



WORKING WITH YOUR DREAMS

Presented by Dan Johnson, CPC, CNTC

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"The soul thinks in symbols." – Aristotle

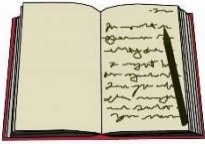


The Brain: Task Positive Network & Default Mode Network



INCUBATE A DREAM

1. Select a night where you are not overtired, your sleep will not be _____, and you will be able to wake up _____.
2. _____ the day's energy. Write a paragraph about your day including what you did and strong emotions you experienced.
3. Set the _____ that you will dream and will remember your dream(s) upon waking.
4. Write out a few sentences about the _____ for your dream. Finish by writing a single request or question you wish the dream to answer.
5. Repeat your request or question over and over as you fall asleep.
6. Sleep.
7. Record your dream _____ upon waking.
8. _____ your dream (using one or more methods below).
9. Remain aware throughout the day for a _____. You may catch a glimpse of meaning from your dream while driving or in the shower.



RECALL AND RECORD YOUR DREAM

Tips for recalling your dreams:

1. Set your intention the night before.
2. Keep your head _____ if possible.
3. Record your dream into a voice-activated recorder or phone app at your bedside.
4. Write in your Dream Journal without fully opening your eyes. (Yes, it may look messy, but it can help with dream recall and you can write it out more fully after you've captured the dream.)
5. Keep the lighting low (don't turn on the lights if it's feasible).
- 6. Make sure to capture the _____, _____, and _____ as you record your dream.**
7. Write legibly but as fast as you can.
8. Dream Journal contents should include: _____
_____ .
9. Practice and _____ are key. At least 1-2 times a week for three months, preferably 6 months and you'll get the hang of it

These things interfere with recalling your dreams:



Daniel Johnson is an Evidential Medium, Certified NeuroTransformational Coach, Spiritual & Past Life Regressionist, author, and award-winning workshop presenter who has developed and conducted workshops internationally as well as at local Spiritualist Churches. His work with spirit has been featured on local CBS television, radio, and Blog Talk radio stations across the country.

Daniel is also President of Performance Mastery, a management consulting firm that specializes in executive coaching, leadership development, and workplace performance improvement for Fortune 500 companies as well as healthcare & not-for-profit organizations. For over 20 years he has helped hundreds of individuals access, strengthen, and trust their intuition for better decision-making.

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DREAM INTERPRETATION

(Emotions, People, Symbols)

Metaphor Process

(Neuroscience-based technique)

Choose a singular object, symbol, or person from your dream that you have a strong reaction to. Pair up with a partner who will lead you through the exercise and questions below.

1. Tell me more about this object/symbol/person. What does it look like? Describe it.
2. Step into the object/symbol/person and actually BECOME it. Put your body into the posture of this thing. Really be it and feel it.
3. What does it feel like to be (object/symbol/person)?
4. What is good about being (object/symbol/person)?
5. What else is good about it? What is its gift?
6. As this (object/symbol/person), what do you notice you want?
7. Imagine yourself stepping away and becoming the dreamer once again. Imagine yourself giving this (object/symbol/person) what it wants.



Five-Minute Dialogue/Continuous Writing

1. What image, symbol, or person stands out to you the most from your dream?
2. Dialogue with that image, symbol, or person during a 5-minute continuous writing exercise. You can begin the dialogue with questions such as:

What do you have to tell me?

What are you here to teach me?
3. Continue the back and forth dialogue (and writing the dialogue down) for 5 continuous minutes.
4. Set the written dialogue aside when completed.

5. Read to what you have written 2-24 hours later. Note important insights or wisdom captured during the writing exercise.



Dream Interview

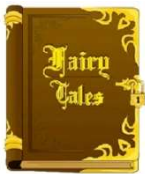
Note to interviewer: Be sure to paraphrase the dreamer's response to each question before moving forward to the next question.

1. What is the main theme of your dream?
(paraphrase the theme back to the dreamer)
2. What were your strongest emotions during the dream?
(Paraphrase the emotions back to the dreamer)
3. In what situations in your waking life are you feeling these same emotions?
(Paraphrase the situation(s) back to the dreamer.)
4. What parallels do you see between your dream theme and feelings in your dream to your waking life? (Hopes, fears, concerns)

OR

What do the theme and emotions of your dream remind you of in your waking life?
(Paraphrase what the dreamer says back to the dreamer.)

5. What are you aware of now?
6. What might you "do" or "be" moving forward in regard to the waking life situation?



Tell Me A Story

1. Tell your dream (as if it were a story) to your dream partner.
2. Tell the same dream story to your dream partner, only use first-person pronouns ("I") for every person and object in the story. (Instead of saying "There's this big monster that starts coming out of the water" say "I'm this big monster and I start coming out of the water.")
3. Assess and Review with your dream partner. What resonated with you as you told your story in the first person? What hit home? What part of the dream did you leave out? What struck a chord with you?
4. What current life situation does this remind you of?
5. What do you choose to do (or be) regarding this current life situation?



Another Planet

Identify a person, object, image, or symbol from your dream that you'd like to explore further. Answer the following questions as if you were speaking to someone who was from another planet and had no conception of anything in the earthly experience.

1. How would you describe _____ (person, object, image, or symbol) to someone from another planet?
2. What kind of personality does _____ have in your dream?
3. What is _____ doing?
4. What are your feelings toward _____?
5. Does _____ remind you of anything, anyone, or any part of yourself in your waking life? Explain.
6. What insight (action, way of being) can you apply to the situation in your waking life?



Self-Reflection: People, Symbols & Images

1. Write out a description of your dream. Be sure to include the emotions, images, and people in your dream.
2. Review your written description and notice what emotions, words, or people stand out/ grab your attention. Circle these emotions, words, or people in your description. (Some dream descriptions might have two or three emotions/words/people that stand out, other more intense dreams may have up to a dozen emotions/words/people).
3. Make a list of the circled emotions and underlined words or images from your description. (For some dreams your list may be only two or three items. More intense or lengthy dreams might have up to a dozen items in the list. Try to keep your entire list to 12 items or less.)
4. For each word in the list, write **one or more** true sentences about your waking life that includes the word in the list. **Try to write as many true sentences as you can that include each list word before moving on to the next item in your list.** For example, if one of the words on your list was "frustration," you might write true statements about your waking life such as "I am so frustrated with my job because I never feel like I'm making progress. It's also frustrating to be patient with my new puppy. I tell others 'I feel like I'm beating my head against the wall' a lot, which is a sign of my frustration."
5. Read over the sentences you created in Step 4. Notice what insights emerge and make a note of these insights.
6. What in your current life is reflected by these sentences?
7. How might you address the current waking life situation differently? What can you do (or "be") today, tomorrow, and/or this week?



Personal Power Process

(Adapted from an exercise developed by Rachel Pollack at the Omega Institute 1992, www.rachelpollack.com)

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1. Pick a “hot” image or figure from your dream, one you are especially drawn to or repelled by.
2. Work in pairs – one will be the dreamer and the dream partner who writes down the dreamer’s responses. (The dream partner reads a phrase; the dreamer repeats the phrase and completes the phrase while the partner takes notes in the dreamer’s handout.)

This (person/image) is . . .

This (person/image) helps me to . . .

This (person/image) challenges me to . . .

I resist this (person/image) by . . .

If I give up my resistance I will . . .

If the (person/image) did something else, they would . . .

If I use this (person/image) to change my life I would . . .

If I have everything this (person/image) can give me I am . . .