

Index

• A •

- above (ascend), 44, 89
accident, 89
acorn, 90, 201
actors/actresses/acting, 90,
233–234
adversary, 90–91
age, sleep amount needed, 49
air, 91
airplane/airport, 91–92, 252
alarm, 92, 176–177
alien, 92, 247, 252
alley, 92–93
alligator (crocodile), 123–124
alpha brainwaves, 18
ambulance, 93
ambush, 93
amputation, 94
anchor, 94
angel, 94–95
animals (pets and wild), 95,
210. *See also specific
animals*
ant, 95
antlers, 95–96
apple, 96
archetypal symbols, 57–58,
60–61
architecture, 96, 219. *See also
specific buildings and
features*
arm, 96–97, 159–160
arrow, 97
Artemidorus (author), 65
artery, 97
artisan, 98
artist, 98
ascend (above), 44, 89
ashes, 98
astrology, 98–99
attic, 99
audience, 99
aunt (grandparents), 157
authority, 99. *See also specific
authority figures*
automobile, 113
avalanche, 100
awakening. *See* waking
awareness, 24-hour, 291–292.
See also dream zones

• B •

- baby, 100, 105, 213. *See also
child(ren)*
back (body), 100, 107
backing up a dream, 269–270

- baggage (luggage), 183–184
- ball/balloon, 101
- bank/bankrupt, 101
- bargain, 111
- basement, 101–102
- basket, 102
- bathing, 21, 102
- bathroom, 102
- battle, 102
- beach, 102–103
- bear (animal), 103
- beard, 103
- Beatty papyrus, 65
- beaver, 103
- bed/bedroom, 31, 103
- bees, 103
- behind, 100
- bell (alarm), 92, 176–177
- below (descend), 44, 104
- beta brainwaves, 18
- bill (financial), 104–105
- bird, 105. *See also specific birds*
- birth, 105, 213
- birthday, 105
- black (color), 105–106
- Blake, William (poet), 19
- blanket, 106
- blind/blindfold, 106, 141
- blockage, subconscious, 25–26, 40, 47, 70–71, 83
- blood, 106
- blood vessel, 97
- blue (color), 106–107
- boats, 94, 107
- body. *See also specific body parts*
 - messages from, dream diary, 83
 - physical zone/symbols, 45
 - temperature of, 54
- bomb (explosion), 107
- bones, 107
- books, 107–108, 181
- boss (authority), 99. *See also specific authority figures*
- bowl, 102
- box, 108
- brain, 108
- brainwaves, 18–19
- brakes, 108
- bread, 108–109
- break, 109
- breast (heart), 161
- bridge, 109
- brown (color), 109
- bubble, 110
- buffalo, 110
- bugs (insects), 167. *See also specific insects*
- buildings (architecture), 96, 219. *See also specific buildings and features*
- bull's-eye (arrow), 97
- burning, 110
- butterfly, 110–111
- buy, 111, 185–186

• C •

- cactus, 111
 caffeine, 20
 calendar, 111
 Calvin, Melvin (chemist), 19
 camel, 112
 camera, 112
 cancer, 112
 captivity, 112–113
 car, 113
 cards, playing, 113
 carousel (merry-go-round), 188
 castle, 114
 cataclysm/catastrophe, 114
 caterpillar (butterfly), 110–111
 cattle, 114–115
 cave, 115
 ceiling, 115, 222
 celebrity (fame), 142, 282–283
 cellular phone, 116
 ceremonies. *See specific ceremonies*
 change points, as interpretation start, 74
 characters, dream, 37, 76, 270–272
 chase, 116
 cheat, 116–117
 chess, 117
 chest (heart), 161
 chicken, 117
 child(ren)
 baby, 100, 105, 213
 as dream element, 118, 204
 dreams and nightmares of, 17
 REM sleep, 18
 sleep amount needed, 49
 chin, 118
 church, 118
 circle (ball), 101
 city, 119
 cliff, 119
 climb, 43–44, 119
 clock, 119–120
 clothes, 120, 195, 280. *See also specific clothing items*
 clutter, 120
 cobwebs, 120–121
 collage, creating, 276–277
 color, 121. *See also specific colors*
 communication, mental-spiritual, 51
 competition, 121, 224–225
 complete the day, sleep preparation, 28–29
 computer, 34, 121–122, 181
 consciousness. *See also subconsciousness*
 discovery process, 12
 dreams to enhance, 11
 states of, 89
 superconsciousness, 11, 40, 46, 71–72
 waking and dream recall, 31–33
 costumes. *See clothes*
 counselor, 122
 countryside, 122

crab, 122–123
crash, 123
creativity, 51, 304. *See also specific creative activity*
criminal, 123. *See also specific criminal activities*
crocodile (alligator), 123–124
crossroads, 124
crowd, 124
crown, 124–125
crystal/crystal ball, 125
customs, 67
cut, 125, 176, 226
cyber dream diary, 34
cycles of dreams/sleeping, 17–19

