

# Seven Dream Summary Exercises

## Exercise 1 – Summarize Your Dream Using Your Left Brain

- 1 Summarize the Plot:** After recording your dream in detail in the present tense, summarize your entire dream in three or four sentences in the present tense. In your summary, include all the feelings that you, or another dream character, experience in the dream. For example,

“Feeling full of joyful anticipation, I open the door to a cave high up on a cliff and discover a trunk with three gift-wrapped boxes. Feeling very anxious, I open the first box and take out a giraffe pin. I feel sentimental. The second box suddenly opens and I see a gold and yellow scroll that says “Be wise. Become warm-hearted.” I feel uplifted. Although I feel frustrated because I can’t open the third metal box, I also feel curious and thrilled.” Then I awaken.

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## Exercise 2 – Summarize Your Dream Using Your Right Brain

- 2 Use drawings to summarize each scene of your dream.** E.g., Try a comic strip format.

### 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”
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List the themes in the order in which they occurred in the dream. Begin with the main actions and use verbs. For example, #1: Discovering A Palace; #2: Losing My Way; #3: Crossing A Bridge to Paradise, etc. Then list the feelings you, or another dream character, experienced during the dream.

**Summarize Dream Themes & Feelings**

|    | Key Dream Themes | Associated Dream Feelings |
|----|------------------|---------------------------|
| 1. |                  |                           |
| 2. |                  |                           |
| 3. |                  |                           |
| 4. |                  |                           |
| 5. |                  |                           |

**Summarize Your Waking Concerns**

Recent Feelings, Events, & Concerns \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Upcoming Events & Concerns \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Associated Feelings \_\_\_\_\_

My Main Life Mission \_\_\_\_\_

My Main Satisfaction \_\_\_\_\_

My Main Frustration \_\_\_\_\_

My Main Desire \_\_\_\_\_

How my dream themes & feelings are connected to my waking life \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Take An Intuition Break

1. Like coffee, your intuition needs to “percolate.” You can encourage **additional** insights by taking a **five-minute break** from dream exploration. Before the break, simply pose this question without searching for answers—“How are my dream themes and feelings connected to my waking life concerns?” Then, read your entire dream aloud with exaggerated emotion as though it were a children’s story.
2. Next, read your list of themes, feelings, and waking concerns from your list on p. 1.
3. Take three deep breaths, and as you inhale, ask yourself again “**How are my dream themes and feelings connected to my waking life?**” Take three more deep breaths, focusing only on your calm, slow breathing.
4. Now, take a five-minute break. **Avoid** reflecting on your dream by doing an activity that is completely **unrelated** and **engaging**. E.g., Toss a ball, do a crossword puzzle, or exercise.

### After the Intuition Break

Read your list of dream themes and feelings on p. 1 again. Do these themes remind you of any **situation** in your life . . . of **anyone** in your life . . . of some part of **yourself**—perhaps **an attitude or a feeling**?

Using the worksheets below, record the dream themes. Describe any feelings that you, or any dream character, experienced during each dream scene and give the apparent rationale for these feelings. If you, or another dream character, felt angry, be **specific**—Did the character feel frustrated? Intruded upon? Put down? If so, why? **Intuitively** sense how the dream themes and feelings are connected to your waking life. Finally, write the positive action you will take in response to your dream insight. For example:

|                     |   |
|---------------------|---|
| Dream Theme # ____  | Discovering A Palace  |
| Dream Feelings      | While discovering a palace,<br>I (or someone else) feel anxious because . . .                               |
| Theme Connections   | In waking life, how am I <b>discovering a palace</b> ?  |
| Feeling Connections | In waking life, how am I feeling anxious?   |
| Dream Insight       | I realize that my “It’s too good to be true” attitude<br>often creates anxious feelings and diminishes joy. |
| Positive Action     | I celebrate that I’m in a wonderful place & feel good.  |

To encourage intuitive receptivity, close your eyes and relax your face, tongue, and toes . . . Stretch your arms above your head . . . horizontally, and toward your feet. Next, take seven, deep breaths while imagining a color and a sound that make you feel both relaxed and alert. Then picture a beautiful scene from nature—Include three favorite flowers, water & something beautiful that is moving in the sky. Take three deep breaths and repeat all three stretches.

