

Dreams

Strategies for Remembering Dreams

The 'state dependant' process

- 1) Set your alarm clock for quarter of an hour earlier than normal.
- 2) Before you go to sleep, have a clear intention that you will remember your dreams. As you feel more adventurous, you may use NLP components to build clarity.
- 3) When you awaken, keep your eyes closed and stay still. Let your mind wander back to what you have just been doing. What images reappear?
- 4) Remember any voices or sounds you've been hearing.
- 5) Experience any physical sensations, smells, tastes... what have you been feeling?
- 6) When you are ready, move onto your back, front, sides. What comes back now? Does your unconscious have the front to give you some asides?
- 7) Think through a list of people you know, especially those who are close. Then any familiar places or objects.

The Dream Diary

Keeping a dream diary in itself will help you to remember more dreams. The more interest you show in your dreams, the more you will remember. Have a notebook/dream diary, pen and nightlight beside your bed.

In your dream diary:

- 1) Give each dream a title, date and reference number.
- 2) Write the dream in the here and now as if you are reliving it (stay associated).
- 3) Draw maps of areas you explore. Draw any relevant object/people/scenes.
- 4) Write down all you remember. Any odd bits can be written under a title of "BITS".

Get interested

- As you become more interested in your dreams, you will remember more and more.
- Talk to your partner or a friend about your dreams and listen to theirs.
- Interpret your dreams, notice common themes.
- Read fascinating books about dreams.
- Throw 'dream dictionaries' in the bin and take ownership of your own dream world now.
- Keep it going. Let your unconscious know that you are ready now.

"In the sense that the dream sense makes sense at the time..."