

- Dream Integration Guide 2019 - [www.marccarsoncoaching.com](http://www.marccarsoncoaching.com)
- Introduction + Purpose
  - Down to earth: Useful for building energy, achieving growth, and taking personal responsibility. Problem-solving.
  - Helping, promoting, healing, protecting, and maintaining my "self".
    - Doing this also helps those around you (from your stress, habits, unnecessary emotional burden, etc.)
  - Protect my conscious world against unconscious pressure buildup
  - Solve big problems before they overcome the conscious ability to cope
  - See what's on the radar, what's coming up
  - Tune in "invisible signals". Don't "leave money on the table"--use your hidden mental resources.
  - "Mind maintenance"
  - Use your gifts! This should be fun and interesting for those who use intuition a lot anyway.
    - Those who don't: Intuitives grow and adapt to live "here and now" in your sensory world. You can grow and discover another side of yourself by exploring the amazingly broad and deep world of symbol and intuition.
- Step 1. Identify the Overarching Narrative Expression
  - a.k.a. "Feeling"
    - That was stressful and I can barely think about it without clenching my jaw.
    - Wow that was a confidence-builder.
    - Oh my, that was just WEIRD and SHOCKINGLY SO.
    - etc..
- Step 2. Work on the Individual Components
  - Current strategy: Start Anywhere. All components lead to helpful information metabolism.
  - Discuss a component in the abstract.
    - A \_\_\_ is used for \_\_\_.
    - This object has this list of characteristics: [list]. It makes me feel...
    - This person's personality type is probably (Enneagram, MBTI, traits, etc.)
      - A person or people I know who are like this are... (any likely candidates for this in-dream substitution? Did your dream *mean to talk about* that person through the use of this symbolic stand-in character?)
  - Third-party resources:
    - [www.dreambible.com](http://www.dreambible.com)
      - Helpful at times, can be limited, or misleading. Do not use in isolation. However, it is helpful to at least check your work and be open to new interpretations.
    - Dream interpretation books
      - Be careful: If you hesitate and think, "nah, that can't be it," or "there's more to it," trust

yourself.

- Truck dream
  - I lost a truck, and had another wrecked by an irresponsible individual.
    - Truck = utility and work ethic
    - Lost my utility after...
    - An irresponsible individual (child! Symbolized by a lazy gas station owner) had tantrums that ruined my afternoon.
  - Give it time to digest:
    - Why a gas station owner? I don't know. I'm staying open to interpretation.
    - Other components may suddenly become clear. POOF. "Duh!" It may take months.
- Step 3. Apply the Information
  - Awareness.
    - "I just had a dream that my utility had been compromised."
    - "This probably reflects a bit of anxiety about getting things done at work."
  - Addressing the Information
    - Do I need to set boundaries? Would they have helped?
    - Example: Let spouse engage with child in such a case, and save that energy for a bit later.
    - Example: Get up early the next day.
    - Example: How much of my utility was really compromised?
    - Example: What will I do differently next time?
  - Taking Action
    - Recommended: Make it very clear what you will do. Put it "outside yourself" by writing it, talking about it, putting it on your calendar.
- Step 4. Follow-up: Try Additional Dream Work: Active Imagination, Writing
  - Continue the dream! Where does it go next.
    - Let it happen--stream of consciousness.
    - "A problem-solver walks onto the scene. Who are they and how do they solve the problem?"
  - Explore Co-existent Symbols!
    - Your interests, the music you like, TV you like, games you play, books you read, etc.--what are they telling you?
- Step 5. Calendar, Review Later
  - Difficult to prioritize. Due to transience & frequency of dreams: ~450 every year including longer naps.
  - Conclusion: Don't review unless the dream has that "this is a big deal" feeling to it.
  - Ask at review: "Has this been addressed?"
- Conclusion: Dreams are there to Help You. Give them your attention.

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