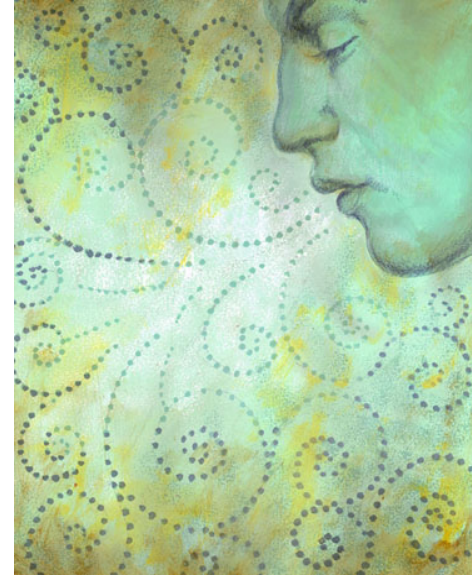


# Dream Journal

Dreams are a great way to clear one's mind and release stress. Dreams symbolically express what's happening in our conscious and unconscious lives and bridge the gap between the two spheres. Dreams offer insight, inspiration, imagination, intuition, creativity, meaning, purpose and understanding. Keeping a dream journal will assist you in understanding and solving the challenges that you are facing. Dreams can also be a way to interpret answers to questions you are currently struggling with.



Dream journals are most effective when your dreams are recorded as soon as you wake up. Keep the journal next to your bed with a pen. Upon waking up, write down the first images, symbols or words that come to your mind. If you can, write down the dream in its entirety, but this is not necessary.

Some questions to ask yourself that may assist in remembering and interpreting your dream are:

- How am I acting in this dream?
- What are the emotions and feelings of myself and others in this dream?
- Who is in the dream?
- What symbols stand out most in this dream?
- What would I like to avoid in this dream?
- Does the dream trigger memories?
- Why did I need this dream?
- What is the positive message for me?

Source: *The Good Night Sleep Kit* by Deepak Chopra