

A – Z Dreams Reference

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Dreams and their meanings.

Dreams are expressions of thought, feelings, and awareness that are represented through the creation of sensory environments in our minds.

Laboratory studies reveal that people experience their most vivid dreams during REM (rapid eye movement) sleep. During REM sleep the brain is very active, and the eyes move back and forth rapidly under the lids. REM sleep occurs every 90 to 100 minutes, for progressively long periods, 3 to 4 times a night.

The sleep process allows the brain to sort out the events of the day, to put the various stresses in perspective and heal the brain and body and emotions from the day's wear and tear.

So sometimes your dreams simply reflect what you have been focusing on during the day, and give you a vivid picture while your subconscious is busily "filing away" the facts and feelings of the day.

Have you ever spent the day playing a computer game, or completing crosswords, or spent many hours driving, and when you close your eyes to sleep, you can't get the "picture" of what you saw while doing those things, out of your head?

Some dreams are what is called "organic" which simply means it has a biological cause, and could even have been the result of what you ate that evening.

Other times, your dreams may reflect issues that are worrying you, or that you sub-consciously need to "deal" with, even if you aren't really aware of anything that may be troubling you.

Repetitive Dreams:

If you have a particularly persistent dream that is "bothering" you, try challenging it during the daytime.

Light a candle to help you focus your thoughts, and consciously relive the dream.

When you reach the disturbing part, take control and change the ending to a happier one.

Dream Journal:

Recording your dreams can give you valuable insights into the fabric of your dream life, tracing patterns that occur over time. It can also bring unconscious thoughts and needs into focus.

Write down your dreams as soon as you wake, whether in the middle of the night, or first thing in the morning. Dreams have a very elusive quality and

tend to slip away almost immediately, so it is best to capture them as soon as possible.

Use your journal to work with a dream when you are awake. You need to recall and replay it in a relaxed and conscious state, as being at ease makes your intuition flow more freely. Try sitting or lounging on the bed.

Quiz the characters and places of the dream for answers to your questions: “who are you? Why are you here? What are you trying to tell me?” Go with the first answers that pop into your mind, and try to apply them to your current situation.

The dream’s meaning should start to come into focus. Sometimes it takes a week or two of looking at a dream for its meaning to be digested and understood.

The many books available on dream analysis and interpretation may help you explore dream symbolism further.

Remember, dreams can be a vehicle for synthesizing ideas – people have been known to write great stories, compose beautiful music and solve scientific puzzles via their dreams, so recording them may lend inspiration for your future endeavors.

Dealing with bad dreams:

There are phases in everyone’s life when they may be subject to bad dreams and nightmares. It is helpful to try to take a cool look at what these dreams might mean in the light of the day.

Nightmares and fretful dreams often occur when life is in a state of upheaval. They may be due to anxiety about a current arrangement or the outcome of an upcoming event, or unresolved feelings or worries about yourself or other people.

The death of a loved one, illness, the end of a relationship, moving house, changing jobs, having a baby or getting married can all dredge up fears and anxieties.

Even if a change is positive, it may produce anxious dreams that relay fears about your ability to “move with the times”

Sometimes the bad dreams indicate the unconscious mind’s attempt to bring hidden fears to the conscious mind level, where they can be dealt with. In cases of long term stress, bad dreams can bring the unresolved issues causing the problem to the surface. If you can make sense of your dream, you can try to apply what you’ve learned to your waking life.

Dreams can be an early warning system – they let you know when you need to reassess and de-stress. If you wake frightened or unnerved after a bad dream, turn on the light and assure yourself that you are awake and unharmed. It can be helpful to jot down the dream, thus “removing” it from your mind and transferring it on to the paper.

If you have continual nightmares over a long period, you may wish to seek help from a therapist or counselor to explore the underlining causes.

Visualizing a protector to look over you while you sleep:

It can sometimes be very comforting to visualize a protective spirit or “guardian angel” before going to sleep. This could be any figure you feel will watch over you and keep you safe during the night.

Especially when you are feeling vulnerable, lonely, ill or troubled, it can be helpful to visualize the presence of someone who protects you as you sleep. This protector could be a traditional angel figure, or it could be a missed loved one such as a parent or grandparent. It could even be a strong animal – perhaps a bear or a cougar.

The following exercise will help you create a force field of light that surrounds you in your mind’s eye, with your angel or protector nearby.



Angelic Light visualization:

While in bed, relax completely, lying flat on your back. Rest your arms at your sides and take a few deep breaths.

Imagine a strong and powerful figure, one for whom you feel complete trust and friendship.

