

Reading List for the Interpretation of Dreams

by Leslie N. Sinclair

Warning – Recommendations are for your reading interest. If you want to pursue dream work, you are advised to speak to a qualified therapist or counselor about joining a dreamwork group. For more ideas on how to understand and train the mind, please see our sister website, Anniespicsandpoems.com (Happiness Page)

1. *The Interpretation of Dreams.*

Sigmund Freud, 1856-1939

Dr. Freud is thought by many to have originated the idea of “subconscious drives” manifesting in our behavior without our conscious awareness, and sometimes appearing to us via images in our dreams. Study of dreams has advanced since then, but it is still a good starting point.

2. *The Undiscovered Self, with Symbols and the Interpretation of Dreams*, from The Collected Works of C.G. Jung, Volumes 10, 18; Bollingen Series XX; Princeton Press

Jung was a student of Freud, but eventually they disagreed and he went his own way. He expanded on the idea of the subconscious (and of dream images) and gave his readers several ways to access those aspects of our psyches which are hidden. Most notably, he developed the notion of the “shadow,” which is often explained as that which is “dark” in our psyches, that we don’t want to see. He gives us ways to discover our shadow and integrate it into our experience of ourselves. This is important because if we don’t integrate our imperfections into our understanding of ourselves, they can pop up and cause mischief unexpectedly.

What is special about this particular book (volumes 10 and 18) is that, in it, Jung also explores one of the pressing political issues of his day. This was the difference between an authoritarian type of government and a “free” one. He does not resolve the matter, but he does lay out his thoughts and feelings on the topic.

3. *The Wisdom of Your Dreams: Using Dreams to Tap into Your Unconscious and Transform Your Life*

Jeremy Taylor, The Penguin Group, 2009

Dr. Taylor, a psychiatrist who works with dream groups (including among people who have been involuntarily detained), explains that dreams come in the service of growth and wholeness. One night, he dreams that he takes something harmful out of his patient’s psyche. The patient, in the same night, dreams that the doctor has taken something from him. (pp. 206-210.)

Dreams are the soul reaching out to the mind. We can learn to connect with these messages (often appearing as symbols or images), as they arrive in dreams, in meditation, or in other moments of deep significance. We could even call them “visions” under certain circumstances.