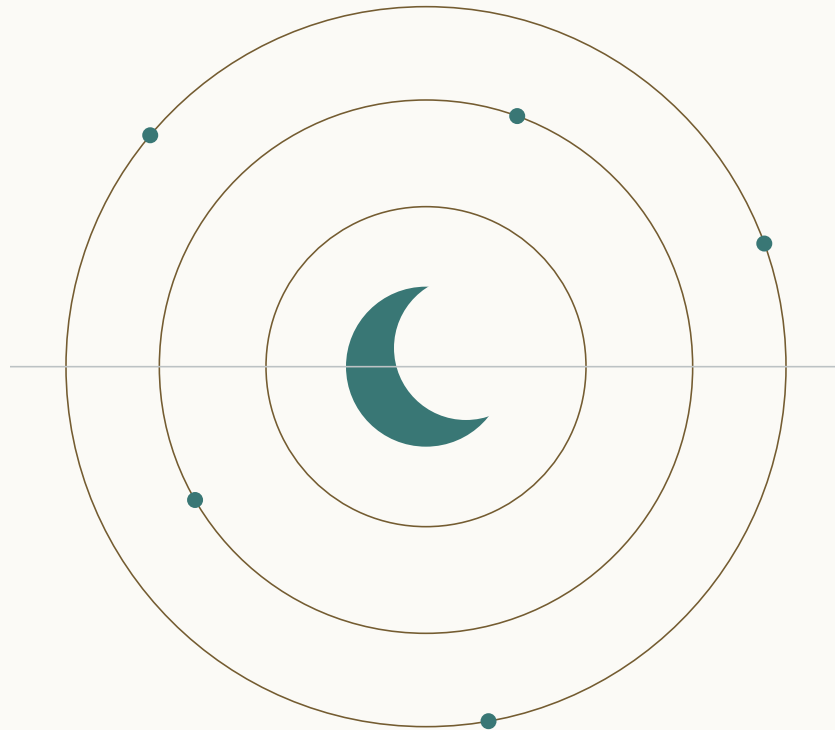


# DREAM CODES

A guide to your personal symbol language



RECORD ONE DREAM.

EXPLORE ITS ASSOCIATIONS.

CARRY ONE USEFUL REFLECTION INTO YOUR DAY.

A dream can leave an image, a feeling, or a question. These pages give you somewhere to begin, even when you remember only a fragment.

Use “codes” as a metaphor for your personal associations. Meaning stays open to context, curiosity, and revision.

CAPTURE → ASSOCIATE → COMPARE → CARRY FORWARD

# CATCH THE FRAGMENT

Begin with what you remember. A full story is optional.

## WHEN YOU WAKE

If convenient, pause before moving to another task. Note a few words or make a quick voice note: a place, a person, an object, an action, or the feeling that remained.

## SEPARATE THE RECORD FROM THE READING

First describe the dream as you remember it. Then explore what it brings to mind. Leave gaps visible rather than filling them to make the story complete.

## CHOOSE YOUR ROUTE

Only a fragment? Use the record on page 5.  
One vivid image? Try the symbol map on page 6.  
A recurring theme? Compare entries on page 7.  
Want an example first? Turn to page 4.

## MAKE ROOM FOR YOUR OWN ASSOCIATIONS

Ask what the image means in your life. A childhood place, family story, religious tradition, recent film, or ordinary event may enter your reflection. Name the source of an association instead of treating it as universal.

## KEEP THE PRACTICE GENTLE

You can leave an unsettling dream uninterpreted. Look around the room, change activities, or seek support if that feels more useful. There is no need to replay distressing details to complete a page.

## USE THE PAGES YOUR WAY

Print pages 5–7 whenever you need fresh copies, or annotate the PDF digitally. The writing areas are not fillable form fields. Use US Letter at actual size, or fit to A4. No remembered dream today? Leave the record blank and return another time.

# LET THE IMAGE STAY OPEN

A symbol becomes useful when it helps you ask a more specific question.

## START WITH FOUR LENSES

### THE SCENE

What did the image actually do in the dream? A locked door differs from an open door or a door you chose not to enter.

### THE FEELING

What did you feel during the scene, and after waking? Curiosity, relief, fear, and familiarity may lead to different associations.

### THE PERSONAL CONNECTION

What memory, place, person, story, or recent experience does it bring to mind? What belongs to your own history or tradition?

