



# Little Book of Dreaming

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# In the beginning

“Dreams are more real than reality itself, they're closer to the self.” Gao Xingjian

Dreams have been with you since you were in utero. They are your own personal movies playing out night after night. Each dream has a different message, warning, call to action, omen, visitation and adventure.

Dreams are rich and full of meaning. Dreams are cues into ourselves, our past, present and future. Dreams support us, guide us and inform us. Dreams connect us to ourselves, loved ones and guides. Dreams are tools for manifestation and profound healing. You don't have to fumble around and blindly guess at what messages are being delivered in your sleep, you have the right, the ability and wisdom to understand your dreams.

Your dreams are part the fabric of you.

You know your dreams are hints, clues, pieces of the puzzle on your soul's journey. And yet, you feel lost in the sea of symbols. You just need some guidance and the dream world is yours to explore, harness and traverse.

## Before we jump in

In sleep, fantasy takes the form of dreams. But in waking life, too, we continue to dream beneath the threshold of consciousness, especially when under the influence of repressed or other unconscious complexes. ~Carl Jung

## Conscious vs subconscious

I want to explain the difference between our conscious and subconscious. Our conscious mind is our waking mind. It is the home of the ego and our thoughts. We are aware of our conscious mind. Our subconscious mind lies just below the surface, and we are unaware of it. Our subconscious is always active. Our subconscious stores and retrieves information including our beliefs, memories and processed information received from our senses. It is also the home of creativity and intuition.

## Don't Dream?

No worries. You can apply all the dreaming techniques to active imagination activities and being in the twilight (when you are starting to fall asleep but are still conscious). You can also start to journal in the morning when you wake up. Write about whatever comes to mind: thoughts, feelings, songs, and so on). Don't censor what comes up, you are training your subconscious and conscious mind to play together to enhance your waking life and manifesting your goals.

To start working with your dreams you'll need:

Before we venture off to cultivating and harvesting your dreams, there's a couple things you will need nearby:

- Journal (paper or electronic), if you prefer electronic studies have shown that electronic devices interfere with our dream states.
- Flashlight
- Pen
- Phone or voice recording device
- Curiosity and an open mind

# Types of dreams

“Yet it is in our idleness, in our dreams, that the submerged truth sometimes comes to the top.” Virginia Woolf

You experience different types of dreams while you sleep. Knowing the type of dream you had can be helpful in understanding the dream itself.

While you are asleep you:

- Connect to your psyche, soul, intuition
- Connect to guides, ancestors and teachers
- Connect to the collective unconscious

## Types of dreams

Let's explore the different types of dreams before we jump into how to understand the messages.

### Sleeping Dreaming

This is what happens while you are asleep. Often these dreams feel out of control and at times difficult to understand. During night dreaming you are unconscious and your subconscious manifests through your imagination. Here information from your subconscious comes alive. As well as, messages from your soul and intuition.

Types of sleeping dreams:

- Visitation- most often these are dreams of deceased loved one, who come to visit often delivering messages. However, visitations can also include ancestors, ascended masters, teachers, angels, aliens, hidden folk (fae, gnomes, trolls, etc.) ghosts, people from your past lives and deities.
- Past and concurrent lives- .ever have a dream that felt real but you were in a different era, most likely you are dreaming of a past life happening parallel to this life. Perhaps you made a decision to choose one career over another, you can dream of what would happen if you had chosen the other option.

- Premonition-these are dreams when we dream something happens before it happens.
- Nightmares- this is when our fear comes screaming loudly to get our attention. Here our fears our play out feeling like you are trapped in a horror movie.
- Lucid- these dreams you know you are dreaming and often can control what happens in the dream.
- Astral travel- this is traveling through time and space while you are sleeping. Our souls work while we are sleeping. Some people experience lucid and astral traveling dreams together.

## Waking Dreaming

Dreams are true while they last, and do we not live in dreams? ~ Alfred Lord Tennyson

Waking dreams are those dreams that we are conscious of and able to interact with. Our conscious mind is alert and engaging in the process.

