



# DREAM

JOURNAL

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PUBLISHING

# *Welcome*

I am fascinated by dreams and dreaming, and given that you have been drawn to this journal it looks like you are too. Did you know that we all dream? And yet, so few of us really take the time to remember or record our dreams. Even fewer apply those dreams to everyday life and to our wishful 'day' dreams so that we can transform our thinking and actions in a way that benefits us.

This journal is an opportunity to dialogue with your subconscious and bring your dreams into awareness. When you go on a fabulous and exotic trip, what do you tell your friends on your return? 'You'll never believe where I've been; the strange people I've met and the most amazing adventures that are impossible to explain!' It's the same with dreams. It's a journey into the unknown corners of your mind. In the same way you share adventures of your trip, share the details of your dreams – record them on paper or voice recording, capture the emotional intensity with images and words and let it filter into your everyday world.

I have a passion for dreams. And so I wanted to create more than just a journal where you can record them. I want to bring inspiration as well as real meaning to those random scenes in our dreams that we can only occasionally recall – and usually at times when our dreams frighten or disturb us.

This journal will guide you to understanding more about your dreams and for you to embrace the dream's messages with all its emotional intensity. Understanding your dreams' messages can allow you to heal old wounds, be open to receive and give forgiveness, practise gratitude, take a leap of faith, love more

deeply and become transformed like the butterfly on the cover.

Any type of self-reflection will bring awareness of the unconscious parts of ourselves. The moment you realise that you have made new choices and decisions as a result of understanding your dream messages, that is a moment of magic. It is when you transform.

And if we truly want to make changes to our lives, we must be brave enough to confront those monsters that chase us in dreams and trap us in corners. We must learn to emerge from our cocoon of darkness and lethargy and fly high, unafraid to show our beauty and talents.

Journey and Transformation help to bring wisdom into our lives. Love is the greatest human emotion in existence, and when we find it (in whatever shape or form) we have to be thankful. The more Gratitude we have, the more love we invite into our lives.

By making this conscious decision to explore your dreaming world, you've decided to open up to its messages and to welcome dream insights into your waking day.

We are separated from our dreams by a thin veil. By lifting that veil, those changes in us that we've been wanting to make but were afraid to can finally be realised.

Be bold. Be brave. Live out your dreams. Enjoy the journey. Be transformed.

*Rose* ♥


# *About Dreams*

Dreams are a goldmine of information shedding light on what is bothering you in your waking life, and on ways to overcome your fears. For centuries people believed in the power of dreams to heal, offer spiritual insight, tell the future and solve daily problems. Many inventors have dreamed amazing ideas and solutions, as have artists, musicians and writers.

It's important to understand that dreams reflect our innermost thoughts and feelings, and our interpretation of everything that happens in our dreams is unique to us. What is most important, however, are the emotions associated with the dream. Dreams reveal feelings that need to be dealt with. There are many layers of meaning from the symbols and images in your dreams. As dreams are a reflection of your inner world, it's essential that you, and only you, are the final authority on what your dreams mean.

Recurring dreams and nightmares demand more attention. Sometimes they are quite frightening or disturbing. If you have the same dream repeatedly, your subconscious is trying to send you a message. If you make the time to think about how the dream relates to your life, you can take steps to deal with the problem.

Sometimes the events and emotions you experience in dreams have opposite meanings to those in real life. Dreams of death, for example, are not about anyone dying but are more to do with 'endings'—which then allow for new beginnings. So it's a good thing to dream of death, no matter how painful it is in the dream.



For some people who are very intuitive, precognitive dreams may foresee future events. It's common for people of all cultures, all over the world, to dream of an earthquake before it happens. It's called the 'collective unconscious' and we all have it - but we don't all access it.

Take the opportunity to dialogue with your inner self - your dreaming soul - that longs to speak to you through its metaphoric and mostly illogical dream scenarios. Honour those messages and record them in this personal dream journal.

Dream your dreams forward and carry their insights and messages into your waking world.

*Sweet dreams!*

# *How to Use Your Journal*

So how do you make sense of your dreams when they appear in symbols – like some crazy encryption that doesn't make sense? The dream's message is either misunderstood or ignored when it reaches our waking brain (consciousness). But if you can work out the code and understand the symbols, you'll be grateful for the insight you get.

I've created this dream journal for you to discover the messages from your subconscious and apply the insights that you gained from the dreams to your waking life, so that you can have the opportunity to live more authentically.

The four dream themes – Gratitude, Journey, Love and Transformation– have been adopted from my *Dream Reading Cards* deck. They serve to inspire and motivate so that dream journal entries become a more interactive way for you to connect with your dream world and apply your understanding of this world to your everyday life.

- Read and reflect on these themes and see the relevance they hold for you.
- Fill out the exercises on each theme and keep in mind that both your inner and outer life will be more connected once you make it a practice.
- Feel free to write whatever insights result from your reflections. Use the blank pages to sketch a significant dream image. For example, you may wish to create a mandala while meditating on your dream image. Draw whatever comes to mind. If you prefer to cut out images from magazines or newspapers go ahead and do this. Use music to gently bring your dream message home to you while you create.

Quotes, mantras and images have been designed for you to intuitively reflect on your dreams, while the blank pages are for you to record your dreams. Make sure you reference the dream by including the date and give it a title. The title is important because it gives your dream context and brings up images and emotions felt in that dream.

Refer to the section on 'how to record your dreams' for more information on how to break down the dream scenes. First of all, just jot down the dream as you remember it and don't worry about whether it makes sense or if your grammar or spelling is incorrect.

