

How Dreams and the Law of Attraction Complement Each Other



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Exploring the Powerful Connection Between the Sleep State and Manifestation

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[Dreams: The Story of Your Life, An Interactive Guide and Journal](#)

Throughout history, dreams have fascinated, mystified, and guided humanity. In modern times, the Law of Attraction (LOA)—the principle that thoughts and emotions create our reality—has gained tremendous attention through teachers like Esther Hicks, Neville Goddard, and the film *The Secret*. At first glance, dreams and the Law of Attraction may seem like separate topics—one belongs to the realm of sleep, the other to waking intention. But when we look more deeply, it becomes clear that dreams and the LOA are beautifully intertwined, each enhancing and amplifying the other. Together, they form a holistic system for aligning with the life we truly desire.

1. Dreams Reveal Vibrational Alignment

The Law of Attraction is based on the idea that everything is energy, and we attract experiences that match our dominant vibration. Our thoughts, emotions, and beliefs send out a frequency, and the universe responds in kind. But in our waking lives, we often wear masks—social personas, obligations, and mental chatter that block access to our deeper feelings. Dreams strip all that away.

When we sleep, we enter a state where the conscious mind relaxes, and the subconscious takes center stage. This is where our true vibration is expressed. Dreams show us what we're really thinking, feeling, fearing, and desiring beneath the surface. If your waking thoughts are positive but your dreams are anxious or recurring in a negative pattern, that's important vibrational feedback. Think of dreams as your vibrational report card.

They offer uncensored insight into your alignment with what you want. Are you dreaming about missing opportunities, falling short, or being stuck? Or are you dreaming about success, connection, and joyful expansion? These symbols are mirrors of your point of attraction.

2. Dreams Bypass Resistance

One of the biggest blocks to manifesting through the Law of Attraction is resistance—doubt, fear, limiting beliefs, and old stories we’ve been told about what’s possible. While we can affirm “I am abundant” in the mirror each morning, if part of us still believes we’re unworthy or destined to struggle, that hidden belief often wins. Dreams provide a doorway past that resistance.

In the dream state, you can fly without fear, meet mentors who support your journey, or receive messages from your higher self that bypass your logical objections. The subconscious accepts these dream experiences as real, and over time, this helps rewire the internal landscape.

Lucid dreaming—becoming aware within the dream that you’re dreaming—can accelerate this. In lucid dreams, you can consciously practice being in the vibration of success, love, creativity, or freedom. These powerful emotional experiences impact your vibration just as strongly as waking reality, and often even more so.

3. The Dream State Is a Manifestation Workshop

Many LOA teachers talk about the power of visualization, scripting, and affirmations. But few realize that dreaming is perhaps the most vivid form of visualization there is. In your dreams, your mind constructs full sensory realities. You hear, feel, move, and interact inside these imagined worlds. It’s immersive creation at its finest. What if you used your dreams as a conscious workshop for manifestation?

Before sleep, you can set an intention to dream about your desired reality. For example, “Tonight, I will experience a dream that aligns me with abundance.” Over time, your subconscious will begin to offer dreams that reflect this. You may receive symbols, scenes, or even direct experiences of what you want.

In this way, dreams become rehearsal grounds for manifestation—spaces where you try on new identities, break through fears, and encode your goals into your deeper mind.

4. Dreams Clarify What You Really Want

The Law of Attraction responds not just to words, but to clarity. Vague desires bring vague results. Often, we think we want one thing, but our dreams show us otherwise. A person might claim they want a promotion, but dream night after night of being trapped in an office, overwhelmed and unhappy. Another might believe they want a relationship, but dreams of drowning or being abandoned may signal inner fears blocking that desire.

By paying attention to your dreams, you gain deeper clarity about your true preferences, values, and emotional state. This makes your LOA practice far more effective, because you're no longer trying to attract something from a conflicted or unclear frequency.

Your dreams help you refine your “ask” to the universe.

5. Your Inner Being Speaks Through Dreams

According to the Law of Attraction, we each have an “Inner Being”—a non-physical part of us that is always in a state of joy, knowing, and expansion. This part of you never feels fear or doubt. It holds the blueprint of your desires and is always calling you toward alignment.

Dreams are one of the main ways your Inner Being communicates.

Have you ever awakened with a strong feeling that a dream meant something important? That's your Inner Being nudging you. Messages may come through symbols, feelings, or even voice and dialogue in your dream. These dreams offer encouragement, direction, and inspiration tailored to your soul's unique journey.

The more you honor and engage with your dreams, the more you connect with this higher part of yourself. And that connection is at the very heart of manifesting with ease and joy.

6. The Bridge Between Worlds

Dreams act as a bridge between your conscious waking life and your infinite non-physical self. Similarly, the Law of Attraction is the bridge between thought and reality—between the unseen and the seen.

When you combine dreamwork with LOA principles, you open a powerful feedback loop:

- Dreams show you where you are vibrationally.
- LOA gives you the tools to shift your vibration.
- Dreams reflect the change as you align.
- LOA delivers manifestations based on that alignment.

Each night becomes a chance to check in, recalibrate, and expand your creative power. Each day becomes an opportunity to act on insights received during the night. When these two forces work together, you become a conscious dreamer in both worlds—the world of sleep and the waking dream you call life.

7. Tips to Harmonize Dreams with LOA Practice

- Keep a Dream Journal like the one in [Dreams: The Story of Your Life Available on Amazon](#): This builds awareness of your inner landscape and reveals vibrational patterns over time.
 - Set a Pre-Sleep Intention: Ask to receive guidance, clarity, or alignment in your dreams.
 - Practice Appreciation Before Bed: Going to sleep in a high vibration helps attract uplifting dreams.
 - Look for Symbols of Alignment: Notice recurring dream elements that indicate growth, expansion, or freedom.
 - Use Dreams as Affirmation Fuel: A positive dream becomes an emotional anchor you can recall during waking hours.
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Final Thoughts

Dreams and the Law of Attraction are not separate forces—they are partners in your evolution. One reveals the truth of your vibration, the other gives you the tools to transform it. One works while you sleep, the other while you're awake. Together, they offer 24/7 support in creating a life that matches your soul's deepest desires.

By honoring your dreams and understanding their connection to your creative power, you unlock a hidden dimension of the LOA—and a deeper dimension of yourself.

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