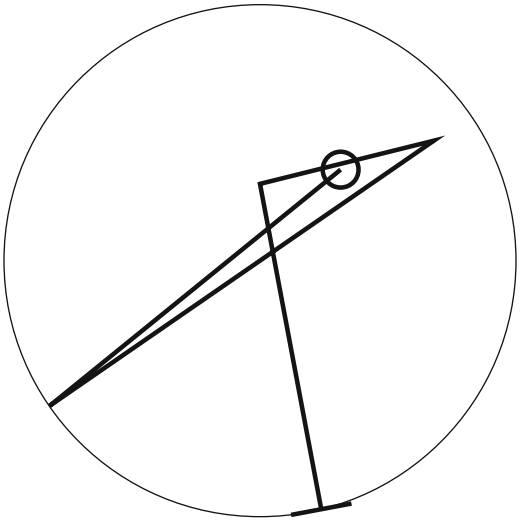
GRAVE INTENTIONS GOODS

THIS IS A
DREAM



A seven-night bedtime booklet

FREE FROM GRAVE INTENTIONS GOODS

HOW TO USE THIS BOOKLET

1 **Read one page each night, in bed.**
Slowly. Out loud if you can, or under your breath. Do not skim to the end.

2 **Stop at the question.**
Read it once, then hold it in your mind as you put the booklet down and turn off the light.

3 **Keep a pen beside the bed.**
In the morning, before you move, before you speak, before you reach for your phone, write down what you remember.

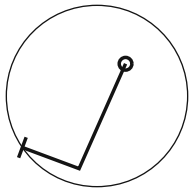
4 **One image is enough.**
A color, a face, a feeling, half a sentence. The dream does not have to make sense.

5 **Seven nights, in order.**
If you miss a night, do not skip ahead. Pick up where you left off.

Some nights the dreams come loud and some nights they come quiet. Both count.

NIGHT ONE

THE DOOR



Lie back and look at the ceiling. Somewhere in the dark there is a door you walked past all day. It is not locked. It has never been locked. Tonight you do not open it. You only notice the handle, cool and a little worn where other hands have rested. Let your breathing slow to the pace of someone standing very still outside a room, listening. When it is time, you will know the way in.

HOLD THIS AS YOU FALL ASLEEP

What is behind the door?

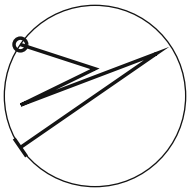
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT TWO

THE WATER



Water is the oldest road into sleep. See a dark pond with no wind on it. The surface keeps your face for a moment, then lets it go. Everything you carried today is a stone in your pocket. Take them out one at a time and set each one on the bank. You do not have to name them. Step in only as far as you are carried.

HOLD THIS AS YOU FALL ASLEEP

What is under the water?

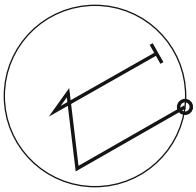
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT THREE

THE HOUSE



You know this house, though you have never been here. Come in through the kitchen. Notice what is on the table. Go up the stairs slowly and count them. One room on this floor has your name on the door, though it is not the name you use. The light under it is on.

HOLD THIS AS YOU FALL ASLEEP

Which room is mine?

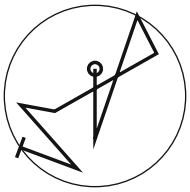
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT FOUR

THE ONES BEFORE



Someone is sitting up with you tonight. They have done this many times, for people who did not know they were there. They will not speak first. They are patient and good at waiting. Rest your hands. Let the space beside you get a little warmer.

HOLD THIS AS YOU FALL ASLEEP

What do you want me to know?

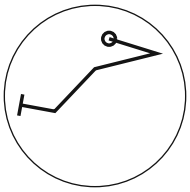
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT FIVE

THE ANIMAL



Something is walking the edge of the dream. You hear it before you see it: the soft weight of it, the breath. It has been circling for years. It is not hunting. It is deciding whether you are quiet enough yet. Be that quiet.

HOLD THIS AS YOU FALL ASLEEP

Who are you to me?

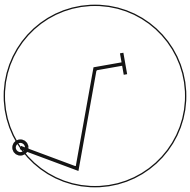
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT SIX

THE ROAD



The road starts at the foot of your bed. It is dark, lit only by what you are about to find. You do not need a destination. Walk until the ground changes under your feet. Notice where it changes, and what it changes to.

HOLD THIS AS YOU FALL ASLEEP

Where does it lead?

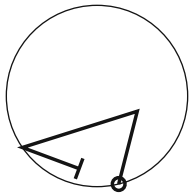
IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

NIGHT SEVEN

THE MIRROR



Tonight the dream turns and looks at you. Do not brace. Let the face in the glass be the one you had before anyone told you who to be. Let it say whatever it says. You do not have to answer.

HOLD THIS AS YOU FALL ASLEEP

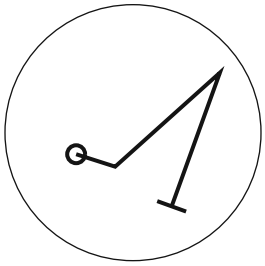
Who is looking back?

IN THE MORNING

Before you move. Before you speak. Write what you remember.

How I felt on waking:

LOOK BACK AT THE SEVEN NIGHTS



You read slowly, in the dark.

You held one question on the way down.

You woke and wrote before you spoke.

THAT IS A SPELL.

People have asked for dreams on purpose for thousands of years. They slept in temples, in caves, on graves, and in the beds of the sick, and in the morning they wrote down what came. It is called incubation. You just did it in your own bed with a pen.

If you are reading this page first, go back to Night One. The dreaming starts tonight.

WHEN YOU WANT HELP READING THEM

Bring me what you wrote down. Dreams are one of the oldest ways of being told something.

Live Dream Tending on Patreon

Bring a dream and we work with it together, live, in Caster's Circle.

Stellar Journey

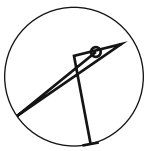
A 75-minute live guided session over Zoom, using your natal chart as the map.

Your 2027 Year-Ahead Report

Timing windows for the year built from your own chart and location, with audio in my own voice.

Readings, rootwork and poppetry

Charts, tarot, conjure, and workings made one person at a time.



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