

DREAM RECALL

Nothing is worse than wanting to record your dreams, only to find that when your alarm goes off, you have forgotten everything—except today’s appointments.

To prevent this discouraging scenario, practice the following [for three weeks](#): As soon as you awaken, write in your dream journal for ten minutes. It doesn’t matter if you remember your dreams at first; you will by the end of two weeks.

If you suspect that your medications could be interfering with dream recall (and many do), have your pharmacist check to see if another medication is available—one that doesn’t interfere with your dreams (the REM sleep stage), or any of the four other stages of sleep. Then, check with your doctor.

TO AID DREAM RECALL, REPEAT AFFIRMATIONS

I am thankful that dreams enlighten my spirit.
I value my dreams.
I easily recall my dreams.
My intuitive mind helps me understand the meaning of my dreams.
I am thankful that dreams nourish my spirit.

DREAM RECALL TECHNIQUES

The best dream recall techniques are simple and natural. Encourage deeper awareness by completing a “[Day Notes](#)” section in your Dream Journal. Include the following:

[Recent Events, Feelings, & Concerns](#)

[Your Main Satisfaction](#)

[Your Main Frustration](#)

[Your Main Desire](#)

[Today’s Top Priority Goal](#)

[Five Reasons To Feel Gratitude](#)

Make **sketches** of symbols that seem to capture the essence of your feelings or situation. Just before drifting off to sleep, affirm:

I will enjoy a refreshing night’s sleep and awaken energized.
I will easily remember my dreams.
Upon awakening, I will record my dreams in my Dream Journal.

Dreamwork

- [Top Ten Dreamwork Techniques](#) — “Your Guide to Happiness, Wisdom, and Purpose”
- [What Did You Dream Last Night?](#) — “Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind’s Answers Tomorrow”
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys

Dream Recall Tips

BEFORE SLEEP

1. Create or purchase a dream journal that you find both attractive and easy to use.
2. Throughout the day, repeat your intention to recall your dreams. E.g., "At 7:00 a.m. tomorrow, I will easily recall and record my dreams."
3. If you are incubating a Dream Incubation Question such as "How can I become a more loving partner?", affirm often throughout the day, "I will fall asleep readily, sleep through the night, and awaken with a clear insight into my question..."
4. Minimize **stress, discouraging thoughts, and fatigue** every day as they interfere with dream recall.
5. If you take medications, discuss with your pharmacist and doctor whether there are medications that do not affect your sleep—**especially REM sleep**. For example, alcohol, antidepressants, and barbiturates may negatively affect some stages of sleep.
6. Establish a relaxing half-hour **bedtime ritual**. During the hour before sleep, fill your mind with uplifting thoughts and images. Avoid all electronics—TV, computers, etc.
7. Place a pen and a dream journal or clipboard beside your bed.
8. Write "Day Notes" about recent and upcoming events, issues, and your true feelings.
9. Remind yourself of the many benefits of dream recall—inspiration, insight & guidance.
10. Before sleep, visualize awakening and recording your dreams and feelings. If you are posing a Dream Incubation Question, write it out and repeat it over and over, as you fall asleep.

UPON AWAKENING

1. Upon awakening, ask, "What was I just dreaming?" and "What was I just feeling?"
2. Avoid thinking about the day's upcoming plans. If you find it difficult to focus on the questions, "What was I just dreaming?" and "What was I just feeling?", place a "To Do" list near your dream journal and record the item you're afraid you'll forget.
3. During the first **ten** minutes after awakening, record your dreams and feelings. Don't analyze as you write; just record as many details as possible. Include quick sketches of the dream images and scenes. Write anything—even if you forget your dream.
4. To establish a dream recall habit, each morning, for **three weeks**, regardless of whether you remember your dreams, write and draw in your dream journal.

THROUGHOUT THE WEEK

Nurture your inner life. On a regular basis, write and draw in a variety of journals: a Personal Journal, a Dream Journal, and a Positive Dream Images Journal.

Integrate dreamwork into your life. Share your dreams with a dream group or partner.