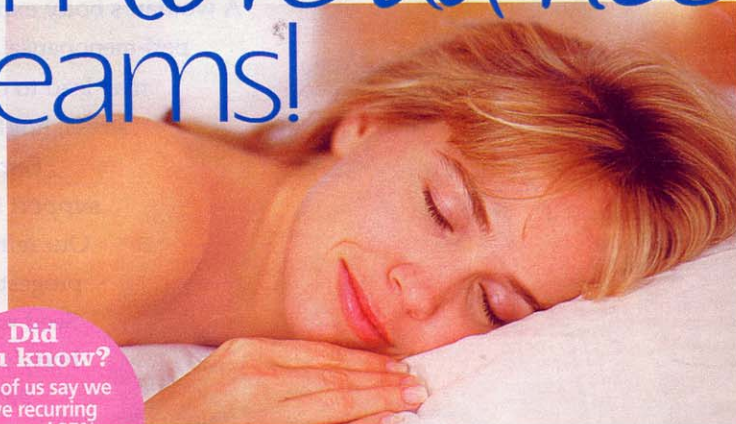


The hidden love advice in your dreams!

Did you dream about one of these last night? Here's what it means for those you love!



Want more fulfilling relationships with your husband, your family, your friends? The key to finding them, experts say, could be in your dreams! Certain symbols reveal what you're missing, longing for, or

even what you already love and cherish about the people in your life. Which of these common "relationship symbols" are showing up in your dreams?

Did you know?
62% of us say we have recurring dreams—and 25% say we've had the same dream more than five times!

TEETH

You want to be heard!

A dream of teeth falling out usually symbolizes that you feel like you're not being listened to by someone close to you. "Is there someone who always pushes her opinions on you?" asks dream analyst Mary Anne Berish. "Your subconscious is telling you not to take it anymore."



OLD BOYFRIENDS

You're satisfied in your relationship!

"This dream is telling you that the past is just that; that this old boyfriend was a stepping stone to where you are now, and that your current relationship has something your old one was missing," says dream analyst Kerry Fisher.

WATER

You need to end a bad relationship!

"Water is a symbol of cleansing," explains dream interpretation specialist Lin Lauren. "This can signify you need to shed some baggage." If you're in an unhappy relationship, or have a friend who is always negative, this is telling you to break free from them.

BRIDGES

You miss someone!

This often means you want to "bridge a gap" with a person from your past. "Your inner voice is telling you that reconnecting with this person can provide something you need right now," says Berish.

DOGS

You feel safe and secure!

Dogs are loyal, dependable and trustworthy—so odds are, you feel happy and satisfied in your current relationship. "You have a lot of trust in your husband, and know you can always count on him to be there at your side," says Fisher.

CATS

You want to loosen up!

"Cats are often a symbol of sensuality, so it could mean you're secretly longing to bring out more of that side of yourself!" says Fisher. They're also a sign of femininity and power.



BABIES

You want more nurturing!

"Dreams about infants often signal that you need more comfort from the people in your life," says Berish. The other meaning: Your inner voice is saying now's the time to start a family.

FOOD

You want more nourishment!

"Food often symbolizes that you are hungering for something in life because you feel empty," says Berish. "You should find whatever sustenance you need to start a family."

CHILDREN

You need more fun!

"This is telling you to be more playful," says dream analyst Layne Dalfen. "Perhaps you've been stressed lately, and this is saying relax, smile, enjoy yourself again."



What your child's dreams mean!

Kids' dreams have symbols that reveal their subconscious, too! What do your kids think about deep down?

MONSTERS

He's going through a transition!

"Often, this means your child is going through a change—and may not know exactly how he should be reacting to it," says Berish.

ANIMALS

She's worried about something!

"Children often use animals in dreams to help their subconscious express deep-rooted worries," says Berish.

MAGIC

He's feeling frustrated!

"If your child dreams of having magical powers, he's likely feeling constrained by something," says Berish.