

Remembering your Dreams

Creating Optimal Conditions for Remembering your Dreams

- 1) Create a calm and quiet atmosphere where you sleep; prayer and meditation are especially helpful in inducing dream states.
- 2) If you listen to music before retiring; choose something that will get you in touch with your breath. If you read, choose something uplifting.
- 3) Make it your intention to remember or visualize yourself waking up and remembering, or imagine yourself writing in your dream journal.
- 4) Set up your recording tools close to your bedside; either paper and pen or small tape-recording device.(which ever works best for you)
- 5) When you wake up, do not move around quickly.
- 6) As soon as possible after waking, record your dream.
- 7) If you usually meditate on awakening; ask to retain the dream until you complete your meditation.
- 8) Draw your dreams or focus on remembering sights, smells etc.
- 9) Share your dreams with someone; that will help sharpen your recall..
- 10) Join a dream group where there is a collective intention to remember.

Additional support for recalling dreams:

Vitamin B complex or just Vitamin B-6
Beautiful dream journals and lovely pens

What works against dream recall:

Sleeping pills, barbiturates, pain killers, anti - depressants, alcohol

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