



What is ATTENTIVE DREAMING?

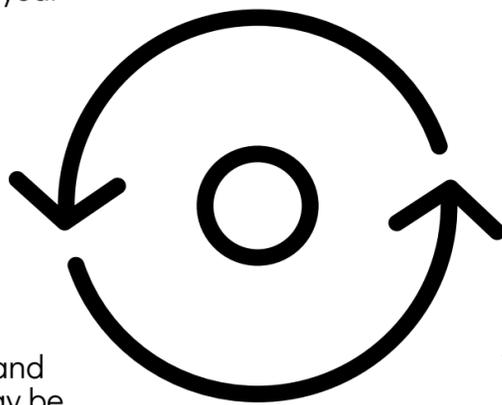
Attentive dreaming means paying attention to what we dream, to what we experience while awake, and to notice how the two interact...

Sleep with the conscious intention of remembering and learning from your dreams



Your feelings and experiences may be explored in your dreams

Before going to sleep, reflect on your feelings and experiences of the day



When you wake up, think about the dreams you had the night before

Try to live your life with as much conscious attention as possible



Your dreams may give insight and advice to improve your waking life

HOW CAN YOU BECOME MORE ATTENTIVE?



Practice Mindfulness

- Try meditation
- Pick a time each day to be mindful eg: eating, walking or showering
- Focus on being present in your body, notice your 5 senses



Keep a Journal

- Record your dreams
- Write about your day.
- Include feelings, conflict, relationships etc
- Use writing as process to reflect and consider, not simply record



Look for Connections

- Pay attention to coincidences
- Start to notice how your dreams change when your feelings do
- Look for recurring themes or symbols in dreams and waking life



Reduce Distractions

- Minimise multi-tasking
- Try to "declutter" your electronic devices
- Use music to help keep you focussed, turn off other sounds like phones and alarms



Healthy body, attentive mind

- Make sure you are getting enough sleep!
- Drink tea to help concentration
- Exercise, fresh air and sunshine help the body and mind work at their peak



Enjoy the process!

- Let your mind wander, then gently come back to focus
- Savour the deliciousness of living
- Remember to laugh and not take it all too seriously!

The unfortunate fact is, so many of us go through life half asleep. We pay little attention to the world around us, we fail to grasp cause and effect, and we remain unaware of how our own subconscious motivations and choices create the life we are living. The goal of Attentive Dreaming is to use dreams to awaken us to a more conscious and fully lived life...

"When you really pay attention, everything is your teacher..."

- Ezra Bayda

