

DREAM RECALL CHECKLIST

1

GETTING PREPARED

CLARIFY FOR YOURSELF: WHY DO THIS WORK?

CHECK IN WITH YOURSELF: IS THIS A GOOD TIME TO DO THIS

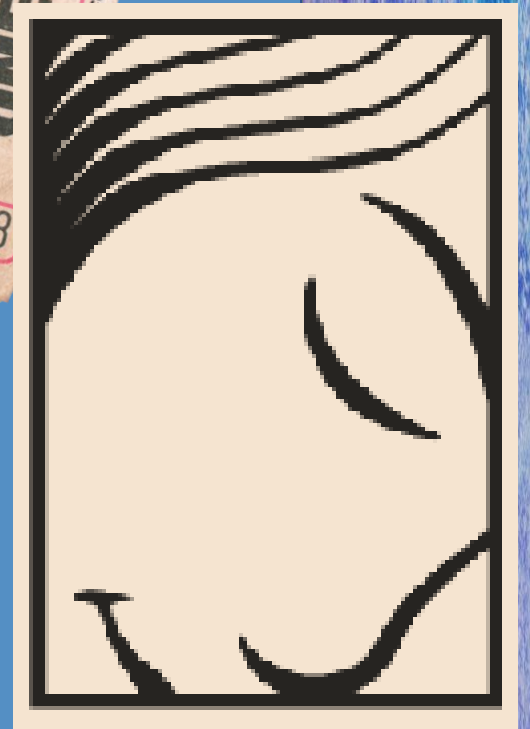
PUT OFF DREAM MEANING DECODING UNTIL LATER.

PICK YOUR DREAM RECALL GOALS: HOW MANY DREAMS TO RECALL AND IN WHAT DETAIL.

EXPECT AND ACCEPT DISCOMFORT ABOUT DISTURBING YOUR SLEEP.

SET UP YOUR DREAM CAPTURE EQUIPMENT.

SET UP YOUR BEDROOM FOR HIGH QUALITY SLEEPING.



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- *BOOSTING YOUR DREAM RECALL*



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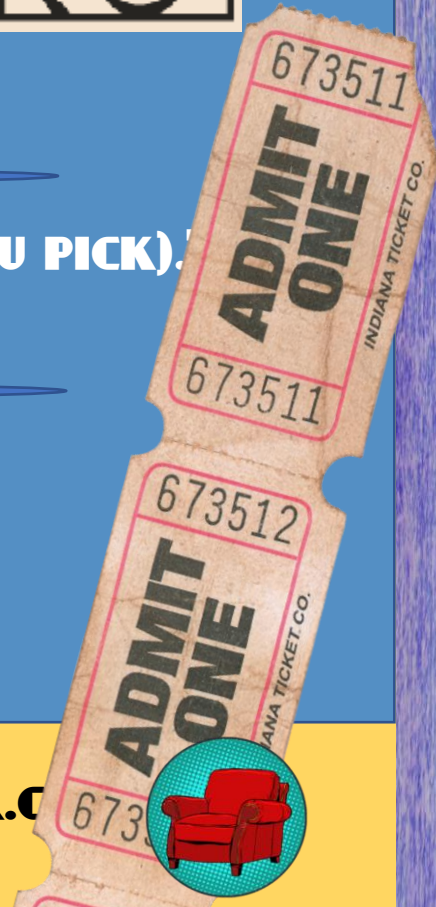
BEDTIME STEPS

REMINDE YOURSELF AS YOU COAST OFF TO SLEEP "TONIGHT I WILL RECALL MY DREAMS."

