

DREAM COUNCIL

THE **ARTFUL QUESTION**

INTERACTIVE DREAM INTERPRETATION
JOURNAL + CODE BOOK

A DREAM INTERPRETER'S CODE

IMAGINATION

I will never, ever, rely on a dream dictionary.
I will trust my own imagination.

VIBE & SCRIBE

I will record my dreams as often as possible.

HUMILITY

I will surrender my expectations and
preconceived definitions.

ACTION

I will take intentional action on the
revelations from my dreams.

CHOOSING A DREAM

Like alchemists, we sift through the mundane dreams to find the ones that hold that precious potency and medicine.

Simply, we ask:

**Is the imagery powerful?
Does it invoke strong emotions?
Are there any strong sensations?
Is there a heightened level of intensity?**

DREAM TITLE:

SYNOPSIS:

FEELING

**HOW DID I FEEL
IN THE DREAM?**

FEELING

AMPLIFY

**WHAT STANDS OUT THE
MOST IN THIS DREAM?**

AMPLIFY

IMAGINE

**DO I WANT THIS DREAM
TO COME TRUE?**

IMAGINE

REFLECT

**HOW DOES THIS RELATE
TO MY WAKING LIFE?**

REFLECT

DREAM TITLE:



SYNOPSIS:



FEELING

**WHAT DID I FEEL
UPON AWAKENING?**

FEELING

AMPLIFY

**WHAT'S THE MOST CONFUSING
PART OF THIS DREAM?**

AMPLIFY

IMAGINE

**WAS THIS A VISTATION
OR A PART OF ME?**

IMAGINE

REFLECT

**WHAT ACTION CAN I TAKE
TO HONOR THIS DREAM?**

REFLECT

DREAM TITLE:

SYNOPSIS:

FEELING

**AM I OPEN TO FEELING
THIS DREAM'S MESSAGE?**

FEELING

AMPLIFY

**WHERE IS THE
MOST CHALLENGE?**

AMPLIFY

IMAGINE

**WHAT WOULD I HAVE
DONE DIFFERENTLY?**

IMAGINE

REFLECT

**IS THIS DREAM
A CALL TO ACTION?**

REFLECT

DREAM TITLE:



CHARACTER SPOTLIGHT:



FEELING

**HOW DO I FEEL ABOUT
THIS DREAM CHARACTER?**

FEELING

AMPLIFY

**WHAT WOULD I ASK
THEM NOW?**

AMPLIFY

IMAGINE

**WHAT DO I IMAGINE
THEY'D SAY / DO?**

IMAGINE

REFLECT

**HOW CAN I INTEGRATE WHAT
THEY ARE SHOWING ME?**

REFLECT

DREAM TITLE:



ENVIRONMENT SPOTLIGHT:



FEELING

**HOW DOES THIS
DREAM SETTING FEEL?**

FEELING

AMPLIFY

**WHAT IS THIS PLACE
SHOWING ME?**

AMPLIFY

IMAGINE

**IF THIS WAS A PLACE IN ME,
WHAT WOULD IT REPRESENT?**

IMAGINE

REFLECT

**IS THIS A PLACE I CAN
GO VISIT?**

REFLECT

DREAM TITLE:

ANIMAL SPOTLIGHT:

FEELING

**HOW AM I FEELING TOWARD
THIS ANIMAL IN THE
DREAM?**

FEELING

AMPLIFY

**WHAT STANDS OUT MOST
ABOUT THEIR APPEARANCE?**

AMPLIFY

IMAGINE

**HOW COULD I HAVE BEEN
MORE PRESENT WITH THEM?**

IMAGINE

REFLECT

**WHAT WAYS OF THIS ANIMAL
COULD I BENEFIT FROM LEARNING?**

REFLECT

DREAM TITLE:

ANIMAL SPOTLIGHT:

FEELING

**DID THEY DO ANYTHING
THAT SURPRISED ME?**

FEELING

AMPLIFY

**WHAT ARE THEY
DOING IN THE DREAM?**

AMPLIFY

IMAGINE

**WHAT IS THEIR REASON FOR
COMING INTO OUR SLEEP?**

IMAGINE

REFLECT

**CAN I EMBODY SOME OF
THEIR QUALITIES IN MY LIFE?**

REFLECT

DREAM TITLE:

LOVER SPOTLIGHT:

FEELING

**HOW DOES MY BODY
FEEL WITH THEM?**

FEELING

AMPLIFY

**WHICH PART, IF ANY,
FEELS DISTORTED?**

AMPLIFY

IMAGINE

**WHAT MIGHT BE ATTEMPTING
TO COME ALIVE OR BE
INTEGRATED IN ME?**

IMAGINE

REFLECT

**IS THIS LOVER AN ASPECT OF
ME OR SOMEONE IN MY LIFE?**

REFLECT

DREAM TITLE:

LOVER SPOTLIGHT:

FEELING

**HOW DOES MY MIND
FEEL WITH THEM?**

FEELING

AMPLIFY

**WHICH PART, IF ANY, OF THIS
DREAM FEELS NOURISHING?**

AMPLIFY

IMAGINE

**WHAT, IF ANY,
CONFLICT IS PRESENT?**

IMAGINE

REFLECT

**IS THIS DREAM A
CALL TO RESOLUTION?**

REFLECT

CREDITS



Design, concept and questions.

Aluna, Dreambender
www.dreambender.space



Concept and questions.

Emakhet, Founder of Dream Council
www.dreamcouncil.net

Ways to stay in the conversation...



Private Group

A private facebook group for our community of dreamers. For many its an online dream journal and space to receive and share insight.



Our Blog

Our website and blog is full of dreamy treasures, a growing collaborative resource for all dreamers.



Sunday Council

Every Sunday we hold a free call that is open to the public, where we talk about dreams, share and work with them in group process.

Join our subscribers and get lifetime access to the FREE Dream Council Library...



Thank you for connecting!

SWEET DREAMS

DREAM COUNCIL
MEDICINE FOR THE COMMUNITY