• D •

daily residue, physical zone/symbols, 44
dam, 125–126
dance, 126
danger, 126
datebook (calendar), 111
daydreams, 40, 42
daytime, 126–127
deafness, 127
death/dead people, 127, 150–151, 153–154
decision making, physical zone/symbols, 45
deer, 128
delta brainwaves, 18–19
depression, 24, 49
descend (below), 44, 104
desert, 128
desk, 128–129
diamond, 129
dig/dirt/mud, 129, 194
dimensions of awareness. *See dream zones*
diploma, 130, 157
direction. *See position and direction*
disease, 130. *See also health and healing*
dive, 43–44, 130
divorce (ex), 130–131, 140–141
dock, 131
doctor, 131
dog, 131–132
dolphin, 132
door/doorway, 132–133
dove, 133
dragon, 133
drawer, 134
dream(s). *See also interpreting dreams; specific topics*
common, 279–286
exploration techniques, 269–277
formats for, 69–70, 75
function of, 10–11
important points, 1
motive creation, 24–27
power of, 23–24
programming, 14, 36, 294–295
questioning, for insight, 74–79
dream characters, 37, 76, 270–272
dream cycles, 17–19

- dream diary
 clear blocks, 25–26
 daydreams, 42
 dream zones, 46, 49, 53–54
 effective use of, 35
 importance of, 15
 interpretation exercises,
 83–86
 listing, in back of the book, 36
 personalizing, 34–35
 recall, 25–27, 33–37
 sleep dreams, 296–298
 symbols, 27, 56–60, 63–65,
 298–299
 trigger questions, 26–27
 waking dreams, 295–296
 writing, even if no dreams,
 36–37
 writing prompts, 287–304
 dream dictionaries from the
 past, 65. *See also specific
 dream dictionary entries*
 dream facts, 54
 dream fragments, 69, 84–85
 dream recall
 conscious waking, 31–33
 with dream diary, 33–37
 dream motive creation, 24–27
 open intuition, 24
 positive attitude, 23–24
 sleep preparation, 28–31
 writing prompts, 289–290
 dream zones
 defined, 43
 emotional dreams, 46–50
 mental-spiritual dreams,
 50–53
 movement between, 43–44
 physical dreams, 44–46
 dreaming and dream activity
 benefits of, 11–13
 daydreams, 40, 42
 dream facts, 54
 dream levels, 40
 dream zones, 43–53
 enhancers, 20–21
 inhibitors, 20
 process of intentional, 13–17
 recognizing, 15
 sleep and dream cycles, 17–19
 sleep preparation, 28–31
 territory of dreams, 39–40
 time spent, 17
 waking dreams, 40–42,
 295–296
 waking up consciously, 31–33
 drift, 134
 driving, 134
 drown, 135, 146–147
 drugs, 20, 187
 drum, 135
 DVD, 135, 193–194
- **E** •
- e-mail, 180–181
 eagle, 136
 ears (deafness), 127
 earth, 136
 earthquake, 136–137
 east, 137

