



By Craig Sim Webb

Your Dreams can be a well spring of creative inspiration to help you create new artistic works, solve problems at work and in your relationships, heal emotional wounds and even physical illnesses, learn new skills, and explore the vast inner realm of profound experiences for far greater spiritual fulfillment, all while allowing you to explore and have fun during the one-third of life that we all spend asleep. If these possibilities sound interesting, don't just take my word for it. Begin remembering dreams better tonight and start experiencing for yourself the fascinating adventures and powerful hidden benefits your subconscious is trying to offer you every night. The following paragraphs will explain proven techniques for recalling more dreams, starting within a week or less.

The main barrier to recalling and benefiting from dreams is that waking and dreaming memory aren't connected nearly as well as they could be with greater intention, practice and focus.

“MAKING A RELATIVELY CONSISTENT EFFORT TO REMEMBER AND ESPECIALLY TO RECORD YOUR DREAMS WILL HELP YOUR WAKING MIND ALIGN AND INTEGRATE YOUR DREAM EXPERIENCE.”

*It's also an excellent way to increase imagination and intuitive capabilities,* which are both intimately connected with dreams. This alone should provide strong incentive.

## 1 IT'S IMPORTANT TO WANT IT:

First and foremost, you must feel that it will be useful to you, if not extremely valuable. Without this intention, motivation will soon disappear. More importantly, the

desire acts as a subjective magnet, which draws your dreams into memory.

**2 FOCUS and ATTENTION:** Understand that dream recall is an inherent, natural human trait. That is why young children are quite in touch with their dreams, as are many native cultures. Some of these native cultures even share their dreams with each other daily and base important life actions upon guidance they receive from them.

“DREAM RECALL IS LIKE A MENTAL MUSCLE – THE MORE YOU USE IT, THE STRONGER IT BECOMES.”

Without exercise it may shrink, but it is there if you decide to work it out again. So if your recall is poor, trust that it will come in time, and the trust itself will actually help since expectation is a powerful subjective tool.

**3 BEDTIME PRACTICE:** Before sleep, reread your dreams from the night (or more) before. This allows you to begin to connect with your dream memory, and is also an opportunity to interpret your dreams and spot connections to the day's events. Then, as you go to bed, clearly request (rather than command) yourself to remember any dreams when you awaken in the morning or during the night, especially ones that would be beneficial to you. Also, remind yourself that it's a *simple, natural process that happens by itself anyway*. You can also suggest to yourself to spontaneously awaken when you need to without using an alarm, since any strong external perception such as a loud noise can inhibit recall. This method works well with practice, but you may initially wish to set your alarm for 15 minutes after your suggested wake-up time, just to be safe. Whenever you awaken, keep your eyes closed (or shut them if already open) and remain as motionless as possible. If you move after waking, simply return to your earlier body position.

Make sure to check out future issues of *Veritas* for tips and technique on how to end recurring nightmares or unpleasant dreams, how to have highly sought after lucid dreams, and specific examples of how your dreams can very practically benefit you and others.

Gather as many images, impressions, feelings, or body sensations or waking thoughts as you can.

“A HELPFUL TECHNIQUE IS TO THINK OF IT LIKE FISHING.”

Gently, cast out your intention to remember a dream, and wait a little to see what comes. As soon as you get anything, no matter how brief or vague they may at first seem, rise and immediately record (or



“If a man could pass thro' Paradise in a Dream, and have a flower presented to him as a pledge that his Soul had really been there, and found that flower in his hand when he awoke - Aye? and what then?”

write, draw, paint, etc.) it in a journal or speak into a tape recorder (which you keep bedside). You'll be surprised at how much more you will remember as you begin writing/speaking/drawing/painting/etc.

## 4 BE PLAYFUL, PATIENT, and PERSISTENT:

Although most people start having success the first week or two, dream recall is a mental muscle which may require some time to get back into shape. Try

to maintain a relaxed and playful attitude of looking forward to your dreams while being willing to let them come all in good time. *Trying too hard or being too serious can be limiting factors.* Dream recall and motivation tend to come and go naturally in cycles and also depend upon what else is going on in your life, on how much sleep or exercise you get, etc. Once you begin a period of focusing on recall, stick with it for at least a few days, because consecutive nights can have an additive effect.

**5 A WEEKLY STUDY GROUP** with a shared interest in dreams is unmatched for sustained motivation, inspiration and plenty of intriguing surprises and insights.

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## Call to Action

1. Think of something that you'd like or like more of in your life such as more creative time, mastery playing the guitar, a new relationship, financial abundance, improved health, etc.
2. Define in a clearly measurable way how you will know once your goal has been accomplished, including visual scenes from your life, the feelings you will have, and specifically by when it will come about.
3. Share your goal with someone you think will support it.
4. In bed, before you drift asleep, imagine the scenario of having what you hope for 5 minutes, feeling grateful during your visualisation that this or something even better is now true and real.
5. Follow the instructions above for recalling your dreams which may well like a compass give you hints to achieve your goal
6. Write to us at [feedback@dreams.ca](mailto:feedback@dreams.ca) about your success with this process.

# Boost Dream Recall for a Wealth of Awaiting Treasure