Types of waking dreams:

- Daydreaming- you are fully awake, engaged in your imagination
- Guided Imagery- lead by someone else to engage your subconscious mind, oftentimes you will be lead to connect to a guide, heal your chakras, visit a past life
- Journeying is a technique used by shamans to travel the unseen landscapes for healing and guidance
- Twilight- the time between awake and asleep, that space where you are still aware of your surroundings but are starting to dream.

# Creating Sacred Dream Space

“The best thing about dreams is that fleeting moment, when you are between asleep and awake, when you don't know the difference between reality and fantasy, when for just that one moment you feel with your entire soul that the dream is reality, and it really happened.” James Arthur Baldwin.

## Permission and Intention

Permission and intention are important in dream work because your conscious mind is communicating to your subconscious what you desire and give permission for.

When you give permission, you are allowing or permitting something. When you give intention, you are identifying and stating the purpose.

When you give yourself permission, it helps you to remove blocks that can keep you stuck in processing your dream material. It is also opening you up the dream experience.

When we work with dreams and intuition, we often want to censor or judge what comes up, what we experience, what we sense or feel.

Giving permission and setting intentions can help release our self proclaimed limitations. It allows you to be open to the experience. Notice where you judge, censor and reject these are clues into blocks and shadow. Note in your journal the things that come up that you do not want to acknowledge, identify, accept or even write down. For now, just make a note of those things you try to censor, ignore, judge, reject or do not want to accept.

How to give permission:

Some examples are:

I give myself permission to:

- Remember my dreams
- To work with my dreams
- To dream
- To create sacred dream space
- To be open to the process

- To engage with my imagination
- To be creative
- Not to censor or hinder myself
- To listen to my gut reaction

Trust your gut and your intuition. Listen to your inner voice. Have fun and be creative. You are connecting to your subconscious. Give yourself permission to explore your dreams, to have fun, to be open and receptive. Create the permission that is going to support you in exploring your dreams. Allow the permission to change as you grow and become more adept at working with your dream material.

Furthermore, intention setting is a great way to focus what it is you want to achieve in your dream world. Intention setting in waking up your subconscious mind to the desires of the conscious mind. This happens throughout the day as we process our emotions, thoughts and environment. Bringing intention, is like telling the car service driver where you want to do instead of going wherever.

Some examples of intention setting:

My intention is:

- To remember my dreams
- To know more about...
- What to do in a certain situation.....
- Connect with with my dreams
- To understand my dreams

Before sleep or before you start to tend your dreams, give yourself permission and set your intentions.

The more you repeat your intention the more likely the subconscious will grab ahold of it.

“For often, when one is asleep, there is something in consciousness which declares that what then presents itself is but a dream.” Aristotle

## Create Dream Space

When we start working with our dreams, it’s important to create a space that fosters our dreams.



## Before you go to sleep:

It's important to create space that is going to honor and enhance your dreams. We often go to sleep without thinking about where our minds are going. We are busy processing the days activities and tomorrow's events. This affects your dreams.

### Clearing your mind

If you tend to be anxious or just think a great deal before bed, set aside 10 minutes or so (more if you'd like or need, but a minimum of 10 minutes). Take time to write about your day, what happened, your feelings, what upset or made you happy, write everything. Take another 10 minutes (at least) to write about everything you have going on in the future, plans, worries, anxieties, excitements, must dos, get it all out. Don't worry if they come up in your dreams, we can work with this, we just don't want them dominating your dream space if they don't need to. When we don't allow ourselves time to process everything our subconscious continues the work. Honor your need to process and work through your lived experiences.

### Clearing your space

Is your room a mess? Got clutter? Clean it up. Lower vibrational energies love to hid in clutter and mess. As well as, this clutter and mess can seep into your subconscious mind and come out to play when you sleep. You might need to take some time and explore why you keep clutter and mess in your room, what are you holding onto or trying to avoid? Where are you stuck? A clean room also allows the energy to flow more freely.

Burn sage, sweetgrass, palo santo, copal or an incense. The theory is that smoke attracts negative energy and when the smoke dissipates so does the negative energy. I always like to leave a window open to give the energy a way out.

