

Your Dream Journal Have you ever woke up from a dream and asked yourself why? Why were you riding a purple unicorn? Why were you at the office covered in sticky notes? This book isn't the professional you want to see about them but merely the journal you will want to write down what happened in. Our dreams are the way our subconscious mind can communicate with us. By writing down your dreams you can start to see recurring themes or patterns and it strengthens your ability for dream recall. When you use a dream journal, you want to write down every possible detail. Locations, emotions, sounds, colors and anything else you notice. Make note of the themes. Are you always in a specific place, wearing certain clothes or is it always with the same people? Write out your dream as soon as you wake up from it. Don't worry about grammar or spelling and just get it out. Then title the dream something that conjures up the images you just described. I suggest buying a reputable dream interpretation guide along with this journal so you can start to explore the meaning of your dreams. Scroll up and hit the orange buy button today!

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