

Dreamwork & Tarot

A mini guide to enhancing intuition through dream recall, divination and journaling

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The following guide is a collaborative effort brought to you by Nisha and Julia of blessedb333.com and spiralseatarot.com respectively. Back in November 2016, we hosted a month long tarot and dreams challenge on social media. It had us examining our dreams, strengthening our recall and learning ways to use tarot as a tool for analysis. This guidebook is an amended compilation of the topics and concepts discussed during those 30 days. We'll hope you'll enjoy it!

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Happy Dreaming!

Tips For Dream Recall

1. Intention Setting: If you go to sleep with the intention to remember your dreams, you will! Think of it as being just that simple. The brain is a computer, so program it. Give it the instruction. Set your intention: "I WILL remember my dreams." "Will" is a great word to use in intention-setting because it's a command. And once that command is given, it will be like that "set it and forget it" commercial.

2. Keep A Journal Close: It is highly recommended that you have something to jot down notes that is within arm's length of your bed. You can use your phone or a simple pencil and pad. Keep in mind, you don't have to write everything down or any long details, just quick keywords or phrases that will help jog your memory when you're fully awake. Like "tree" or "walking home" or "grandma".

3. What You Feel Is Stronger Than What You See: I'm sure you've had that dream where you see someone who looks like one person but feels like another. Or you wake up not remembering anything about the dream, but you can still feel the panic or exhaustion or happiness strongly in your body. This is very common and it's why feelings supersede visuals. So, don't be discouraged when you don't remember scenes from your dream. If you can remember how you felt while you were in the dream, you're more than halfway there. And remember, whatever those feelings were, jot them down - they could be the gateway to recalling more details later on!

4. Grab A Helper: Crystals, your favorite tarot or oracle card, a picture, a letter, an herb...these are great things to put under your pillow to help focus your intentions before sleep and help induce your recall when you wake up. We'll talk in more detail about specific crystals to aid in dream recall on the next page!

5. Practice Makes Perfect: The most important thing you can do is PRACTICE PRACTICE PRACTICE. Nothing happens over night, but with consistency, there will be results! You may even notice peaks where one night you have very vivid dreams and the next night only memories of feelings and the next night flashes of scenes and the next night absolutely nothing. Again, this is normal. Your dreams are fluid and flexible just like you are. Go with it and see what happens. While you're doing all this remembering, remember to have fun with it! The dream world is just that, another world! Think of this as an exploration and adventure and don't focus on placing stress or pressure on yourself to dream "bigger" or "better". Remember, the best adventures are spontaneous, unexpected and unwritten.

Crystals For Dreamers

Amethyst: Amethyst is an incredibly potent stone for dream recall. If you're struggling to remember your dreams, keep a piece of amethyst under your pillow or on your bedside table and prepare to be amazed at how full your brain is when you first wake up. For those who already have pretty good dream recall ability, Amethyst can be used to enhance the vividness of your dreams and help you remember those finer details. Because amethyst is connected to your crown chakra, it also aids to solidify your connection to the great divine.

Clear Quartz: Because quartz is an amplifier, you can use it to charge up any of the other crystals you also keep by you while you sleep, helping to increase their effectiveness. It also aids in overall recall and amping up the vividness of your dreams, similar to Amethyst.

Celestite: Celestite is a calm and soothing stone that can aid in getting you to sleep and keeping you there. It has meditative properties which can make bedtime more relaxing, and it also has the ability to connect you with your guides and the angelic realm. Those who keep it by them when they sleep, may notice an increase in messages or presences from these sources while they sleep.

Lepidolite: For those who struggle with nightmares or falling asleep, it is said that lepidolite helps keep sleepers calm and bad dreams at bay. It is also recommended for those who experience insomnia and/or anxiety to keep a piece of Lepidolite close by while they sleep to create an easier transition into sleep.

Rainbow Moonstone: Moonstone in general is a good stone for peaceful sleep, but rainbow moonstone in particular can aid in achieving lucid dreams. Keep a piece nearby if you wish to take your dreaming to the next level and actually take control of what's happening while you're in them!

