

Betty Bethards



The Dream Book

Symbols for Self Understanding

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We spend a third of our lives sleeping. After all, there has to be some part of our day when we stop talking and just listen. Dreams give us more than surrealistic landscapes and a cow or two descending from a cloud. They provide the knowledge and the tools we need to have happier, more fulfilling lives.

Aside from Carl Jung, Betty Bethards couldn't find a dream master she felt comfortable with. But Jung hadn't supplied her with a glossary of dream symbols. So she channeled her own glossary, with the help of her guidance. That glossary became "The Dream Book: Symbols for Self Understanding" and today, it is the best selling book on dream analysis in existence. People will not go on a trip without it. And it has a permanent place on thousands of bedside tables throughout the world.

In short, this is a very loved book. But more than that, it helps you keep to your life plan, showing you some of the choices you've made as being unwise and some as going in the right direction. Betty tells us all dreams are positive-so right away, you are ahead.

The Dream Book: Symbols for Self Understanding Details

Date : Published June 1st 2001 by New Century Publishers (first published November 30th 1982)

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Author : Betty Bethards

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From Reader Review The Dream Book: Symbols for Self Understanding for online ebook

Jane says

The only dream symbols book I will ever own. Accurate, resonates. Use it frequently.

Michelle says

I don't care what you* say, I love this book and I consistently reference it. I have kept a dream journal for years, but I must admit I don't write in it as often as I used to.

I've learned that the recurring dreams I have relate to what is going on in my life at the time. I often dream of certain symbols over and over, and I find it fascinating that our brains process events that occurred while we were awake through our dreams.

Some would say they think it's boring to tell people about their dreams, but I love to hear about them. I love to rush downstairs to my bookshelf, look up the symbols, and then try to figure out what the dream meant.

(Of course I'm terribly bad at it.)

*you being whoever might see this "review."

Liaken says

We all have dreams, and sometimes we wonder what they mean. What this makes is a market for books about decoding and understanding dreams. This particular book has some interesting introductory material that give a sort of "mindset" for considering your dreams. Although I didn't agree with everything said in the first part of the book, I did find it enlightening and helpful. The second part of the book is a dictionary of dream symbols. Frankly, it read like a draft. Sometimes it was telling what the symbol meant (and this was often surprisingly helpful), but other times it was like reading the paper inside a fortune cookie: something totally nebulous. It also seemed to skip over common symbols and go for weirder ones (or maybe that means my dreams are ... abnormal? I don't think they are.). Anyway, if you want to see it, check your library before you buy it. I won't be buying it myself.

Lynne says

There were some lovely insights and some useful information in this book, especially in the way in which the author presents a comprehensive guide to dream symbols. However, overall it was a bit too New-Agey for my taste and even the symbols are open to interpretation. As she point out, the only true interpreter of a dream is the dreamer. I would recommend it as an introduction to the subject, but there are other books out there which delve much deeper.

Jamie says

Simply put, I love this book. My sister gave it to me as a gift, and I use it almost daily. Not only does it contain an excellent glossary of dream symbols, but the author began the book with very touching and thoughtful chapters on life and spirituality. I keep a dream journal, and I've been able to look back over one year of dreams and see reoccurring symbols that were trying to help me. With the help of this book, I've begun to use my dreams as tools rather than seeing them as meaningless jumbles of thoughts. I can't recommend this book highly enough.

Genoveva Uzunova says

Very interesting book with two parts. I liked the first part a lot which explains the nature and significance of dreams (for example, that dreams reflect our fears) and that how much we remember our dreams depends on the season (for example, during winter the dreams are very well remembered). There were wonderful instructions on meditation and chakras. The second part is a dream dictionary which was not very big and I did not find symbols which I have dreamed of. So, I think that the first part of the book is more important for learning to understand what our dreams are trying to tell us. Mostly, that interpreting dreams is very personal and individual.

Imaginarian says

Finally, a dream book that doesn't predict when I'm going to lose a button or suddenly experience the death of a good friend! Don't you hate those supposed dream dictionaries with entries that read like a series of corny fortune cookies? You come away from them more baffled than before, because the fortunes have very little to do with the actual dream symbols from a universal perspective. If all you're wanting to do from dreams is tell the future, you've got a long way to go- years- possibly decades- of studying your own dreams and dream symbols first, but I digress...