- eat (food), 137. *See also specific foods*
 - eavesdropping, 137–138, 156–157
 - education. *See specific education elements*
 - egg, 138
 - eight (8), 200
 - elbow, 138
 - electricity, 138–139
 - elephant, 139
 - elevator, 139–140
 - elimination (feces), 143
 - emotional zone/symbols, 36–37, 46–50, 72, 78. *See also specific dream dictionary entries*
 - ending. *See death/dead people*
 - enemy (adversary), 90–91
 - energizing diary entries, 290–291
 - enhancers of dreaming, 20–21
 - entertainment, dreams as, 11–12
 - environment. *See specific environmental elements*
 - escalator, 139–140
 - ESP (extrasensory perception), 48, 51–52, 149
 - ex (divorce), 130–131, 140–141
 - exercise, dream inhibition, 20
 - expert, insights, 274–275
 - exposure and public speaking, 214
 - extending up a dream, 269–270
 - extrasensory perception (ESP), 48, 51–52, 149
 - eyes/eyebrows, 106, 141
- F ●**
- fable, from dream, 275–276
 - face, 141–142, 185
 - facts, dream, 54
 - falling, 43–44, 142
 - fame/famous people (celebrity), 142, 282–283
 - family. *See specific family members*
 - fat, 143
 - father (parent), 99, 143
 - fear. *See also specific dream dictionary entries*
 - emotional zone/symbols, 36–37, 46–50, 72, 78
 - as interpretation start, 71–73
 - versus love-based dreams, 292–294
 - feces, 143
 - feet/foot, 144, 161, 180, 229
 - females (women), 262
 - fence, 144
 - fight (battle), 102
 - files/file cabinet, 144–145, 181
 - film (movie), 135, 193–194
 - fire, 110, 145
 - fireworks, 145–146
 - fish/fishing, 146
 - five (5), 199–200
 - flag, 146

float (drift), 134
 flood, 135, 146–147
 floor, 147
 flying, 43–44, 54, 148. *See also specific flying objects*
 fog, 148
 folders, 144–145
 follow through, dream process, 16
 food (eat), 137. *See also specific foods*
 foot/feet, 144, 161, 180, 229
 forest, 148–149
 fork in the road (crossroads), 124
 fortuneteller, 149
 four (4), 199
 fox, 149
 fragments of dreams, 69, 84–85
 Freud, Sigmund (analyst), 65
 frog, 149–150
 front, 150
 fruit, 150
 funeral, 150–151
 furniture, 151

• G •

gambling, 151–152
 games, 151–152
 garage, 152
 garbage, 152
 garden, 152–153
 geese, 153
 geography. *See specific geographic elements*

geyser, 153
 ghost, 153–154
 gift, 154
 giraffe, 154
 glass, 154–155
 glasses, 154–155
 global-collective visions, 52
 gloves, 155
 glue, 155
 gold, 155–156
 gopher, 156
 gorilla, 156
 gossip, 137–138, 156–157
 graduation, 130, 157
 grandparent, 157, 202–203
 green (color), 157–158
 groups, 157
 guidance, mental-spiritual zone/symbols, 50
 gun, 158
 guru (priest), 213–214

• H •

hail (snow), 232
 hair, 158–159
 hallway, 159
 hands, 96–97, 159–160
 hard drive, 181
 hat, 160
 hawk (eagle), 136
 head, 160–161
 healer (doctor), 131
 health and healing, 44–45, 130, 302–304

- heart, 161
 - heel, 144, 161
 - hero, 161, 237, 274–275
 - hide, 162
 - hippopotamus, 162–163
 - hitchhike, 163
 - hole, 163
 - home. *See* house
 - hood, 163
 - horizontal awareness, 62–65
 - horns (antlers), 95–96
 - horse, 164
 - hospital, 131, 164, 236–237, 284–285
 - hotel, 164–165
 - house, 96, 165, 281–282. *See also specific parts of house*
 - Howe, Elias (inventor), 19
 - hummingbird, 165–166
 - hurricane, 166
 - hypnagogic/hypnopompic, 42
- 1 •**
- ice/icicles/iceberg, 166–167
 - identity, expansion of, 12–13
 - illness (disease), 130. *See also* health and healing
 - images, as interpretation start, 76
 - imagination, growing, 11–12
 - impression dreams, 69
 - incomplete dreams, 70, 273–274
 - infant (baby), 100, 105, 213. *See also* child(ren)
 - infestation, 167
 - inheritance (treasure), 244, 284
 - inhibitors of dreaming, 20
 - innovation, developing, 13
 - insects, 167. *See also specific insects*
 - instruments
 - musical, 194–195, 245
 - surgical, 236–237, 284–285
 - intentionality, 13–17, 28–31, 33
 - interdimensional
 - communication, 51
 - internet, 167–168
 - The Interpretation of Dreams* (Freud), 65
 - interpreting dreams. *See also* dream diary; symbols
 - archetypal meanings, 57–58, 60–61
 - common dreams, 279–286
 - daydreams, 40, 42
 - in dream process, 16
 - exercises, 83–86
 - finding meaning, 69–86
 - horizontal awareness, 62–65
 - past dream dictionaries, 65
 - personal meaning, 57–59, 62–65
 - sample interpretation, 79–82
 - sleep dreams, 296–298
 - starting to interpret, 70–78
 - types of meanings, 57–65
 - vertical awareness, 60–62
 - waking dreams, 295–296

intruder, 168
 intuition, 13, 24
 invisibility, 168
 ironing, 168–169
 island, 169
 itch, 169

