



# DREAM JOURNALING TRANSCRIPT



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# DREAM JOURNALING

When we are sleeping our unconscious mind takes the wheel. This is when our subconscious is working away trying to resolve difficult or confusing situations in our life. Neuroscientists estimate your unconscious database outweighs your conscious database over 10 million:1.

One of the ways our subconscious tries to communicate its wisdom to us is through our dreams. During dream time our ego and conscious mind is taking a break and our subconscious has a chance to communicate with us. There can be so much value gained from our dreams. We can often wake up in the middle of the night with a solution to something that's been nagging at us. The problem is that often when we awake in the morning we've forgotten our middle of the night ah ha moment.

The best way to really connect with your subconscious and its wisdom is by keeping a dream journal. When you have one of those middle of the night ah has write it in your journal! Keep a notebook and pen by your bedside so you never miss out on any brilliant insights you get during the night. Trust me! There is a lot. Likely far more than you realize. There is nothing more frustrating than having a great thought in the middle of the night and swearing you'll remember it in the morning only to realize when you wake up it has floated away. I like to keep one of those lighted pens by my bedside. Then I don't need to disrupt my sleep, or my husbands by turning on a light or my phone. The little light on the pen just lights up my paper where I'm writing and that's all I need. If you can't find a lighted tip pen try keeping a small booklight or flashlight by your bed with a notebook and pen.

It helps to set the intention when you go to sleep at night to remember your dreams. When you wake up in the morning, before you do anything else, jot down everything you can remember about your dreams before they slip away. Later you can revisit your notes and analyze what you think the dreams are trying to tell you. It may be obvious or it may be quite cryptic. If you're anything like me it will be utterly bizarre! Are there any recurring themes? Recurring dreams? What do you feel the dream is trying to tell you? Without journaling through these things this dream wisdom is usually lost. Your dream journal will become a valuable tool. The more you make the effort to remember your dreams the easier it will become. Your



subconscious will come to know that you are listening and paying attention and you will find the communication with your subconscious during sleep intensifies and your ability to recall your dreams improves.

Give it a try tonight. At the end of this video go gather your supplies and put them by your bedside. I'm so excited for you to discover what your dreams are trying to tell you.



