How To Recall Your Dreams

1. Decide that you want to recall your dreams. Intent is very important. You must believe that your dreams are important messages. Don't try to deceive yourself, it won't work. This stated and recognized desire will act as a magnet that will draw your dreams into your memory.

2. Exercise your recall every day. The more you use your dream recall, the stronger it will become, just like exercising your muscles.

3. Before you go to sleep each night, re-read your dreams from the previous night. This will help to connect your memory to your dreams. Then clearly, and emphatically tell yourself that you want to remember your dreams. Tell yourself that you will write down all that you remember in your dream journal.

4. As you awaken in the morning, or during the night, lie still in the same position with your eyes closed for a few minutes. Gather as many images, feelings, and impressions as possible. If possible, awaken without an alarm, as loud noises can startle you and cause you to lose your recall.

5. Once you have gathered your dreams into your consciousness, rise and immediately write down as much as you can in your dream journal. Even if it seems sketchy, write whatever you remember. You will be surprised how much you will recall as you write. Since you told yourself that you would write, it is important to write something.

6. Be persistent, yet patient. Total recall will not happen immediately, but if you are persistent and consistent, your recall will increase over time. Do not get discouraged. Remember that dream recall is natural, and will happen if you want it to.