



DreamWalker Discussion Guide

1. Have you ever gone to sleep thinking about a problem or situation and awakened with the solution?
2. What recurring dreams have you had throughout your lifetime? Can you pinpoint the time when you stopped having them?
3. Think of a time when you dreamed of something that came true. Do you believe you had a premonition dream?
4. What kind of patterns or images repeat themselves in your dreams? Examples: flying without a plane, being under water, specific types of animals, certain people from your past.
5. Do you dream in color? What colors emerge most often? Check a dream dictionary to see the meaning behind them.
6. Have you ever been bothered about something so much that you dreamed about it, but you felt much better afterwards?
7. Who do you believe is speaking to you via your dreams? Could it be your Higher Power, God, or the Universe? Why do you think they are using your dreams to send their messages?
8. Have you ever dreamed of a fantastic idea and made it happen?
9. What do you plan to do to help remember your dreams more vividly?