

The 10 Best Kept Secrets for Remembering Your Dreams

Learn the first step towards accessing unlimited guidance and insight into your life through your dreams.

BAMBI CORSO INTERNATIONAL

Copyright ©2010 Bambi Corso, All Rights Reserved

The 10 Best Kept Secrets for Remembering Your Dreams

Learn the first step towards accessing unlimited guidance and insight into your life through your dreams.

“An uninterrupted dream is like an unopened letter.” The Talmud

What if I told you that each and every night you are given the ability to receive guidance, information, and answers to questions about all areas of your life from your dreams?

What if I also told you that you have the ability to do things like:

- Make better choices and decisions
- Heal old patterns that keep you from living your best life
- Develop a better understanding of your life’s purpose
- Access endless creativity
- Solve problems in all areas of your life
- Deepen your spirituality
- Access your intuition and inner wisdom in a deeper way
- Heal your body
- and more...

Well, I have some great news. All of this is already accessible to you right now just by working with your night time dreams, and this is true for everyone.

You see, we are all dreamers; it is a trait living creatures share in common. All around the world, since the beginning of time, dreams have fascinated us. What

are these ephemeral visitations that come to us in the night filling our sleeping dreamscape?

The mysterious nature of dreams has inspired so many people to study and understand their presence and meaning that they are, in fact, considered a natural phenomenon. Throughout history, dreams have been a source of guidance, mystery, and divinity, and though we may never know all the answers to dreams and dreaming, we do know that regardless of what they are or where they come from, dreams share messages designed just for us and beckon us to look within for answers.

Studies show that we spend approximately 6-8 hours each day sleeping. Added up over a lifetime, that's almost 1/3 of our life. Along with all the benefits that sleep offers, including rejuvenating the body, mind, and spirit, it gives us access to the dreamtime. However, many people don't pay much attention to their dreams for two main reasons. First they don't remember them, and second, they don't understand them. They show up as seemingly random visitations that rarely make any sense to us.

Generally, the reason we don't understand our dreams is because they come to us in symbolic form using the language of imagery, story, and metaphor. If one starts to look at dreams symbolically, they become much easier to understand and work with.

The more you pay attention to your dreams, the more they reveal about your psyche, state of mind, belief systems, and how you truly feel. In addition, dreams inform us about our physical, mental, emotional, and spiritual well-being. Using the Law of Attraction, dreams allow us the ability to move into a deeper, feeling state, so that we may gauge where we are energetically, giving us the ability to make adjustments to get to where we want to be.

So, how does one begin to work with their dreams? The journey begins by first learning how to remember them. What's most important is your commitment to the process, as you will be making an investment in yourself. So, be prepared to find some extra time each day to dedicate to your dream life, and therefore, yourself.

It is very important to be patient and keep an open mind. Learning to remember your dreams is like exercising a new muscle; you start off with light weights and eventually build the muscle. For some of you, it may take a little time to train yourself to remember your dreams. For others, it may come naturally. Either way, these strategies will help tremendously in building your ability to recall your dreams.

I encourage you to read through the following suggestions and choose the ones that most resonate with you. Some techniques will work better than others for different people, and part of the process is learning how to trust what is right for you. Then practice those as you begin the journey of learning to remember your dreams.

REMEMBERING YOUR DREAMS

1. To allow ourselves the delight of paying attention to our dreams, we need to first shift our perception about dreams. **Create a sense of adventure within yourself**, as if you are embarking upon a new and exciting journey. Be willing to see undiscovered parts of yourself, and most of all, stay “curious”!
2. **Start reading about and studying dreams**. Find a book, documentary, or some type of dream information that speaks to you using language that is both interesting and informative. There are many excellent books on dreams. A couple of my favorites are *Dream Tending*, by Dr. Stephen Aizenstat, Ph.D.; *Dreamwork for the Soul*, by Rosemary Ellen Guiley; *Know Your Dreams, Know Yourself*, by Pat and Jim Fregia; and *Healing Dreams*, by Marc Ian Barasch. (See Resources page on www.BambiCorso.com for additional references.) All of these books will open you to the field of dream work and will give you the necessary tools to immediately work with your dreams.
3. **Keep an open pad of paper, a pen, and a night light or flash light by your bed**. This will keep your conscious and unconscious mind reminded that you want to remember your dreams and keeps you prepared to write them down. If you wake in the night, write down what you remember, or at least write parts of the dream to help you remember in the morning. I have found that it is rare to recall a dream that you had earlier in the night if you don't write it down. Write any dream fragments you recall, no matter how small. If you don't remember anything, see if you can access the emotion in the dream, as this helps exercise your memory and shows your psyche that you are serious about wanting to remember.
4. As you fall asleep every night, **create intention** by telling yourself that you will remember your dreams in the morning. Repeat this a few times, as it will sink into your subconscious and work with you to remember your dreams.

5. **Basic health measures** can help you remember your dreams. It is important to eat a balanced diet, full of vitamins and nutrients to help keep you strong on your new dream journey. I suggest abstaining from any alcohol on a night that you really want to remember your dreams.

6. **Drink water before going to bed.** This process will awaken you in the middle of the night to use the restroom, which can be helpful in learning to remember your dreams. Since we dream throughout the entire night, you will most likely be having a dream when you wake and find it easier to remember. Make sure you write down any dreams before going back to bed.

