

# ESSENTIAL INFORMATION TO RECORD WHEN WRITING DOWN DREAMS

### To use with My Dream Log – dream journal page

If your dream is very long, it may be easier to use a separate sheet for each scene.

You will notice that the first space on the template is for the title of the dream. However, don't worry about that initially; this is something to come back to later – once all the other details are recorded.

I recommend recording the details in the order described below:

### Key dream details to remember

Dreams vanish from memory very quickly, which means we must be fast when writing them down. Therefore, it is helpful to record significant details first, for example:

- Numbers and times.
- Names of people and places.
- Specific words, messages, or instructions.

These types of details can be key to the interpretation of the dream. So, use the space provided to note them down. Then you can relax and focus on recording the rest of the dream details.

### Date

The date is important, as it fixes the dream firmly in the context of life events, seasons, and things we have been doing. The dream may relate to things that are happening around the time of dreaming – and you will need to know those things when you revisit the dream.

### Time

Sometimes the specific time of waking is also important. Was it a particular time like 1:11 or 03:03? Record the time just in case.

### Day

Note down the day of the week. This might not be important, but it could be. If there is something specific happening that day, make a note of it too, for example, if it is the day you attend a family event or a particular meeting.

## Main feeling and atmosphere

Write down the atmosphere and feeling of the dream, and how you felt when you woke up.

This can help identify the source of the dream. But, also, it can help work out what area of life the dream is about if you can identify something happening in your life where you feel the same emotions.

So, record anything notable.

Plus, you can use the handy check boxes on the dream journal page:

- Bright/vivid dreams are a strong indication that the dream is from God or is about heavenly things.
- Dreams set in normal daylight are usually from God. If you don't really remember much colour but it just seemed normal, choose this one.
- Muted/hazy or muddled dreams can be giving insight into our own soul (subconscious mind). God may be allowing us to have the dream to show us what's going on beneath the surface.
- Black and white dreams are likely to be from the enemy. If that's the case, they are usually very noticeably black and white; sometimes they feel monochrome or dark/oppressive in atmosphere.
- Dreams set at night can still be from God. Night can represent difficult times, or times when God seems far away. Notice whether everything felt clear and normal, just set at nighttime, or rather whether it was dark and oppressive.

If more than one applies, check all that apply and clarify in the dream description.

## The dream

Now is the time to write out the full dream! If the dream is long, you can continue over the other side of the page. Sometimes it also helps to draw the dream or parts of the dream.

After you have written the dream down you can relax! There is no longer a time pressure to write down the dream before you forget it.

## What is currently going on in my life?

Now you can turn your attention to the real-life context of the dream. This means thinking about what is going on in your life at the time of dreaming and noting it down. It might be relevant, or it might not; but it is virtually impossible to remember those things, particularly the smaller day-to-day things, after time has gone by.

There could be big things happening, like starting a new job or moving house. But there could be other things on your mind. Write down anything that seems important to you or is playing on your mind.

## What did I ask God before I went to sleep?

Also consider your relationship with God – because I have found dreams to be best understood as part of an ongoing conversation with Him.

Consider what you have been praying about, what questions you have been asking Him, and other things that are happening in your spiritual life. Note them down.

## Title

Now is the time to go back and give the dream a title.

I recommend sticking to the content/action of the dream, rather than trying to include a meaning/interpretation in the title – as you may find the interpretation needs adjusting later!

Rather, choose something that will help you remember the details of the dream itself. Try to include key words that are unique to that dream. When you read the title, you want the dream to come back into your memory.

## Initial thoughts about the meaning

If you like, you can have a go at interpreting the dream. Sometimes you get inspiration on waking, and it is worth recording your thoughts. But hold these initial ideas lightly and be prepared to rethink them later.

If you don't have any ideas just leave this section blank.

Your dream can now be stored/filed, ready to be reviewed and interpreted!

Visit our website at [HeavensDreamMessages.com](https://HeavensDreamMessages.com) for lots of tips on recording, interpreting and reviewing your dreams.

Jenny