CREATIVE DREAM LAB
WITH VAL DILLMAN



THE FREE GUIDE

Dream *Incubation*

*Ask, and your dreams **will** answer.*

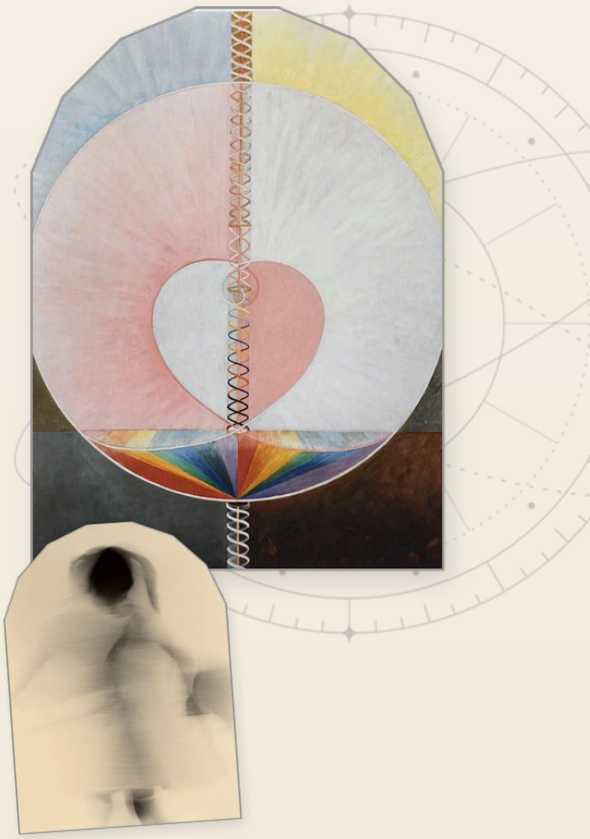
Journal prompts, a dreaming tea recipe and a nightly ritual to help you invite healing dreams, guidance and creative insight, and remember them when you wake.

WITH VAL DILLMAN · DREAM GUIDE

WELCOME, DREAMER

Your dreams want to *guide* you.

Dream incubation is the practice of preparing the ground before sleep: giving your dreams a place to land, stirring up what lives beneath the surface, and asking a clear question of your inner wisdom. These seven steps are an invitation, not a rulebook. Find your way. Play with it.



I	Create a Dream Journal
II	Stir the Pot
III	Create Images
IV	Ask
V	Sip
VI	Drop In
VII	Repeat



MEET VAL

I'm Valerie Dillman, an artist and dream teacher. For over 15 years I have studied creative dreamwork with Kim Gillingham. Drawing on my experience as an artist, I help people make their symbolic inner worlds a resource for navigating everyday life. Today I offer workshops and private dreamwork sessions in London, UK and online.



I Create a Dream Journal



Your dreams would like a place to go. Your dreams would like space for images. Your dreams want to guide you: give them a place to gather.

Find a journal that inspires you. It can be simple or deluxe.

Maybe write your dreams on the left page of the journal and draw the dreams on the right page. Maybe weave the text of the dreams in with the images on the same page.

I like having two journals: a day-to-day journal and a separate dream journal. But they could be the same journal.

Find your way. Play with it.

II Stir the Pot

Write answers to the following questions to activate the unconscious. Write the nitty-gritty. Write wild and loose. Write what's underneath the thing as well as the thing, and another thing!

- What is working / flowing in your life?
- Where do you need help or guidance?
- What are you calling in?
- What might you need to set aside to allow room for this in your life?
- What would be lovely?
- How is your body?
- How is your heart?
- What are you struggling with?
- Where does it feel sticky?
- What needs your attention?
- What feels good?
- Where is the pleasure?
- What is the one thing you know in your bones that you should do, but will not, under any circumstances, do?
- How come?
- What's the best advice you've recently given to a friend?
- What's the worst advice you've recently given to a friend?

III Create Images



Gather images from recent dreams, waking life and feelings.

- Unleash your inner messy artist: the child self who loves to make, draw, glue, cut and paste, and paint.
- Pin or tape these images to the wall, or mount them in your journal.
- Or make a collage of them.
- Look at the images before sleep.

IV Ask

Write a question or set an intention in your journal.

Dear Inner Self,

DIVINE SELF · HIGHER SELF · DREAM WISDOM

- Please show me what I need to know so that I may come closer to my true self.
- Where is the rest of me?
- What do I need to know about…?
- How might I open more fully to my creative source?
- I ask for healing.
- I would like guidance around _____.
- Show me the way.
- What do I need to work on spiritually?
- What are the symbols, energies and images that you want to work with so that I may come closer to my true self?
- Send me guidance on my life path.
- Send me a healing dream.
- Send me guidance around (a specific aspect of your life).

"My work is simply to honor the dream, to love the dream, and to allow the space for it to reveal its resonance within you."

VAL DILLMAN

V Sip

Create your own dream tea. Use the recipe below or create your own.

As you blend the herbs, allow yourself to drop into your intention for your dream practice. Make a special container.

Dreaming Tea

1 tsp	mugwort
½ tsp	chamomile
½ tsp	passionflower
½ tsp	lemon balm
½ tsp	oatstraw
a dash	lavender

Add the dried herbs to a tea strainer in your favorite mug and cover with 2½ cups of hot water. Let steep for 10 minutes, covered. Strain, and sip consciously one hour before bedtime in a quiet, calm space, letting the aroma fill your senses and ease your mind.

VI Drop In

Create a dream altar.

A dream altar is a place where you can sit before going to bed. It may be as simple as a crystal and a candle on your nightstand or, if you have the space, an area where you can set up a meditation cushion and a blank wall to pin your dream images.

YOU MIGHT ALSO INCLUDE

- Photos or statues of spiritual guides
- Photos of ancestors, family and pets who have transitioned
- Crystals
- Dream symbols
- Flowers





VII

Repeat

Create a nightly dream ritual.

Meditation

Begin with the breath

Start by following the breath. Then, as if the inner mind is a dark, blank screen, watch the thoughts and images unfold. Stay present with your breath and simply observe, without trying to do or change anything.

Pranayama

Conscious breathing

- Inhale through the right nostril, exhale through the left. Repeat.
- Inhale for 4 counts, exhale for 8 counts. Repeat.

Essential Oils

Bath, hands or body

Use them in the bath, rub a drop in your hands and inhale, or blend with a carrier oil and massage into your body.

- Lavender
- Clary sage
- Blue lotus

Music

Let sound carry you

- Solfeggio frequencies
- Classical
- Oming or chanting
- Nature sounds
- Jane Winther · East Forest · Essie Jain · Alex Theory · The Human Experience

TONIGHT'S RITUAL AT A GLANCE

◯ *Journal by the bed* ◯ *Pot stirred* ◯ *Images in view* ◯ *Question written* ◯ *Tea sipped*
◯ *Altar lit* ◯ *Breathe & drift*

PRINTABLE

Dream *Journal* Page



DATE

MOON

TONIGHT'S QUESTION

Write the dream

Draw the dream

SYMBOLS & IMAGES

FEELINGS ON WAKING

Not sure *where* to begin?

Connect with me for a free consultation so we can know where to begin. I look forward to serving you and your dreams!

BOOK A FREE CONSULT

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