

## Life Pattern Interpretation Template

Exercise One	<p>This exercise is meant to allow you to take a fresh look at your life. By looking at the key events of your life in an objective new way, you can use the symbol associations to begin to understand the recurring symbols, themes and issues that make up your personal dream story.</p>
Step One	<p>Jot down the key events of your life as if you had just woken from a dream.</p>
Symbol	Description/Associations
Step Two	<p>Narrate the highlights of your personal life dream out loud to yourself or to a special friend.</p> <p>Attempt to recall and re-experience the main elements of your personal dream story.</p> <p>Make brief notes only of any circumstances, illnesses, accidents or feelings about these.</p> <p>List all the hobbies and creative things you enjoyed in your childhood—your teenage years—before you turned thirty—and your adulthood.</p> <p>Do not explore these in detail at this stage.</p>
Step Three	<p>Describe your personal life dream in detail by writing down the story of your life in as much detail as you can remember.</p> <p>Pay particular attention to the timing of recurring dreams and events and the circumstances surrounding them.</p> <p>Write down in detail all the creative things you do with your life now.</p> <p>How is this part of your life different to when you were younger?</p>

Step Four	<p>Examine the patterns and timing of recurring events.</p> <p>Do certain times of the year or times in your life stand out?</p> <p>Which period of your life brought you the most happiness or sadness?</p> <p>Explore the word associations in much more detail until you feel you have understood all of the symbols.</p> <p>Do not judge the events and feelings associated with the events of your personal life dream.</p>
Step Five	<p>Make brief note to form an outline of what you think a creative and fulfilling life would entail for you. Where do you live? How do you express your creativity?</p> <p>Remember, the expression of consciousness within physical life is only a <i>Dream within a Dream</i>. When you wake up and begin to explore the dream consciously, you have the freedom to change it and make it anything you would like it to be.</p> <p>The only rule is that you must acknowledge and respect the rights of all other living expressions of consciousness.</p> <p>Then, with focused action, wherever you choose to explore your creativity, make it more than just a dream.</p>