**Dream Journal Exercise:   Making your dream lab.**

Use the questions below to describe your dream picture in detail.

**Where were you?**

What did it look like?

What kind of place, nature, house or other place.

What colors did you see?

Was there any smell?

Could you hear any sound?

What did the path look like?

What did you walk on?

Where did you sit down?

**How did it make you feel?**

Was it warm or cold?

What feeling did you get entering the dream lab?

How did your body feel?

Did you feel any tension in your body?

How did you feel when you sat down?

What did your mind create, your dream?

Keep your dream picture alive in your mind and look at it as many times as possible during your day and remind yourself of it before you go to sleep at night.

Go back into the dream lab and make changes, adjustments, add or take parts away. Make your picture more clear every time and *write down all the details every time* you come back.

If you have many dreams you want to manifest, you still have to take one at the time into the dream lab. If not, your mind will fluctuate in between different dreams and you won't get clear on any of them. Decide on one dream at the time, and let the mind create the details.

Have fun when doing this…

**This is not work…** It’s fun dreaming up and designing your perfect future