Visualize your protector’s features; talk to them, and feel their calming presence reassure you.

You may want to point out anything that is particularly bothering you, and know that your protector understands and wants what is best for you.

Now imagine your body surrounded by a pool of blue – white light that envelopes you completely with its beauty and serenity.

Let the light spread out to surround your bed, in pulsating waves of energy.

Know that the protector watches over you and the light, guarding your sleeping self and keeping you from harm.

Before you attach any divinatory or prophetic significance to a dream, you must cast your mind back to make sure that it is not

merely the result of something which has occurred a day or two previously, and which has been unconsciously reproduced in sleep.

Also please use common sense and a spirit of fun when experimenting with interpreting your dreams, as this is truly not a subject to be taken too seriously...

In the key which follows, it must be remembered that the dream interpretations given are necessarily broad because it is impossible to give detailed descriptions which will agree with every variety of dream.

The meanings must be taken as general indications rather than exact prophecies, because when we are dealing with the subconscious mind, it is not always easy to arrive at an exact interpretation.



A – Z of DREAM MEANINGS

How to Interpret your dreams

ABROAD:

To travel to a foreign country: and advancement in business; if a friend or relative goes abroad, a future estrangement.

ABYSS:

If looking down an abyss, you are in danger, but can avoid it if you act swiftly. Falling down an abyss, an organic dream (did you eat cheese before bed?) with no prophetic significance.

ACCIDENT:

To be involved in an accident on the road, or to see one: great discretion in your affairs; you are trusting others too much. A train accident: a warning that unless you place a greater confidence in yourself you will meet with failure in the enterprise which you contemplate.

AIRCRAFT:

Your ambition and courage will lead you onwards to your goal. If a flying accident: avoid taking business risks for the next few days.

ALPHABET:

If reciting the alphabet: much worry and agitation is in store for you.

ALTAR:

To dream you are before an altar: an unhappy omen signifying losses and affliction. Decorating the Altar: a happy love affair awaits you.

ANGELS:

Fortunate for those in love. A happy marriage will result. Joy and consolation.

ANGER:

When angry with a friend: the latter may be regarded as being especially faithful. The object of another's anger: he may rest assured that he is greatly loved.

ANIMALS:

Happiness. Wild animals: treachery and cruelty from enemies.

ARM:

If strong and healthy: will have success in an unexpected quarter; if weak or diseased: will suffer great disappointment

ASSASSIN:

Within a few days the dreamer will meet one who will help him greatly in financial matters.

AXE:

To wield an axe tells of great strength of character, which will bring success and much reward.



BABY:

A happy omen for a woman. Great joy and a true lover. If a man: a disappointment in a love affair.

BAG:

If carrying a full bag: an unimportant loss is to be expected shortly. An empty bag: a trifling present from an acquaintance.

BALL:

If you are playing with the ball: expect some exceptionally good news. If you watch others playing: you will soon become jealous of a friend.

BATH:

To dream you are in your bath and the water is warm: you will fail in the task you have undertaken. IF water is cold: success and prosperity.

BELLS:

Tolling bells: bad news concerning a friend or distant relation. To see a bell: a sudden quarrel, especially for the married.

BIRDS:

To a wealthy person: birds on the with is a loss of money. To one in humble circumstances: an upward trend of affairs, bringing happiness and success.



BLOOD:

If in great quantity: no significance; otherwise: blood symbolizes gold, an increase in material wealth.

BOAT:

If on calm water: expect a change of residence and occupation. If water is rough and stormy: a great disappointment.

BOOK:

A good sign, especially if reading one. You will journey to another part of the country and there make a discovery of great value.

BOX:

Opening a box: a secret of the dreamer has been discovered. Closing a box: trouble in money matters



BRIDGE:

Crossing a bridge: you have been worrying unduly over a trivial matter. If a bridge should collapse: exercise special care in your financial affairs.

BROOM:

To sweep: a change of occupation. Lying on the ground: desertion by an old friend.

BURGLAR:

In one's house: a lucky speculation. If you are burglar and are arrested: you will defeat an enemy who has been troubling you.

BURIAL:

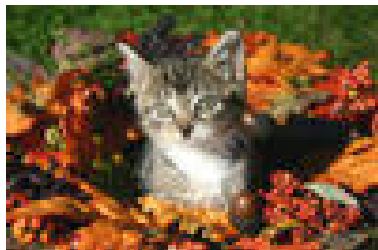
Good news from a relative which will affect you. To lovers, a speedy marriage.

CAGE:

If a woman dreams of a cage full of birds: an offer of marriage. If cage is empty: an elopement owing to family opposition. For a man: an early marriage.

