

NOW TRY SOMETHING NEW

3 tricks for dream recall

Dream recall is all about finding the best methods and tools to bring back your stories when you wake up. Try these three tips to get the most from your dreams.

1 Relax and realign

Up to an hour before bed, release the energy you've picked up throughout the day and realign with your own energy. Reduce screen exposure and create relaxing vibes with the elements with a bath or shower, lighting candles or burning some incense in meditative contemplation.

2 Use dreamwork tools

Crystals, when activated through intention, can aid dreaming and amplify recall. Amethyst supports third eye activation, protection and attuning psychic senses, while barite and howlite encourages dream recall and restful vibes before sleep by soothing. Aromatherapy oils such as lavender, sandalwood and rose oil, as well as chamomile herbal teas, create similar effects.



3 Create a habit

Practise daily flexing of these new dreamwork muscles, being gentle and trusting in the process of recall and allowing the messages to unfold at their own pace. Keep a journal by your bed and record dream details immediately on waking through bullet points, stories, drawing, mind mapping or audio recording.



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2 Identify the characters in the dream, whether they are people you know, celebrities, strangers, even animals who represent archetypes. Archetypes are universal models of people, behaviours and personalities and this idea was introduced by the Swiss father of modern psychoanalysis Carl Jung, who thought they were forms of inner human knowledge passed down from our ancestors. These could be versions of ourselves not being fully expressed and trying to surface. They could also represent spirit guides delivering Divine messages.

Questions to ask:

What was my relationship with this character in the dream and what is it saying about relationships in my waking life? What was the character doing and would I like to do less or more of this? How did the character make me feel? Could this be a Divine message from my spirit guides and how can I embody this?

3 Decode further through gently interviewing the characters either through visualisation, having a conversation in the mirror, or free writing in your journal.

4 Check in with the shadow force daily, imagine speaking with it as if a familiar friend, asking how it would like to be expressed and acknowledged today. Start to subtly bring it in through actions, which could be as simple as wearing a particular colour representing the energy of that force.

5 Look for reoccurring patterns and synchronicities between dreams and the waking world. The waking world may sometimes show similar scenarios or symbols as your dreams to signal that an action should be taken here.

6 Be honest with yourself about potential changes which need to happen to allow the shadow self to be safely and lovingly expressed, explored and accepted. Approach situations gently by outlining a plan for making the transitions or having conversations with others.

Best wishes with your dream work. Remember that with practice and patience you can be the expert of the unique language of your dream mind – trust yourself!