
DREAM SYNERGY



TOP TEN TIPS FOR DREAM RECALL

1. Acquire a dream journal in order to manifest your intention to remember your dreams and your commitment to record them.
2. Get to bed a little earlier than usual. It is helpful to feel fully rested.
3. Avoid taking unnecessary medications before bed. Antihistamines and certain other medications can inhibit recall. Vitamin B6 and the herb Mugwort are thought to increase recall.
4. Before going to bed, put your recording materials (paper and pencil) by your bed and ask your unconscious to share a dream with you during the night.
5. Before sleep, open your journal to a new page, record the date and write a brief synopsis of your day.
6. If you wake in the night, focus on any dream images you have. Jot down a few words to jog your memory in the morning. Don't let your sleepiness talk you into believing that you will remember in the morning or that the images have no significance. It is easy to talk yourself out of the steps necessary for recall.
7. Some people find it helpful to drink extra water before bed so that they have to get up in the night, thus waking up just after a REM cycle and achieving recall.
8. Upon waking, resume the sleeping position you were in while dreaming—usually your most comfortable sleeping position. This is a very successful tool. Try it!
9. If you have had no recall during the night and you cannot make any connections to your dreams upon waking, stay quietly in bed, eyes closed, and imagine some of the people in your life or some of the settings that are familiar to you. Sometimes just flipping through these images will stimulate a memory of a dream.
10. Write anything you remember—even if it is only one word, an emotion, or a physiological response. One word can sometimes lead you to important information. If you awake with a song or poem in mind, write it down. Nothing is insignificant. If you cannot remember anything, make a note to that effect in your journal. “I do not remember anything about my dreams last night.” The process of writing often brings my dream back to memory. It's amazing how receptive your unconscious is to your true efforts.

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