CARDS:

If you are playing and win: speedy marriage; if you lose: will shortly be engaged upon a dangerous undertaking. If a spectator: anticipate an attempt to defraud you in some business transaction.



CAT:

If one walking alone: a journey; a meowing cat: lies will be told about you; a cat which scratches itself: you will be deceived; a purring cat: you will be guilty of hypocrisy.

CAVE:

If hiding: someone is spreading scandal about you.
To see wild animals coming out of a cave: the discovery of a secret which will cause misgivings.

CEMETERY:

Good news; the restoration of health of a sick friend or relation.

CHILDREN:

Great joy and prosperity. For a woman: she has, or will have a good husband; for a man: complete domestic harmony awaits him.

CROSS:

If bound to a cross: you will have some great triumph. To see a cross to which someone else is bound: an unlucky sign.

CROWN:

An ill omen if you wear it yourself. If worn by another: you will soon have a rise in position.

COLOURS:

In divination by dreams, certain colours have special meaning if they are as follows:

- BLACK: great joy in connection with someone very dear
- WHITE: deep sorrow and worry
- LIGHT BLUE: purity and great sincerity, bringing happiness
- DARK GREEN: from some source there is evil threatening.
- LIGHT GREEN: calm thoughts and repose; contentment.
- DARK PURPLE: a mental storm is brewing may result in sorrow.
- LIGHT PURPLE: inspiration and wisdom
- RED: excessive passion, causing misery
- YELLOW: success in love affairs.

DAGGER:

Pointed towards you: strife and enmity. If you yourself hold dagger; your cherished wish will be fulfilled

DANCING:

Will receive an unexpected present from a stranger. To watch others dancing: jealousy in love.

DEATH:

Long and comfortable life. To sick persons: a speedy recovery in health.

DESERT:

To travel across a desert: signifies a short journey on business matters.

DEVIL:

An unlucky dream fortelling approaching danger and temptation

DIAMOND:

If you find it: loss of money. If you are cutting it: you will prevail over a relentless enemy.

DIGGING:

To dig for gold or other treasure is unlucky. To be digging on cultivated land: increased wealth.

DIVING:

Diving into water: a good omen. To watch others dive: you will see your friends succeed where you have failed.

DOCTOR:

You will enjoy good health and your ills will be minor.

**DOG:**

To dream of your own dog: denotes fidelity of friends. Strange dogs: enemies are waiting to ruin you

DOLL:

Much pleasure and festivity will occur within a few days, probably at the house of a stranger.

DOVE:

Peace and prosperity

DRINKING:

If you drink wine, beer or spirits: you will have a business loss. To drink water: a disappointment for one close to you



DROWNING:

Good omen if you are drowning. To watch others drowning: misfortune; if you rescue them: you will be lucky in love.

EATHQUAKE:

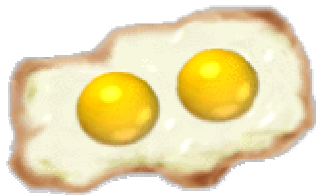
To the married: discord between man and wife; to the lover: an indication that he has a rival; to businessmen: a warning to proceed with caution.

EATING:

Strife between friends or lovers

EGGS:

Unbroken: success in business undertakings; broken: misfortune and quarrels



FACE:

To see your face in a mirror: the discover of a treasured secret; if your face appears pale: you will suffer by the discovery; if swollen and red: you will benefit by the discovery

FALLING:

A dream which is organic and has no prophetic significance

FARM:

Great success in your business, especially if it involves much mental work. To the lover: an early marriage to a good-tempered and devoted partner.

FATHER:

If you dream of your father: a sign that he bears the greatest affection for you

FEATHER:

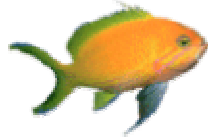
You will be caused a great deal of worry through the indiscretions or the misfortunes of a relation.

FIGHTING:

If you fight and lose: all your troubles will soon be dispersed. It is unlucky to fight and win.

FIRE:

An organic dream, caused by physical disorders. No prophetic meaning



FISH:

To see a single fish: increased prosperity, a devoted spouse and a brilliant child. If several fish: many friends are working to help you.

FORREST:

To be lost in one: lucky; if you view one from a distance: you will lose some property.

