

Dream Incubation - Find Answers To Important Questions

There are hundreds of ways to find out what dreams are telling you. One technique Dream Explorers use is called Dream Incubation. For example, let's say Katherine, a mother of two, wants to get fit. Before sleep, she focuses on a *specific* question, such as, "How can I inspire myself to exercise regularly?" Within the first ten minutes of awakening, Katherine records the details of her dream. Since a picture is worth a thousand words, she also includes *sketches*. Perhaps she dreams that three families get together for a weekly hiking trip and picnic. If Katherine also dreams she is dressed in a cheerful green warming suit, then that could be just the "ticket!" Katherine's motivation to exercise regularly could be hiking in the outdoors with people she enjoys and wearing clothing in colors she loves.

Sounds intriguing doesn't it? Why not ask yourself a Dream Incubation Question tonight? Cut out the Dream Incubation "Recipe" that follows this article and post it on your bathroom mirror.

Choose A Specific Dream Incubation Question

Write out your Incubation Question a few times before you finalize the wording. To help you get started, here are a few examples of Incubation Questions: What's the best way to get Jessica to do her homework? How can I make my relationship with my partner even better? How can I get more energy? What foods should I eat for radiant health? How can I improve my work life?

Don't expect to get typical "one-size-fits-all" answers. Your Dreaming Consciousness will **tailor-make** an answer to suit your situation and personality to a tee. Because dreams give unique insights that are not available to you in your waking life, it is well worth the time it takes to learn the secret language of your dreams.

Gather Together Dream Recording Materials

On my night stand, between two moon-shaped bookends, I've sandwiched my Dream Journal and a daily Journal. A pen, colored pencils, paper, and book-light are handy. I'm ready!

Throughout the Day, Reflect on Your Dream Incubation Question

Write out your Dream Incubation Question and post it where you'll see it. Each time you reflect on your Incubation Question, repeat the following 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.

Establish A Relaxing, Pre-Sleep Ritual

Know yourself. What do you enjoy? Mix and match physically relaxing activities with mind-relaxing rituals. Here are some examples of physically relaxing activities: taking a warm bath; stretching; tensing and releasing muscles; massage; yoga; and deep breathing.

Some examples of mind-relaxing rituals are: visualizing (in great detail) a pleasant scene from nature; anticipating pleasant events; remembering pleasant events and inspiring people; imagining your perfect retreat; expressing thankfulness for five blessings; listening to relaxing music; aromatherapy; drawing; and journaling. In the evening, avoid alcohol, vigorous exercise, coffee, tea, soda, chocolate, and TV one hour before sleep. Focus on pleasant books, hobbies, or conversations.

Before Sleep, Explore Your Dream Incubation Question

Begin by entering the date in your Dream Journal. Under a "Day Notes" section, write about the day's events, issues, and your feelings. Mention your main frustration, main satisfaction, and main goal for the day. Conclude by listing five things for which you are thankful.

Next, write about your Dream Incubation Question. For example, you might write about the origins of your concern, alternative ways to respond to your Incubation Question, your feelings, possible obstacles, helpful symbols, etc. Then make drawings that depict your Dream Incubation Question and possible solutions. Repeat the affirmations that you said throughout the day. Set your clock ten or fifteen minutes before the hour you would like to get up. That way you're more likely to awaken listening to music and not the latest news story.

Repeat Your Dream Incubation Question As You Fall Asleep

Stretch and take seven deep breaths while imagining a peaceful place in nature. Include a soothing sound and a relaxing color. Finally, repeat your Dream Incubation Question over and over, as you slowly . . . drift off . . . to Dreamland . . .

