

# 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.

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## “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

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2. I want clarity on

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3. I want to see a clear path to

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