

A person in silhouette stands on a rocky peak, looking out over a city at night. The city lights are visible in the distance, and the sky is filled with dramatic, dark clouds. The overall mood is contemplative and serene.

3 Night

Dream

Journal

Dream Awakenings
by Nathaniel Sharratt



Dream Awakening Journal

A Message From Nat:

Hi there!

Congratulations!!!

I am really glad that you are taking the time to awaken more to your dream experiences.

I've been working with my dreams for decades, and this simple 3 night journal is an opportunity to begin doing a few things I have found really helpful in bringing back memory and understanding dreams.

Here is a brief overview of how to use this journal.

1. **Print it out** and keep it right next to your bed with a pen handy. Make it as easy as possible to get to...set yourself up for success!
2. **Bedtime Intention:** Before you go to sleep at night, take a moment to read the bedtime intention.
3. **Dream Description:** Write here your dreams you had. Include feelings, colors or any other details you can remember. Even if you don't remember your dream, write down something (for instance, how you are feeling when you wake up). It's important to just start building the habit of writing something down when you wake up.
4. **Interpretation:** Here you are going to put your initial intuitive "gut" sense of what your dream was about or what it means. Just because you think it, doesn't make it right...but it is a really good starting point, and you will get better as you do it.

If you want to go deeper into your dreams, I do workshops and courses on the subject, as well as working one-on-one in my spiritual coaching practice for those who want the fully, personal supportive approach to integrating dreams and other spiritual tools into their lives.

You can go to my website at transcend.online or email me at nat@transcend.online for more information.

Light and Love,
Nat

DATE:



Dream Awakening Journal

Bedtime Intention:

I am open to any awarenesses that will best serve me and my Soul's destiny on this planet, and I ask to be perfectly protected by the Light of Spirit for my highest good.

Dream Description:

Interpretation (your initial intuitive "gut" sense):

DATE:



Dream Awakening Journal

Bedtime Intention:

I ask to be shown what is for my greatest upliftment in a way that I can understand, and that I remember it clearly. I ask for the perfect protection of the Light for my highest good.

Dream Description:

Interpretation (your initial intuitive "gut" sense):

DATE:



Dream Awakening Journal

Bedtime Intention:

I ask for the Inner Master to reveal to me what is for me to know, and I ask for the Light to protect me in my night travels for my highest good.

Dream Description:

Interpretation (your initial intuitive "gut" sense):
