

# Sightsee the Tarot

SIGHTSEE THE TAROT is a YouTube video series that takes you on a tour of the tarot, from discovering new books and tarot thought leaders to workshoping classic tarot spreads and tinkering with particular tarot decks.

*Series Page:* [tinyurl.com/sightseethetarot](http://tinyurl.com/sightseethetarot)

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**Episode: Tarot and Dream Interpretation**

## Dream Notes Entry in Tarot Journal

From *Tarot and Dream Interpretation* by Julie Gillentine (Llewellyn, 2003), Chapter Two, p. 24-25.

The following is a sample template of how to log and then interpret dreams in your tarot journal. The content is based on Gillentine's sample dream journal entry in her book *Tarot and Dream Interpretation*.



### GENERAL TIPS FOR REMEMBERING DREAMS

- Take one to three minutes before bed to ground and center yourself, then recite a mantra of intention, which can be as simple and straightforward as, "I will remember my dream." Discern your waking conscious as a separate identity from your higher and more intuitive unconscious self, and then address that intuitive unconscious self with deep reverence. Petition and appeal to that intuitive unconscious self to send you prophetic messages or insights to help you better navigate your present life situations.
- There is a profound resonant link between the tarot and dreams. Generally, to interpret a tarot reading, you'll need to discern whether the symbolism coming through at that given moment is universal, cultural, or personal; you'll also need to identify whether the key insights of that reading is about processing what's going on in your life, alerting you to something wrong that needs to be fixed, or is a spirit contact. Since the brain operation is remarkably similar, try doing your tarot readings late at night, right before bed, to get your brain acclimated to that processing. It may just help your brain to remember more of your dreams upon waking.
- Getting in to the habit of cultivating higher alpha brainwaves might also help with dream recall. A warm bath with calming essential oils right before bed relaxes your physical senses. When your physical senses relax, more impressions from the psychic senses can come through. Lavender, bergamot, jasmine, frankincense, valerian, chamomile, sweet marjoram, eucalyptus, or ylang ylang are all considered generally relaxing and help to reduce stress.

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Title: \_\_\_\_\_

NOTES ABOUT THE DREAM

Narrative summary of the dream, in sequence:

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Emotion(s) and first feelings upon waking:

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Overall tone (ex. Harmonious, fearful, dangerous, joyous, etc.):

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Image, person, or feeling that stands out the most:

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What happened yesterday or earlier that relates to the dream:

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Note any colors, dates, numbers, words, or phrases that stood out:

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Key symbols:

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Most memorable or distinct symbol at the *beginning* of the dream:

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Most memorable or distinct symbol at the *midpoint* of the dream:

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Most memorable or distinct symbol at the *end* of the dream:

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#### DREAM ANALYSIS

Was this a mental dream, physical dream, or spiritual dream?

- Mental Dream**     Data download of your everyday routine, when your unconscious is processing your experiences.
- Physical Dream**     Signals to you about health issues, wellness imbalance, and physical or psychological concerns.
- Spiritual Dream**     “Messages from our soul to our conscious mind.” Spiritual guidance or involving spirit contacts. Typically are prophetic.

How would you categorize the symbols featured in your dream? Below, in the corresponding column, note the specific symbolism from your dream and how you would interpret its meaning, based on your categorization.

**Universal Symbols**  
Recognized by the subconsciousness of everyone, regardless of culture or creed. There is a universally recognized sense of positive or negative here.

**Cultural Symbols**  
Recognized by a group of people that collectively share beliefs, customs, or rituals. You know the meaning because you're affiliated with the group.

**Personal Symbols**  
Recognized by a specific single individual. Holds meaning only to that individual as a direct result of particularized personal experiences.

TAROT READING ON DREAM  
*Overall Guidance (Gillentine Spread)*

**CARD 1**  
**General Influence**

Why this dream came to you at this time. Card 1 will shed light on whether this is a mental, physical, or spiritual dream.

**CARD 2**  
**Suggested Course of Action**

What guidance this dream is trying to give you. What is this dream trying to get you to do? How should you respond to the messages of the dream?

**CARD 3**  
**Result/Outcome of Action**

Prophecy; wisdom: this is the main insight you need. What knowledge is being harvested at this time to ensure optimal judgment and discernment?

Card 1: \_\_\_\_\_ Keyword(s): \_\_\_\_\_

Interpretation Notes:

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Card 2: \_\_\_\_\_ Keyword(s): \_\_\_\_\_

Interpretation Notes:

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Card 3: \_\_\_\_\_ Keyword(s): \_\_\_\_\_

Interpretation Notes:

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*The Gift* (Gillentine Spread)

CARD 4  
**Main Message  
of the Dream**

Relates to Card 3,  
but 3 is prophetic or  
gives the key  
wisdom; 4 is the  
thesis, main point.  
This is the main  
proposition for your  
consideration.

CARD 5  
**Lesson Learned  
or Gift Offered**

How can you  
alchemize what's  
going on in your life  
right now in the way  
this dream is  
advising you to act.  
What is the  
instruction; what  
must you learn here.

Card 4: \_\_\_\_\_ Keyword(s): \_\_\_\_\_

Interpretation Notes:

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Card 5: \_\_\_\_\_ Keyword(s): \_\_\_\_\_

Interpretation Notes:

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SIX MONTHS LATER... NEW INSIGHTS INTO DREAM      Date \_\_\_\_\_

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