

## Interpreting Visions Process

The purpose of this exercise is to help you decode the meaning behind your visions and understand the message or moral of the vision. It is best done as quickly after you have the vision as possible, since you'll be more likely to remember the details, the feelings and the general associations involved.

- 1) Create a table with two columns. In the first column, list all the symbols, objects, people, colors and shapes from your vision. The more you can remember the better. If you use physical paper, leave a bit of space in between each item you list in the first column.
- 2) In the next column, write down 2-5 words that come to mind when you think of the item in the first column. So, if your item was "airplane" for the first column, your second column may say something like, "flight, progress, flying high." It's important not to censor yourself. Even if it's ridiculous or doesn't seem to make sense, if it comes to mind, go ahead and put it down here.
- 3) Taking the words from the free association column, write a 200-500 word story. This is both a creativity and a free association exercise, so let the story be whatever it is. It doesn't have to be good or novel. It doesn't even have to make sense. Just write.
- 4) Once the story is finished, take a minute to read it over. Distill the message or the moral of the story into one sentence and write it down. This is the message or moral for your life from your vision.

What I would like clairvoyant guidance on:

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Image I received:

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<b>Symbol from Vision</b>	<b>Free Association</b>

