes carry both the strengths and weaknesses in their qualities.



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Recurring Dreams

These dreams are often linked to an event that created a deep imprint, or some trauma. They often hold a lot of meaning in regards to healing messages. You may find that common themes come up in these dreams or a variation of the same dream happens until the issue is resolved in real life. This is common when people are repressing how they really feel or are having conflict and stress in their relationships and workplace.

Lucid Dreaming

The ability to know you are dreaming, while you're dreaming. You can use your cards as a form of guided imagery. Dreams use all 5 senses; create images and experiences that are personal to you.

Can be used for healing - your body can't differentiate between a thought and a real-life event. This has been happening for many civilizations. This may sound far-fetched but it is a very practical practice. Just like hypnosis, dreams tap into the power of your subconscious and make ourselves whole again. Seek out an animal, being or human to do the healing for you. This can be done with intention.

You can ask yourself, did this dream contain advice?

Look for dream characters who may be symbols of your emotional difficulties or repressed experiences. (sad or injured people, children/inner child)

Cards that remind you to focus on your dreams:

- The High Priestess: Connected to the waters of the subconscious, imagination, intuition and the realm of dreams. Pay attention to your inner knowing
- The Moon: Deep emotion being brought to the surface
- Queen of Cups: The Mystic, trusting your intuitive abilities
- Pages: Messengers and cards of potential
- The Star: Receiving divine guidance and messages of hope
- 3 of Wands: Future planning & visions
- 9 of Swords: Nightmares
- 4 of Swords: Sleep/rest



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Dream Journal

- 1) Do it first thing. The key to recording dreams is speed and immediacy. The feeling of a dream's logic slipping away the moment you try to explain it to someone else is a familiar one: Keep your dream journal and a pen close at hand. That way, you can jot down everything you remember when you first wake up—whether that's in the middle of the night or the next day.
- 2) Write with as much detail as you can. Even just recording fragments of dreams in the long run will help train your mind to pay attention and this will also improve memory (and remembering more if your dreams). You don't always have to use words – draw if you like!
- 3) Write in the present tense. Describing your dream world in the present tense, as if it is happening again in real-time, may help you resurrect details and follow the action more clearly.
- 4) Try to capture emotions, not just plot points. Get in the habit of noting how your dream self felt in any given situation. Were you apprehensive inside of this dream? Was it in a familiar setting? Was there an aspect about that dream that was thrilling, or did it terrify you?
- 5) Compare your dreams to waking life. When you write down what your dream was about the next morning, you can look back on the previous day's events for clues as to why certain elements may have shown up in your dream. Conversely, you can also look at your dream to see how it might have influenced what you thought and felt for the rest of the day.
- 6) Track your sleep cycles. You are dreaming most deeply during your REM cycle (or rapid-eye-movement cycle), for about two hours at a time. Understanding how long it takes you to cycle through the different stages of your sleep patterns may allow you to record dreams immediately post-REM, when our brain has returned to a semi-alert state.

Benefits of Keeping a Dream Journal:

- You will start to see patterns emerging (just like in tarot). Look for elements that are consistent across your dreams: are you always in a certain place and/or time? Is there a certain person always there with you, or are you always alone? Is there a particular plant, animal, or other object that always shows up? Are you or anyone else in the dream always feeling a certain way?
- If you keep dreaming of the same things over and over, it may point to issues in the waking world that you're trying to deal with or perhaps have been reluctant to confront.
- Will help you with lucid dreaming
 - It will help you better understand your emotions and thoughts
 - It can help you overcome creative blocks



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Tips:

- Keep a personal dream glossary, deck of dreams
- Use more than 1 tarot deck
- Study a card before bed and then place it under your pillow
- Use “emotional stacks”
- Consult a dream dictionary (but remember what the symbolism/associations mean to YOU is the most important)

References:

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DREAM INTERPRETATION TAROT SPREAD



- 1. The Reason** Why you had the dream in the first place. If you weren't sure what type of dream you had, look for clues.
- 2. The Meaning** What was the personal meaning of the dream.
- 3. The Guide** Is there a message from a spirit guide, ancestor or your higher self that was being delivered to you through this dream?
- 4. The Mind** What energies, messages and themes are at play from your subconscious mind?
- 5. The Message** Is there a specific message the dream is trying to tell you or a lesson it is helping you learn?
- 6. The Call** What is, if any, the call to action or real-life application of the dream you had? Is there something you can do to avoid a pitfall or to make a decision that is more favourable? Maybe your dream was a divinely sent shortcut that you are being asked to listen too.



2



DREAM INTERPRETATION SPREAD

1 = What needs to be expressed?
(Message)

2 = What is blocking that
expression? (Defense)

3



1



5



4



3 = What provoked this dream?
(Recent Event)

4 = What issue needs to come to
surface? (Unconscious Dilemma)

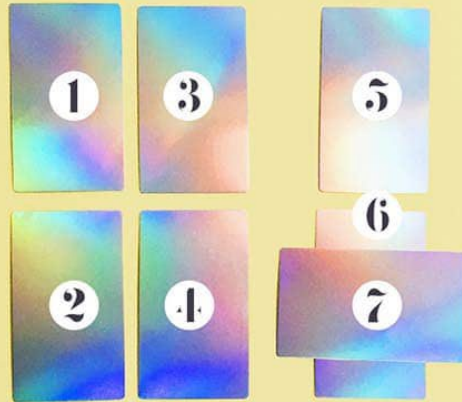
5 = How can I heal or resolve this
issue? (Lesson)



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FEATURING THE LUMINOUS SPIRIT TAROT

Dream Mirror Tarot Spread



Legend

- Waking Life Environment 1
- Dream World Environment 2
- Waking Life Emotions 3
- Dream World Emotions 4
- Foundations 5
- Lesson 6
- What is blocking me from addressing this? 7

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