DREAM INCUBATION RECIPE

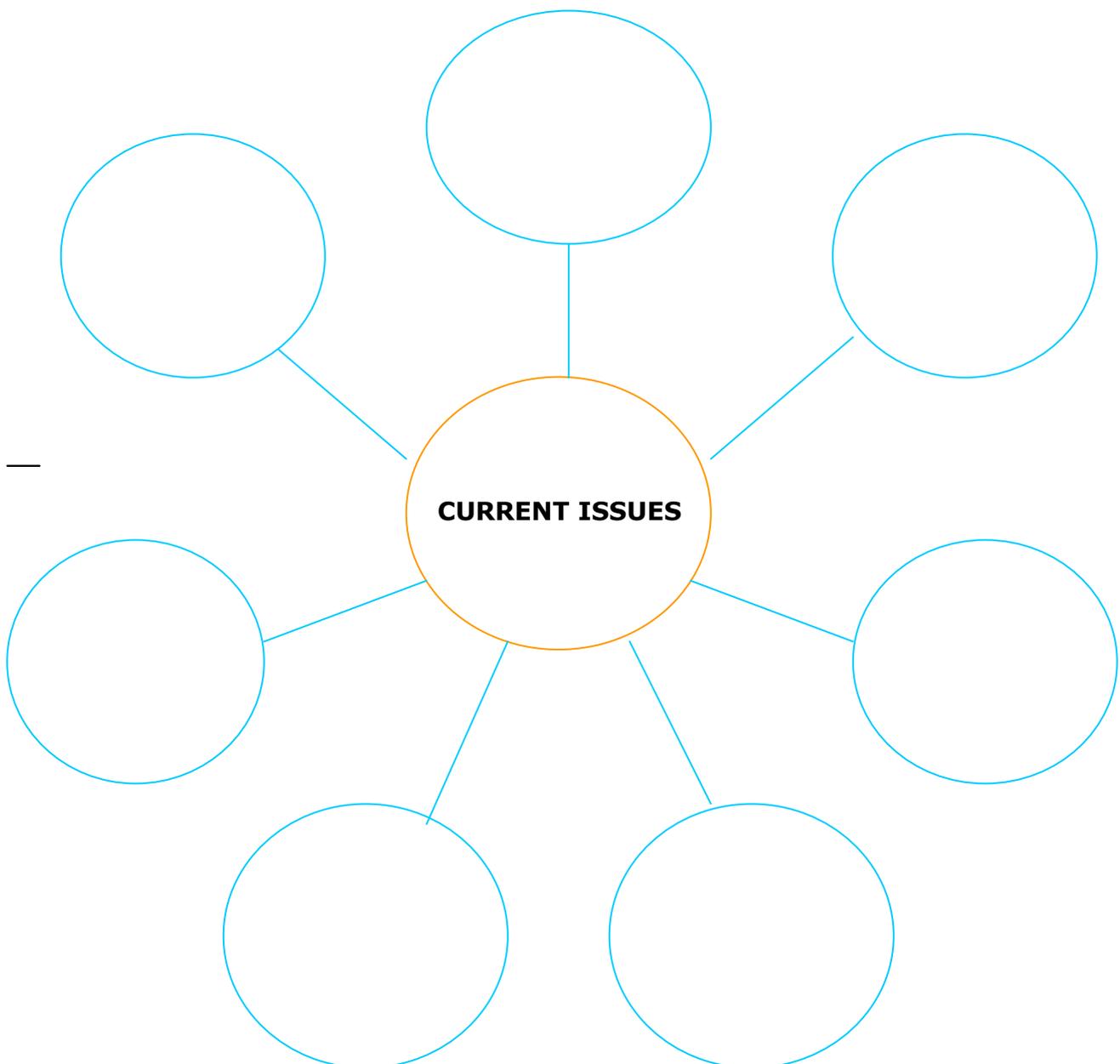
- STEP 1** **Choose a specific Dream Incubation Question.**
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- STEP 2** **Gather together materials to record your dream.** (A pen, journal, etc.)
- STEP 3** **Throughout the day, think about your Dream Incubation Question.**
 As you reflect on your Incubation Question, repeat the following 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.
- STEP 4** **Establish a relaxing, pre-sleep ritual.** E.g. Stretching and meditation
- STEP 5** **Before sleep, write "Day Notes"** - Day's events, issues, and feelings.
 Include your main frustration, satisfaction, goal and five reasons for gratitude.
- STEP 6** **Explore your Dream Incubation Question** - the origins of your concern, alternative ways to respond to your Incubation Question, your feelings, possible obstacles, helpful symbols, etc. Then make drawings that depict your Dream Incubation Question, helpful symbols, and possible solutions.
- STEP 7** **Repeat the following affirmations:**
- 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.
- STEP 8** **Stretch and take seven deep breaths while imagining a peaceful scene from nature. As you fall asleep, repeat your Dream Incubation Question over and over.**

