



Keeping A Dream Journal

As I mentioned on the home page, what is the point of learning to lucid dream if you can't remember your dreams? So you have 10 lucid dreams a night, or maybe you have 1 lucid dream that lasts 3 hours. That is fantastic. Then you wake up and you can't remember any of your dreams. Well - so what you had a lucid dream, so what if you controlled your dreams, you have no memory of it. Keeping a dream journal is an absolutely vital first step to controlling your dreams. You truly have to train your brain to remember your dreams. So what is the process of keeping a dream journal?

There are several different ways of keeping a dream journal:

- Keeping a notebook or diary next to your bed
- Keeping a laptop or notepad next to your bed
- Keeping some kind of recorder next to your bed

Which of these options is the best? Well - the one that you will stick to! Each has its own pros and cons. I personally like to keep a laptop next to my bed. My writing skills are terrible and I can actually type faster than I can write. I can also read faster than listening to audio, so when I want to review my dreams, having them written out just makes the review process much faster. Maybe you have a nifty audio to text application (a sweet 21st century dictation program) you can use so you just talk into the microphone and the words magically appear in a file. If you have that - by all means use it! Bottom line, I have reasons for doing it the way I do, choose the one you will stick to and get started!

Notice that all of the options above have the recording media next to your bed. That is not by accident. You want to record your dreams as soon as you wake up. Most of the time, dreams will fizzle away in your memory within 15-30 minutes - something even more quickly. If you don't capture them immediately upon waking the chances of capturing them at all diminish very rapidly. It may be that you have to set your alarm to wake up earlier than normal. My personal experience in recording dreams has most certainly morphed over the years. When I began recording my dreams I would fill in every possible detail from every dream I remembered. Sometimes I could remember 5 or 6 or even 7 dreams. When I started spending 45 minutes to an hour every morning recording every different facet of my dream, I quit recording. It was just too time consuming. Since then I've realized that I don't need to capture every single detail. In fact, my goal now is not to be as detailed as possible, it is to be as quick as possible. My intention is to capture all of the following:

- the main people I interacted with
- the main creatures I interacted with
- the main things I interacted with
- the major locations I found myself in
- the way I felt doing this different things, my emotions during the dream
- maybe a quick analysis if I have time

Notice the last 2 entries up there - those aren't really necessary for lucid dreaming. Those are more useful for a little self therapy. I find that dreams typically let me know how I'm feeling about life in general, and sometimes help me pinpoint personal problems I may have. I pay attention to that, but there is no reason for you to do the same if your only goal is lucid dreaming.

Now you may be asking yourself, what is the real purpose of recording my dreams every morning? I find that there are two main reasons.

1. To train my brain to remember my dreams - practice makes perfect
2. To record dreams in the hopes of identifying cues that will indicate that I am indeed dreaming

The first reason I've already discussed above. The second reason will be discussed further in the [reality checking](#) discussion.

OK, I've convinced you that you do indeed need to record your dreams. But you don't have time. Well - I hate to break it to you, but you are going to have to create the time. Maybe you wake up 10 minutes earlier every morning to record - in the beginning. Maybe 10 minutes is enough for you. Maybe you need 15 minutes or 20 minutes or 30 minutes. Personally, once I start approaching 30 minutes I tend to wrap it up. I know there are people who keep drawings of where they were and what they saw - and if that mood strikes you - go for it! I personally keep it under 30 minutes. Some mornings I spend only 5 minutes recording, some mornings I use the full 30 minutes and could keep on typing. But I limit myself to 30 minutes so I don't burn out and I don't spend too much time on this.

So to start out, you are going to wake up 10 minutes early and you are going to start recording your dreams every single morning. It is going to happen. Set that alarm clock right now!

Next - go check out the [reality checks](#) discussion.