

# Psychademy

A Simple Guide for . . . Remembering Your Dreams

Keep a journal by your bed for the specific purpose of remembering your dream.

Your unconscious mind (which is sending you the dream) is symbolic. It will respond to the symbolism of having a dream journal.

Get a note book and write in big clear letters "Dream Journal".

Glance at it before you go to sleep each night. This symbol will remind your unconscious mind that you wish to remember your dream.



Completion of this procedure for at least 7 days is a prerequisite for you to have an in depth Dream Interpretation by one of our Higher Level Psychics.

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## Step 1: The process of remembering

To remember a dream, set your alarm about 15 - 20 minutes before you usually wake up. You don't have to actually get up earlier. In fact getting up straight away is the reason most people forget their dreams.

Memory is state dependant, so you are more likely to recall something when you are in the same state as when you first experienced it. Use this to recall your dream by staying in the state of being nearly asleep, whilst staying just on the borders of awakening. Lie in the same position as you normally sleep, breath at the same pace, and send your mind gently back to the "state" of sleep - but not to sleep.

Replay your dream in your mind, repeat all the major events, situations and objects. DO NOT try to interpret your dream at this stage. This is a common mistake. Simply pay attention to the content.

## Step 2: Recording your dream

Write down as much of the dream as you can. There is a particular knack of doing this. Here are the do's and don'ts.

### Do:

- Write in bullet points
- Label things quickly and simply
- List objects, places, people and events
- Use pictures or symbols, particularly any that were in the dream

### Don't:

- Worry about details you have forgotten, your unconscious mind will remind you if they are important. Trust it.
- Try to get the sequence right - just note down the events
- "Translate" images into words, you will lose some of the meaning in the translation
- Try to interpret or understand the meaning yet

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To find out more about an advanced personal Dream Interpretation, visit:  
<http://www.psycademy.co.uk/dream-interpretation.htm>

