

*The* ALCHEMY *of*  
YOUR DREAMS

ATHENA LAZ

*The Dream Symbol Interpretations*

A voice inside the  
dream says,  
“I know you are tired,  
but come.  
This is the way.”

—Words inspired by RUMI



tarcherperigee



Welcome dear dreamer,

I am so happy that you have found your way to our community. By choosing to explore your dreams you have given yourself permission to dive into the depths of your inner-world in order to discover and explore the treasures that are within you. *The Alchemy of Your Dreams* will show you how to work with your dreams in a way that enriches every element of your life. **Every dream you have is guiding you: sometimes that guidance is packaged in dreams that feel good and other-times in imagery that feels difficult.** No matter the emotional contrast of your dreams, what matters most, is your ability to use your dream guidance (and messages) to take positive action in your life. A life-long process and practice.

When you do dream work the golden path to higher awareness and personal growth is illuminated because you are doing soul work. You may dream of being chased, traveling to different places, meeting frightening or comforting dream figures—all the while these dreams are telling you a story or rather they take you on an active journey. That is in order to help you create balance, serenity, and ease by cultivating and strengthening your inner-sight and conscious awareness. Below you will discover four universal dream symbols and what they potentially represent when you dream about them.

May your dreams be vivid, illuminating, and above all may they help you remember.

From another dreamer on the path,

ATHENA LAZ



## ✧ CIRCLE

From life-savers to traffic circles the universal symbol of the circle appears in dreams in hundreds of ways. A circle is known to have no beginning and no end. A loop that never ceases and so it comes to you in a dream, at a particular point in your life, to tell you something very specific. Do you have a finite belief that needs to be turned into an infinite one? Infinite possibilities exist—as well as beliefs—and circle imagery can point you in the direction of the ones you need to cultivate in your life.

A life-saver can literally save your life (dream imagery not to be trifled with) and so if you find yourself in murky waters, feeling like you are drowning, look to who threw you the life saver in your dream. Perhaps the life saver just ‘appeared’ in your dream—well then that is sign that **you can** create something from the ether simply by deciding to do so and in the process you will rescue yourself. Maybe a passenger (who looks oddly similar to your late family member) threw you the life saver. Aka—the life saving answer, belief, helping-hand lies in the history of your lineage. What did they do, or what do they represent, that could help you now? Seek out answers by understanding *their* past and how it connects to *you*.

Alternatively, a traffic circle in dream can come to remind you that the experience you find yourself in is as temporary as a man-made traffic circle. You may simply be doing the rounds because you are conditioned to journey that way. You can exit the circle at any point, simply drive your car (or life) in the direction that you do want. Circle dream imagery (even a donut) can remind us of a higher more infinite perspective. A perspective that may turn out to be as enjoyable as a salted caramel donut—bliss!

## TREES

With roots that bury deep into the ground, tree imagery reminds us to get grounded and connected with the fertile soil that seeds new life. Each tree a different creator of goods and each branch an offshoot of life. When we dream of trees we are reminded of ancient roots and pathways that line the earth in ways that modern people have likely forgotten. Trees speak to how well we are planted in our lives, as well as how healthy we find ourselves within an *ecosystem*. As a dream teacher and guide, I don't believe that dreams involving nature only speak to us about the nature *within us*. These kinds of dreams can also awaken us to the state of our collective nature. Trees are at the heart of an ecosystem that we rely on—we are connected. If you have a kinship and deep love for nature then the tree imagery that dream of may be more about what you can do for nature than what it can do for you. In other words, the dream imagery here may be less symbolic and more of a direct call to action—something you need to do for the well-being of the eco-system that you live within! For example, if you dream of a lemon tree look to decode its meaning (perhaps you are being required to make lemonade out of life's lemons!) but consider planting one for good measure too?

## ROOMS

We often venture into houses and buildings filled with different rooms in our dreams. Rooms are universal dream symbols that invite us into discovering the many chambers of our own psyche. That is the many aspects of ourselves. A common experience for many dreamers is to find an unused room (or new!) room in a house. When this happens it is an invitation and sign that you are exploring new facets of yourself—how wonderful! These kinds of dreams, ones filled with rooms and chambers, require us to dive into the very depths of who we believe ourselves to be and the contents within the rooms are equally illuminating!

Perhaps you discover a room in your dream which turns out to be a library. Yet, in your waking life no such room exists in the house you live in. So you discover this library and you find that you are invited into the realm of ancient record keepers who likely have some guidance for you. Or like the experience of one of my clients who dreamt of a library filled with only one type of book (really pay attention if that happens!) and knew that he could not avoid reading the words filled in those pages. All rooms act as gateways beckoning you into the exploration of your multifaceted nature.

