



**Yasodhara Ashram**  
YOGA RETREAT & STUDY CENTRE

---

## SUMMARY OF DREAM METHOD

---

.....

### DREAM RECORD

Write your dream quickly and honestly.

.....

### SIGNATURE

Put the date on it and your signature underneath.

.....

### COMMENTARY

Add any details you may have missed. Describe your feelings.

.....

### INITIAL INTERPRETATION

What is your immediate impression of the dream's meaning?

.....

### CONSCIOUS CONCERNS

Briefly note events that could have led to the dream.

.....

### KEY WORDS / SYMBOLS

Select the main words from the dream and write down associations and meanings to you.

.....

### INTERPRETATION

See how the symbolic meanings fit together to give messages on several levels.

.....

### APPLICATION

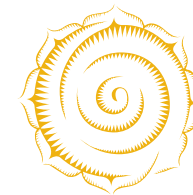
Apply the dream's message to your life.

.....

### DREAM GROUP

If you find it helpful, you can work with others to get different perspectives.

.....



**Yasodhara Ashram**  
YOGA RETREAT & STUDY CENTRE

---

## SUMMARY OF DREAM METHOD

---

.....

### DREAM RECORD

Write your dream quickly and honestly.

.....

### SIGNATURE

Put the date on it and your signature underneath.

.....

### COMMENTARY

Add any details you may have missed. Describe your feelings.

.....

### INITIAL INTERPRETATION

What is your immediate impression of the dream's meaning?

.....

### CONSCIOUS CONCERNS

Briefly note events that could have led to the dream.

.....

### KEY WORDS / SYMBOLS

Select the main words from the dream and write down associations and meanings to you.

.....

### INTERPRETATION

See how the symbolic meanings fit together to give messages on several levels.

.....

### APPLICATION

Apply the dream's message to your life.

.....

### DREAM GROUP

If you find it helpful, you can work with others to get different perspectives.

.....