FRUITS:

Fruits have a particular meaning; they are:

- **APPLE:** if red: a present of money within a few days; if green: you will wait a month or two for it. Golden apples are omens of greater wealth
- **CHERRY:** unhappy love affairs
- **GOOSEBERRY:** beware of a rival
- **GRAPE:** success for the trader; jealousy for those in love.
- **LEMON:** quarrels between man and wife, or breaking off an engagement.
- **ORANGE:** loss of goods and infidelity of a lover. Beware of placing implicit trust in a chance acquaintance.
- **PEAR:** an advance in business and a new friendship
- **PLUM:** sickness of a friend or relation.
- **RASPBERRY:** great disappointment, but consolation from an unexpected source
- **STRAWBERRY:** a visit to the country with one who loves you



GAMES:

To play: good news; to watch: jealousy of a friend

GARDEN:

Marriage with a very beautiful woman or a handsome man

GHOST:

If a terrifying and horrible character: an organic dream and no significance

GIANT:

Lucky omen. Commercial prosperity is fore told

GLOVES:

To dream of losing them: a business loss; to find a pair: a parting from a friend; to wear them: a wedding.

GRAVE:

Health for the sick, riches for the poor, and lovers for some.

GUN:

To hear the gun fired: the death of a distant relative. To fire a gun: hurt from an enemy.

HAND:

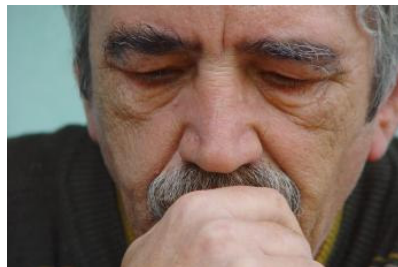
A right hand refers to brothers or sister; a left hand represents children. If the hands appear to be tied: the removal of some impediment to success

HANGING:

If you dream you are being hanged: a good omen; to see another being hanged: a friend or relation will be honored and famous

HAT:

To wear a new one: foreshadows a disappointment; to lose one: a present; to find one: a trifling gloss of money



HEAD:

A head injury: a forewarning of misfortune for the dreamer. Unseen enemies encompass him or her.

HEARSE:

A marriage or a similar joyful celebration

HILLS:

In the distance: realization of ambition; to climb them: future worries; to run down them: bitter disappointment

HORSE:

To ride a horse: the making of money and true friends: to fall off: a hasty marriage. To see a number of horses: independence and happiness

HORSE SHOE:

Ill luck telling of gambling losses and unrequited love

HOSPITAL:

Good health and freedom from worry

HOUSE:

Domestic comfort and contented wife. To see a house fall: family quarrels and estrangements.

**HUNGER:**

If you dream of hunger you will never experience it

HUSBAND:

If you are single and dream that you have a husband, you will long remain a spinster.

HYMN:

To be singing hymns: love not returned; to hear others singing: distress among friends or relatives.

ILL HEALTH:

A contrary dream, good health and a long and peaceful life

INN – HOTEL:

If you are inside one: you will know poverty; if you are outside: you will have a great disappointment

INSANITY:

Social success. You will possess a faithful marriage partner



INVENTION:

To dream of a new invention: a great advancement in business through your own ability

JEALOUSY:

To dream that you are jealous: you will have cause for jealousy; to dream that someone is jealous of you: a sign that you are deeply loved

JEWELLERY:

Your vanity will bring about many disappointment. To those who have passed through great grief, the healing of wounds and the love of a devoted friend.

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JOURNEY:

To make a journey is a direct prophecy that you will do so.

JUMPING:

To fall while attempting to jump: a lucky omen; it denotes the overcoming of difficulties, and eventual success



KEY:

A single key: love and marriage; many keys: prosperity, but little affection

KING:

Unlucky. It means degradation. If you see a king: you will be helped in life by a rich friend.

KISSING:

If kissing someone against his will: lucky; you possess a true lover. If you are kissed: you will live without love.



KITCHEN:

Great domestic bliss and a faithful circle of friends

KNIFE:

Illness. Loss of money and quarrels with relations.

LADDER:

If you climb a ladder: you will succeed with the plan you have in mind; if you fall: make certain your course of action is wise



LAMP:

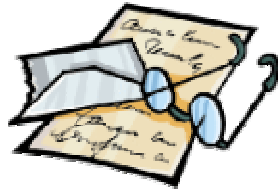
To carry or to see a burning lamp: lucky, truth will remain your ideal throughout life. A dim or unlit lamp: unlucky; it suggests that you possess a dull intelligence.

LAUGHTER:

If you laugh in a dream: in reality you will cry

LETTER:

If receiving a letter: you will shortly send an urgent one.
If you send a letter: you may expect a valuable present.