## Clearing you

Are you carrying stuff energetically. A wonderful way to clear yourself is to bath in epsom and/ or himalayan salt with either fresh lemon and lime or essential oils. If it's been a particularly difficult day or highly emotional, bath with fresh lemon or lime and use the fruit like a loofa cleaning your body. As you wash yourself, imagine all the stuff you gathered throughout the day washing away. Now that you've cleared away the day, fill you with you. It's like cleaning out a dirty glass, if you leave it on the counter someone else might come and fill it with something else. If the glass is you, you want to fill it back up with you. Yoga, meditation, laughter, listening to heartbeats, nature sounds, spending time in nature are some the best ways to reconnect to you.

Throughout the day we exchange energy with other people. At the end of the day and in the morning when you wake up, call back all pieces and parts of yourself and return everything that does not belong to you.

## Preparing for sleep:

- Give yourself permission
- Set your intention
- Meditate
- Aromatherapy is a wonderful addition to your nightly dream ritual.  
Lavender, camomile
- Herbs: mugwort, vervain
- Crystals: dream quartz, rose quartz, black tourmaline. Go with your gut.
- Music- relaxing music, binaural beats is music that influences your brain waves and can aid in dreaming

More about aromatherapy, herbs, crystals and music in Enhancing dreams.

## After you wake up:

Even if you don't have time to work with your dream content, making time to write every morning will help you remember your dreams. Then you'll have more material to work with during your sacred dream time.

If you don't remember your dream, that's okay-write anyways. Make something up, what did you feel when you first woke up, did you have an image, a color, a smell, a song in your mind, start there. Again, this is helping you remember your dreams and connect to your subconscious and soul.

# Tending your dreams

“Every culture that has lost myth has lost, by the same token, its natural healthy creativity. Only a horizon ringed about with myths can unify a culture. The forces of imagination and the Apollonian dream are saved only by myth from indiscriminate rambling. The images of myth must be the daemonic guardians, ubiquitous but unnoticed, presiding over the growth of the child's mind and interpreting to the mature man his life and struggles.” Friedrich Nietzsche

Honor your dream space. Set aside time to work with your dream content. Whatever amount of time you can set aside daily or weekly. The more you work with your dreams the more you understand what they are saying. Grab your dream journal, the one you've been writing in everyday and dive in.

During your dream tending time:

- get comfortable
- light a candle
- play some music
- start by stretching or doing yoga
- Mediate before, after or during
- call in guides, ancestors, loved ones, angels
- Be open and curious

## Waking Dreams- create a guided imagery

In working with waking dreams and lucid dreams, we have a bit more awareness and ability to control what is happening. You can use this consciousness awareness to interact with the dream content.

This is a time to be creative and let your imagination fly. What do you want to do in your dreams? Where do you want to go? Who do you want to meet? Anything is possible in your dreams!

**Daydreams**- what do you daydream about? What fantasies are asking to become reality? What blocks and limitations are being identified? If you daydream about making

changes in your life, creating a different reality. You can make a vision board to help bring your clarity and vision to your daydreams.

**Active imagination/journeying**- here you can actively set your intention to receive the desired information. You can use this space to connect with loved ones, guides, ancestors, teachers and more.

**Twilight**- what is happening as you drift off to sleep? Where are you? Can you change where you are? Who can interact it? Can you manifest people or places?

**Lucid**- Where are you and what is going on? Who can you talk with?

## Dream interpretation

“Dreams say what they mean, but they don't say it in daytime language.” Gail Godwin

### Getting started:

- Write down your dream
- Go back over the dream, retell it using your five senses
- What are you feeling throughout the dream, during each scene and the overall dream.
- Tell the dream again and really look at the dreamscape

### As you explore your dream:

- What sort of dream did you have?
- What is the plot?
- Who are the characters?
- Is there a theme, repeats or patterns?
- Make sure you retell the dream 3 times

### Explore who or what is in your dream

- Can you touch it? What does it feel like? Smell like? Taste like? Sound like? Look like?
- Can you talk with it? What does it have to say?

When exploring your dream, check to see if daily influences have affected your dream. See if you discover richer meaning to symbolism from your waking life that has revealed itself in your dreaming life.

Share your dream with others to get their perspective. It is amazing how others will see your dream and the different insights they will have.

## Understanding the messages

Okay, now what. You've written down your dream a few times. You've told the story. Hopefully, just from those steps you have discovered some meaning. What's next will provide deeper meaning and context to your dream.