### ANOTHER POSSIBILITY

What other reading fits? Could the image connect to something ordinary you recently saw, heard, or thought about?

## QUESTIONS YOU CAN BORROW

A doorway: What was on either side? Did I want to cross?

Water: Was it still, moving, familiar, or difficult to navigate?

A journey: Where was I going, and who chose the direction?

A character: What did they do, and what quality did I associate with them?

These are invitations to reflect, not a dictionary of fixed meanings. A dream alone does not establish a prediction, another person's motives, or a forgotten event.

## THE KEY THAT DID NOT FIT

An illustrative example: one dream, several possible readings.

### THE DREAM RECORD

"I was at an unfamiliar station. I tried a brass key in a closed door, but it would not turn. Nearby, another door stood open onto a garden. I felt rushed, then curious. I do not remember stepping outside."

### WHAT ALEX ASSOCIATES WITH IT

The key recalls a first apartment and the independence it represented. The garden recalls time with a grandparent. Alex is considering a work change and recently watched a film set at a railway station.

### THREE READINGS TO HOLD LIGHTLY

An old approach: The key may be a useful image for trying a familiar solution in a new situation.

A wish for space: The garden may connect with Alex's desire for a less hurried day.

Recent material: The station may draw on the film, without needing a deeper explanation.

### WHAT REMAINS UNCERTAIN

The dream does not decide whether Alex should change jobs. The associations offer questions to explore alongside real information about workload, finances, and available choices.

### ONE SMALL WAKING ACTION

Alex chooses to list one familiar approach that feels unhelpful and one alternative worth investigating. The next step is a conversation about workload, not a decision made from the dream alone.

THE USEFUL SHIFT: "WHAT DOES THIS PROVE?" BECOMES "WHAT DOES THIS HELP ME NOTICE?"

# BEFORE THE MEANING

Date: \_\_\_\_\_ Dream title: \_\_\_\_\_

## THE SCENE OR FRAGMENT

What do I remember happening? Mark uncertain parts with a question mark.

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## THE FEELING THAT STAYED

What did I feel in the dream? What did I feel after waking?

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## THE IMAGE I WANT TO EXPLORE

Which person, place, object, or action stands out? What draws my attention?

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## A WAKING-LIFE CONNECTION

What recent event, memory, or concern comes to mind? "Nothing yet" is a valid entry.

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## DRAW THE ASSOCIATION

Put one dream image in the center. Add words, sketches, and possible connections around it.

MY DREAM IMAGE

Around the image: feeling • personal memory • story or tradition • recent experience • another possible reading

### AN ASSOCIATION WORTH EXPLORING

Which connection feels useful, and where does it come from?

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### WHAT I WILL LEAVE OPEN

What am I unsure about? What else could this image mean to me?

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## NOTICE WHAT RETURNS

Compare two or more entries if you have them. Similar images can carry different feelings or contexts.

### WHAT REPEATED

Name an image, action, setting, or feeling. Which entries contain it?

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### WHAT CHANGED

Where did the scene, feeling, or outcome differ? Include an exception.

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### WHAT CONNECTS WITH WAKING LIFE

What was happening around those entries? Describe the connection as a possibility.

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### A SMALL RESPONSE TO TRY

Choose a reflection, creative act, question, or ordinary action. What will help me decide whether it was useful?

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## KEEP THE QUESTION ALIVE

You do not have to solve a dream to make something useful from the encounter.

### CHOOSE ONE WAY FORWARD

Write a few lines. Sketch the image. Explore its place in a tradition you know. Ask a practical question about your day. Or let the dream remain a dream.

### MY TAKEAWAY

What do I want to remember, explore, or try?

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### CONTINUE IN THE FREE LOGBOOK

Bring the waking moment into the Signal Field Logbook: what you felt, the meaning you considered, a familiar role, and the conditions around it. Dream Codes can stand alone; the Logbook gives you space to follow the thread over time.

Open the free Logbook → [thesignalfield.com/logbook](https://thesignalfield.com/logbook)

### EXPLORE A PATTERN TOGETHER

If you would like a guided conversation about recurring roles and symbolic associations, explore Identity + Archetype Calibration on the Offerings page. Every session includes a written recap and personalized Logbook prompts.

Explore Identity + Archetype Calibration →

### ARCHITECT