

## Dreams Designed by God For You

**Betty Jane Rapin**

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“Dreams come to teach, guide, inspire, protect, heal, warn, advise, and help open our hearts and minds to spiritual viewpoints,” Betty Jane Rapin writes in *Dreams Designed by God For You*.

In this comprehensive book about interpreting and understanding dreams, Rapin offers many tools to help readers learn about themselves. Divided into four parts, the book is full of detailed and hands-on activities to help readers start the process of interpreting their dreams.

Rapin begins with the basics, explaining what dreams are, how they are related to waking life, and how they can be remembered. She also gives historical background on dreaming in various cultures. As the book progresses, specific examples and assignments are offered to readers. For example, Rapin gives a visualization exercise that can be used as a technique to recall dreams. She provides ways for readers to create “dreaming rooms,” and tells them how to wear “telescope glasses” and attain “memory accuracy.”

The book also includes information about what different symbols may mean. Separate sections focus on more specific sub-topics, such as pets and people in dreams, names, numbers, plants, and more. In the section of the book that discusses numerology, Rapin includes a chart that readers can use to figure out the number associations that go with names, and determine what these names may signify.

One of the unique aspects of this dream book is the inclusion of many thought-provoking worksheets and “assignments.” Rapin offers exercises on dream word associations, goal-setting charts, dream questionnaires, and progress reports to track on-going dreams. Part four of the book is full of these types of worksheets, which are to be used as study aids to refine dream awareness.

While the book is quite long and at times overly detailed, its organization and the author’s careful research makes up for its lengthiness. *Dreams Designed by God For You* is a worthwhile book for those seeking to learn more about their dream life.

As Rapin writes, “A dream is not a fantasy, but a personal journey into your past, present, and future created especially for you the dreamer. Your world of dreams is as real as the place you are now, as you read this book.” (August 21, 2009)

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