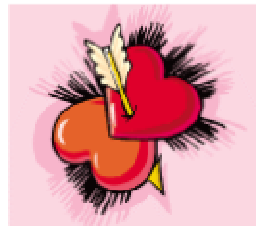


LIGHTNING:

Great success in business and for all those who work on the land

LOVE:

To those who are lonely and unloved: an affair, probably marriage. If married: quarrels and domestic strife, as it is for those who are engaged.



LUGGAGE:

If you see your own luggage: great difficulties to be encountered next day. To see other people's luggage: a short journey.

MADNESS:

If you dream you are mad: a sign of keep intellect and ability, and protends great success in the future.

MARRIAGE:

Trouble, anxiety, and loss of money.

MILK:

To sell milk: a great disappointment. To give milk away: a sign of future prosperity.

MIST:

If you are enveloped in it: the pans which you have in mind will succeed. To view mist from a distance: troubles and misunderstandings with friends.



MONEY:

To lose money: unexpected gains; to find it: a heavy loss

MOON:

Unexpected happiness and success in love. A new moon: favorable to merchants, farmers and lovers. A full moon: an approaching marriage.

MOTHER:

Wise counsel, kind a loving friends, happy marriage and an honorable position.

MOTORING:

If you are motoring / driving: a short journey is predicted

MURDER:

An organic dream and no prophetic significance



MUSIC:

If it is harmonious: good news.
Discordant notes: a journey, with mishaps

NAILS:

To be hammering nails: unexpected news concerning a dearly loved friend.
To be drawing them out: quarrels with new acquaintance

OLD AGE:

If elderly dream of old age: they will live long. To younger people: prudence and counsel

ORGAN:

If you hear or see one: your present trouble will soon pass; to dream that you are playing: immediate advancement and a joyful marriage.



OWL:

Melancholy dream predicting sadness, poverty, and sometimes disgrace,

PAIN:

To dream that you are in pain is an organic dream and has no significance

PAPER:

Blank paper: a period of grief; paper which bears writing: great joy in connection with a love affair.

PARCEL:

To receive a parcel: a loss, to send a parcel the arrival of a small present; carrying a parcel; a friend or relation will make a lucky speculation.

PEARL:

You will acquire riches

POISON:

If taking poison: you will suffer from the vile tongues of slander

POTATOES:

To dig for them: fain, to eat them: heavy losses and dishonesty in business.



PRAYER:

If you are praying: happiness; to hear the prayers of others: ungracious activities on your part.

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PRISON:

To dream that you are committed to a prison: an indication of freedom; if you see others in prison: a disappointment.

PURSE:

Success and prosperity; a full purse: sorrow and anger. To lose a purse: a trifling gift from a new friend; to find one: good news by letter.

QUARRELLING:

A contrary dream denoting reconciliation in love

QUICKSAND:

To be in them: a rise in your position and marriage to a rich lover. If you see others sinking: you will meet with troubles and opposition in your business affairs.



RACE:

To take part in any kind of race means that you will be confronted with a great temptation.

RAILWAY

You will receive a visit from a long-lost friend.

RAIN:

If falling heavily: domestic troubles and business losses, a light shower: success of an undertaking

RAT:

Secret and powerful enemies: you will defeat them if you kill the rat



RAVEN:

Bad omen. You must expect many disappointments, a rival in your affections, and a more or less serious loss of money

RICE:

An omen of abundance and domestic concord

RING:

If you receive a ring: you will soon be married. If a wife dreams of breaking a ring: she will have a bitter quarrel with her husband

RIVAL:

To dream of your rival, either in business or love: exceptionally fortunate; you will soon be successful in your aims

ROAD:

A broad and smooth road: unlucky. A rough and winding road: fortunate

ROCKS:

Dangers and difficulties will beset you: tread warily



ROPE:

To be bound with rope: you will soon break a promise to a friend. To see others bound: someone will break his promise to you

ROWING:

An omen of success generally. If boat upsets; you will receive important news

RUNNING:

You will be making a journey to meet someone who will help you

SAILING:

Success and prosperity

SCISSORS:

To the unmarried: an approaching wedding; to the married woman: a misunderstanding with her husband



SILK:

An omen of good fortune and joyful love

SILVER:

A prediction of the marriage of a friend or relative

SKELETON:

If you are in trouble, soon you will receive comfort, probably from a stranger

SMOKE:

White or grey smoke: you will offer someone hospitality, but will soon regret it.
Black smoke: worries connected with domestic affairs.

SNAKES:

Secret and treacherous enemies will attempt to ruin you. With strength and courage you can prevail against them

SNOW:

If a young girl dreams of snow: she is about to meet a lover. To others: good news and financial gain. A snowstorm: great and satisfactory changes.

