Snakes

One symbol with two opposite readings. How the dream felt tells you which one visited you.

THE THREE MAIN READINGS

1. A hidden threat

A person or situation you sense is not safe. A bite often lines up with a hurt that arrived without warning.

2. Change and shedding

A snake sheds its skin and keeps living. A calm snake, or one mid-shed, often reads as renewal, and as outgrowing an old version of yourself.

3. Healing

Snakes have carried a healing meaning for a long time. The snake on a healer's staff is still the emblem of medicine.

IN YOUR DREAM

A snake in your house or your bed feels personal. A snake on a trail, watched from a distance, usually stays at the level of a general worry.

A QUESTION TO SIT WITH

Were you scared of the snake, or calm around it? Start there, and write down its color and what it did.

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