

Dream Recording

The key to recording dreams is to get all the details down on paper as rapidly as you can. Research shows that most dream memories are gone just **ten** minutes after awakening.

Record Quickly: I like to make **three cloud shapes** under the “Day Notes” section of my Dream Journal. As soon as I awaken, I jot down a couple of words in each cloud to remind me of my various dream images. I leave two lines to later write a five to seven-word title for my dream. Then, I begin recording the details of each dream scene, in the present tense: E.g. The sun **is** shining on the water. Sketch settings, people, animals, actions, objects, and transformations (a flower transforms into a person).

The Left-hand Margin: Because I like to add notes after I’ve recorded my dream, I leave a left-hand margin for three-word summaries of dream themes and settings. E.g., “Looking for Treasure In a Cave (Setting).” This makes it easy to track **patterns** when I do my weekly and monthly dream review.

The Right-hand Margin is used for sketches, associations, and feelings. When you’re working on your dreams, it is especially meaningful to note your *feelings upon awakening*. Then, briefly note the feelings associated with all the dream elements—Include dream animals, other characters’ feelings, feelings about colors, etc.

Drawings: Though I’m not a Michelangelo, I sometimes take a separate sheet of paper and sketch dream settings and events in comic-strip fashion.

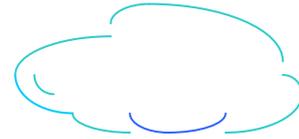
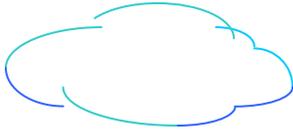
Dream Title: Finally, I give my dream a short, dramatic title. I include the **subject**, the main action and the emotion. E.g., Older man cries with joy as he wins the lottery and flies to the mountaintop!

Needless to say, because of time demands, weekends are ideal for recording dreams.

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 RECORDING RECIPE



Themes & Settings	Dramatic Dream Title -	Associations Sketches & Feelings
	<p>Record your dream in the central column of a format such as this one.</p> <p style="text-align: center;">Dream Recording Recipe</p> <p>STEP 1 Gather together a Dream Journal or a clipboard, a pen, colored pencils, and a booklight.</p> <p>STEP 2 Before sleep, write your "Day Notes." i.e. Key Events; Your Main Satisfaction; Your Main Frustration; A Key Goal; Your Feelings; Five Reasons You Feel Gratitude.</p> <p>STEP 3 Then, repeat the following affirmations:</p> <p style="padding-left: 40px;">I enjoy a refreshing night's sleep & awaken energized. I easily remember my dreams. Upon awakening, I quickly record my dreams.</p> <p>STEP 4 Record your dream within ten minutes of awakening. Draw three "cloud" shapes in your Dream Journal, and jot down brief summaries of key dream images in each cloud. Leave room for a dramatic dream title.</p> <p>STEP 5 Leaving wide margins, record the details of your dream using the present tense. E.g. "I go into the kitchen," not, "I went into the kitchen."</p> <p>STEP 6 After recording your dream, use one to three words to summarize each setting and the main themes in the left margin,. In the right margin, make sketches and notes about your associations and feelings.</p> <p>STEP 7 On a separate sheet of paper, make sketches of each dream scene, in comic-strip fashion.</p> <p>STEP 8 Give your dream a very melodramatic title.</p>	