SPIDER:

A lucky escape from an accident; if spinning a web: you will receive money

STAIRS:

To walk upstairs: a disappointment; to walk down: a surprise



STARS:

If bright: success in love and business; dim or falling stars: an ill omen denoting quarrels, slander and failure

STEALING:

If others are stealing from you: financial gain; if you are stealing: triumph over an enemy.

STOCKINGS:

For women: conquests in love; for men: extravagance or ruin.

STONES:

Throwing them: a visit from a relation; to see others throw them: an omen of sorrow and affliction

SUN:

If you see it rising: great advancement; setting: disappointed hopes. Bright sunlight: the discovery of secrets and much happiness thereby; a darkened sun: worry and fear.

SWEETS:

Unlucky. You will suffer a bitter disappointment



SWIMMING:

Success in your undertakings, although at first you may have to experience worries

SWORD:

You are wearing a sword: you have been acting in a very high handed manner

TABLE:

An omen of domestic comfort: a happy and contented marriage partner

TALKING:

If talking loudly to someone, a sum of money is coming to you from your business or in the form of a legacy.

TEA:

You are drinking tea: a loss of property



TEARS:

Laughter and much joy

TEETH:

To dream that they are aching or discolored: a slight illness

TELEGRAM:

A pleasant surprise

TEMPTATION:

If you are tempted and fall: the contrary will happen; to be tempted but resist: you will be led astray

THUNDER:

If you hear thunder: great success and the overthrowing of enemies. Distant thunder: many worries in your domestic affairs.

TREES:

In bud: a new love; with luxurious foliage: a happy marriage and children; without leaves: trouble in your matrimonial affairs

**TUNNEL:**

Walking through a tunnel: you will make a discovery of importance. To be looking into the mouth of a tunnel: change of home

UMBRELLA:

To lose an umbrella: unfortunate; to find one: a severe loss in your business

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UNDRESSING:

You will make a grave mistake in your business affairs unless you listen to advice

VEIL:

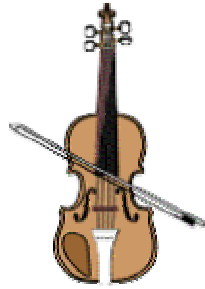
If a woman is wearing a torn veil: it predicts the revelation of a secret. To see others wearing thin veils: many misunderstandings between friends.

VELVET:

A dream of discord, much petty strife and worries in the home

VIOLIN:

A good dream for lovers, an early marriage and prosperity. To the sick: an omen of returning health.



VOICES:

To hear voices but not to see the speakers: sorrow and much worry

VOYAGE:

A direct prophesy of a voyage; if you dream the conditions will be rough: they will be calm; and vice versa

WAR:

Peace and success in business. To the tradesman: failure of his competitors

WATER:

Clear water: happy love and freedom from cares; muddy water: an evil conscience; quarrels with friends



WEALTH:

To the poor: a good dream, to the rich: a sign of losses caused by a craving for much money

WEeping:

A contrary dream denoting festivity, joy and laughter.

WINE:

Drinking wine: a business loss and the making of a new friend. To serve others with wine: great domestic enjoyment

WOMEN:

For a man to dream of seeing many women: a sign of lies, betrayal and downfall. If a woman dreams she is in the company of other women: she will have many new clothes.



WRITING:

To dream that you are writing a letter: you will receive one from a very old friend.

YEW TREE:

To be sitting under a yew tree: the loss of a friend through illness. To see one: a lucky escape from a serious accident is implied

ZEBRA:

A change of circumstances, poverty followed by a successful business venture or transaction, which will bring riches.

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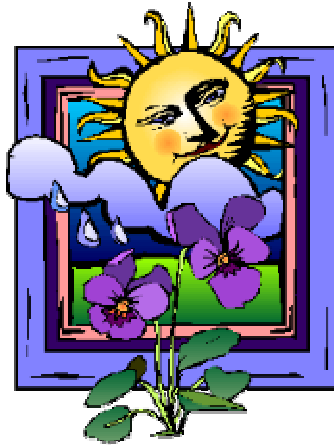
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**Additional Sleep Aid Site Links on
www.sleep-aid-tips.com**

sleep aid	pregnancy insomnia	sleep cycles
sleep disorder	teen sleep	sleep hygiene
sleep disorder symptoms	insomnia cures	sleep routines
sleep disorder treatments	insomnia symptoms	sleep studies
sleep quotes	talking in sleep	herbal sleep aid
sleep innovation	herbal pillow	sleep aging symptoms
sleep apnea symptom	sleep remedy	select comfort bed
sleep apnea treatment	interpret dreams	memory foam pillow
sleep apnea diagnosis	insomnia cure	sleeping problem
adult bed wetting	bed wetting	sleep expert
kid sleep	sleep talking	sleep tips
insomnia treatments	sleep walking	sleep wear
cause of snoring	bath salts recipe	sleep deprivation
snoring cure	baby sleep	sleep better

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<http://www.strategic-services-aust.com> for free small business resources to help business entrepreneurs and consultants to grow their business and also to make their own website for recreation or profitable business. If you have a business that needs more customers, use the internet to drive them to your door.

