

A decorative border surrounds the page, featuring a variety of symbols and icons. At the top, there are letters and symbols like 'C', 'S', 'M', 'L', 'G', 'Y', 'S', 'C', 'A', 'P', and 'E'. On the left side, there are symbols like 'W', a circle with a cross, a triangle with a cross, a circle with a cross, a plus sign, 'W', a lightning bolt, a flower, a leaf, a circle with a cross, a flower, a snowflake, a circle with a cross, a house, a triangle, a square, a plus sign, and a circle with a cross. On the right side, there are symbols like a lightning bolt, a circle with a cross, a plus sign, a horizontal line, a circle with a cross, a snowflake, a flower, a leaf, a circle with a cross, a house, a triangle, a square, a plus sign, and a circle with a cross. At the bottom, there are symbols like a plus sign, a flower, a triangle, a square, a circle, a lightning bolt, a lightning bolt, a circle with a cross, a plus sign, a vertical line, and a circle with a cross.

Dream GLOSSary

As you start or grow your dream journey, these are the most common types of dreams, ways to dream, or dream terms you will encounter.

Daydream: Daydreams are a normal part of existence. We actually spend a lot of our waking hours daydreaming. Daydreaming is the stream of consciousness that detaches us from our current external tasks and our attention drifts to a more personal and internal direction.

Dream: Dreams are images, thoughts, or feelings that occur during sleep. Visual imagery is the most common but dreams can involve all of the senses. Some people dream in color while others dream in black and white, and people who are blind tend to have more dream components related to sound, taste, and smell. The "Why" we dream or "What it means" varies from culture to culture.

Incubation: Dream Incubation is a technique for guiding your dreams towards a specific topic. This technique is used for recreation, problem-solving, or answer seeking. Dream Incubation requires a process and intention before falling asleep.

Liminal/hypnagogic: Liminal dreaming is found in the space between waking and sleeping. In that moment, as you pass through the zones of liminal dreaming - hypnagogia (the space between wakefulness and sleep) and hypnopompia (a state of consciousness that leads you out of sleep), your mind is in an imaginal place, a space of images. Your mind meanders between daytime awareness and the depths of the dream.

Lucid: Lucid dreaming is the experience of achieving conscious awareness of dreaming while still asleep. Lucid dreams are generally thought to arise from non-lucid dreams in REM sleep. In this state, a person can take control of the narrative in their dream to some degree, essentially guiding and directing the course of their dream.

Nightmare: A nightmare is a distressing or disturbing dream that can cause a strong emotional response typically that of fear but also feelings such as anxiety or sadness. During a nightmare a person often wakes up in a state of distress and may be unable to return to sleep for a short period of time.



Dream Glossary

REM Sleep: REM Sleep, also known as Rapid Eye Movement, is a stage of sleep associated with dreaming and memory consolidation. During REM Sleep your brain is highly active and your brain waves become more variable.

Visioning: Dream vision is recounted as having revealed knowledge or a truth that is not available to the dreamer or visionary in a normal waking state.

