
A Guide

To

Spiritual Dreaming

A Six-Step Plan to Receive Divine Messages in Your Sleep

Patti Fields

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Visit the author's website at www.pattifields.com for additional channeled teachings, meditations, and *A Course in Miracles* and spiritual dreaming resources.

A Note From Patti

Spiritual dreams are an amazing resource we can use to live life miraculously. When we allow the Spirit to speak to us in dreams, we become open to profound changes that affect ourselves, those closest to us, and the world around us.

Everyone dreams. Even if you don't think you dream, science has proven that you do. And, even though you might not have accessed spiritual wisdom in your dreams, it is there. Communicating with the Spirit through dreams is an ability we all have. However, to use this natural gift more effectively, it is important to have a consistent dream practice.

This dream practice guide is an excerpt from my book, *Dreaming Miracles—Spiritual Messages That Help and Heal*. *Dreaming Miracles* presents the dream and vision messages I received while facing life's challenges and hardships. The universal messages were so life changing that I wanted to share them to benefit all. And, I wanted to inspire others to dream their own miracles. I'm pleased to offer this free guide to assist you in developing your ability to receive spiritual support, guidance, and healing through your dreams.

The Spirit is speaking to you from deep within your mind. Why not begin listening tonight?

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 you 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.*

1. *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

2. 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.
3. 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.
4. Express gratitude for the dream; *THEN* get out of bed.
5. 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.

Additional Books, Guides, and Resources

Books:

- *Dreaming Miracles—Spiritual Messages That Help and Heal*
- *Freedom Now—What You Need Is Where You Are*

Channeled Guides (downloadable PDFs available from www.pattifields.com):

- *A Lightworker's Guide to Fulfilling Your Destiny*
- *A Guide to Aligning with the Source of Healing*
- *Special Instructions for the Role of the Healer*
- *A Guide to Communicating with the Spiritual Realm*
- *Navigating Life Transitions, Changes, and Transformations*
- *Your Role in Co-Creating*

Free resources available from www.pattifields.com:

- [Weekly Channeled Messages](#)
- [Spiritual Dreaming Practice Guide](#)
- [Healing Focused Guided Meditations](#)
- [A Course in Miracles Workbook Lessons Commentary](#)
- [Application of ACIM Teachings in Daily Life](#)
- [YouTube Videos](#)



Patti Fields (Rochester, NY) never intended to be a channel for spiritual messages. A long-time student of *A Course in Miracles*, her passion was to connect to Divine wisdom for guidance and healing. As a result, she received numerous spiritual messages that had a profound impact on her life. Patti is passionate about sharing these inspiring spiritual teachings in her books, recordings, articles, and blog posts so others can benefit, too.

If Patti is not dreaming, writing, teaching, or enjoying time with her daughters, friends, and family, you can probably find her on the pickleball court applying her spiritual practices to tame her competitive impulses.

Connect with Patti on Instagram @patti_fields or check out her website at www.pattifields.com where you can sign up to receive alerts of new channeled messages and a free Guide to Spiritual Dreaming.