3 Day Challenge



Mini ~ 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 a 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.

DREAM THE ANSWER

lse this spac	e to jot dow	n ideas of c	what you u	vant to kno	w about.







$\overline{}$		
A		· ·
-		
-		
·		
_		
		
-		
_		
_		
·		
-		
-		
·		
_		
-		
-		
·		
-		
		_
1	dreamtheanswer.com	6
1		

Day Three





Want more tools?



Dream
The Answer: 30 Day
Challenge Journal (PDF)

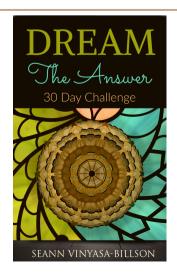
and

The Wishing Well Meditation (mp3)









eBook Available at most retailers

