



Your
Dream
Journal

This journal is my gift to you. I have provided a sample dream and sample interpretation to get you started. There are some blank pages you can print out and use to record your own dreams. Remember that the more you get in the habit of recording your dreams, the more you will remember your dreams. Enjoy!

Date: June 23rd 2015

Title: Handsome Stranger In Elevator

Characters in Dream: Myself, Handsome Stranger, UPS Guy, Old Woman

Content of Dream:

I was in an elevator and I saw the most handsome man I have met in my entire life. We were in there for what seemed like forever. I recall there was a UPS guy who got off on the third floor. Then around the seventh floor an old woman got on the elevator and was with us for a few floors. She got off and we rode the rest of the way in silence. I don't know who this man was but I hope to see him again.

Elevator: A vehicle that you ride in that takes you to different floors in a building and all the way to the top. You can go up or down and you decide which floor you want to get on or off. People sometimes fear being stuck in an elevator. It can also be used to describe success as to 'elevate' or to have one's own private elevator.

UPS Guy: Someone who delivers packages

Old Woman: Wiser part of myself

Handsome Stranger: My male side, possibly representing a desire to meet someone who looks like this.

Numbers in Dream: 3 and 7. 3 plus 7 equals 10. 1 plus 0 equals 1. If you are into numerology this may have greater significance, however, numbers or number sequences are important to pay attention to nonetheless.

What was the action in the dream?

I was riding on the elevator in silence yet aware of who was around me. I don't know what floor I was going to and did not push any buttons. It would appear that I was simply along for the ride. My role in this dream was a passive one.

What was the emotion or feeling in the dream?

I really do not recall feeling anything except a bit of attraction and curiosity about the handsome man. I was somewhat relieved yet also a bit anxious when the UPS Guy and the Old Woman got off the elevator as we were all alone and the element of sexual tension was so thick you could cut it with a knife. I was hoping he would speak to me but he did not say a word. I did not speak to him. I just stood there staring at the elevator door and looking at him with my peripheral vision.

What was the emotion or feeling upon waking? Was it different? If so, what was different?

I felt a little disappointed that all I did was look at him from the corners of my eye. I never turned to face him, smiled or said hello. I had no idea why I was even on the elevator or which floor I was going to. I was just standing there, watching people getting on and off the elevator.

Conclusion:

I think this dream is telling me that if I do not have a plan for where I want to go in life that I am going to be in the passenger seat and others will make decisions for me, hence the other people pushing the buttons in the elevator. Not looking at or speaking to the handsome man might be representing my being afraid or unsure of how to go after something I want.

I wonder if these numbers will show up again in a future dream and I will definitely be looking out for any patterns that feature the numbers 3, 7 and 10 or 1.

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