

Start Spiritual Dreaming in Just Four Easy Steps

Step 1: Relax!

There are two energies at work to make a connection in the dream world:

- a. Your own desire and openness to listen to a deeper wisdom, to connect to intuition and receive spiritual insight.
- b. Spirit's desire and power to reach you.

Trust Spirit's desire to communicate with you. To increase your desire and openness go to step 2.

Step 2: Focus

- Keep a notebook by your bedside. Before going to sleep, write down a problem, a situation, event or relationship that you are struggling with. Then write down a question. Examples of questions are: "What do I need to understand about this problem?" "Please share guidance on the next right move." "What is the problem and the answer to it?" "What do I need to be aware of right now?" Or simply: "I am open to whatever you would like to communicate to me."
- Then as you fall asleep, recite a prayer or repeat the name of "God" or chant OM, etc.

Step 3: Send the Invitation

Suggested Bedtime Prayers:

- I am never alone, because the Spirit is always with me. I trust the Universe in all Its Wisdom to lovingly guide me to what is most helpful for my spiritual unfoldment. Please send me a dream, sign, images, words that point the way clear to what I need to know right now. I remember that you speak to me in many different ways and so I accept any form of communication that is best for me at this time. Thank you and Amen.
- Please connect with me through my dreams tonight. I am open to any insights, correction, guidance; healing that is most helpful for my highest good and the good of others. I want to remember my dreams and to completely understand your message. I will to know. Thank you.

Write your own prayer: Include things such as readiness, acknowledging the presence of Spirit, desire to listen, trust, asking, surrender, and gratitude.

Step 4: Recall

- When you open your eyes in the morning, do not get out of bed! Lie there quietly and ask; "Did I have a dream last night?" Let your mind recall anything that happened while you slept. Lay there until you have remembered everything. *Then* make notes in your notebook. Write down symbols, place, people, feelings...everything you can remember even if it seems insignificant. Then get out of bed. When you have more time to contemplate the dream, you can write out all the details.
- Reflect on how the dream's message is an answer to your inquiry. This will help jar your memory of more details about the dream.
- Be open to additional details about the dream throughout the day. I often recall things from a dream while doing mundane tasks.