

Figure 4.1

## Dreamtime Dream Journal

**Date:**

**Dear** \_\_\_\_\_,

**(Write your dream out as you remember it in the exact order that events occurred here.)**

**My DreamSelf says that within my thinking and thoughts creating my now ...**

**(Use the Dreamtime method to interpret your dream symbols here.)**

**What happened that day:**

**(Write what happened the day after you had this dream to show yourself how your dreams and dream symbols are creating your next physical day).**