• J •

jail (prison), 214
 jaw, 169–170
 jewels/jewelry, 129, 170,
 220–221, 284
 jigsaw puzzle, 170
 job, 171. *See also specific jobs*
 joints, 171
 journey, 171–172, 185
 judge/jury, 172
 jump, 172
 Jung, Carl (analyst), 86
 jungle, 173

• K •

kangaroo, 173
 keys, 174, 242, 282–283
 kidnap, 174
 kill, 174–175
 kiss, 175
 kitchen, 175
 kite, 176
 knee/kneel, 176
 knife, 125, 176
 knock, 92, 176–177
 knot, 177

• L •

ladder, 177–178
 ladybug, 178
 lake, 178
 lamb, 178
 laptop (computer), 121–122
 laryngitis, 179, 252–253
 late, 179
 lava (volcano), 253
 leak, 179
 left (and right), 180, 220
 legs, 144, 180
 letter, 180–181, 262
 levels of dreams, 40
 library, 107–108, 181
 “life dream” prompts, 300–301
 light, and sleep cycle, 54
 light/lighthouse, 181
 lighting, in dream, 75
 lightning, 182
 Lincoln, Abraham (president),
 86
 lion, 182
 lips, 182–183, 193
 lizard, 183
 loss/lost, 183, 282–283. *See also*
 death/dead people
 love. *See also specific dream*
dictionary entries
 emotional zone/symbols,
 36–37, 46–50, 72, 78
 as interpretation start, 71–73
 making love (sex), 227–228,
 282–283
 writing prompts, 292–294

luggage, 183–184

lungs, 184

• M •

magic/magic powers, 184–185

makeup/mask, 141–142, 185

making love (sex), 227–228,
282–283

map, 185

market, 111, 185–186

marriage, 186, 257

mathematics (numbers),
198–201

maze, 186–187

McCartney, Paul (musician),
277

meaning in dreams. *See*
interpreting dreams

medicine, 187

meditation, 20–21, 59, 69–70,
85, 272–273

melatonin, 21

men, 49, 54, 187

mental-spiritual zone/symbols,
50–53, 72. *See also specific
dream dictionary entries*

mermaid, 187–188

merry-go-round, 188

metal, 188

milk, 188–189

mine, 189

minister (priest), 213–214

mirror, 189–190

money, 190, 284

monitor (screen), 240–241

monkey, 191

monster

chasing dreamer, 272, 280–281

in children's dreams, 17

as dream element, 191

witch, 260–261

moon, 191–192

mother (parent), 99, 192

motivation, 76–78, 287–289

mountain, 192–193

mouse, 193

mouth, 175, 182–183, 193, 242

movie, 135, 193–194

mud/dirt/dig, 129, 194

murder (kill), 174–175

museum, 194

music/musical instruments,
194–195, 245

mustache (beard), 103

myth. *See specific mythical
elements*

• N •

naked, 195, 280

navel, 195–196

neck, 196, 235–236

net, 196

newspaper, 194

Nicklaus, Jack (golf pro), 277

night, 197

nightmares, children, 17

nine (9), 200–201

north, 197
 nose, 198
 note (letter), 180–181, 262
 numbers, 198–201
 nurse (doctor), 131
 nurturing writing prompts,
 302–304
 nut, 90, 201, 227

• 0 •

oar, 201
 objects, as interpretation start,
 76
 ocean, 102–103, 202
 octopus, 202
 old age, 157, 202–203
 one (1), 199
Oneirocritica (Artemidorus), 65
 onion, 203
 orange (color), 203
 orphan, 204
 ostrich, 204
 otter, 204–205
 out of body travel, 48
 outlaw (criminal), 123
 owl, 205
 oyster, 205–206

