

Natural Laws: Subtle World Existence Program
Dreaming Project

Guidelines to Remember your Dreams

1. Getting plenty of sleep is the first step to good dream recall.
2. Keep a dream journal. Place the journal near your bed and record every dream you remember, no matter how fragmentary. Start by writing down all your dreams, not just the complete, coherent, or interesting ones--even if all you remember is a face or a room, write it down.
3. Put a date and time for each journal entry. Also, put where you were when you had the dream.
4. When you awaken in the night and recall what you were dreaming, record the dream right away. If you don't feel like writing out a long dream story at 3 AM, note down key points of the plot, so you can recall it when you do write it down.
5. Declare your intention when falling asleep that you want to remember your dreams.
6. DO NOT MOVE from the position in which you awaken, and do not think of the day's concerns, before writing down your dream.

Learning to remember your dreams may seem difficult at first, but if you persist, you will almost certainly succeed--and may find yourself remembering four or more dreams per night.

Be vigilant. Observe what you do just before going to sleep as it might affect your dreaming.(i.e. TV, iPads, smartphones, read, etc.)

If you want to go a little further you might want to set an alarm clock to wake you at a time when you are likely to be dreaming. Since our REM periods occur at approximately 90 minute intervals, good times will be multiples of 90 minutes after you go to sleep. Aim for the later REM periods by setting the alarm to go off at 4.5, 6, or 7.5 hours after you go to sleep. Once again, when you wake up, don't move and think first of what you were just dreaming before writing.