



## Recording dreams:

Keep your journal and pen or a recording device close to your bed – dreams have a tendency to slip away easily. You might want to set an intention in the evening to receive guidance in your dreams and to remember them in the morning. To support a deeper work with your dream, it would be helpful also to record:

- Date, day, time (this helps to connect your dream with your outer life events)
- Internal impression (feeling – joy, sadness, terror, anxiety etc) at the time of waking up
- Title of the dream
- Record in the first person, sequential in the present tense
- Your response to the dream elements in the different writing ( *This place looks familiar to me like I have been here before* )

## Some suggestions for working with dreams

**1. Contemplating your dream** - immediately after dreaming: what is the context of the dream, what does it remind me of my daily life, physical sensations, feelings, thoughts, my fears, goals, challenges, aspects that I do not want to deal with.

**2. Entering the dream** – experience the dream in waking consciousness as it would happen in present moment - walk through the dream as much detail as possible (ask permission to ask questions if working with somebody else - where are you, what do you see, how does this look, smell, sounds etc, look more closely...) Slow down! If possible walk around in the room, eyes closed, trying to capture the dream elements.

**3. Speaking with dream images** - have a dialogue with the different elements (images) in dream - ask: What do you stand for, what is your purpose, why are you here, what is your message to me etc. If the dream image does not talk, then note: it's the part who does not want to talk.

**4. Exploring and owning dream aspects and symbols** -

- select an aspect

- set an intention to fully experience this aspect
- “walk” through the dream
- become this aspect (find in the room the place of this aspect), embody sounds and movements
- talk as this aspect (I am..., I am doing..., I am feeling..., how I look like..., my purpose...,
- ask questions like (when working with smb. else, ask permission ): what do you want to teach, what do you need, do I need to do smth.

**5. Observing the dream self from the distance** – imaging floating above the dream scene or flying as a bird or observing from the mountain top or observing as a movie (especially if the dream image had been scary). Ask questions (again – what is ... doing, thinking, feeling; how does it look like etc)

**6. Contemplating your dream’s intention** - after the previous techniques might have given some insight - why did my Self send me this dream now? Why now? What is communicated? Etc

**7. Evolving your dream** - enter into dream in the key moments (when you would like to change something) or at the end, imagine rescripting the dream (ask questions, stop, turn around, talk to other images etc) Keep in mind - it’s my dream anyway, I can do whatever I want!

**8. Resolving your dream intent through the action step** - referencing back to life (after step 6 - contemplating the dream): what can I do, what would be the most beneficial grounding the dream experience

