



The Dream Kit: Everything You Need to Inspire, Interpret and Record Your Dreams

David Fontana

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The Dream Kit offers an enjoyable and enlightening interactive experience. It is designed to enable all of us to dream more vividly and memorably, to keep track of our dreams in order to understand ourselves better, and to use dreams to learn the way to personal fulfillment.

The kit consists of four interrelated components, all designed for enjoyment and instruction in equal measure: The Dream Book is a 96-page illustrated book providing a basic introduction to dreams, guidance in how to stimulate, remember and control over dreams, and an 8 page A-Z of the 50 most common dream symbols and their meanings; the Spiral Notebook is sectioned in order to make a consistent, self-indexed record of dreams; the Dream Cards—a deck of 22—depict the major dream archetypes and symbols with visual detail on the front of the cards designed to stimulate interpretation and further guidance provided by text on the back. These cards are also used as "cues" to stimulate significant dreams; and the Native American-style Dream Catcher is made of feathers, beads, and thread, designed to be hung on a bedpost to catch the most elusive of dreams.

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