

DREAM° SOMA



PRACTICES FOR SLEEP & DREAM RECALL





WHY DREAM RECALL MATTERS

When we sleep, we have the possibility to invite our body systems to speak through our dreams. The bones, the blood, the heart - they all have messages. Dream recall is a practice of deep listening we use to connect with them.

Somatic dreaming can give us more insight not only into our body state and needs, but also share a deeper wisdom that our conscious daily mind might not be aware of.

You don't need to remember every detail. Even a fragment - a color, a feeling, a single image - is enough.

BEFORE BED: SETTING THE SPACE

Your sleep space affects your dreams, so try to make it as calming and cosy as you can. You don't need to transform your bedroom, but small shifts can help:

Physical Space:

- Clear clutter from around your bed
- Open a window briefly to refresh the air
- Dim the lights an hour before sleep
- Keep your dream journal and pen within arm's reach

Evening Ritual (choose 1-2):

- Light a candle with intention
- Drink herbal tea (chamomile, lavender, passionflower)
- Avoid screens 30-60 minutes before bed
- Read something calming or poetic
- Do gentle stretching, breathwork, or crafts

The ritual helps tell your body and psyche: "We're entering dream time now."

SETTING YOUR DREAM INTENTION



Each night of Advent, you'll receive a specific invitation to dream with a body system. Here's how to work with it:

Before sleep:

1. Read (or listen to) that day's dream invitation
2. Place your hands on that part of your body (bones, heart, belly, etc.)
3. Speak the intention aloud or silently:
 - "Tonight, I dream with my [system]."
 - "Show me what I need to know."
 - "I will remember."

As you drift off, repeat the invitation gently. Don't force it - hold it lightly as you drift off to sleep. If you wake in the night, whisper it again.

Morning: Capturing the Dream

The general suggestion - try not to move too much. When you first wake:

- Keep your eyes closed
- Stay as still as possible
- Reach back for any image, feeling, or sensation
- Even if it seems like nothing, there's usually something

Then, without sitting up fully, reach for your journal and write anything you remember - even if it's just a few words.

Write in the present tense: "I am walking," not "I was walking." This keeps you closer to the dream.

If you remember nothing, write how you feel:

- "Slept deeply, feel rested."
- "Restless night, don't remember why."
- "Woke up feeling sad."

DREAM MAPPING AND TRACKING



What to Track

Feel free to keep your journal simple. For each morning, note:

- Date:
- Body System (from yesterday's invitation):
- Dream fragments:
- Feeling upon waking:
- Any body sensations:

You can write more if you want, but this is enough.

Working With Fragments

You might not remember full narrative dreams. That's okay. Pick some fragments of your dreams, like a color that stays with you, a feeling in your chest, one image (a door, a hand, water), or a word or phrase. These fragments often connect to the body system you invited.

If You're Not Dreaming (or Not Remembering)

Some nights, nothing comes. This is normal. Possible reasons could be that:

- Your body needs rest more than messages
- You're in a "small wave" cycle (dreams come in waves)
- Medications, stress, or exhaustion affect recall
- You're processing deeply, but not remembering

What to do:

- Keep showing up. Write "no recall" in your journal
- Trust that the invitation is still working beneath consciousness
- Your body heard you even if you don't remember
- Sometimes the art-making the next day reveals what the dream didn't

A Note on Big Dreams vs. Small Dreams

Not every night will bring a profound dream. Most won't. Small dreams are fragments, everyday scenarios, mundane images. Big dreams feel important, numinous, charged. Both matter. The small dreams prepare the ground for the big ones.

ADDITIONAL SUPPORT



Herbs for dreaming:

- Mugwort (vivid dreams, recall)
- Chamomile (calm sleep)
- Lavender (peaceful rest)
- Passionflower (deep sleep)

(Use as tea, sachets under pillow, or essential oils. Check contraindications.)

If you share a bed: Tell your partner/roommate about your practice. You might wake to write. You might whisper intentions. Brief them lovingly.

Remember

You are not just someone who dreams. You are being dreamt.

Your body is always speaking. Your dreams are always there.

Even when you can't remember them, they're working.

This practice is about your presence and listening.

Some things don't need to be fixed or changed; they just want to be seen.

Welcome to the dreamworld.