



## Naked In Public: Dream Symbols Revealed

*Kathryn Andries, Patrick Andries*

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# Naked In Public: Dream Symbols Revealed

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**Naked In Public: Dream Symbols Revealed** Kathryn Andries, Patrick Andries

Are you ready to make sense of the often bizarre scenarios and the strange people that appear in your dreams? If so, this book will assist you in the process by taking you into the depths of your subconscious mind to unravel the process and purpose of dreams. You will learn to:

- Interpret the language of dream symbols
- Put symbols together to see the message
- Enhance your dream recall
- Release old unconscious thinking patterns
- Influence your dreams
- Respond to your dreams
- Understand recurring dreams
- Interpret the meaning of the people in dreams

If you are among the many who do not remember your dreams, this audiobook will help you enhance your dream recall with exercises, nighttime rituals, food, herbs, essential oils, and gemstones. This audiobook provides both a detailed explanation of the physiological processes of the brain and body during sleep and the more esoteric aspects of the subconscious mind and its role in our soul evolution and spiritual growth.

Listeners will find it easy to relate to the various common dream themes and will learn from their corresponding interpretations. The dream glossary, which contains more than 300 symbols, will move readers along the path to becoming seasoned dream interpreters.

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