

Dream Practice Guide

Three simple methods for working with your dreams — before sleep, during sleep, and after waking

1

Dream Incubation

Planting a question before you sleep

1. Pick **one clear question** or problem — keep it specific, not vague.
2. Write it as a short phrase and place the paper by your bed.
3. Visualize the issue as you get drowsy — don't try to solve it, just hold it.
4. Repeat the phrase silently like a mantra until you fall asleep.
5. Record anything you recall on waking, even fragments — answers often come as symbols, not literal replies.
6. Repeat nightly — incubation improves with practice.

2

Lucid Dreaming

Becoming aware you're dreaming, mid-dream

1. Keep a **dream journal** — write every dream on waking to build recall.
2. Do reality checks daily — ask "am I dreaming?" and test it (hands, clocks, pushing a finger through your palm).
3. Watch for personal **dream signs** — recurring odd details from your journal.
4. Use MILD — as you drift off, repeat "next time I'm dreaming, I'll know it," picturing a recent dream turning lucid.
5. Try WBTB — wake after 4.5–6 hrs, stay up 20–30 min calmly, then return to sleep focused on lucidity.
6. Once lucid, stay calm — rub your hands or spin to stabilize the dream before exploring.

3

Dream Analysis

Making sense of a dream after waking

1. Record the dream **immediately** — people, places, objects, emotions, oddities.
2. Note the emotional tone first — often more telling than the plot.
3. Go symbol by symbol — ask what each element means to **you**, not a generic dictionary.
4. Check the day's residue — what happened yesterday that the dream might echo?
5. Consider a few lenses: hidden wish (Freud), unconscious message (Jung), or "what feeling am I avoiding?"
6. Track patterns over time — recurring symbols across entries matter more than one dream alone.