

Part 2 - Step 2:

'Dream Journal' Exercise Page

Night 1 ☐ Night 2 ☐

Date: _____

This Journal Page allows you to record your dreams - you can also use a voice recorder or a personal journal. Please print more than one page just in case you remember more dreams! Handwriting is encouraged on these pages or in a personal notebook or diary - this to ensure your brain patterns remain in a more relaxed and less distracted state than if you choose to enter your journal on a device or on a computer directly after waking.

Write your dream here. Remember, be sure to record how your dream feels. Write it exactly as you experience it. Draw if you need to. Include details and impressions.

Write and/or draw ...

Notes. *This area is for additional notes now or later.*

Part 2 - Step 2:

Night 1 ☐

Night 2 ☐

Date: _____

Continued ...

Notes. This area is for additional notes now or later.

Part 3 - Step 2:

'Dream Journal' Exercise Page

Night 1 ☐ Night 2 ☐

Date: _____

This Journal Page allows you to record your dreams - you can also use a voice recorder or a personal journal. Please print more than one page just in case you remember more dreams! Handwriting is encouraged on these pages or in a personal notebook or diary - this to ensure your brain patterns remain in a more relaxed and less distracted state than if you choose to enter your journal on a device or on a computer directly after waking.

Write your dream here. Remember, be sure to record how your dream feels. Write it exactly as you experience it. Draw if you need to. Include details and impressions.

Write and/or draw ...

Notes. *This area is for additional notes now or later.*

Part 3 - Step 2:

Night 1 ☐

Night 2 ☐



The Gateway Centre
Mind-body Awakening & Healing

Date: _____

Continued ...

Notes. This area is for additional notes now or later.

Part 4, Step 1:

'Dream Symbols' Exercise Page

Below are 8 common dream symbols. Symbols are the language of your subconscious, and your dreams are made up of context, relationships, feelings and contextual images.

Note the 8 symbols below. Write how they make you feel, and what they mean to you.





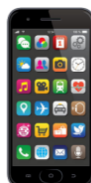












Part 4, Step 2:

'Your Dream Symbols' Exercise Page

Think of 8 dream symbols - be spontaneous! Don't think too hard. Draw the first 8 meaningful symbols that you can think of ..or that come to you. Trust your mind.

Draw these 8 symbols, and write the feeling and meaning of these symbols to you.

1. _____ _____ _____ _____ _____	2. _____ _____ _____ _____ _____
3. _____ _____ _____ _____ _____	4. _____ _____ _____ _____ _____
5. _____ _____ _____ _____ _____	6. _____ _____ _____ _____ _____
7. _____ _____ _____ _____ _____	8. _____ _____ _____ _____ _____

Part 5, Step 2:

Bridge of Consciousness Affirmation

Now you have completed the Part 5, Step 1 meditation you will need to wait until you are sitting in bed to complete this next part. Print 2 copies of this page - one for each night.

Take this page to bed with you and close your eyes. Remember the meditation. Remember how it felt. Remember the bridge. Keep your eyes close and relax. Focus on remembering the meditation, your feelings and the bridge for about 5 minutes. Then, when you are ready, draw the symbol and write the following phrases 3 times in the boxes below:

"I choose to remember by dreams. I am ready to remember my dreams.

I instruct my subconscious mind to show me my dreams."

Instruction to my subconscious 1:

Instruction to my subconscious 2:

Instruction to my subconscious 3:

Part 5 - Step 3:

'Dream Journal' Exercise Page

Night 1 ☐ Night 2 ☐

Date: _____

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Write your dream here. Remember, be sure to record how your dream feels. Write it exactly as you experience it. Draw if you need to. Include details and impressions.

Write and/or draw ...

Notes. *This area is for additional notes now or later.*

Part 5 - Step 3:

Night 1 ☐

Night 2 ☐



The Gateway Centre
Mind-body Awakening & Healing

Date: _____

Continued ...

Notes. This area is for additional notes now or later.

Part 6 - Step 2:

'Dream Journal' Exercise Page

Night 1 ☐ Night 2 ☐

Date: _____

This Journal Page allows you to record your dreams - you can also use a voice recorder or a personal journal. Please print more than one page just in case you remember more dreams! Handwriting is encouraged on these pages or in a personal notebook or diary - this to ensure your brain patterns remain in a more relaxed and less distracted state than if you choose to enter your journal on a device or on a computer directly after waking.

Write your dream here. Remember, be sure to record how your dream feels. Write it exactly as you experience it. Draw if you need to. Include details and impressions.

Write and/or draw ...

Notes. *This area is for additional notes now or later.*

Part 6 - Step 2:

Night 1 ☐

Night 2 ☐

Date: _____

Continued ...

Notes. *This area is for additional notes now or later.*

Answers & Reflections Page

Date: _____

Your Dream Talking Course includes sections where you are asked to consider questions and record your answers. This allows you to reflect on your conscious perceptions as well as open up the communications channel between your conscious waking state and your subconscious dream state.

When you reach a part of the course that asks you to answer questions, use this Answers & Reflections page to record your responses, considerations, concepts and thoughts.

Write here ...

Notes. *This area is for additional notes now or later.*
