

Steps for Incubating & Recalling Dreams

Before Bed:

1. Create a question or intention that you care deeply about. Write down your incubation.
2. Place it next to your bed with a blank pad & pencil or audio recording device. If needed, also place a flashlight and/or altar objects.

In Bed:

1. Breathing deeply and restfully, repeat the incubation in your mind. If your mind drifts to something else, gently focus back on your incubation until falling asleep.
2. When you become aware that you've dreamt, stay in the same body position, and with your eyes closed, recall the whole dream experience in your mind.
3. If it's the middle of the night, summarize your dream with a minimal amount of words and go back to sleep. Upon fully awakening, go over any of your notes and record the dream(s) in full detail.*

*Please record any dream or felt experience, no matter how brief, strange or unwanted it feels. Given the opportunity, a dream will naturally lead to the transformation of an unwanted experience. For example, experiences of loss often give way to experiences of love. Always consider and record the underlying mental or emotional quality of each experience. If you awake in the middle of the night with no dream, then resume Step 1 – repeating the incubation in your mind. Also, sometimes it is necessary to pose the same incubation over multiple nights.