**Dream Theme #1** \_\_\_\_\_

**Dream Feelings:** I (or someone else) feel \_\_\_\_\_

**because** \_\_\_\_\_

**Theme Connections:** In waking life, how am I \_\_\_\_\_?

\_\_\_\_\_

**Feeling Connections:** In waking life, how am I feeling \_\_\_\_\_?

\_\_\_\_\_

**Dream Insight** \_\_\_\_\_

\_\_\_\_\_

**Positive Action:** In response to my dream insight, I will take the following positive action

\_\_\_\_\_

\_\_\_\_\_

**Dream Theme #2** \_\_\_\_\_

**Dream Feelings:** I (or someone else) feel \_\_\_\_\_

**because** \_\_\_\_\_

**Theme Connections:** In waking life, how am I \_\_\_\_\_?

\_\_\_\_\_

**Feeling Connections:** In waking life, how am I feeling \_\_\_\_\_?

\_\_\_\_\_

**Dream Insight** \_\_\_\_\_

\_\_\_\_\_

**Positive Action:** In response to my dream insight, I will take the following positive action

\_\_\_\_\_

\_\_\_\_\_

Dream Theme #3 \_\_\_\_\_

Dream Feelings: I (or someone else) feel \_\_\_\_\_

because \_\_\_\_\_

Theme Connections: In waking life, how am I \_\_\_\_\_?

Feeling Connections: In waking life, how am I feeling \_\_\_\_\_?

Dream Insight \_\_\_\_\_

**Positive Action:** In response to my dream insight, I will take the following positive action

\_\_\_\_\_  
\_\_\_\_\_

Dream Theme #4 \_\_\_\_\_

Dream Feelings: I (or someone else) feel \_\_\_\_\_

because \_\_\_\_\_

Theme Connections: In waking life, how am I \_\_\_\_\_?

Feeling Connections: In waking life, how am I feeling \_\_\_\_\_?

