

**Thomas:** So, welcome to week two of our Lucid Dream retreat. My name is Thomas and this week we're going to be talking about remembering your dreams. Before we become lucid within them, we have to at least remember one of them each night. In week one, if you remember, we talked about how natural and easy dreaming is. So there's nothing you need to do. There's nothing you need to buy. There are no drugs you need to take. You don't need to meditate in a cave for thirty years to begin dreaming. This is something that you naturally do already every single night for about four to six times per night with about two hours total. So that's something to really internalize right now that you already are a dreamer. That's it.

So now we're going to be talking about ways that you can remember the dreams that you're already having. I want you to take a moment right now and close your eyes. Really close your eyes for now. We're going to do a little exercise. When you open your eyes, I want you to look around and notice everything blue in your visual experience. Go ahead and do that now. For me, I might see the sky. I might see my shirt and all the other shades of blue that are in my visual experience. Now, close your eyes one more time. Silently, in your mind's eye, tell me everything green that you saw. I might assume that the grass is green here, but I don't really have a visual experience of that. The lesson here is that what we begin looking for is what we end up finding; so, for you when you're looking for your dreams.

When you begin actively going to bed with a pad of paper next to your bed, actively looking for your dreams, you begin finding them. The first lesson in remembering your dreams is intention. So an intention is a focused thought coupled with a strong desire to accomplish something. So we set intentions all the time to clean our room or to wash the dishes or to bake a cake. We set in our minds a blueprint of what we want to accomplish. So what this means for you is before bed, instead of just passing out and going to sleep, you actively look for your dreams. Before bed you would set an intention, saying, "I will remember my dreams tonight." Really feel it and internalize it to see yourself in the morning waking up and writing your dreams down; having all these vivid and visceral experiences. The first step would be to look actively for your dreams and to set an intention. I will remember my dreams tonight.

**Jared:** The second tip we suggest to folks wanting to improve their dream recall and get closer to their dreams is on how to wake up. See, when we wake up, within five minutes 50% of the dream is lost. After ten minutes: 90%. So it's very important in remembering your dreams to wake up a certain way.

The first thing we suggest when waking up is not to move at all, even if you're alarm is going off—unless it's incredibly annoying. We suggest waking up motionlessly. You are awake but you haven't moved yet. You just are thinking about the nighttime adventures—the dreams that you've had that previous night. Now, if you start hitting a roadblock and nothing's coming to mind, we then give people permission to move around a little bit.

Try different sleeping positions but move very gradually. You don't want to shake yourself out of that state that is right between dreaming and being awake. Sometimes it's easier to recall the dream when you're in the position that you've had the dream in.

After you do wake up and you start remembering your dreams better, we ask people to keep a dream journal. That's our third technique. Studies show that when you write things down especially with pen and paper or a pencil and paper, you recall that information far better. So with your dream journal to the side of your bed that you put there the night before, pick it up and jot down anything that comes to mind. So, even if you're not remembering the whole dream in its entirety, just jotting down information such as "I dreamt of a purple couch and on it was an orange alligator." That information, those little tidbits, will help jog your memory on the larger picture of the dream.

We also suggest writing in the present tense. When you write in the present tense, you put yourself back in the dream. Instead of saying, "I had a dream about flying through the Andes," you are saying, "I am dreaming about flying through the Andes." That way your mind is more focused on the experience, and not just the memory of the dream.

A couple of other tidbits to keep in mind when keeping a dream journal is to title your dreams. By putting a title to the dream experience, you're putting an importance on that dream. You're not just logging your dream as some mindless stuff that happened the previous night, you're saying, "This is important. This is something I care about. Let me title it." It's great to go back to your dream journal and go through all the different dreams you've had. Another tip is circling dream signs. Now, a dream sign is something that is a reoccurring element in the dream, such as a purple couch. So if you keep seeing this purple couch over and over and over in your dreams, there's a good chance that it has some weight and importance to it. Also, as we'll discuss in later videos, dream signs are an excellent way to become lucid, when you use them as a trigger.

Lastly, when recalling your dreams—doing stuff like setting an intention, waking up motionlessly or writing in a dream journal—it's good to think of dreams like an unraveling sweater. So, you have a sweater and a little string sticking out and that's all you remember of the dream. You pull it and a little more is revealed. You pull it even further. Soon enough, you have a whole heap of yarn in front of you. Or if we're referring to dreams, a whole heap of dreams in front of you. Your brain works through association. With this association, we take one bit and it reminds us of something else. Then, from there we think of something new.

**Dillon:** Okay so some indigenous tribes of the Amazon would wake up every morning and share their dreams with each other. If one member of the tribe had a negative dream about another member, they're expected to sit together with the rest of the tribe and work out that negativity until it was resolved. What if we treated dreams like that? What if we put that much importance and weight on remembering our dreams and actively engaging with them?

We could do that in small ways. Take this dream journal for example. We could transform our lives with a dream journal. We don't have to think of dream journals as a chore. They're not homework. This isn't a homework assignment. It's not some pill that you have to take to make yourself better. It should be a fun, exciting thing because dreams are exciting. They are fun. You're thinking of it as you're exploring another land. You're having an adventure in another world and you're bringing back accounts, stories, descriptions, people and places. You're bringing that all back with you into this world.

If you describe that stuff in your journal, you read back and look at it in a few months; you're actually reading an account of your own inner world and subconscious. So when Lewis & Clark were exploring America for the first time, they kept a log of their adventures. They would describe the plants, the animals, and the native people that they saw. You're doing something really similar with your dream journal.

For the next week before the next retreat, do try to keep a dream journal. Try to go to bed every night with the intention as the last dominant thought as you fall asleep: "I will remember my dreams. I will remember my dreams." Wake up in the morning and title that dream, writing down even just a few details. If you don't even get that far, it's okay. The most important thing is to keep that excitement up. Be excited about dreams. The good news is that once we just start that excitement and giving dreams the proper attention that they deserve, those dreams will start flowing in like nobody's business.

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