

## THE DREAM LOG

*("What are my dreams telling me?")*



Dreams often tell us something about our innermost world. The dream is the most spontaneous creation of our existence. We dream on the deeper level of our minds and as we write out our dreams we are observing those deeper levels. Nightmares often occur to the extent we have neglected our inner world. Nightmares are the horrors of our existence. The dream is telling us something about how we relate to the world but they also give us clues to the direction we need to take in life. The more we pay attention to our dreams, the more we are facing our existence.

This section is a place to write down your dreams as you remember them. You will have an opportunity to work on your dreams in another section (THE DREAM CONVERSATION) but for now simply keep a running log of your dreams as you remember them. If you have trouble remembering your dreams, you can train yourself to do so. Before you go to sleep at night consciously tell yourself, "Tonight I will remember my dreams." Don't give up if you fail the first few times. You will remember them out of your conscious intention to do so.

Keep your journal with you by the side of your bed when you go to sleep. When you awake with a dream, whether in the middle of the night or in the morning, immediately write down the story of the dream from beginning to end. Be as complete in your writing as you can, including the people and figures in the dream, the things being said, the actions that occur and the emotions that you feel. Write down the dream in first person, present tense as if it were happening now, with as much detail as you can remember.

The practice of simply writing down your dreams is healing in itself. You are contacting the deeper parts of your existence. When you are ready to work on the dream go to the CONVERSATION WITH DREAMS section of the journal. You will learn that process within the next few exercises.