



DAMANHUR ALCHEMY SCHOOL

Exercise to Remember Dreams

"Prepare yourself in the evening before you go to sleep, by taking a few minutes of deep breathing (or 10 minutes of pranic breathing) and expressing an intimate desire to remember the dream the next morning. Before falling asleep, repeat ten or fifteen times; 'Tomorrow morning as soon as I wake up, I will remember what I dreamed'".

- Set up a paper and pen on your nightstand
- As soon as you wake up, before you do anything else, write down images, emotional feelings, anything you find that you feel connected to your experience in the dream.

With this system, nine times out of ten you will be able to remember your dreams. It doesn't matter if the experiment fails the first time; keep trying, you will succeed.