

# How To Interpret Your Dreams

*And Discover Your Life Purpose*

**The key to a healthy, happy and successful life** is handed to you each night through your dreams. This book shows how to decipher dream messages from their symbolic form. The choice is then yours to turn the key and open the door onto a bright new world. Tonight, within minutes of falling asleep you'll find yourself at the door to this mystical world. What will you learn this time on the other side of the threshold?

Dreams give advice on all aspects of your life, including health, relationships, career, spirituality and life purpose. Staying true to your life purpose is a strong theme in dreams. Dreams show why you are here, what you intend to learn about yourself, what your special abilities are and karmic obligations you have taken on.

Dreams reveal how all aspects of your life are interconnected and how working on one area leads to improvement in another. Real dreams are used for illustration throughout the narrative and color maps show in detail how to analyze dreams covering each subject matter.

**The book includes a comprehensive symbol reference** and explains why a symbol has a particular meaning and how, depending on context, it can have multiple meanings. This section also uses real dreams for illustration.

*Practical, easy to read and very enlightening. Dreams have never been more cogently presented than in this great book. A welcome and essential addition to the library of human knowledge.*

– **Neal Keyes A.W.E.A.C., Former Head Counselor, The Hanly Centre for Alcohol and Drug Addiction, Dublin**

*All dreams have multiple meanings. Michael's gift is to help us to interpret dreams in a meaningful way – messages from the sub-conscious regarding our health or our purpose in life. This is a great book, easy to read, and one you will want to refer to again and again.*

– **Denis Prone, Ph.D, Transpersonal Psychologist and Researcher.**

*Michael is an accomplished communicator, who succeeds in bringing simplicity to what are potentially complex and confusing areas of exploration.*

– **Paddy McMahon (Patrick Francis), Author, The Grand Design.**

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**Michael Sheridan** has been helping people analyze their dreams since 1995 and has been interviewed many times on national television and radio. He studied psychology as part of an IT course in Dublin City University and studied dream analysis under the veteran, George Rhatigan.

[www.HowToInterpretYourDreams.com](http://www.HowToInterpretYourDreams.com)

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