Also samples of some of our client's new websites – some still under construction, but very worthwhile visiting- already in the top 1% of 56.1 million websites worldwide!

<http://www.elvis-presley-forever.com>

<http://www.beautiful-body-ideal-weight.com>

<http://www.natural-humor-medicine.com>

<http://www.cafehobson.com>



And if you would like to know how to make your own web sites like these even if all you know is how to type a letter and click a mouse

.....

Site Build It has everything needed in a website, research tools, newsletters, auto-responder mail, web email, brainstorming tools, web hosting, site ranking optimization, total tutorial for simple how-to make your own web site AND most importantly of all, you just copy and paste your documents into the page boxes to build your own profitable website!

NO WEBMASTER SKILLS NEEDED – EVER!

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Or visit these specific pages for your subject of interest:

- o **The SBI! Small Business Locator**

"Find YOUR Small Business (Or Idea)"

Do you reach a rather broad-based audience? Or what if you want a wife to read your article and perhaps point her husband or friend in another direction? This site gives you multiple chances to make a sale...

<http://find.sitesell.com/strategic4.html>

- o For The Aspiring **Infopreneur... InfoPublishing**

Build an online business based upon what you know (from work experience, hobbies, passions, or past-times). If you know your subject matter, and if you're motivated to build a REAL business with growing, diversified revenues...

<http://infopublishing.sitesell.com/strategic4.html>



- o Funnel RELEVANT Traffic to Primary E-commerce/Corporate Site

Already have an online store? A sales site?

Most SSBs who do are in supreme pain... no traffic.

Remind them of their "no traffic" pain. The best way is to suggest that your prospective customer visit...

<http://traffic.sitesell.com/strategic4.html>

... and take the "Get to the Point Test" -- it's a powerful demo of just how badly off their business is, traffic-wise, and how much better they could be doing.

Some SBI! clients have spent \$30,000+ on their main e-com sites. But their major source of traffic comes from their \$300 SBI!.

<http://traffic.sitesell.com/strategic4.html>

- o Master the Word to **Professional Webmasters**

Small business people who "do it themselves" are the tip of the iceberg. Webmasters reach the iceberg... those who want others to do it for them.

Use this RR URL to reach the folks who reach the iceberg...

<http://webmaster.sitesell.com/strategic4.html>

- o **Affiliates**

Finally, the promise of affiliate marketing is realized. Publish a theme-based information-jammed content site. Monetize with the cream of affiliate programs, blend in additional AdSense and other revenues. Finally... Build an affiliate site that WORKS. Diversify as you grow.

<http://affiliatemarketing.sitesell.com/strategic4.html>

- o **Network Marketers**

Network Marketing starts with recruiting/lead generation. Generating leads is "made for the Net." But that's not the way matters have unfolded. Why? Because everyone in the industry has tried to force offline methods, online. There's no need to push (i.e., chase cold calls/prospects) when you can motivate them to pull (i.e., they call you).

<http://networkmarketing.sitesell.com/strategic4.html>

- o **Online Auction Sellers**

Encourage auction sellers to free themselves of eBay dependency. The "Big 3" will do it --> #1) Own #2) Diversify #3) Build equity. Now auction sellers can build REAL businesses that THEY own.

<http://auctions.sitesell.com/strategic4.html>

- o **For LOCAL Businesses with LOCAL Clients**

There are tens of millions of small local businesses not yet online. Those who ARE online? They die deaths of quiet, no-traffic desperation. Show them how to build a Web site that WORKS... One that delivers 100 times the benefits of a Yellow Pages ad, At one tenth of the cost.

<http://localbiz.sitesell.com/strategic4.html>

- o For Those **Selling a Service...** or Could Be!

It's *THE* Most Overlooked Opportunity on the Net. Build an evergrowing client base until you can say... "I'm sorry... I'm not taking new clients."

An SBI!-built Theme-Based Content Site is perfect because every service revolves around a theme.