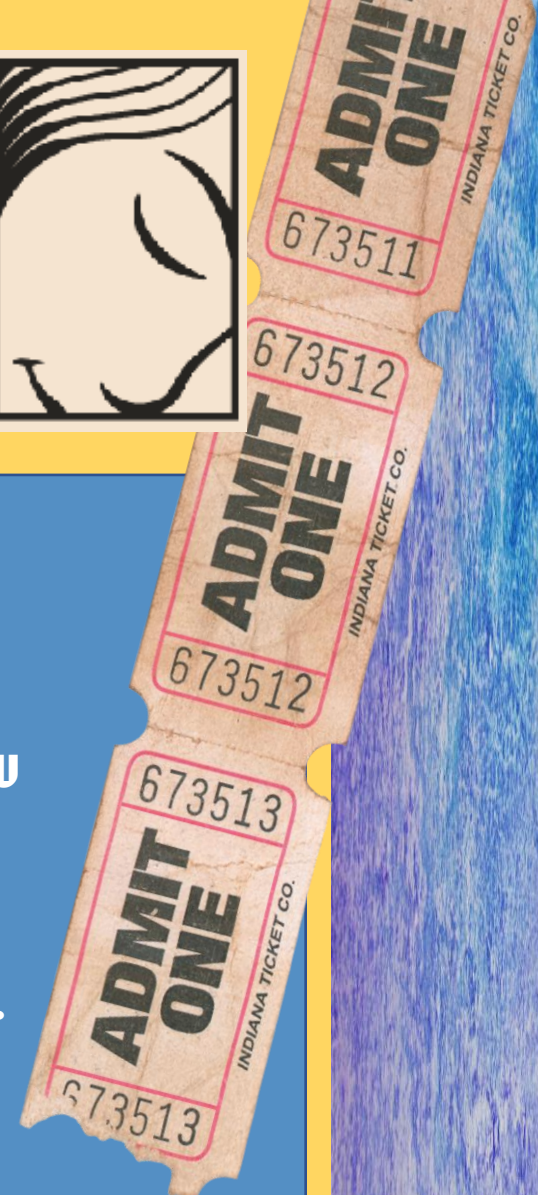
REMINDE YOURSELF: "I WILL RECALL (THE NUMBER OF DREAMS YOU PICK), AND I WILL RECALL THEM AT (THE LEVEL OF DETAILS YOU PICK)."

TAKE A MOMENT MORE TO DEVELOP A FEELING OF CURIOSITY AND ANTICIPATION FOR YOUR POWERFUL INNER CREATIVITY THAT WILL BRING YOU IMPORTANT DREAMS TONIGHT.

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SLEEPING STEPS

WHEN YOU BECOME ALERT THAT YOU ARE DREAMING, DON'T GET TOO ALERT FROM EXCITEMENT.

DON'T MOVE. HOLD YOUR POSITION.

PAY ATTENTION TO WHAT YOU SEE, YES, BUT ALSO BE AWARE IF YOU CAN PICK UP YOUR OTHER SENSES. ALSO, NOTE ANY FEELINGS.

WATCH FOR AWHILE AND SOAK UP DETAILS.

REMINDE YOURSELF AGAIN THAT YOU WANT TO RECALL THIS DREAM.

PICK A POINT TO LEAVE THE DREAM. IT IS TIME TO SWITCH TO DREAM CAPTURING.

EASE YOURSELF TO GREATER ALERTNESS BUT HOLD ON TO THE DREAM , TOO..

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WAKING UP STEPS AND LATER STEPS



TAKE A MOMENT TO FEEL APPRECIATION FOR YOUR INNER CREATIVITY.

OVER THE NEXT WEEK CONTEMPLATE THE CREATIVITY, MAGIC, AND MYSTERY OF DREAMS.

IN THE COMING DAYS, REMIND YOURSELF SEVERAL TIMES DURING THE DAY OF YOUR INTENTION TO DO DREAM RECALL.

WORK ON YOUR DREAM RECALL SKILLS EVERY NIGHT.

IF A PLACE, OBJECT, OR PERSON APPEARED, SEE IF YOU CAN EXPLORE THEM IN MEMORY, IN CONTEMPLATION, OR IN THE REAL WORLD THAT DREAM IMAGE.

IN THE NEAR FUTURE, JOIN A DREAM GROUP.

LATER, EASE INTO LEARNING ABOUT DREAM DECODING.

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