• p •

pain, 206
 painting, 206
 parachute, 206–207
 parade, 207

parallel realities, 51
 paralysis, 207, 231
 paramedics (ambulance), 93
 parent, 99, 143, 192
 parrot, 208
 party, 208
 passport, 208
 past life memory, 47
 patterns, for interpretation, 76
 peacock, 209
 pelican, 209
 penguin, 209
 periscope, 209–210
 personal symbol meaning,
 57–59, 62–65
 pets (animals), 95, 210. *See also*
specific animals
 phoenix, 210
 photograph, 206
 physical dreams, 44–46
 physical zone/symbols, 45, 72.
See also specific dream
dictionary entries
 pig, 210–211
 pill (medicine), 20, 187
 plants. *See specific plants*
 playing cards, 113
 pocket, 211
 poem, writing from dream,
 275–276
 poison, 211–212
 polar bear, 212
 police, 212
 pool (swim), 212–213, 237–238
 portrait, 206

- position and direction. *See also specific position and direction words*
- dream zones, 43–46
 - horizontal/vertical awareness, 60–65
 - as interpretation start, 75
 - positive attitude, recall, 23–24
 - postcard (letter), 180–181
 - precognitive warnings, 48
 - pregnancy, 213
 - preparing for sleep, 28–31
 - priest, 213–214
 - prison, 214
 - problem solving, physical zone/symbols, 45
 - programming dreams, 14, 36, 294–295
 - prompts, diary writing, 287
 - psychic, 149
 - psychological processing, 47
 - public speaking, 214
 - purple (color), 214–215
 - purse, 255–256
 - puzzle, jigsaw, 170
 - pyramid, 215
- **Q** •
- quicksand, 214–216
 - quilt, 216
- **R** •
- rabbit, 216–217
 - rain, 217
 - rainbow, 217
 - Rapid Eye Movement (REM) sleep, 18, 54
 - rat, 218
 - real life success, and dreaming, 13
 - recall. *See* dream recall
 - recording. *See* dream diary
 - recurring dreams, 70, 85–86, 273–274
 - red (color), 218
 - redreaming, 273–274
 - refrigerator, 218–219
 - relationships, 47, 301–302. *See also specific relationships*
 - religion, 94–95, 118, 213–214
 - REM sleep, 18, 54
 - renovation, 219, 281–282
 - repetition of dream process, 17
 - resort, 250
 - restaurant, 219, 255
 - restorative, dreams as, 10
 - review the day, sleep preparation, 28–29
 - rhinoceros, 219–220
 - ride, 220, 251–252
 - right (and left), 180, 220
 - ring, 220–221
 - river, 221
 - road, 221–222
 - robin, 222
 - rocket, 247, 252
 - roof, 115, 222
 - room, 222–223
 - rooster (chicken), 117
 - roots, 223

rope, 223–224
rose, 224
ruins, 224
running, 121, 224–225

• S •

saint, 225
school, 225–226, 241
scientist, 226
scissors, 226
screen (monitor), 240–241
sea (ocean), 102–103, 202
search, 227
seed, 90, 201, 227
sequential dreams, 70, 85–86
service and the Golden Rule, 255
setting of dream, 75, 270–271.
See also specific dream settings
seven (7), 200
sex, 227–228, 282–283
sex organs, 227–228
shadow, 228
shark, 228
sheep, 228–229
shoes, 229
shooting star, 234–235
shopping (market), 111, 185–186
silver, 229
six (6), 200
size, 230
skeleton (bones), 107
skill development, physical zone/symbols, 45
skin, 230
skunk, 230–231
sky (air), 91
sleep
 amount needed, 49
 better, 14–15
 cycles of, 17–19
 phases of, 18–19
 preparing for, 28–31
 time spent dreaming, 17
 waking, 14–15, 31–33, 52
sleep apnea, 42, 54
sleep dreams, 296–298
sleeping pills, 20
slow motion, 207, 231
snake, 231
snoring, 54
snow, 232
soft awareness, waking, 32–33
soul's language of dreams, 10–11, 71–72. *See also interpreting dreams; symbols*
south, 232
spa, 250
space, dissolve barriers of, 13
spaceship, 247, 252
speeding, 207, 231
sphere (ball), 101
spider, 120–121, 232
spine (bones), 107
spiritual guide, 94–95, 225

spiritual in mental-spiritual zone/symbols, 50–53, 72, 83. *See also specific dream dictionary entries*

squirrel, 233

St. John's Wort, 21

stage, 90, 233–234

stairs, 234, 251

star, 234–235

state of mind, 52

steal (thief), 116–117, 123, 168, 241–242

stomach, 235

storm (hurricane), 166

story, writing from dream, 275–276

story dream format, 69–70

stranger, 235, 252

strangle, 196, 235–236

stream of consciousness, 70

stress, 14, 17, 20, 24

subconsciousness

- blockage, 25–26, 40, 47, 70–71, 83
- connecting to, 14, 15, 17, 24
- discovering, 12, 40, 71–72
- dream motive creation, 24–27
- free associations, 273
- horizontal meaning, 62

