

Juliette Lee

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Dream Incubation

Dream incubation is an ancient custom used throughout the world, to come to a new awareness or solution to a problem in one's life or community.

- Before going to bed, prepare your space so that it is free from clutter.
- Prepare for bed with a calm mind and spirit. Switch off TV and phones.
- Write some thoughts in your journal about what might be troubling you.
- Construct a clear, concise question regarding the situation.
- Write down your question – the more direct the question, the more direct the answer will be. Be specific.
- As you go to sleep, be intentional about the question. Repeat the question over in your mind as you fall asleep. Allow images to come that relate to the question asked.
- If you wake in the night, be sure you wake up enough to write down the dream images. Incubation will not work if you don't record your dream.
- Upon awakening in the morning write all that you can remember about your dreams, particularly paying attention to any feelings.

Tips for recording dreams

1. Keep paper and pencil or pen by your bed. A small flashlight may be helpful in checking your night time scribbles.
2. Tape-recording your dreams is another option.
3. You may write a detailed account of the dream when you waken during the night, or you may prefer to write down just a few key words. Usually some key words will jog your memory upon awakening.
4. Upon awakening, lie still with your eyes closed and review the night's dreams. Once you enter linear thinking (e.g. reviewing the day ahead), your dream world is left behind. It is then often difficult to retrieve dreams.
5. Immediately transfer your dream notes to your journal. At this time you can fill in any details that are missing from your night notes. It is important to do this upon first awakening because your dream experience fades quickly.

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