



# Box of Dreams: Tools for Interpretation

*Belinda Recio, Eileen London*

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## **Box of Dreams: Tools for Interpretation** Belinda Recio, Eileen London

Every night, our dreams carry messages from our unconscious that may shed light on aspects of our waking lives. This set of 100 illustrated cards and accompanying book offers an insight into universal symbols - from the element of air to the colour yellow - that allow you to understand the language of dreams and explore their deeper meaning. Each card treats a particular symbol, pairing an evocative collage representing the dream element with its likeliest interpretation, drawn from a variety of sources ranging from the mythological (Greek, Egyptian and Indian among others) and religious (both Eastern and Western) to Freudian or Jungian interpretations, as well as associations found in common proverbs and everyday life. Organized into nine categories - Earth; Sky; Animals and Supernaturals; People and Archetypes; Artefacts; Structures; Human Body; Actions; and Abstractions - the cards provide a number of starting points for exploring dreams and for unlocking the meaning of our night-time visions.

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