### Quick Hit

After you have written down your dream, you usually have an idea of what the dream is about. This is your quick hit, the first thing that comes to mind. Many times in our busy lives we start and end with the quick hit. Some dreams only need the quick hit. Some dreams need more.

### Associations

Associations is everything you can directly relate to each aspect of the dream, the people, items, places.

There are a few different types of associations, none or a few can be present in your dream.

- Direct- creating a list of thoughts and ideas that link to the original dream image, for example the color red could be associated with anger, perhaps you own a red sweater. Each association needs to be connected directly like red to anger, not the red gloves from your aunt who lived in California.
- Colloquialisms is an expression, such as elephant in the room, 800 pound gorilla
- Personal history and connections. Does your dream mirror your personal history or can you find connections to your waking life?
- Myth and story- does your dream remind you of a myth or story, did your dream feel like Cinderella? This can include movies, television shows and books. Look at the dream to see if it reminds you of a story and if players in your dream remind you of certain characters, they could be representing archetypes.
- Metaphors-something that represents something, such as cool as ice

## Symbolism

Symbolism can be influenced by:

- Beliefs, attitudes and values
- Global view of images

Look at your dream and start to connect the following, remembering not everything will be present:

- Associations
- Colloquialism
- Personal history and connections
- Myth or story
- Images
- Metaphors
- Beliefs, attitudes and values
- Global view of images
- Clicks-these are the places that pieces and symbolism click together.

## Archetypes and Shadow in dreams

Archetypes are model for which all others are based, the universal idea of something or someone which can vary from culture to culture but holds a underlining meaning, such as mother, father, fool, maiden, hero, villain. The world is full of archetypes, trust your gut, if you feel that something or someone represents a universal idea, start there.

Look for those characters that could represent an archetype. What archetype do they represent? What is your relationship with the archetype? How do you feel about the archetype?

Shadow is the pieces, parts and aspects of ourselves that we deny, shame and discard. Shadow is most easily recognized in the judgement we place on others.

Debbie Ford describes shadow as, "The shadow contains all the parts of ourselves that we try to hide, deny or suppress. It is the keeper of all the aspects of ourselves that we dislike and the qualities that we judge as unacceptable. The shadow wears many faces: angry, critical, fearful, lazy, controlling, selfish, weak, pathetic... These are the faces we don't want to show the world and the faces we don't want to show ourselves. Most of

us expend huge amounts of energy trying to get rid of or control these unwanted aspects of ourselves. We hope that by hiding or fixing our "bad qualities" we will have the peace, success and happiness we desire. Most of us are convinced that we are flawed and inadequate so we become masters of disguise, and go to great lengths to hide our bad qualities from those around us – even from ourselves.”

To find shadow in your dream, look for shadowy elements those people are places that you cannot see, who hid in the shadows, people that do not face you, elements that evoke judgment, shame and dislike (even hatred).

Visitation, premonitions, lucid dreaming

### Visitation

A visitation is when a deceased person visits you in your sleep, this can be someone you know, someone from a past life and even a famous person. When exploring a visitation dream consider:

- Who visited you?
- What messages did they bring?
- How did you feel?
- Do they need to be forgiven?
- Do they need assistance doing something?

Often when we experience visitation dreams, it will feel as if the person is in the room. These dreams can feel very real.

### Premonition

Premonition dreams are you.r dream of something that is yet to happen. When you have a premonition dream consider:

- What did you see?
- Experience?
- Is there a message?
- Warning?
- Something asking to be manifested?
- here you given any time?
- Was information offered to help you move forward in this life?



## Lucid

Lucid dreaming is when you know you are dreaming and able to control the dream. The best time to practice lucid dreaming is in the twilight stage, the place where you are still aware of what is going on around you but you are starting to dream.

To start you can:

Pick someplace to explore  
someone you'd like to talk to with

Remember you can go anywhere and talk to anyone, the only limitations are the ones you create.

## Astral

Astral traveling is when you leave your physical body and are able to travel throughout space. Many of us do this unconsciously. Ever woken up exhausted, perhaps you were busy exploring the world outside of your body?

