

A Guide to Dreaming Miracles

Dreams are for the purpose of directing us to higher and more balanced accomplishments in our physical, mental and spiritual lives. Dreams work to solve the problems of the dreamer's conscious waking life, and to quicken in the dreamer new potentials which are his or hers to claim.

—EDGAR CAYCE © Used by Permission

Before You Begin

1. Obtain a notebook specifically for supporting your dream practice.
2. In your notebook, list the reasons you want to receive spiritual dream messages. (I wish to obtain guidance, to restore harmony to my relationships, receive answers to my questions, or become aware of unconscious beliefs and behavior patterns.)
3. Formalize a written commitment to your dream practice and include the following:
 - a. I will devote (x days, x weeks, x months) to using my nighttime dreams as a channel to receive messages from the spiritual realm.
 - b. I will document my dream upon waking. (If not, I might not recall important details.)
 - c. I will set aside (choose a time each day) to study my dreams and reflect on their messages.
 - d. I will make a daily effort to apply the messages I receive.
 - e. When inspired, I will share my dreams so they can be used to help others.
 - f. I will give thanks for every dream message I receive, even if it makes me feel uncomfortable. I understand that as I take steps to

seek answers and guidance, learn, and grow, I may experience discomfort.

Dreaming Miracles Nighttime Practice

Step One: Determine Request

1. As you settle into bed, think about an issue, decision, challenge, or event you would like insight into and write it down.
2. Write down any feelings and thoughts that arise when you consider the situation.
3. Use this information to formulate a concise question that you would like an answer to and write it down. The question can be as specific as “What house should I buy?” or as general as “What do I need to be aware of right now?”
4. Say the question out loud or silently to yourself.

Step Two: Relax

Your willingness to receive spiritual insight and Spirit’s desire and power to communicate with you are energies needed to receive a spiritual message. Trust that these energies are already in place, and then breathe deeply and slowly relax into a peaceful state of mind.

Step Three: Invite the Answer, Let Go of the Outcome

1. Create and say a prayer that includes elements of trust, willingness, and gratitude or, recite one of the following:
 - *I pray and trust that Divine wisdom will gently offer guidance while I sleep. I ask that my dreams be used as a source of healing for myself and others. I accept whatever message and form of communication is*

*best for me at this time. When I awaken, I will remember the dream.
Thank you for answering the prayers of my heart.*

- *All-knowing, Universal Source, please communicate with me through my dreams tonight. I am open to any insight, correction, and guidance that is most helpful and beneficial to me and others. When I awaken, I will remember the dream. Thank you for your Divine love and guidance.*

Step Four: Recall

1. When you wake up do not get out of bed! Quietly, ask yourself, “Did I have a dream last night?” Then let your mind naturally recall any nighttime image, activity, event, person, place, or feeling.
2. In your notebook, document all the details of the dream even if you perceive some details as insignificant. Describe how you feel now after experiencing the dream.
3. Express gratitude for the dream; *THEN* get out of bed.
4. As you go about your day, note any additional details of the dream that you recall.

Step Five: Study

1. Review your dream notes. Then, close your eyes and mentally recreate the dream.
2. As you recall the situation, characters, images, and emotions from the dream, ask yourself:
 - *How do I feel?*
 - *What do the images and the setting mean to me?*
 - *How does this dream provide an understanding of my problem, block, or pattern?*
 - *What unconscious beliefs and emotions were revealed?*

3. Seek further insights and guidance by meditating on the following: *How does this dream answer my question or fulfill my intention?* Be still and listen for answers. Note anything that comes to mind.
4. Document and express gratitude for the key insights and guidance received.

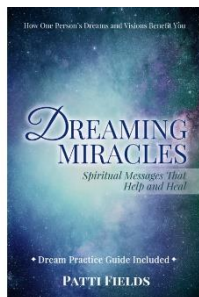
Step Six: Apply

1. Contemplate how you can apply the insights and guidance to your current situations and relationships.
2. Follow through with a commitment to apply what you have learned.



Patti Fields—an intuitive dreamer and channeler, and a well-respected teacher of *A Course in Miracles* and spiritual dreamwork, shares her channeled messages to help you connect to Divine wisdom for guidance and healing.

For channeled messages, visit Patti's [Website, YouTube Channel and Facebook Page](#). Click [here](#) for information on how to purchase or download books channeled by Patti.



Dreaming Miracles interweaves the author's intimate experiences of universal hardships, profound answers from the spiritual realm, inspiring examples of healing, and practical tools for transformation, to help YOU experience miracles – complete freedom from unconscious beliefs and patterns, trauma, and pain.

I've been journaling and interpreting my dreams for over 40 years. I have read about dreams and symbolism from the likes of C. Jung, M.P. Hall, E. Cayce, and by far THIS is the best book on dreams I have ever read. A must read!!!

Jessica Jacobson-Hale