

Steps for Incubating, Recalling & Recording Dreams

Before Bed:

1. Create an intention for your dream-time in the form of a request or question that you care deeply about. Write down your intention.
2. Place it next to your bed with a blank pad & pencil or audio recording device. If needed, also place a flashlight next to your bed, and if you like put some altar objects there.

In Bed:

1. Breathing deeply and restfully, repeat the intention in your mind. If your mind drifts to something else, gently focus back on repeating your intention until falling asleep.
2. When you become aware that you've dreamt, stay in the same body position, and with your eyes closed recall the whole dream experience in your mind.
3. If it's the middle of the night, summarize your dream with a minimal amount of words and go back to sleep. Upon fully awakening, go over any of your notes and record the dream(s) in full detail.*

*Please record any dream or felt experience, no matter how brief, strange or unwanted it feels. The first step in transforming an unwanted dream experience is to honor it by recording it. Always do your best to record the underlying mental or emotional quality of each experience. If you awake in the middle of the night with no dream, then resume Step 1 – repeating the incubation in your mind. Sometimes it may be necessary to pose the same incubation intention over multiple nights.