



# Dreamwork



## What is Dreamwork?

Sleep allows our brains to rest, heal, and receive messages. Our dreams give us an inside view of our subconscious, which can help us learn more about our strengths, weaknesses, and what we need to focus on in life. Sleep can also be useful for connecting to our deeper selves and receive messages from spirit or the universe. Dreamwork involves deciphering these messages but also incorporates specific methods into sleep routines.



## Dream Journals

Dream journals help you remember your dreams more often, learn which dreams keep repeating, and notice underlying meanings or messages from spirit. If you can't remember much from a dream, that's okay! You'll retain more details the more you practice!

Journal topics:

- colors, moods, and overall themes
- weather, rooms and places, time of day
- words and messages (spoken or unspoken)
- emotion in the dreams and upon waking
- people (recognizable or not)



## Nightmares

Nightmares are usually reflective of our inner fear, trauma, guilt, etc. While they are scary, and oftentimes bring up unwanted feelings.

they can be useful Try analyzing your nightmares with shadow work in mind. Use them to delve deep into your biggest fears and deepest insecurities, and heal from them.

## Dreamwork Methods

### Make a Nightly Routine

Create a magical nightly routine. Make tea with herbs that assist in lucid dreaming, draw a bath, or light a self-love candle. Aim to make your nights a magical ending to your day.

### Practice Lucid Dreaming

Lucid dreams are when you know that you're dreaming while you're asleep. Having the ability to control or interact with your dreams can be excellent for inner exploration and communication with spirit. Find tools that enhance lucid dreaming-like meditation or certain foods.

### Do a sleep spell

If you struggle to sleep, try doing a spell to assist with sleep. Make a charm bag, bless your bed/sleeping space, make an oil for relaxation, or a spray to keep nightmares at bay.

### Meditation

Nightly meditation makes it easy to relax and prepare your mind for sleep. Try a meditation that guides you to visualize your goals and manifestations.