Dream Quartz: This one has "dream" in the name, so this is a no-brainer! Dream quartz not only aids in dream recall, but can also help you make the most of your dreams and the guidance received within them. Simply write your intentions the night before or ask a question and be open to receive an answer in your dreams that night. When you wake up, make sure to jot down everything you remember!

Dream States of Consciousness

Lucid Dreaming: Lucid dreaming refers to a type of dream in which you effectively “wake up” within it. Once that happens, you become fully aware that you are dreaming and therefore, may manipulate the landscape around you. Here are some tips to achieve it!

- a) **Keep a dream journal:** Check! With this challenge, you’ll already be tracking your dreams and thinking about them more intensely, and this will naturally put you in a better position to achieve a lucid dreaming state.
- b) **Meditate:** Before bed, spend a few moments in meditation. You can also find guided meditations specifically for lucid dreaming on YouTube or online - so do some searching!
- c) **Set the intention:** Before drifting off, repeat to yourself “I WILL dream lucidly tonight”.
- d) **Reality Checks:** Throughout the day (and you may need to do this for multiple days), do a reality check. The intention is to see if you’re awake or dreaming. Of course, if you’re awake you know you’re awake, but the purpose of this is to begin to program this action so that it can play out while you sleep. Then, when you’re sleeping and perform the “reality check”, that will be your cue to say “Wait a minute, I’m actually asleep.” The reality check can be as simple as asking yourself if you’re awake, checking the time, or pinching your arm. As long as it’s done with the intention of checking your state of consciousness, you should achieve the desired result.

REM: Also known as “rapid eye movement”, REM is one of the 5 stages of sleep. During REM, your muscles become paralyzed and your dreams the most vivid.

Sleep Paralysis: While REM keeps those muscles in place, sometimes we wake up before our body’s have time to adjust and when this happens, we experience sleep paralysis. During this in-between state, people have reported seeing images or hearing voices.

Hypnagogia: Hypnagogia is a state of consciousness achievable right on the brink of sleep. It is often known as transitional because it ushers us from consciousness to unconsciousness, which is why most of the time we do not even notice it. For those who do achieve this state, they may experience hallucinations - auditory or visual. (I experience this a fair bit so the best way I can describe it is that it’s like a very real movie playing in my mind that I can see in great detail when I close my eyes. I can become very immersed in it, get moved in or swept up as the scenes transition. I see faces very clearly that I’ve never seen before (or don’t recognize) and same goes for places. I will sometimes even hear things, usually random names or sometimes, simple sentences.) This experience is generally more interesting than it is scary and you can basically snap out of it at anytime...or fall asleep, whatever you prefer!

Tarot Spreads for Dream Analysis

The following spread is a simple three card analysis of a specific dream. Whether it be a singular occurrence, or recurring, this spread is designed to cut to the core of what the message is and how you can apply it practically. With all tarot work, let your intuition guide you. This may mean that you feel drawn to add additional prompts or pull clarifiers on existing prompts, whatever feels good and right to you!

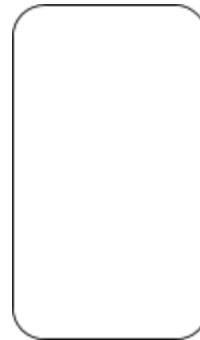
WHAT



WHY



HOW



Card 1 - WHAT message was my dream trying to convey?

Card 2 - WHY am I receiving this message now?

Card 3 - HOW can I apply this guidance practically?

Tarot Spreads for Dream Analysis

The following is a larger dream spread that looks at your dreaming pattern holistically over a period of time. You may define the period as you feel fit i.e. “dreams this week”, or “dreams over the last year”, or “dreams of a specific theme or subject”.



Cards 1-3: The main theme of message my dreams have been trying to convey.

Card 4: In what ways have I grown or changed from the messages I've received?

Card 5: What is it I still need to work on or integrate from the messages my dreams are trying to convey?

Card 6: How can I enhance or maintain my dream-work?

Card 7: A closing message from your Higher Self/Self Conscious.

Dream Journal Template

Date:

Astrological Sign of the Day:

Moon Phase:

House:

Dream Synopsys:

Specific Symbols/Noteable Imagery:

Feelings Within The Dream:

My Thoughts About The Dream:

Cards Drawn:

WHAT

WHY

HOW

Interpretation: