

## Remembering your Dreams

1. The most important part of remembering is to wish to do so. If dreams are not considered important, chances are that we will not remember them.
2. In preparation, dedicate some quiet time at the end of the day to reflect on the day and on the significant events and challenges that have arisen. You may wish to conclude by offering a prayer that you might remember or that you may receive some help on issues of concern. The most important part of this action is that you are indicating an attitude of listening and reception for that which is a gift.
3. Place a pad of paper and a pen next to your night table or somewhere close so that when you awake you can write down at least part of the dream. It is amazing how quickly we forget our dreams.
4. In the morning, write down as much as you can remember of the dream. Include as many details as you can. Write in the present tense as this helps to remember details of the dream. Also, write down the feelings experienced within the dream.
5. Write down any associations pertaining to the events or feelings that arise when you are writing down the dream.
6. Most importantly, try to respond to the insights or encouragements of the dream. You may also wish to share the dream and your reflections with someone you trust.