subway, 236, 245–246

success in real life, increasing, with dreaming, 13

suffocate, 196, 235–236

sun, 236

superconsciousness, 11, 40, 46, 71–72

surgery, 236–237, 284–285

swamp, 237

swan, 237

swimming

- dive, 43–44, 130
- drown, 135, 146–147
- ocean, 102–103, 202
- pool, 212–213, 237–238

sword, 125, 176

symbols. *See also interpreting dreams; specific symbols*

- dialogue with, 271–272
- dream diary, 27, 56–60, 63–65, 298–299
- dream recall, 27
- groups of, 66–67
- as interpretation start, 73, 76
- merging with, 56–57
- physical zone/symbols, 44–45
- quick associations, 273
- single, as dream format, 69
- types of meanings, 57–65

• T •

taboos, emotional, 47

tadpole (frog), 149

tail, 238

taxes, 239

teacher (authority), 99

teaching others, 50–51

teeth, 239, 279–280

telephone/telephone call, 116, 240

telescope, 240

television, 240–241

- territory of dreams, 39–40
 test, 225–226, 241, 283
 text message, 116, 240
 theater, 90, 233–234
 theta brainwaves, 18
 thief (steal), 116–117, 123, 168,
 241–242
 three (3), 199
 throat (neck), 196, 235–236
 ticket, 174, 242, 282–283
 time
 amount of sleep needed, 49
 dissolve barriers of, 13
 to fall asleep, 42
 as interpretation start, 75
 phases of sleep, 18–19
 spent dreaming, 17
 tongue, 193, 242
 tornado (hurricane), 166
 tower, 243
 traffic, 243
 train, 243–244
 transformation, as interpreta-
 tion start, 74
 transportation. *See* vehicle
 travel (journey), 171–172, 185
 treasure (inheritance), 244, 284
 tree, 244–245
 trial (judge/jury), 172
 trigger questions, dream recall,
 26–27
 trumpet, 245
 tryptophan, 21
 tunnel, 236, 245–246
 turkey, 246
 turtle, 246–247
 24-hour awareness, 291–292.
 See also dream zones
 two (2), 199
- U •
- UFOs, 92, 247, 252
 umbrella, 248
 uncle (grandparents), 157
 underground, 115, 189, 236,
 245–246, 248
 underwear, 248–249
 unicorn, 249
 urinate, 249
- V •
- vacation, 250
 vague impression dreams, 69
 valley, 250–251
 vampire, 251
 vehicle, 123, 220, 251–252,
 285–286. *See also specific*
 vehicles
 veil (hood), 163
 vein (artery), 97
 vertical awareness, 60–62
 video recording (DVD), 135,
 193–194
 viewpoint, for interpretation,
 76
 visitor/visitation, 252
 vitamin B complex, 21
 voice/voices, 179, 252–253
 voicemail, 116, 240
 volcano, 253

vomit, 253
 von Kekule, Friedrich August
 (chemist), 19
 vote, 253–254
 vow, 254
 vulture, 254

• W •

waiter/waitress, 219, 255
 waking, 14–15, 31–33, 52
 waking dreams, 40–42, 295–296
 wall, 255
 wallet, 255–256, 282–283
 war (battle), 102
 wash, 256
 watch (clock), 119–120
 water, 256–257. *See also specific water-related elements*
 weapons. *See specific weapons*
 weather. *See specific weather events*
 weave, 257
 wedding, 186, 257
 weeds, 258
 well, 258
 west, 258–259
 whale (dolphin), 132
 wheel, 259
 whip, 259
 white (color), 260
 wild animals, 95. *See also specific animals*

window, 260
 witch, 260–261
 wolf, 261
 women, 49, 54, 261
 work (job), 171. *See also specific jobs*
 worm, 261–262
 writing. *See also dream diary*
 e-mail, 180–181
 letter, 180–181
 story/fable/poem, 275–276
 as symbol in dream, 262

• X •

X-rays/X-ray vision, 67, 262–263

• Y •

yardstick, 263
 yellow (color), 263
 yoga, 263–264
 young people, 118

• Z •

zebra, 264
 zipper, 264
 zones. *See dream zones*
 zoo, 265