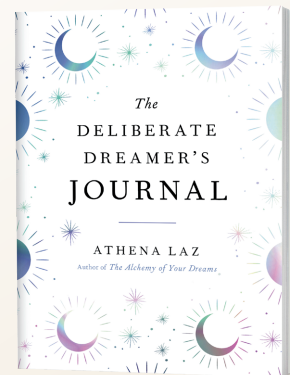


## ☀️ WAKING UP

Strictly speaking this isn't a universal symbol so much as it is a universal dream experience. That is dreamers worldwide find themselves falling asleep (or sleeping) in a dream only to 'wake-up' and then moments later discover that they are in fact still actually dreaming. Have you ever had an experience like that? It can be quite jarring when you 'wake-up' only to realize that you are actually still dreaming! The experience has a name: its called a false awakening. I don't really like the term because of the implicit negative connotation to the word 'false'. Ultimately, a false awakening may be the most helpful way in awakening your consciousness!

In practical terms, a false awakening shows us that although we have not woken up from the dream—we are being woken up to the dream-like nature of reality! And isn't that incredible? As you read *The Alchemy of Your Dreams*, you will come to discover just how powerful and helpful trigger experiences like these can be on the pathway of becoming an expert-level lucid dreamer. Lucid dreaming is about how **you choose** to use your attention and awareness. It is a journey with incredible benefits that I cannot wait to take you on!

In the meantime (while you are waiting for your book to arrive) it is helpful to begin to journal your dreams as often as possible. Dream journaling has an incredibly positive effect on dreamwork because the more attention you pay to your dreams, the more attention they pay to you! Simply try and record your dreams as often as you can and if you would like to check out my **curated dream journal: *The Deliberate Dreamer's Journal* here.**

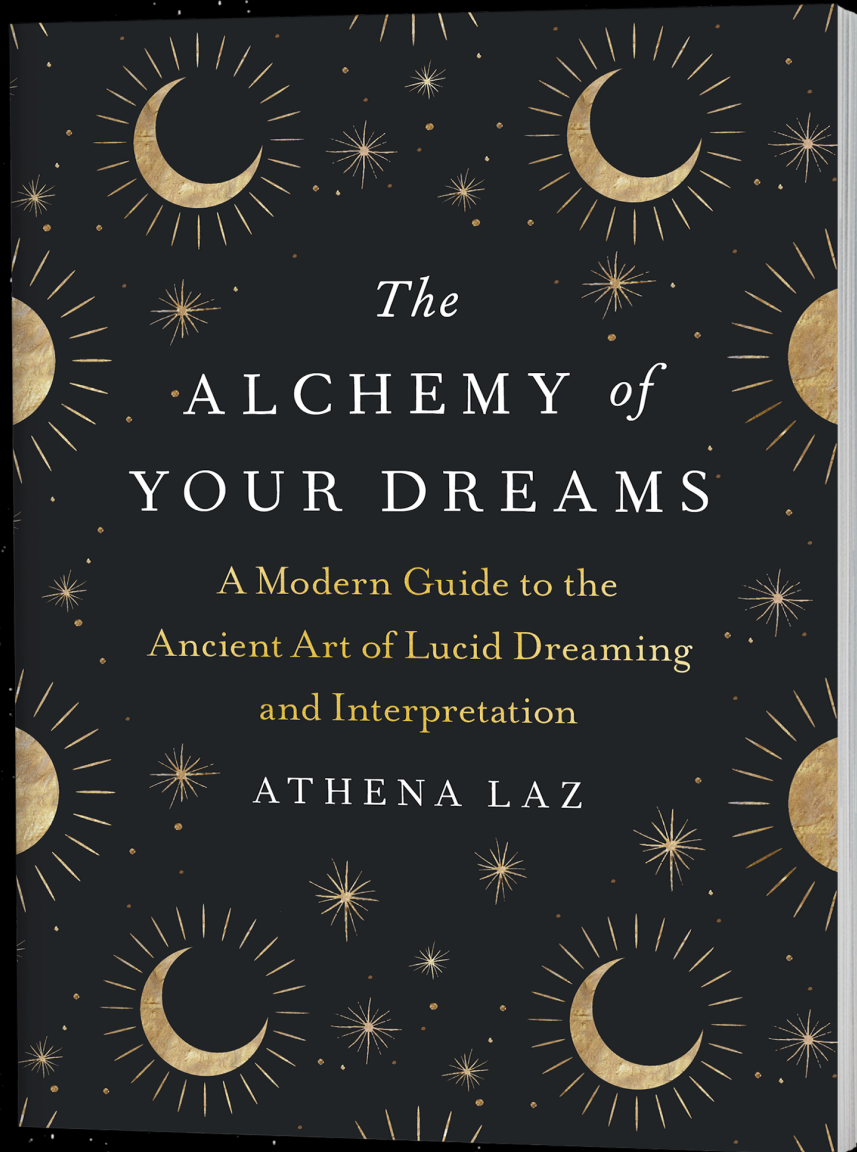


It has been intentionally designed to help you record and maximize your dreamwork for greater well-being and growth. In this beautiful journal you will find thoughtful prompts that will help you to more easily recall your dreams and plenty of space to write in. If you feel called to join our **monthly community of world-wide dreamers**, please feel free to take advantage of this once off **gift-voucher of \$25** which is valid till the end of October 2021. Lastly, don't forget to download your **free guided sleep meditation here.**



AVAILABLE 8/31/2021

Thank You For Your Pre-Order



[athenalaz.com](http://athenalaz.com)



tarcherperigee