

# INTERPRETING DREAMS



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Everybody dreams, either in black or white or color. Our dreams can be vivid, are from the subconscious mind, vary in length, content and this simple information can be an incredible experience, to say the least, as it can help us understand what is going on in our daily lives.

Dreams can also solve problems in our lives by processing emotions and incorporating important memories we store in our subconscious mind. Unfortunately if you are not aware of the process of how to actually remember dreams, you can easily forget, so it is a good idea to make a conscious effort to ask your guide or angel helpers to help you remember everything and write it down before you step out of bed.

Dreaming is a process in our minds, which can reflect the day, what we are going through on an emotional level, or memories from the past and hints towards our future. It also holds the answers to all the problems we are going through in our lives. It is also the key to our own subconscious

mind, which has all the answers to our own intuition.

For our loved ones in the spirit world, it is also a way to relay their messages of love. I don't know how many times I have heard people say how they have dreamt of their loved one and the messages they have received.

Dreams can also be life changing, especially when they are so vivid and you can remember every little detail. Sometimes, they are hard to shake off as it feels like it really happened. If by any chance you have prophetic or what you feel is a nightmare, or dreams you can't handle then always ask spirit to take them away, because spirit never gives you a gift you can't handle.

When you have a nightmare it is also good to make sure you have fresh air in your room and to give it a good sage out to clear away any negative clutter or bad energy, as it can become toxic and build up over time. It is also a good thing to allow sunshine and light into your room of a daytime as

the universal Chi energy will be healthier and cleaner.

## HOW TO REMEMBER YOUR DREAMS

I always tell my family, friends and clients to get a dream book, and a pen, and place it next to the bed. Once you have done this all you have to do is remember to write everything down before you even put your feet on the floor in the morning.

I also suggest to ask your loving guides and angels to help you remember your dreams before you go to sleep, as often dreams can give you a good idea of what is going on in your life for your emotional, mental, spiritual and psychical health.

Once you learn to write everything down you will see patterns and stories that are very similar to each other. If it is too difficult to work it out, get yourself a good dream decoder book to help work out what some of the symbols mean.

## INTERESTED IN A PSYCHIC READING

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your **name**, **D.O.B** and **question** for our resident Clairvoyant Kerrie Erwin