When astral traveling be sure to ground yourself before sleep and make sure you have a connecting cord between your physical body and astral body, easier to get back. It's easiest to astral travel when you are relaxed, allowing your physical body and energy body to separate. You will feel yourself float up and outside of your body. Others will feel like they are traveling through a hole to find themselves someplace else.

## Past life

Past life dreams feel like deja vu. Often times you will find yourself in another time period or place. You can explore a past life dream like a sleep dream, looking at the story, the characters, what lessons and skills you can apply in this life. You may also be dreaming of a past life to bring healing to your soul. You can even ask to dream about a past life, setting your intention before you fall asleep to experience one of your past lives.

When working with a past life dream, consider the following?

What is the lesson from this life?  
What skills, abilities, talents can be used in this life?  
Does something or someone need to be forgiven?  
Does a fear need to be released?  
What healing does your soul need from this experience?

## Nightmares

Nightmares are illuminating your fears. Nightmares often leaving us feeling unsettled, if not terrified. Nightmares are calls to wake up. Your soul and subconscious want your attention. Our fears often keep us stuck and trapped in life. A nightmare is an opportunity to gain deeper insight into what is keeping us stuck and provide clues in how to free yourself.

Different types of fear in dreams:

Personal fear: What are you afraid of? This is personal to you. It is where your insecurities, self-doubts, and phobias engage with you. If you are deathly afraid of snakes, don't run to the dream dictionary or google. The images in your dreams are specific to you, we'll get to universal meanings in a bit. But before you jump to the easy road. Take time to sit with the image that has shaken you. Remember you might be deathly afraid of snakes, but I personally love snakes and and dream about snakes would not be a bad dream. Now a dream about spiders, that's another story. Take time to look at each dream or nightmare. What was it that you were afraid of? Why? Take time to sit with the emotions, images and memories triggered by the dream. Don't censor yourself. We can edit later. Right now, we are getting to the root that you want to eradicate.

Collective fear: Is universal meaning for the collective conscious. This can be influenced by culture. Fear that is shared culturally and cross culturally. Things such as war, end of the world, monsters that can eat you and kill you. Now you can do a google search on the meaning of snakes in dreams. See if anything applies to you. You will be surprised on how much you have already figured out through your personal dream exploration.

Shadow: is the parts of ourselves we do not like, ignore or pretend do not exist so we project onto others in order to avoid. Shadow can be a holding place for our fears. Because we can place those parts of us we do not accept outwardly instead of holding them inwardly. Ever had a dream or nightmare where it seemed like you were surrounded by everything you did not like?

## Putting it all together

Our dreams are bringing messages to elevate waking life, to provide healing, to connect to soul, other realms, our subconscious, intuition, ancestors and guides. When we bring our sleeping dream into the waking world, we are able to move from where we are stuck, create change, shift perceptions, manifest desires and connect deeper to our souls, guides and intuition.

### Bringing the dream to life

- Create something
  - Poem
  - Art
- Do you need a symbolic object to represent the dream.?
- Do you need to do something?
- Talk to someone?
- Do you need to visit someplace?
- What's your take away?
- What's the lesson?
- The message?
- What's your call to action?

Take your time to sit with the dream and how you can honor the dream in your waking life. You can even create a dream altar a sacred shelf or table to honor your dreams. A place to bring their messages, healing and ability to create change into your waking world.

## Enhancing dreams

“Our dreams disturb us because they refuse to pander to our fondest notions of ourselves. The closer one looks, the more they seem to insist upon a challenging proposition: You must live truthfully. Right now. And always. Few forces in life present, with an equal sense of inevitability, the bare-knuckle facts of who we are, and the demands of what we might become.” Marc Ian Barasch

### Music

Binaural beats is music that influences our brain waves to create a desired effect. Different brain waves have different effects on the brain.

- Theta- dream state, meditation, as well as, where , learning, intuition, and creativity happen

- Delta- deep sleep, which provides pain relief, healing, empath and connecting to your subconscious, this state does not produce dreams
- Alpha- brains natural state, as well as, place of flow and relaxed focus
- Beta- active state of brain when thinking and problem solving
- Gamma- memory recall and processing information

Solfeggio frequencies are ancient healing tones

- 174 hz removes pain (physical, emotional, karmic)
- 285 hz health and wellbeing
- 396 hz releases fear and guilt
- 417 hz creating change and clearing the past and trauma
- 528 hz DNA repair, miracles and transformation
- 639 hz peaceful and happy relationships
- 741 hz clearing and repairing cellular body, as well as promotes solutions
- 852 hz connecting to intuition and clearing energy blocks

## Herbs

Before going to sleep, while drinking your tea, take time to connect to the herb. Letting the herb know what you need from it. The sort of dreams you are seeking.

