



*Forward Kind Heart*

# DREAM RITUALS

By Margaret Bell

## Pre sleep:

- Aromatherapy (lavender is very relaxing)
- Intention settling
- Grounding
- Releasing the day
- Drinking a relaxing tea

## Waking:

- Write your dream
- Record your dream
- Go with what you feel upon waking up- mood, emotion, thought, image, song, color, etc. (write or record it)

## Dream Play:

- Retell the dream
- Talk with the characters in the dream
- Be in the dream- what do you smell, taste, hear, feel, and see
- Create art to represent the dream (paint, draw, write a poem, create pinterest board or collage)