SELECT YOUR TOP PRIORITY CONCERN

1. Begin by listing all the current issues in your life in the satellite circles of Mind-Map A. For each issue, think of a general category. Then, express your concern in the form of a **specific**, one-issue question. For example, for the general category of "health," you might ask "How can I improve my stamina?" For a category such as parenting, you might ask, "How can I discipline our children more effectively?" For an issue such as "creativity," formulate a specific question such as, "How can I be more **creative** in carrying out my life mission this week?"
2. Next, take a colored pen and highlight your three most important issues. Finally, select your **top priority concern**, and then complete **Mind-Map B** on the following page.

Health - Work - Relationships - Priorities - Fun - Practical - Emotions - Life Mission
Decisions - Projects - Problems - Creativity - Spiritual Goals - Relaxation - Learning

Mind-Map A

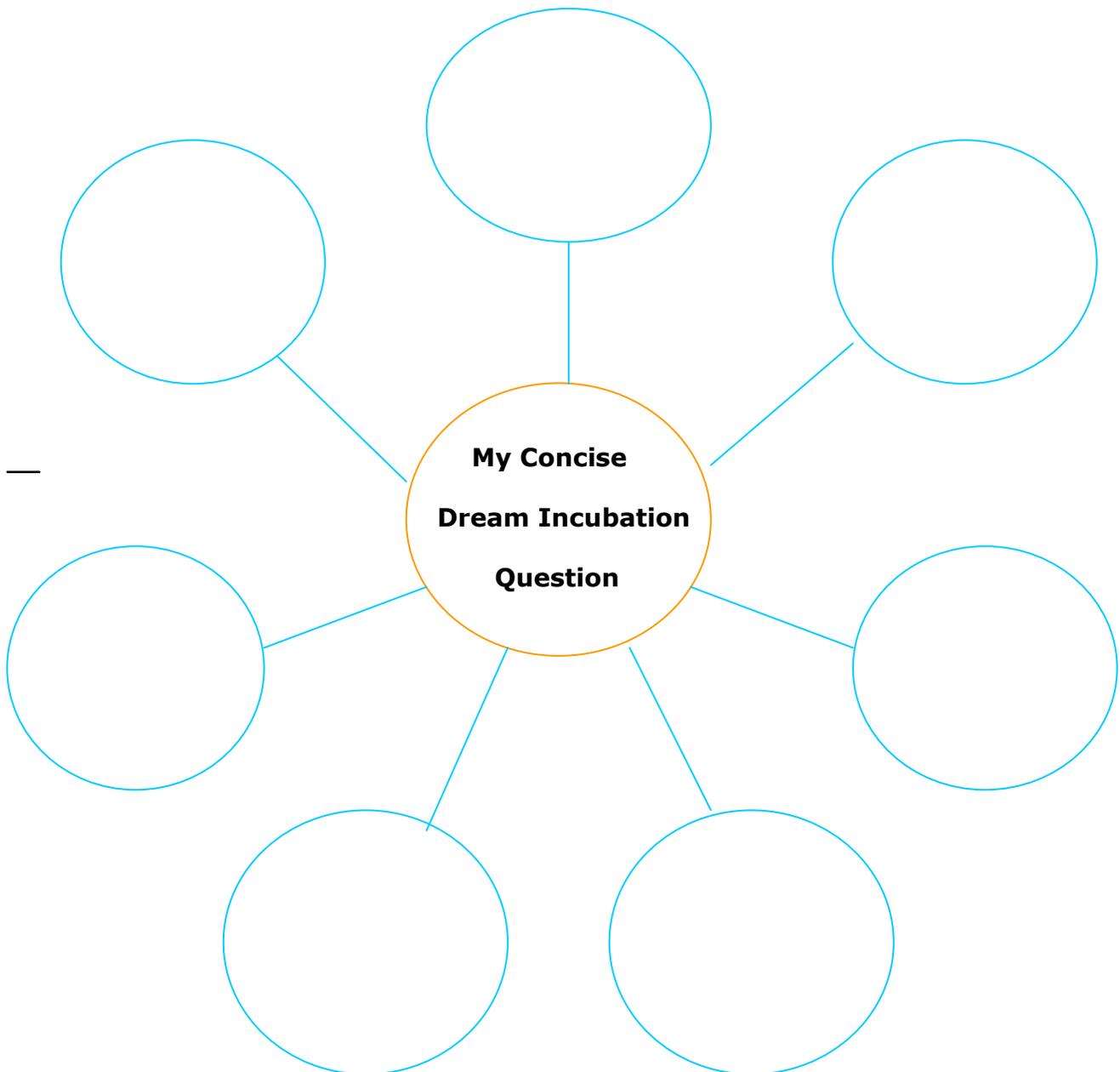


FORMULATE A SPECIFIC DREAM INCUBATION QUESTION

Using the satellite circles in Mind-map B, formulate a clear, concise Dream Incubation Question for your issue. Essentially this exercise involves writing seven variations of your top concern until you create a dream incubation question that deeply resonates with you. Avoid slipping *two* concerns into your Incubation Question. For example, “How can I develop my daughter’s creativity and my own?” It’s hard not to ask several questions, but stick to a formula of **One Issue-One Question**, and in all likelihood, your dream story will address that concern.

One night I asked, “What colors would best create a beautiful, tropical, exotic, warm atmosphere in our living room?” Thankfully, my dreams that night were about a much more *relevant* issue—dramatic emphasis on important family matters I’d been ignoring. If you have more pressing concerns, your Dreaming Consciousness will deliver the most *relevant* dream that will help you the most **first**. But don’t worry. Light-hearted questions eventually get answers too!

Mind-Map B



The Ten Steps of The Dream Incubation Process

- 1** Gather Materials: pens (plain & colored) and an attractive dream journal. Or, use a clipboard with blank paper for dream drawings.