You can also place the herbs under your bed, pillow, in your window. You can have the plant in your room. Careful with plants in bedrooms, they emit their own energy and can actually cause sleep disruption.

You can also ask to dream of a plant to assisting you dreaming or other aspects of your life.

- African dream root creates vivid dreams.
- Wild asparagus root known as the “flying herb” promotes magical dreams
- Passion flower is a relaxing herb know to help reduce anxiety.
- Lemon balm which also is relaxing but also know to enhance brain functioning.
- Mugwort is known for helping with sleep and lucid dreaming (for some if they use mugwort too much, it can cause nightmares).
- Valerian is known to be very calming and help with falling asleep, as well as can help you remember your dreams and produce vivid dreams.
- Vervain balances the body, as well as, calming. People who have used vervain have reported after about a week of use, having vivid dreams.

## Crystals

- Dream quartz is a crystal for dreaming
- Rose quartz promotes feelings of love and can aid in dreaming in providing positive vibes
- Black tourmaline is a protective stone and can help ward off bad dreams
- Amethyst is the stone of higher thought and can connect you to your highest self
- Solecite is a soothing stone
- Go with your gut- pick the crystals that speak to you

What ever crystals you pick, spend time holding the crystal letting the crystal know your intentions, what you want from the crystal.

With crystals you can create a crystal grid in your room or under your bed. Set the crystals on the grid and then connect each crystal with a pendulum or your finger, setting your intention for the grid. If you've created a dream altar., you can place your crystals or crystal grid on your altar.

## Aromatherapy

Aromatherapy is using essential oils of plants to help facilitate a desired effect. You can place the oil on your pillow, in lotion or use a diffuser for essential oils.

- Lavender promotes calmness and a sense of well being.
- Vanilla promotes sweet dreams
- Clergy sage is clearing and purifies the air
- Palo Santo is clearing and protective and can create higher vibrations
- Pepper is a protective plant to help with nightmares and bad dreams

## Tips:

- Don't drink caffeine before bed
- Try not to look at any screens an hour before bed
- Keep your room clean
- Sleep in freshly washed linens
- Darken your room
- Eliminate things that might wake you up
- Keep your room clean lower vibrational energies can hid in mess

## Common Types of dreams:

“Dreams are illustrations... from the book your soul is writing about you.” Marsha Norman

**Cheating:** cheating dreams wake us up to issues in our relationships. Cheating dreams show us where are insecurities as lovers are, are fears in regards to our partner and ourselves.

**Work:** They show us where our life is out of balance, as well as, burn out. They can show us what fills us and what drains us.

**Death:** Death dreams signify change.

**Flying:** Flying indicates control in life. You are feeling good about life. It can also mean you want a better or different perspective on life. Are you feeling in control in life? Do you need to change your perspective on a situation?

**Running/being chased:** Running indicates fear. Take time to look at what in your life you are afraid of? What are you running from? Can you turn around and face what you are running from? If you do, what happens? Does what you are running from talk to you? Say anything? Is there even anyone or anything there?

**Falling:** Falling is bringing your attention to where you have no control. Or you are afraid of being out of control. Think of dreams about fear of getting on an airplane. A common fear for many people. Think about how it feels to fall? Where do you feel this in life?

**Pregnancy:** Yes, it could mean you are pregnant or someone close to you is. More often pregnancy dreams signifies a new beginning. Something is being birthed in the world, a new job, career, love interest, idea, project. What have you been working to cultivate in your life?

**Houses:** This is you. The house represents you, your emotions, your past, present, everything you. If you dream of a house, take time to journal about the house. What did it look like? Smell like? Feel like? Was it familiar? Can you talk to the house? How do you feel in the house? Tapping into the feelings the house invokes helps you to uncover your feelings about yourself and your life.

