

# Get the marriage of your dreams!

**D**reaming about your guy? What you're doing together in the dream—whether it's kissing, fighting or having an adventure—can reveal a lot more about your relationship than you ever thought, and even show how to improve it! (Hint: It's not always what you'd expect!) Read on for the most common relationship dreams and the happiness secrets hidden inside them!

**You dream . . .**

**You're with someone else**

**It's telling you: Explore a new side of yourself!**



This dream doesn't mean you're bored with your mate: "It refers to qualities of yours that you'd like to show more of," says Kelly Walden, author of *I Had the Strangest Dream*. Say you're with George Clooney, or even your first beau: What is it about him that you'd like to have more of yourself? His confidence? Sense of humor? The youthful optimism you once shared? Whatever the meaning, she says, the more you heed this dream by fully expressing yourself, the richer your life will be!

**You dream . . .**

**You're remodeling the house**

**It's telling you: You're making constructive changes!**



In dreams, a house represents your body or self, and it's often a comment on your union with the person who shares your life. This is especially true, says TheDreamZone.com's Lauri Loewenberg, if you dream about the bedroom or kitchen, "places where the two of you connect intimately." No matter the room, though, this dream always shows you're moving in the right direction, says Walden. "Though things may not look pretty at the moment, something new is being created, and you'll soon have something to show for your efforts!"

Photos: Media Bakery (6); iStockphoto.



**You dream . . .**

**You're sharing a meal**

**It's telling you: Feed your relationship this way!**

What you eat together in a dream represents what you're getting from each other, says Walden. "Usually, there's something odd about the dream meal"—therein lies the message. Bingeing on junk food? You're getting more than you want of something. Dining together when a tiger leaps out? A joint project may have taken a scary turn. The takeaway here? "Spit out whatever it is that's bothering you!"

**You dream . . .**

**You're driving in a car together**

**It's telling you: Make some joint plans!**

Car dreams typically represent your identity and—if you're driving with someone—where you are in that relationship, says Walden. No matter who is in the driver's seat, this dream is a reminder to be sure the two of you agree on where you're headed: Making plans together for a journey into the future is one of the most reliable predictors of a lasting union!



**You dream . . .**

**Something's wrong with your dog**

**It's telling you: Your guy needs some TLC!**

"Dogs are the most common dream symbol for the bond we share with our real-life best friends, even for folks who've never owned a dog," notes Loewenberg. A healthy dream pup says everything's A-OK, while one who's sick suggests the need for some maintenance.

That doesn't have to mean work, she says; even in happy marriages, a little extra TLC never hurts!



**You dream . . .**

**You're romancing your spouse**

**It's telling you: Keep up the great communication!**

This isn't about desire, as you'd think; it's about how the two of you talk! "It takes two mouths to communicate," Loewenberg points out. "So a dream in which you and your mate are kissing is a



sign you've been having some great conversations." To ensure you keep the good work going, she adds, try figuring out what's been sparking the fabulous chitchat—those after-dinner walks you've just started taking? Maybe the reality TV show you've been watching together? Then keep it up!

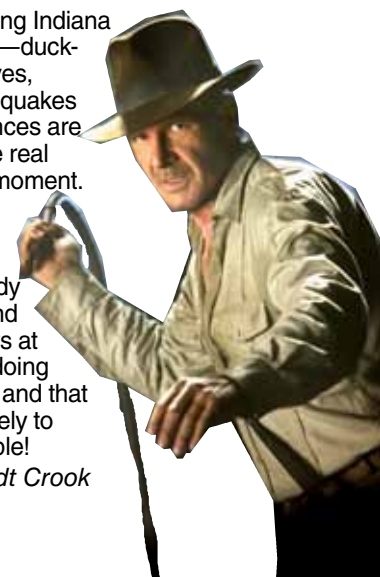
**You dream . . .**

**The two of you are overcoming obstacles**

**It's telling you: Hang in there!**

If you dream of being Indiana Jones and Marion—ducking under tidal waves, sidestepping earthquakes and the like—chances are you're facing some real challenges at the moment. But there's an upside: A dream like this says your relationship is sturdy enough to withstand whatever life throws at you! In fact, keep doing what you're doing, and that resilient bond is likely to emerge unbreakable!

—Barbara Hustedt Crook



# The secret message in your dreams—*decoded!*

What's your most common recurring dream: falling? Being back in school? Being naked in public? Turns out, that dream is telling you something—it's your subconscious revealing solutions to problems, helping you sort through your emotions and guiding you to make better decisions in your waking life! So what's your inner psychologist telling you?

If you dream that . . .