- 2** Choose the specific Dream Incubation Question that you wish to pose to your Dreaming Mind. E.g., How can I best resolve conflict X? How can I nurture talent Y? Then, write your question on the left-hand side of two or three index cards. On the right-hand side, make a drawing of an image or symbol that best represents your Incubation Question.
- 3** Post your index cards with your Dream Incubation Question, and the following affirmations where you will see them often. Reflect on them throughout the day.

**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.**
- 4** Complete a relaxing, pre-sleep ritual such as stretching and meditation. Then, write about your Dream Incubation Question. Include the origins of your concern, your feelings, previous obstacles, and waking solutions/creative ideas. Draw symbols and images to represent your question.
- 5** Imagine that you awaken with your dreaming mind's answer to your Incubation Question. Using all five senses, visualize in detail, how the room might appear as you awaken. Visualize your actions and feelings as you record your dream. Then, affirm . . .

**I enjoy a refreshing night's sleep and awaken feeling energized.
I easily remember my dreams.
Upon awakening, I record my dreams in my Dream Journal.**
- 6** Take seven deep breaths, and then, pray for inspiration regarding your concern. As you fall asleep, repeat your Dream Incubation Question over and over.
- 7** Upon awakening, immediately record your dream using the present tense. Regardless of dream recall, schedule fifteen minutes for writing about your thoughts and feelings—you will send the message to your dreaming mind that dream recall is now a priority.
- 8** Later, in the right-hand margin, write all the feelings experienced by everyone in your dream and your associations. In the left-hand margin, list the dream settings and major themes. E.g., Discovering a talent for praising well. Then, if you have time, describe how your ideal day might unfold TODAY.
- 9** Throughout the day, reflect on *all* the dream characters' feelings, and on the dream themes and story. What are three key characteristics of each dream metaphor or symbol? Refer to: Themes, Settings, People, Animals, Actions, Objects, Colors, Numbers, Transformations, Clothing, and Ideas.
- 10** If you are still puzzled by some aspect of your dream, pose a Dream Incubation Question to shed further light on your concern.

