

DREAMS

“Incubating a Dream”

8 Hours of Allowing Your Inner Self to Get an Answer to a Question!

This is a little different from setting Intentions of Manifestation. Sometimes, we don't know what we want, or we need help with a project direction, or perhaps a big life question.

Dream time is the opportunity to get Answers!

Be picky about your “Incubation Night”

Choose an evening when you have not eaten too late, you have nothing urgent in the morning and you are not overly tired.

Record Emotions

Write down some of your day/week/month emotional highlights that are related to this question. This gets it OUT of your system.

“I felt frustrated all last week,” etc.

Describe the Problem

Explore with yourself what the issue really is – and while acknowledging how you feel (frustrated, confused, etc.), be willing to ALLOW a different view on the subject.

Incubation Phase

- Clearly state what you need to know about your issue
- Clearly state results you want from a new idea

“I desire to get clear about leaving Kansas.” “I want to be clear – is leaving Kansas in my highest good?” “I want to be clear – is changing jobs what I should be doing?”

Get Your Mantra!

Find a phrase that you repeat as you fall asleep – “I am clear on what I need to do & be to jump to my next level,” or “I jump to my next level,” or “Next Level!”

Record in the Morning

Write down whatever is on your mind (or emotions) upon waking, or details from your dreams.

DREAMS

“My Next Incubation Dream”

Let’s get your mind started toward an Incubation Dream where you will receive answers to important questions!

In the three questions below, write down the issues that you would like answers to. This can be in relationships, concerning your work, related to a big life change, what classes to take in school, and more.

1. I desire to get clear about

2. I want clarity on

3. I want to see a clear path to

