



DREAM
The Answer

JOURNAL



This Journal
belongs to ~

"At least once a day, allow
yourself the freedom to think
and dream for yourself." ~

Albert Einstein



THREE

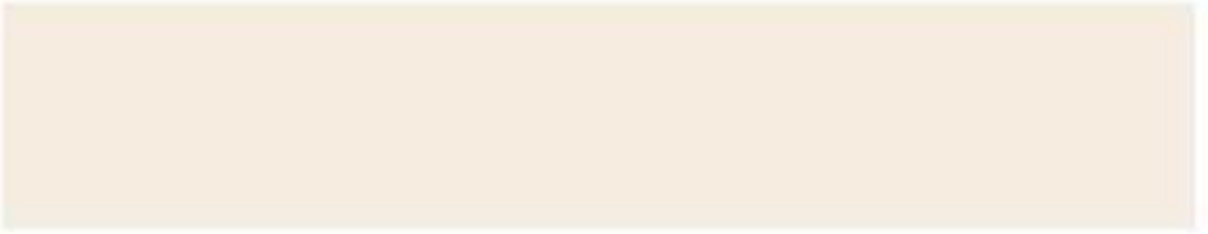
Dream Incubation Rituals

- Write the question on a piece of paper and place it on your nightstand. As you lay down to sleep, silently chant the question you posed. Repeat it to yourself many times as you breathe in deeply and drift off to sleep.
- Drink some water as you focus on the question you want answered. Place the rest of the water on your nightstand and trust that the magic current of the water will assist you in remembering your dream for guidance.
- Create your own meditation to relax your body and mind while focusing on what you want to know about. You can spontaneously create a meditation as you are snuggled into bed or record it ahead of time and listen to your own voice OR - choose to do this as a daytime meditation instead.

For each day in this challenge, there is a blank section for drawing & doodling. Sometimes drawing out what we see or writing down significant words helps with the remembering and the interpretation of the dream.

TOOLS TO ASSIST YOU:

- Consider adding in some background music for the meditations you record for yourself.
- Use essential oils such as lavender.
- Enjoy a dream pillow filled with dream enhancing herbs.
- Use crystals such as Selenite and/or an assortment of Gemstones.



- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

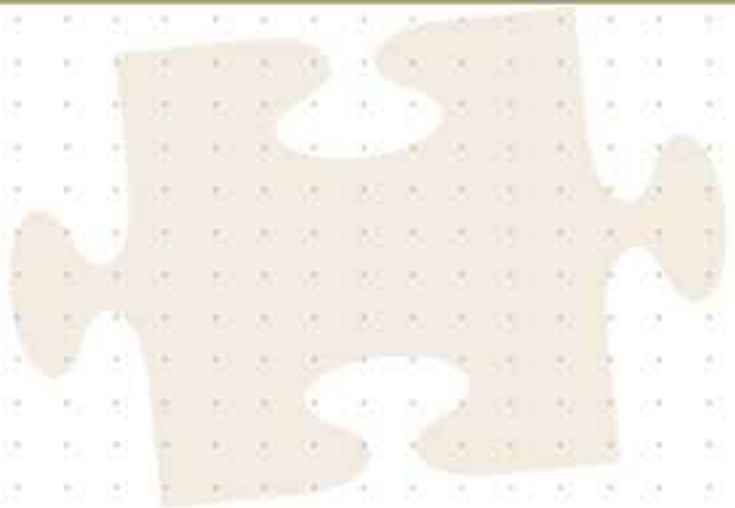
*Choose a Magic word
for each day*

FOCUS



Dream / Goal	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

Notes



Day One



A series of 25 horizontal lines for writing, arranged in a single column.

Blank writing area with horizontal lines.

Day Two



A series of 25 horizontal lines for writing, arranged in a single column.

Lined writing area with 18 horizontal lines.

Day Three



A series of 25 horizontal lines for writing, arranged in a single column.

Blank writing area with horizontal lines.

Day Four



A series of 25 horizontal lines for writing, spaced evenly down the page.

Lined writing area with 18 horizontal lines.

Day Five



Lined writing area with 25 horizontal lines for text entry.

Lined writing area with 18 horizontal lines.

Day Six



A series of 25 horizontal lines for writing, arranged in a single column.

Lined writing area with 18 horizontal lines.

Day Seven



A series of 25 horizontal lines for writing, arranged in a single column.

Lined writing area with 18 horizontal lines.

Day Eight



Lined writing area with 25 horizontal lines for text entry.

Blank writing area with horizontal lines.

Day Nine



A series of 25 horizontal lines for writing, spaced evenly down the page.

Lined writing area with 18 horizontal lines.

Day Ten



A series of horizontal lines for writing, consisting of 25 lines in total, spaced evenly down the page.

A series of 18 horizontal lines for writing, located in the lower half of the page.

Day Eleven



A series of 25 horizontal lines for writing, arranged in a single column across the page.

Lined writing area with 18 horizontal lines.

Day Twelve



A series of 25 horizontal lines for writing, spaced evenly down the page.

Lined writing area with 18 horizontal lines.

Day Thirteen



A large area of the page is filled with horizontal lines, providing space for writing or drawing. The lines are evenly spaced and extend across most of the page width.

Lined writing area with 18 horizontal lines.

Day Fourteen



A series of 25 horizontal lines for writing, arranged in a single column.

Lined writing area with 18 horizontal lines.

Blank writing area with horizontal lines.

Day Sixteen



A series of 25 horizontal lines for writing, arranged in a single column.

Blank writing area with horizontal lines.

Day Seventeen



A large area of the page is filled with horizontal lines, providing space for writing or drawing.

Lined writing area with 18 horizontal lines.

Day Eighteen



A series of 25 horizontal lines for writing, spaced evenly down the page.

Blank writing area with horizontal lines.

Day Nineteen



A series of 25 horizontal lines for writing, arranged in a single column across the page.

Lined writing area with 18 horizontal lines.

Day Twenty



Lined writing area with 20 horizontal lines for text entry.

Blank writing area with horizontal lines.

Blank writing area with horizontal lines.

Day Twenty Two



A series of 25 horizontal lines for writing, arranged in a single column.

A series of 18 horizontal lines for writing, located in the lower half of the page.

Day Twenty Three



Lined writing area with 25 horizontal lines for text entry.

Lined writing area with 18 horizontal lines.

Day Twenty Five



Lined writing area with 25 horizontal lines for text entry.

Lined writing area with 18 horizontal lines.

Day Twenty Six



A series of 25 horizontal lines for writing, spaced evenly down the page.

Lined writing area with 18 horizontal lines.

Day Twenty Eight



A series of 25 horizontal lines for writing, spaced evenly down the page.

Blank writing area with horizontal lines.

Day Twenty Nine



A series of 25 horizontal lines for writing, arranged in a single column.

Blank writing area with horizontal lines.

Day Thirty



Lined writing area with 25 horizontal lines for text entry.

Lined writing area with 18 horizontal lines.

