



THE
MOON
DUST
DREAM

Dictionary

Unlock the True Meanings of Your Dreams
with the Wisdom of the Moon

FLORENCE SAUL





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enquiries@watkinspublishing.com

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Assistant Editor: Brittany Willis

Head of Design: Karen Smith

Cover Designer: Francesca Corsini

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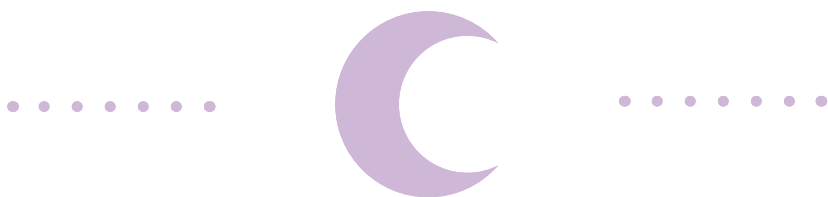




Part One

Introduction





About This Book

When I was a young girl, I used to keep a dream diary. I was fascinated by the seemingly real – and usually surreal – experiences that flooded my awareness after falling asleep. I believed “the night” was a doorway into another dimension. It was as if the moon was talking to me in a language I almost-but-didn't-quite understand. So, I kept a journal. And while my friends studied French, maths or dance, my interests steered me in a very different direction.

For as long as I can remember, I have strived to discover where my mind travels at night and divine the messages my dreams contain. Of course, in our empirical world, we can talk of nerve networks, the hormones serotonin and melatonin or the science of sleep and identify what is happening on a chemical level. We can also explore psychological perspectives and the underlying causes of our emotions. But for some reason, this analytical approach to seeking the “what” of dreams never seemed to satisfy my mystical curiosity to understand the “why” and the “where”.

I began to delve, open-minded and open-hearted, into the exploration of mysticism. And while I faced the inevitable pushback from the boisterous, bragging empiricist (in myself and others), the more subtle realm of mysticism innately made more sense to me. I stayed focused,

knowing that just because books hadn't been written on the subject I was pursuing didn't mean they never would be.

We all know that a long walk in nature can bring us peace, creativity or elusive answers. We have an innate belief in this fact, but can we explain it? Not really. It was this innate belief that kept me digging for something more tangible.

It may be that one day we will have solid scientific explanations for what we currently call mysticism, and I am open to that. But for now, I remain committed to the idea that just because we can't explain it doesn't mean it doesn't exist.

BELIEF SYSTEMS

I believe that it is essential to recognize that we all have different belief systems. An important part of any belief system is the lexicon – the vocabulary – used to label what are often shared human experiences. Conversely, we can sometimes clam up when met with words that fall outside of that lexicon, despite them describing these shared traits.

The most obvious example of this is the word "God". How we define "God" will either unite us, pit us against each other or simply turn us off. Yet, in our hearts, most of us have ways to tap into something bigger than ourselves, such as meditating, taking deep breaths when we are stressed, counting to ten before we respond angrily, or even simply wishing each other "good luck" etc. Iconography and cultural manifestations may vary, but as far as I am concerned, these all tap into the same thing.

Likewise with mysticism. Call it what you will – intuition, a sixth sense, sub-conscious perception – it is all the same.

In this book, I will have to commit to one lexicon or another. So, I am going to use my own. But before I do, I will try to deconstruct some of the barriers that may block the otherwise aligned of us, so we are not derailed by what are essentially different-coloured Post-It notes on shared human experiences.

We may be looking at the same things, just with different labels. I would like to establish early in this book that when we look, we may share the

same feelings if not the same words to describe them. The following sections attempt to define common ground – a common belief system – despite our various backgrounds. I want us to find a common lexicon in our efforts to help us better interpret the meanings of our dreams.

LOOKING BACK

I will go into greater detail in the following chapters, but for now, I want to introduce the idea of tapping into the wisdom of our ancestors.

Our culture often refers to the legacies of scientific thought leaders such as Darwin, Einstein, Freud, Newton etc. Human history is rich with pioneering ideas on which we build our ever-evolving and increasingly sophisticated cultures.

This set of thought leaders isn't limited to recent scientific experimenters. The wheel is the perfect example of ancient engineering that got it right. Greek mathematicians and philosophers put their stamp on the intellectual world in profound ways, Rome and Egypt contributed immensely, and the list goes on. From mathematical proofs to complex engineering, irrigation, navigation, the arts, and even democratic processes, the legal system and the way we think, the wisdom of the ancients can be found in every branch of academia. And that's not all.

In addition to the wisdom of the ancients that we do understand, there is wisdom that we don't yet understand; mysterious advancements that somehow got lost in the dusts of time yet are no less tangible than the wheel. The Pyramids of Egypt continue to baffle contemporary engineers. How these were built with such accuracy without the aid of modern tools and planning software remains a mystery. The Nazca Lines carved in the Peruvian desert by the Incas an enigma, elegant and enormous iconography impossible to view unless from an altitude the Incas themselves couldn't have gained. Like the Pyramids, these lines defy explanation.

While the feats of the Pyramids and the Nazca Lines are remarkable enough, their mystery doesn't stop at their engineering. Both have mystical, spiritual or astronomical components to their design that show how these cultures dedicated extraordinary resources to honouring their cultural beliefs.

And so it was with the Mesopotamian culture, too.

I have a deep personal interest in what are known as the Clay Tablets of Babylon: a vast collection of carved clay tablets that date back 3,700 years but were only recently discovered. These tablets contain, among other things, the world's oldest and most accurate trigonometric tables used in the construction of palaces, temples and canals. These mathematical documents pre-date the Greeks by 1,000 years and have rewritten the history of progressive thinking.

Another component of the ancient wisdom unearthed with the discovery of these tablets is what is considered to be the earliest explorations into astronomy, astrology and dream interpretation. While many of these tablets have yet to be translated, what is already known about this branch of mysticism is proving to be no less profound than the tablets' mathematics.

LOOKING FORWARD

These tablets are kept, for the most part, in the British Museum, not far from where I used to work. I discovered them for myself one lunch hour in 2009 and became immediately mesmerized by the voice inside them trying to speak out.

From that day, I spent every lunch hour in their presence, and so began my 15-year journey here. I read up and immersed myself in the translations, culture, interpretations and wisdom. I felt such a connection that I wanted to spread the word about their dream interpretations.

Initially, I chose to format my interpretations in a contemporary way. I steered clear of referencing the clay tablets, fearing it would be too esoteric, too out there, or too soon for casual dreamers. But since I launched my website for dream interpretations, it has seen over 100 million visitors seeking deeper meaning and finding inspiration, shattering any preconceptions I had of the resonance others would feel about this information. It has been so widely enjoyed that I now wish to open the doors to the source material behind the work that has led me here – the Clay Tablets of Babylon, as these clearly connect to a deep and very real place in the human psyche.

I will refer to these tablets, and the wisdom of the Mesopotamians, many times in this book. It is often said that we stand on the shoulders of giants, and this is true. The Mesopotamians are newly rediscovered giants.

LOOKING UP

The other key component of this book relates to the moon and its phases. The moon is arguably the most extraordinary heavenly body in our human experience. Some may say that the sun is more extraordinary, but I beg to differ.

The sun is the norm and our common experience. Plus, it is impossible to look at. We don't look directly at the sun; we look at the sky, the clouds, the earth and our fellow humans. I often feel that, emotionally, we accept the sun as our default state. In the same way that it can be fun to consider whether or not a fish is aware that it is in water, I believe that daylight is the medium within which we go about our daily lives and is less interesting for that reason. As life-giving and ubiquitous as air, the sun has little intrigue and is not as "sexy" as the moon.

After the splendour of sunset and the plunging of our lives into darkness, we become less outgoing and more sensitive, hyperaware of any dangers that may lie in the shadows. This nocturnal world is illuminated by the extraordinary heavenly body that glides over us each night, hundreds of thousands of times brighter than the average star.

What must our ancestors have thought of such beauty and mystery? That is actually a rhetorical question. The Babylonian clay tablets tell us precisely what they thought. I haven't yet met a person who has claimed that they have never gazed at the moon in wonder. It is a beacon and a Siren song; it casts a spell on us and has inspired scientists and artists, mystics and adventurers for as long as humans have been curious.

Let us not fall into the conceit of thinking we know all there is to know about the effects of the moon on the human psyche. We have evolved – and continue to evolve – under the constant influence and watchful light of this unique, mesmerizing orb. How can it not guide us, conscious or otherwise?

Just as butterflies, birds and whales navigate the globe using sensitivities beyond our understanding; just as the animal kingdom is known to seek higher ground prior to tsunamis, again, using sensitivities beyond our understanding; we too have innate sensitivities. It would be foolish to assume otherwise and be more appropriate to trust and believe in our talents.

This book delves a little deeper into how we innately interpret the lunar phases and acknowledges that these interpretations must, in some way, inform our subconscious. I don't shy away from believing such things are real. I ask that you remain open to the fact that, while we may operate on a highly progressive conscious level, it is entirely plausible that this is just the tip of our cerebral iceberg and that mysticism, however we define it, is part of the human psyche.

IN CONCLUSION

While this book is intended to be a fun, well-considered dream dictionary, I will be referencing esoteric material and subtle influences that aren't openly embraced in our culture.

The following chapters go into greater detail about the past and the moon. If you have made it this far, I encourage you to dig a little deeper so that when you are using the dictionary for quick reference, the interpretations are more meaningful for you.

We don't need to reinvent the wheel. If we can familiarize ourselves with the wealth of wisdom in dream interpretation and the lunar phases detailed by the giants that came before us, we can embark upon a more meaningful and rewarding journey toward deeper self-awareness.