Deceased people: often visit us in our dreams to give us a message.

Animals: animal dreams can be visits from animal guides, familiars (our animal companions), animal dreams can also provide us with messages.

Water: water often represents emotion, these dreams can express suppressed emotions, emotions that desire to be felt and processed

End of the world: like death dreams can represent change as well as illuminate fears in life and show us where we need need change

Sex dreams: can be an awakening of kundalini energy, as well as, an expression of desire and innate drive for sex which is often suppressed

# Dreaming Rituals

Bringing ritual to our dream world, enhances our relationship with our dreams. It guides us in communication with our deepest soul's wisdom, guides, ancestors, loved ones, teachers and ascended masters.

There are a few ways to bring ritual to your dream work. Ritual brings intention and daily routine to aspects of life we might take for granted or hurry through.

## Pre sleep rituals:

Pre sleep dream rituals are the things you do before bed to help you connect with your dreams, as well as, to create an open space for dreams to flourish.

- **Aromatherapy:** Can be relaxing. Using it nightly trains your brain to know it is time to relax and slow down. Also, it can allow you time to fall asleep and play in the twilight. The space between consciousness and sleep. This is a wonderful place to spend time interacting with your imagination. Explore where your imagination takes you. You can engage not only with the dreamscape but the characters as well.
- **Tea:** A bedtime tea, nightly can help relax the body and let the mind know it is time to slow down and be less active.
- **Grounding:** Allows you to consciously reconnect to yourself. Depending on how you ground, you can blend in releasing the day. Grounding can help you feel less scattered when you wake up from your dream travels.
- **Releasing the day:** What do you need to let go of to fall asleep tonight? Do you need to journal, do yoga, exercise, paint? What things happened in your day, that you are ready to release so they don't play out in your sleep?

## Waking rituals:

What do you do when you wake up? Waking rituals help you to remember what gifts your dreams brought.



- Write your dream: Give yourself an extra couple minutes each morning. If you do this everyday, your mind will get use to getting up and writing. This helps you retain the dream content and the dream will be less like to vanish.
- Record your dream: No time to write? No problem, use a voice recorder and speak your dream.
- Go with the feeling: Don't remember your dream? That's okay, write or record what you felt when you woke up. Did you have a song in your head? An image? Scent, sound, taste, a feeling or emotion? Write or record it. Let it flow, you never know what messages will come to you!

## Dream Play rituals:

What do you do with the information from your dreams. Dreamwork rituals are the beautiful ways you get to play with your dreams and discover the rich messages waiting to guide and support you.

- Retell the dream: Go back to your dream journal and pick a dream and retell it. The fresher the dream the better. Use your five senses in telling your dream, as well as, first person. Pretend that you are telling a blind friend about an amazing experience you just had, and you want them to experience it too. You'd be surprised at what you remember when you retell your dreams.
- Talk with the characters in the dream: Go back to a dream and interact with the characters. You can talk to anything or anyone in your dream. Have fun and ask questions.
- Be in the dream- what do you smell,taste, hear, feel, and see? Create a living experience, like explaining what happened to your blind friend.
- Create art to represent the dream: paint, draw, write a poem, create a pinterest board or collage. Bring your dream out of the dream world and into reality. This helps you incorporate the dream message into reality.

Have fun creating your dream rituals. See which one's influence or enhance your dream space the most.

## A few more Quotes about dreams

"A dream which is not interpreted is like a letter which is not read." The Talmud

"Dreams are today's answers to tomorrow's questions." Edgar Cayce

"In dreams, we enter a world that's entirely our own." Steven Kloves

"A dream is a microscope through which we look at the hidden occurrences in our soul."  
Erich Fromm

"All human beings are also dream beings. Dreaming ties all mankind together." Jack Kerouac

"Dream and give yourself permission to envision a You that you choose to be." Joy Page

"Dreams are necessary to life." Anais Nin

"Dreams are the touchstones of our character." Henry David Thoreau

"All that we see or seem, is but a dream within a dream." Edgar Allan Poe

# The end of your guide and the beginning of your journey

I hope this guide aids you in your understanding your dreams and using your dreams as guides to your healing and growth, as well as, creating and manifesting the waking life you desire.