7. **When you awake in the morning, don't immediately get up.** Upon waking, practice staying in the same position you are lying in, as this seems to increase dream recall. Try not to think about your daily chores for at least 5 minutes, and just stay in that dreamy waking state with your eyes closed and see what you can remember about the dream. As soon as you begin thinking about something else, it is more likely you will forget what you were dreaming about.

8. Get in the habit of remembering your dream from the **last waking image** and go backwards toward the beginning, scene by scene. It is extremely important to write down any messages, numbers, or other significant things first, and then fill in the blanks. I always write down short sentences or words for everything that happened in the dream first, and then I write the actual dream in detail. This helps assure the full memory of the dream.

9. **Choose the right alarm clock.** You may be waking to a loud or disruptive sound that will “scare” the dreams away. See if you can find something **more soothing**, like a soft radio station with no talking, only soft gentle music, to wake up to, so that you are not jolted into your day. I have also found the “Zen” clocks to be gentle, as they wake you with a chime.

10. **Find a trusted dream partner to share your dreams with.** Dreams love other dreams, and the more you talk about and share your dreams, the better recall you will develop. You will also find that listening to other people’s dreams sparks memories of your own dreams. This is an excellent practice in which to invite dream sharing, while at the same time allowing you to be a witness to someone else’s dreams.

Over time, as you begin building your dream memory and start keeping track of your dreams, you will begin to see similar or recurring imagery, such as people, animals, landscapes, emotions, situations, and themes. Without the ability to go back and re-read previous dreams, you can often miss important information that can be extremely helpful in your personal growth and development. Therefore, the way in which you journal your dreams also plays a big role in learning to better understand them. I suggest you also read my ***The 10 Most Effective Techniques for Journaling Your Dreams*** eBook to learn how best to journal your dreams.

I know that once you start working with your dreams, you will find them to be incredibly insightful and fun, and they will become a guiding force in your life.

Wishing you good dreaming!

Did you know that Bambi offers...

Life Purpose Coaching Program. Do you find yourself wanting more out of life and are now ready to take the steps to do so? In your coaching program, Bambi will help you identify and transform areas in your life that are calling to you for change, so you can immediately begin living your life with more clarity, authenticity, power, and passion.

Life Purpose Workshops and Seminars. Would you like to share Bambi's services with a local group or business? Bambi conducts workshops and seminars designed to teach participants how to identify and begin living their life purpose by living a more authentic and passionate life. Through group exercises and discussions, each participant has the opportunity to experience her one-on-one Life Purpose coaching in a larger setting.

DreamTending Sessions and Group Workshops. Are you interested in learning how to decipher the images, information, and messages that present themselves in your dreams? Bambi will show you how to develop an ongoing relationship with your dream life allowing you to access the unlimited source of guidance, mystery, and divinity they reveal.

Here's what clients say about Bambi:

- Ralph P. said, "Bambi Corso has literally changed my life! I was really to the point that I could not see how my present situation would change, based on my current approach to my life."
- Judy W. said, "I was so impressed with all the areas of my life that were touched and transformed by our sessions and I look forward to a continued relationship so that I can 'fine tune' my energy."
- Diana J. said, "Not only have I gained greater clarity about my dreams and aspirations, I have gained a new confidence and have more courage."
- Don P. said, "Working with Bambi in dream work amazes me with the richness of the images, the attention to detail, and the deep searching that accompanies each dream, image or idea."
- Beth P. said, "Bambi's insights and gifts are a blessing for they have exposed for me the meaning of many a dream, and in doing so, have helped me to achieve a greater sense of self-awareness."

For more information please send an email to Bambi@BambiCorso.com.



About the author

Bambi Corso

International Life Purpose Specialist

“Work in the invisible world at least as hard as you work in the Visible.” Rumi

Bambi is the founder of *Living with Purpose... On Purpose™*, a company dedicated to deepening people’s sense of purpose and calling by teaching them to connect with, and live, their lives' passions.

With over 27 years of corporate experience, Bambi’s passion is helping other transitioning professionals to begin living the life they feel called to live, just as she has. She does this by using her expertise in spirituality, energy and mindset management, the law of attraction, and dreamwork.

Bambi believes in possibilities, in the power of change, and that every individual has the ability to chart a different path simply by choosing an authentic life based on deliberate choices. She uses her training and philosophy to help others open their minds to enhanced perspectives that support these changes, working to overcome limiting beliefs that may keep them from manifesting the life they desire. She also uses her expertise in dreamwork to help support these changes because each dream is constantly commenting on the true and emotional state of the dreamer allowing people to gain a broader perspective about where they’re at in their lives in

comparison to where they want to be. By combining the two, the ultimate reach is deeper and attention is drawn to that which may not otherwise have been consciously recognized.

Bambi gives her clients tools to listen to their inner wisdom and intuition in order to chart the path that most resonates with them and is known for her ability to listen deeply and see the bigger story that is playing out in her clients' lives.

Please visit her website at www.BambiCorso.com.

You can also follow Bambi here:

<http://www.twitter.com/bambicorso>

<http://www.facebook.com/bambicorsosfanpage>

<http://www.youtube.com/bambicorso>

<http://www.linkedin.com/in/bambicorso>