The dream structure template can be used as a quick reference guide. You may wish to follow it so that you are able to build a customised dream reference for comparing future and past dreams. For example, if you ticked 'recurring' or 'nightmare' regularly, you would start to see a pattern emerging and you would then take some action in working out the reason for these disturbing dreams.

Remember that dreams are personal. You are the final authority on your dreams and what they mean. Take an active role in discovering your own personal symbols and the emotions they evoke so that you are able to find a meaning that truly resonates with you.

# *How to Remember Your Dreams*

Some people have no trouble remembering dreams while others remember their dreams only occasionally or not at all. Sleep and dreams are affected by drugs, alcohol, caffeine, medication and even certain foods, so by avoiding these you may be in a better position to remember your dreams. The fact is that we all dream and it's frustrating when we know we've had a dream and we can't recall it.

## **Helpful tips:**

- Set a clear intention throughout the day to remember your dream and, most importantly, tell yourself you will remember before you fall asleep.
- You might want to re-read some of your previous dreams to start connecting to the subconscious imagery, or alternatively meditate on a question you'd like answered.
- Write down a question or a problem you want solved and place it under your pillow.
- The way you wake up is very important. Within five minutes of waking, fifty per cent of your dream is forgotten. Within ten minutes, ninety per cent is gone. Set a soft alarm to wake you up fifteen to twenty minutes earlier than usual, when you are still in the dream state.
- As you awaken, try to move as little as possible and try not to think right away about your upcoming day. Write down all of your dreams and images, as they can fade quickly if not recorded. Any distractions will cause the memory of your dream to disappear.



## **How to record and interpret your dreams:**

- Before you get up, keep your eyes closed and remain completely still, focusing on the memory of the dream. Write down the dream in your dream journal by your bedside as soon as you rise. Use as many details as possible.
- Write brief descriptions of images, people, places, animals and other significant details. Ask yourself, How did I feel while I was dreaming and how did I feel when I woke up?
- Journal your dreams freely. Don't worry about grammar or whether the dream makes sense. Record your dream as you remember it.
- The emotion of the dream is the most important factor to take away with you from the dream. You don't need to analyse your dream right away; it's worth processing first and then coming back to work it out later.

## **Ask yourself:**

- Was this dream a recurring dream or similar to one you have had before?
- Was it associated with an event (e.g. starting a new job)?
- What was going on in your personal life at this time? Think back from two weeks before the dream up until the day of the dream.
- Connect the images to specific situations in your waking life. Does the theme remind you of anything or anyone in your life or part of yourself? Find as many links as you can.
- What part did you take in the dream? Were you acting the same way as you do in real life? What about the other people in your dreams? Were they people you recognise or did they represent someone you know?
- Read through your dream journal occasionally and discover the main themes, patterns, recurrences or changes in these themes. You will gain greater meaning and insight into your waking-life issues or concerns.

# *Recording Your Dreams*

TITLE OF DREAM:

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DATE:

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Record your dream using as much detail as you can. Include people, actions, animals, weather, places, environment, and other:

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**Type of dream:**

- Positive
- Disturbing
- Recurring
- Nightmare
- Fantasy
- Ordinary
- Bizarre
- Other

**Emotions experienced in the dream or atmosphere in the dream:** (e.g. Anger, confusion, freedom, love, fear)

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**Review of dream:**

- Significant
- Insignificant
- Message Understood
- Needs deeper interpretation
- Other

**Relevance to real life situation and emotional issues:**

- Relationships
- Work
- Health
- Values
- Personal growth
- Other

# *Gratitude*



# *Gratitude*

Focus on what you have rather than what's missing in your life. Whatever we focus on, the universe will send us. If we put our energy into being grateful, the universe will provide even more. Prosperity will flow easily into your life.

Be grateful for something every day, no matter how simple: the sun on your face, the wind in your hair, and simply for being alive. There is so much to be grateful for. Say it out loud - 'Thank you' is a powerful phrase.

Appreciate everything and everyone, even those who annoy you, for they are here to teach you. Go one day without complaining.

Now watch your dreams change as your new attitude to life filters into your dream world. Do you feel more peaceful? Do you feel more rested when you wake up? Are there positive scenes in your dreams?

Practise gratitude daily. Count your blessings. Once you do this in both the waking and dreaming world, your attitude will shift and you will feel more in sync with your life.

# How Grateful Are You?

This list will help you get a feel for where you're at right now and where you want to be. Your dream world will give you an opportunity to make changes to your life and help you shine a light on the things hidden deep inside your subconscious:

*Rate your gratitude scale from 1 to 10 (with a score of 1 as the lowest and 10 the highest).*

	Now Date:	In 3 months Date:	In 6 months Date:	In 9 months Date:	In 12 months Date:
I express gratitude daily					
I love what I do					
I often spend time in nature and outdoors					
I have a good relationship with my partner, family and friends					
I smile daily					
I laugh daily					
I challenge myself with new experiences					

	Now Date:	In 3 months Date:	In 6 months Date:	In 9 months Date:	In 12 months Date:
I feel in control of my life					
I exercise regularly					
I spend quality time with the people close to me					
I feel optimistic					
I live in the present					
I meditate					
I live an authentic life					
I have a clear vision of my goals					
I help others					
I take care of myself and my health					
Other					

# *An Exercise in Gratitude*

Before you go to sleep, set the intention to find gratitude in your waking life. Set the intention to find ways for your dream to support you as you work towards being thankful. You may wish to write this before you go to sleep or upon waking, especially if you've had a dream that has been significant to you – good or bad.

**I am grateful for:**

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**I am grateful because:**

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*I release all old patterns, behaviours and belief systems that have kept me from being grateful.*

**They are:**

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**I will show gratitude by:**

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**I promise to practise gratitude daily by:**

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