



SACRED DREAMING

Spiritual Direction, Dream Interpretation, Books

DREAM FORM

Name: _____

Email Address: _____ Phone: _____

Current Age: _____

Age in Dream: _____

Identify as: ____female ____male ____non-binary

A safe place for you emotionally (i.e., the mountains): _____

An unsafe place for you emotionally (i.e., Thanksgiving family dinner): _____

Title the dream: _____

Write your dream (max. 500 words) on the following page.

[illegible]

Describe when your dream reaches a climax or has the most energy: _____

Name two adjectives for each of the people, places, and things in your dream:

Thank you!

I will respond to you within 48 hours with my dream summary for you. In the event I am away from my desk for a few days I will let you know that immediately and give you a sense of when I will return your dream summary.