



Hello there, dreamer.

If you're reading this, some part of you is curious about your dreams. Fantastic: your curiosity will serve you well in dream work.

Perhaps you dream regularly and have cultivated a dream practice. But perhaps, like many folks we hear from, you're interested in your dreams yet find you don't recall them--or when you do they're fragmented or don't seem particularly "important".

We get it. Dreams are sneaky, unpredictable, sometimes off-putting emissaries that can be hard to parse or make sense of--when they choose to show up.

That's why we created [Dreamtime](#): to encourage folks like you that your dreams *are* worth exploring. We're convinced our dreams are portals to greater creativity, hidden knowing that can wake us up to what we're missing, offer the potential for healing and tether us to something larger than ourselves.

This resource is our gift to you to provide support as you step across the threshold to discover what your dreams have to offer you. We outline a simple, repeatable protocol we've found useful for recalling and recording dreams. We also offer tips on exploring and digging into your dreams.

And, if you'd like more targeted support in cultivating and connecting to your dreams, please join us for [Dreamtime](#).

Deep dreams,
Graham and Matthew

Dreamtime Practice: Catch A Dream

Materials: a dream journal and pen

PREPARE // The first step to dream reception is intention--making clear to yourself that you want to recall a dream. You can journal about this or simply state the intention to yourself (silently or out loud) as you prepare to sleep. By “putting it out in the universe” you are more likely to receive a dream.

Set out a dream journal and pen (or your phone with the Voice Memo feature) on a bedside table. You may also want to light candles, burn incense, engage in gentle movement or listen to soothing music or ambient sound to lull you to sleep. Add whatever practices help you “open up” to dreams. It’s recommended on nights when you intend to catch a dream to abstain from substances as they tend to inhibit recall.

DREAM // Sleep well, dream deep.

If you don’t recall a dream, please don’t be discouraged; this is totally normal, especially if intentional dreaming is a new practice. Take heart and continue to hold the nightly intention, creating space to receive a dream.

RECORD // When you wake--at whatever time--try to record anything that comes to you. This may be just a few notes (“blue car, left turn”, “I am in a long hallway”, “three black dogs”) or more complete scenes. Whatever you can recall and jot down, do so. Focus on images and feelings, let them linger without trying to comprehend or understand them.

In the morning (ideally) or when you next have space, return to your notes and reconstruct your dream as best you can. Write in the first-person continuous present (“I am walking down the street. I see a man I don’t know. I feel afraid. I turn left...”) so you have the full dream written out.

REFLECT // Once recorded, you have time and freedom to return to the dream and attend to it in all sorts of ways. Dreams, like art, convey meaning in many layers and communicate “slant-wise”; we recommend not taking dreams literally.

Allow yourself to explore many potential meanings. You may wish to note associations or connections to specific images. Telling the dream to a friend may be helpful. One question that may be useful: What question is this dream asking of me?

If you’d like more help exploring your dream life, please join us for [Dreamtime](http://www.thisisdreamtime.com).