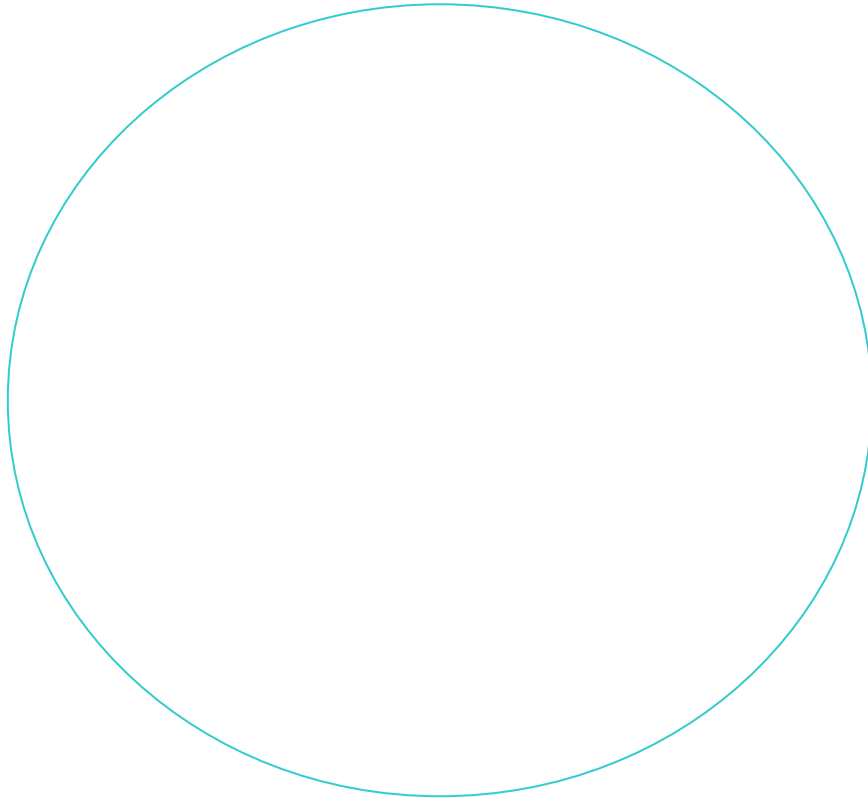
Dream Insight \_\_\_\_\_

**Positive Action:** In response to my dream insight, I will take the following positive action

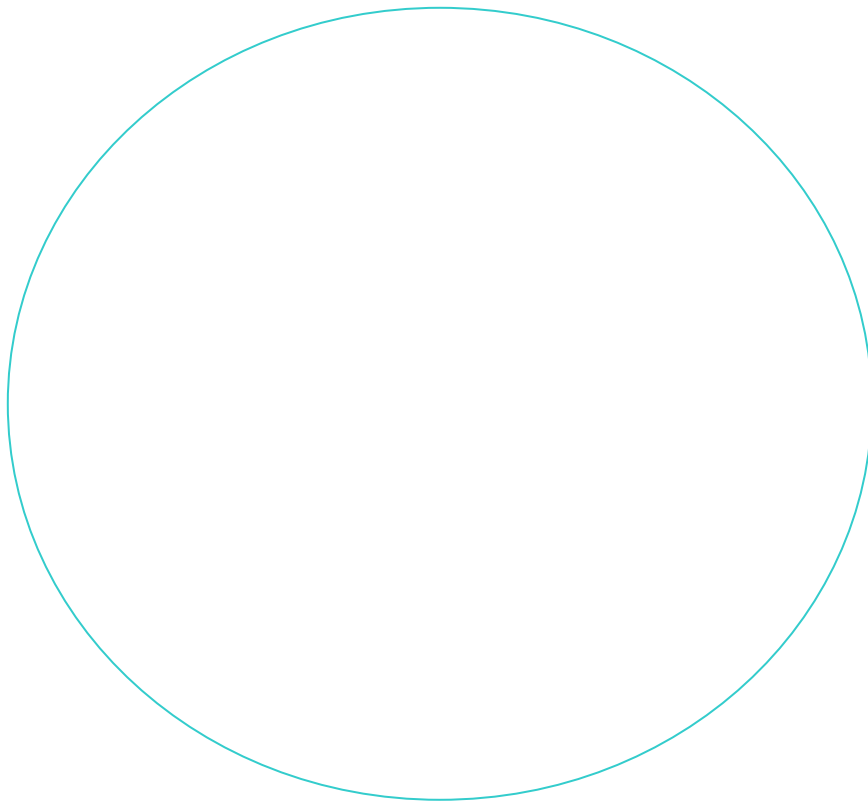
\_\_\_\_\_  
\_\_\_\_\_

**Exercise 4: Right-Brain Summaries—Three Key Dream Images & Three Main Feelings**

Summarize the **three key dream images** by drawing them in a large circle.



In the circle below, summarize the **feelings** experienced in your dream.  
Represent the three main feelings with three drawings.



## Exercise 5: Reverse Your Dream Summary

### Centering Exercise

To encourage intuitive receptivity, close your eyes and relax your face, tongue, and toes . . . Stretch your arms above your head . . . horizontally, and toward your feet. Next, take seven, deep breaths while imagining a color and a sound that make you feel both relaxed and alert. Then picture a beautiful scene from nature—Include three favorite flowers, water, and something beautiful that is moving in the sky. Take three deep breaths and repeat all three stretches.

Beginning with the last dream image or event, briefly describe the main dream images and events in reverse order.

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Now, close your eyes and mentally review the dream images backwards—Event Z, then event Y, X, W, V, U, etc. What feelings come to mind? Why?

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What do you notice that is different? \_\_\_\_\_

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What is the same? \_\_\_\_\_

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New Insights \_\_\_\_\_

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**Exercise 6:** Summarize Your Entire Dream in A Title

Create a very dramatic newspaper headline—one that summarizes both the **factual** and the **emotional** content of your dream. "After Palaces and Confusion, Happy Scientist Finds Paradise!"

|      |  |
|------|--|
| Date |  |
|------|--|

**Exercise 7: Part 1**—Summarize Previous Dreams with Titles

Select the last seven dreams you have recorded and create a very dramatic title for each of the seven dreams. Begin by writing the title of the oldest dream first and record the date of each dream.

|      |  |
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| Date |  |
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|------|--|
| Date |  |
|------|--|

**Part 2:** Create **ONE** very dramatic newspaper headline—one that summarizes both the **factual** and the **emotional** content of **all eight dreams**—the most recent dream in Exercise 6 above, and the seven dream titles above.

|      |  |
|------|--|
| Date |  |
|------|--|



## **Dreamwork**

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