

Recording Dreams

(Suggestions for recording your dreams: Write the first things you remember after awakening: The following does not have to be done in order, but needs to be addressed. You might have four good dreams each month that can be written and remembered. Those are the ones you want to work with for continuing enlightenment. If a dream is to be remembered it is MEANT to be remembered.)

First impressions of a dream upon awakening:

Date: _____

Theme: (give your dream a title)

Feeling and sensing of the dream:

Dream as I remember:

Images, symbols in the dream:

Characters in the dream:

Afterthoughts: _____