<http://service-selling.sitesell.com/strategic4.html>



- o **Referrers/Finders**

Get paid a referrer or finder's fee by an offline business for finding a customer (or a "lead") for it. This monetization model is as classic as business itself. The Net, though, makes it far more cost-effective.

<http://findersfee.sitesell.com/strategic4.html>

- o **Selling Hard Goods**

Thinking about selling products online?
Maybe you already are,
but want to do better... much better?
If so...

Year by year, both retailers and shoppers are moving ever more online.

It's the low risk, easy, efficient way to sell.
And, for shoppers, it's the ideal way to buy
(fast, convenient, reliable, endless variety, cheap).

So why do 98% of small business online retailers fail?
And why is this little-known, disastrous "98%-fail"
statistic good news for YOUR audience?

<http://hardgoods.sitesell.com/strategic4.html>

- o **Selling E-goods**

E-books (especially non-fiction "how to"), e-photos
(booming!) scans, niche software, etc. The whole "digital
goods for sale" space is soaring.
--> Anything can be digitized -- sell it.

<http://egoods.sitesell.com/strategic4.html>



- o **Sales/Rentals**

Whether you represent villa rentals in Tuscany, medical imaging manufacturers, or the services of computer programmers, you CAN sell or rent effectively online.

<http://sales-rentals.sitesell.com/strategic4.html>

- o Do you reach **small business people** who already have Web sites? Challenge them to put their sites (or sites of friends or colleagues) to the **traffic test** that we call the...

"Get to the Alexa Point Test"

<http://traffic-test.sitesell.com/strategic4.html>

- o Invite your visitors/readers/friends/colleagues to **compare SBI's' feature** set with Yahoo! Web Hosting Pro, Verisign Web Business Expert and Microsoft bCentral Professional. The difference is striking...

<http://compare.sitesell.com/strategic4.html>

- o "I love it, but **I just don't have the time.**" Overcome this tragic-but-common, all-too-true objection by referring this "too-busy" small business person to the sales-generating Certified Webmaster Directory...

<http://directory.sitesell.com/strategic4.html>

- o **Make Your Site SELL!**

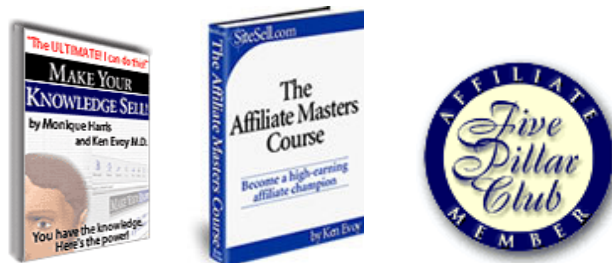
"The definitive work on making ANY Web site SELL!"

<http://myss.sitesell.com/strategic4.html>

- o **Make Your Knowledge Sell!**

"Turn knowledge into revenue -- sell your brain on the Net."

<http://myks.sitesell.com/strategic4.html>



- o **Make Your Price Sell!**

"How much money are YOU leaving on the table?"

Price with complete confidence & double your Net profits.
<http://mysps.sitesell.com/strategic4.html>

o **Make Your Words Sell!**

"Want to sell MORE? Become an e-persuader."
<http://myws.sitesell.com/strategic4.html>

o **Make Your Net Auction Sell!**

"An e-biz in every closet... Get into Auction Action!"
Now Updated and FREE!
<http://mynas.sitesell.com/strategic4.html>



free book



o **The 30-Second Nutshell Version of CTPM**
Folks are in a hurry. So send them here...

<http://ctpm.sitesell.com/strategic4.html>

SOHOs, startups, and newbies to...

<http://passion.sitesell.com/strategic4.html>

This is ideal for the **small business person** just starting out (and there are zillions of folks in this boat, looking desperately for the perfect solution -- SBI! is it).

o Master the Word to **Webmasters**

Small business people who "do it themselves" are the tip of the iceberg. Webmasters reach the iceberg... those who want others to do it for them.

<http://webmaster.sitesell.com/strategic4.html>

o A Revolution in **Web Site Monetization -- Google's AdSense**

A Tailor-Made Way to Monetize Your SBI! Site!...

Rarely will a custom-made solution be dropped into your lap (let alone from the Net's smartest company), just begging you to capitalize. Ride Google AdSense for all its worth. Send visitors to THE word on how to get the most from AdSense...

<http://adsense.sitesell.com/strategic4.html>



Wishing you all the very best life has to offer,

- Helene Malmsio

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<http://www.personal-enterprise-self-help-resources.com>

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<http://www.sleep-aid-tips.com>