DREAM INCUBATION QUESTIONS

PERSONAL GROWTH

PRIORITIES

Show me what **is important** in MY LIFE.

What do I **need to prioritize** at the PRESENT TIME?

How can I **best meet** my PRIORITY NEED at this time?

PERSONAL CHANGE

What aspect of my life **needs** IMPROVEMENT?

Give me a dream that clearly communicates how I **need to change** in my LIFE.

How can I **develop** my STRENGTHS?

Tell me a dream story that teaches me **how to change** my ATTITUDE.

Tell me a dream story that tells me how I **need to change** my ACTIONS.

HEALTH ISSUES

What **is depleting** my ENERGY?

How can I **become** more ENERGETIC?

What is the SOURCE OF MY DIS-EASE?

How can I **overcome** my DIS-EASE and **experience** RADIANT HEALTH?

What FOODS do I **need to avoid**?

What FOODS do I **need to eat** for radiant health?

What is ONE STEP I can take **to improve** my health **dramatically**?

RELATIONSHIPS

ROMANTIC RELATIONSHIPS

Is my relationship with person "x" better **explored** as a ROMANTIC LOVE with long-term happiness a strong possibility for both of us?

Is my relationship with person "x" better **developed further** as a FRIENDSHIP, rather than as a relationship of romantic love?

Is my relationship with person "x" better **severed** completely?

DISPIRITED RELATIONSHIPS

What is **the best way to relate** to "x" at the present time?

Would it be better for all concerned if I were **to avoid** "x" for now?

Would it be better for all concerned if I were **to sever** my relationship with "x"?

If it would be better for all concerned, **teach** my HEART how **to forgive** "x."

Give me a dream that shows me **how to heal** my RELATIONSHIP with "x."

Show me **how** I am destroying the LOVING POSSIBILITIES in my relationship with "x."

CREATING LOVING RELATIONSHIPS

Show me how to **be more loving** in my RELATIONSHIP with "x."

How **can I experience** JOY with "x"?

How can the PHYSICAL EXPRESSION OF LOVE between my partner and me **be more fulfilling**?

In respect to MY RELATIONSHIP with person "x," what do I **need to stop doing**?

In respect to MY RELATIONSHIP with person "x," what do I **need to start doing**?

How can "x" **experience** the guidance of God's loving wisdom?

EXPRESSING YOURSELF IN RELATIONSHIPS

Show me how MY MANNER OF EXPRESSING OPINIONS **could be improved**.

Show me HOW TO DISAGREE with "x" in a way that is good.

How **can I express** my EMOTIONS in a way that **brings** LIFE into my relationship with "x"?

In respect to HOW I EXPRESS MYSELF, what do I **need to stop doing**?

In respect to HOW I EXPRESS MYSELF, what do I **need to start doing**?

FAMILY RELATIONSHIPS

How **can I improve** my FAMILY RELATIONSHIPS?

What **can I do to bring** LAUGHTER and LOVING HUMOR into my family?

How **can I further** the SPIRITUAL LIFE of my family?

What does our family **need to stop doing**?

What do our family **need to start doing**?

What is the best way **to discipline** "x" concerning her/his BEHAVIOR or ATTITUDE?

What is the best way **to guide** "x" to fully realize this GOAL or QUALITY?

CREATING GOOD RELATIONSHIPS WITH A COMMUNITY

Which COMMUNITY GROUP **would be good to join** for the deep joy and highest good of all concerned?

How **can I bring** JOY to my COMMUNITY?

How **can I further** the SPIRITUAL LIFE of my community?

Where in my community **can I joyfully contribute** my TALENTS?

Which COMMUNITY GROUP **would be good to create** for the deep joy and highest good of all concerned?

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