## You lose a tooth . . .

### You're anxious!

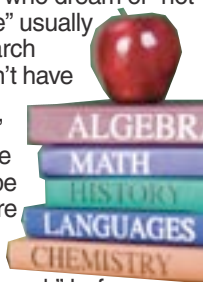
Dreams about lost or chipped teeth are frequent these days, possibly because so many of us are feeling financially stressed. The connection? "We need teeth to eat, so there's a primal link between teeth and survival," says Kelly Sullivan Walden, author of *I Had the Strangest Dream*. The good news: This is a signal to spend more time with friends and family to help ease your anxiety!



## You're back in school—and struggling . . .

### You're an achiever!

Finding yourself back in school, lost in the halls or unprepared for a test? Surprise! People who dream of "not making the grade" usually *do* make it, research reveals. "You don't have this dream if you aren't motivated," Walden says. The dream can also be about making sure you succeed by reminding you to "do your homework" before an upcoming challenge!



## You're falling . . .

### You're out of balance!

Whether you've been living "on the edge," or have too much on your plate, a falling dream means your life is a bit off-kilter, says Walden. Not to worry: In pushing yourself to the limit, you may find more resources than you knew you had—which is why these dreams often end happily, with you landing on your feet. In fact, the aborigines of Australia, who practice "lucid dreaming" (the art of becoming aware you're dreaming so you can control it), say these dreams are all about learning to fall well!

## You're hanging out with a celebrity . . .

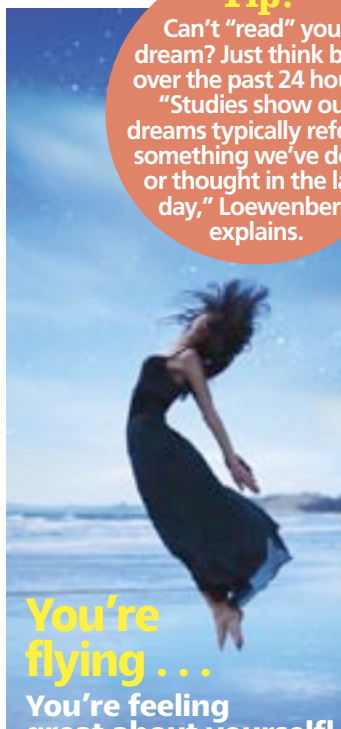
### You've got what it takes!

In dreams, celebrities are usually stand-ins for qualities we'd either like to have more of or gifts we have that should be celebrated, says Walden. "Most characters in our dreams represent aspects of ourselves," she reveals. So think about what draws you to that famous person, and from that you can easily figure out how "your dreaming mind is nudging you to let your inner Oprah or J.Lo shine through!"



### Tip!

Can't "read" your dream? Just think back over the past 24 hours! "Studies show our dreams typically refer to something we've done or thought in the last day," Loewenberg explains.



## You're flying . . .

### You're feeling great about yourself!

A flying dream shows you're high on yourself and the course you're on, says Lauri Quinn Loewenberg, author of *Cracking the Dream Code*. "It's like your subconscious giving you a pat on the back," and that's true even if you encounter challenges along the way, such as obstacles like trees in your path or people trying to ground you. The message is: "Go for broke; the sky's the limit!"



## You're being chased . . .

### You're avoiding something!

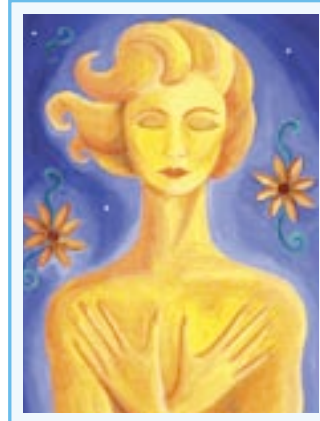
This is a common dream for women, notes Loewenberg, who says it means there's something important—like a difficult conversation—you're ducking and need to deal with. And believe it or not, says Walden, "the chaser is actually an ally." Turn and face him, and you'll feel less pressured—you might even turn your life around!



## Your guy is doing you wrong . . .

### You need some TLC!

Generally, this dream says your mate has been focused on something other than you for a while, and you feel left out! Then again, adds Walden, since the people in our dreams so often represent parts of ourselves, "it could also be you're cheating yourself by selling yourself short on something."



## You're naked in a public place . . .

### You're feeling vulnerable!

In this dream, clothes represent concealment, says Anni Yan, editor of DreamMoods.com. "If you're fine with being 'exposed,' you're comfortable with yourself," she explains. "But if, like most dreamers, you're embarrassed, there's something you're feeling vulnerable about." Whatever it is—whether work troubles or family tensions—"exposing" the problem will help you feel better.

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