

Meet the Dream Diwa

She was Princess Diana's personal dream interpreter and now renowned expert Joan Hanger is here to help YOU unlock the deepest secrets of your subconscious world in her new regular column

Hello, I'm Joan, and I reveal the meaning of dreams for people from all walks of life, from royalty to ordinary folk. I can't wait to hear all about YOURS!

I originally learned about dreams by discussing them with my four children round the kitchen table and since then, they've never failed to fascinate and surprise me. I always say, 'Ignore your dreams at your peril,' for they hold the true key to what our subconscious mind is desperately trying to tell us.

While we sleep,

our dreams can give us warnings about our health or our intended actions, reveal our true feelings about friends, family and colleagues, help us get to grips with our fears, understand our deepest desires and wishes and even, in some cases, act as premonitions.

Remember that everything and everyone in your dream is a part of YOU. Take the time to discover what each symbol in a dream means and you'll discover a lot about yourself.

Hang on a minute, you're probably saying by now, 'How can I do all that when my dreams vanish the second I wake?' The answer couldn't be

easier. If you wish to tap into this solid gold hotline to the true you, just keep a pen and notepad handy by your bed. As soon as you wake, write down everything you remember, especially your feelings. It might seem a chore at first, but I guarantee that if you make the effort you'll soon be hooked.

On the other hand, you can let me do the some of the legwork for you! I'd love you to write in and tell me what goes on when your head hits the pillow...



Princess Diana

My dream dates with Diana,

When Joan asked Princess Diana to write a foreword to her book, she had no idea it would lead to a great friendship – with Diana often asking for Joan's help in interpreting the bizarre dreams that troubled her. Now Joan is about to publish a book containing dozens of dreams that reveal Diana's turmoil in the months leading to her death. 'It all started in 1996,' says Joan. 'I was writing a book on children's dreams and part of the proceeds

was for the children's charity, Barnardo's. As Diana was its patron, I approached her about writing a few words. To my amazement, that's how I found myself, one extraordinary February morning, nervously driving through the gates of Kensington Palace.

'Despite the fact that she had just attended a summit with the Queen about her divorce from Charles, Diana greeted me like a friend. "Lovely coffee," I commented, when butler Paul Burrell brought in two bone china cups on a silver tray. "Oh, it's just the normal old Gold Blend," replied the world's most famous woman! The ice was broken and Diana began to talk openly about her dreams.

'Over the next months I visited Diana's home many

Dear Dream Diva,

I've been having the same dream for years now. What on earth does it mean? In my dream, I find myself on holiday or a shopping trip with my two children. Then, to my dismay, when we've finished our shopping or sightseeing, I can't find the car to take us home. Sometimes it's my handbag that's missing and I feel stranded and panic-stricken. Now, more recently, I am in the same situation but it's my husband and children who have abandoned me. I'm left without money, cannot remember the name of the hotel we're staying at and feel desolate. I always wake up with a feeling of loneliness that really upsets me.

AYour feeling of loneliness is the key to this dream. What is going on in your relationships that leaves you so bereft? I wonder if you consider yourself as someone who has 'missed out' in life? Recurring dreams indicate that our subconscious is insisting on getting the message through. There is a sense of hopelessness and

helplessness that is common to both dreams, as well as abandonment. Because the dream has been recurring for years it may be that it reflects feelings you have carried with you since childhood – they are being replayed in your current relationships with your husband and children. It is certainly time for self-examination. If your sense of loneliness is deep-seated, you may want to talk it through with a professional. But do something about your isolation because it may start to undermine your ongoing stability and that of your family.

Dear Dream Diva,

Believe it or not, it's been 30 years since I had this dream, but I still cannot get it out of my mind!

I was seeing guests out after a visit. I went to the



Feeling lost?

window to wave. The entire wall was glass as was the floor, but the floor did not reach the wall, leaving a large gap. As I turned, there was a large moth in the room. With an umbrella in hand, I started a sword fight with the moth and it flew through a doorway only to return as a bat with huge fangs! At this point I woke up screaming and in a cold sweat. Please tell me what

it means and hopefully I will be able forget it at last!

AIt was a long time ago and I wonder what was going on in your life at this time. Waving goodbye at your glass wall could reflect the loss of someone close to you either emotionally or physically. The gap denotes something missing or precarious. You tried to fight off the moth and the bat – both of which are flying animals of the night. Were you feeling vulnerable in your house of glass to some sort of darker force within yourself or another? The sword is a strong sexual symbol. My sense is that your dream may well have been associated with your lack of experience of the outside world and your vulnerability to attack after a loss of some kind. Did it coincide with your first sexual awakening or the loss of your virginity?

Have you had a dream that's troubled or intrigued you? If you want Joan to interpret it, write a brief description of your dream and send it to Dreamtime, Fate & Fortune, at the address on page 5. Unfortunately, we're unable to reply personally to any letters we receive.

Princess of Wales

times. "I had this really strange dream last night, Joan," she'd say. "Can you shed some light?" And so I would do my best to help.

'Gradually, I learned that her life experiences were very much mirrored in the

images that cropped up in her dreams. Such an insight was of course a dream analyst's dream come true! But Diana was just as intrigued by the mysterious world of our sleeping minds and loved to confide in me.'

Joan became Lady Diana's friend



JOAN HANGER

Joan studied dream analysis at the Carl Jung Institute in Zurich, Switzerland and is one of the world's best-known dream experts. A TV personality in her native Australia, where she lives and works, she has even made a guest appearance on *Neighbours*,

playing herself.

As well as helping a string of celebrity clients, she has written five books on the subject, and her *Little Book Of Dreams* (£2.99, Penguin) is a worldwide bestseller. She has a weekly Dream Clinic in *The Daily Mirror* plus a dream phone-in every

Thursday on Radio London's Sadie Nine show on 94.9fm (listeners outside London can tune in via the internet at www.bbc.co.uk/london).

Read more about Joan and Princess Di in *Diana's Dreams* by Joan Hanger (£tbc, John Blake Publishing), published in August 2005.

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