I wanted a book that helped me out with the day to day interpretation of dreams so that I could come away from a dream not only understanding the dream, but better understanding myself at the same time. I also wanted a book that outlined the basics of each symbol from an archetypal perspective, rather than resorting to cheap shot fortunes that were of no use to me. Bethard's book does all of this. It lists thousands of dream symbols that become very intuitive the more you use the book. This means that eventually, if you come across a symbol in your dreams that isn't in the book (a rare occurrence), you're able to figure out the meaning of the symbol yourself, based upon how the meanings for the other symbols were devised. The best book is one like this one that accomplishes the goal it sets out to do and then keeps you thinking for yourself.

Robin says

This is the best book on dream interpretation I've ever read.

Eily Nash says

I absolutely love this book and keep it by my bedside. My first copy became so worn out I bought another one. Highly recommended for dream analysis.

Creative Choices says

The following Review is for the 1984 Hardcover Edition:

This is by far one of my favorite 'symbol' dream interpretation book and from experience (both with clients, friends and personal) one of the most accurate.

I have found the most important thing when 'interpreting' dreams is to trust the emotional state you experience during the dream as well as use your personal intuition on what the dream is trying to tell you. This book shares this concept while keeping it very simple and user friendly.

Combined with "Sylvia Browne's Book of Dreams" these two books are truly beneficial to anyone looking for something to help them with personal dream interpretation.

Monica says

This book gives you insight into your subconscious via dreams. Although some of the ideas seemed a little far-fetched for me, I do believe that we have a connection to a "higher" level of consciousness that can be accessed through meditation or dreams. I even put her theory to the test and actually remembered a dream, recorded it and then interpreted it using her dream symbol dictionary. Fascinating! I do concede, however, that many of the dreams we have and their interpretations are subject to our own subjective views, and you can probably find meaning in any aspect of your life if you look hard enough. That being said, it is kind of fun to delve into the metaphysical, if only for a little while!

BoekenTrol says

<http://www.bookcrossing.com/journal/7...>

I was given this book as a RABCK. It was quite a surprise, because usually I'm way too 'down-to earth' to use books like these or think about dreams any more than that they are a mixture of my hopes, fears and the things that happened to me during the day'.

Having this book made me use it sometimes, when there was a dream I could remember enough to look up the things that occurred in it.

The outcome was sometimes surprising.

I've done enough with it, so this one will go and travel further to a person of whom I think she might like it.

Happy reading / discovering!

Debby Eubank says

This is one of my favorite books and includes angel cards that are insightful and continue to support my spiritual journey of connecting within and to the angels that support our ascension and healing on this earth plane. There are a lot of different angel cards and books available and yet I continue to find this one to resonate the best for me and to be my lasting resource for deeper connection and truth.

Jennie says

This is, hands-down, the only dream-interpretation book that has made any sense to me. Betty Bethards (now deceased, I believe) writes that she channeled and communicated with her spirit guides to de-mystify almost 2000 common dream symbols. Whether or not you believe in spirit guides, it's worth picking this book up to see if your dreams start making sense with these interpretations.

Bethards also discusses how meditation can be helpful to declutter the mind (the object being to clear the head so that the dreams contain more important messages) and gives a quick, easy rundown on how to begin. She believes dreams are a tool of spirituality and that they contain messages for you.

After owning this book for almost ten years, I can definitely vouch for its usefulness. Nightmares hardly ever disturb me as much as they used to; I just reach for the book and try to figure out what my subconscious (or guide) is trying to tell me. Worth the \$10 I paid just for that alone!

Patricia Puddle says

Author of Star-Crossed Rascals said: Out of all the dream books I've read, this is the one I use. I found it to be unbelievably accurate. Most other dream books I've read weren't. No matter what dream I had, this book explained the meanings of each symbol.

Once I was on a forum where people were talking about their dreams and what they meant, so just for fun, I used this book to answer their questions. Most were shocked at how accurate the answers were, and some were probably embarrassed that they'd posted their dreams publicly. I gave them the title and author of the book, so hopefully, they bought it. I doubt they'd be disappointed.

I actually borrowed my book from a relative and loved it so much, I refused to return it, but I had a good reason. That person had borrowed something from me, but lost it. I said I would return their book if my item was returned. I was happy it never was, and I got to keep the best dream book ever.

If you know someone who owns this book, beware not to reveal your dreams to them or they may have a true insight into your real thoughts.

Velvet Ball and The Broken Fairy

