

Reawakening to Ascension Worksheets. Chapter One.

Chapter One. A Discussion with Carl Sagan.

Sheet 1.1. Recording your Dreams. Lucid Dreaming.

Changing the outcomes in Dream Instructions.

Dreams and nightmares are directions and instructions coming from your inner self (subconscious and superconsciousness mind) to outer self (conscious and ego mind) if understood and used.

Lucid dreaming is a process of recording a dream or nightmare, reviewing the symbols, and preparing your possible meaning combination. Then, by asking for a revised dream the next night (or so), you are able to request a direct clarification of the dream meaning and an opportunity to change the nightmare or road block outcomes.

Dream Symbolism

<u>Symbol</u>	<u>Body</u>	<u>Universal Meaning</u>
People	Spiritual	Architect, Vision, Direction, Birth, Death, Change, Fear, Love
Buildings	Mental	Draftsman, Attitudes, Reactions to Events, Emotions, Forgiveness
Vehicles	Physical	Builder, Application, Premonitions, Precautions, Health, Sickness

Recording of your Dream

Please include as much as possible of the scenes in colour, sound, sights, emotions, and touch.

Record of your Dream.	Date / / 20 .

<u>Symbol</u>	<u>Body</u>	<u>Your Symbols and Possible Meanings</u>
People	Spiritual	
Buildings	Mental	
Vehicles	Physical	

<u>Overall Possible Meaning Combination</u>

Request a Revised Dream to Confirm or Clarify My Possible Meaning. Date / / **20** .

Recording of your follow up Dream

Please include as much as possible of the scenes in colour, sound, sights, emotions, and touch.

Record of your Dream. Date / /20 .

<u>Symbol</u>	<u>Body</u>	<u>Your Symbols and Possible Meanings</u>
People	Spiritual	
Buildings	Mental	
Vehicles	Physical	

<u>Overall Possible Meaning Combination</u>

Request a Revised Dream to Confirm or Clarify My Possible Meaning. **Date** / /20 .

References

1. <https://www.dreamdictionary.org/>
2. <https://www.psychologistworld.com/dreams/dictionary/>
3. <https://www.verywellmind.com/understanding-your-dreams-2795935> and dream analyser
4. <https://www.edgar cayce.org/search-results/?searchTerm=dreams> Association for Research and Enlightenment. Search. Dreams