

1. EXPERIENCE

Just Before: I went out with a group of friends. After I got home that night, there was no sign of my license in my purse. Before I went to bed, I kept thinking about the whereabouts of my license. I checked my purse and pant pockets more than three times, and there was no sign of the license.

At the Moment: I had a dream concerning the whereabouts of my license. *I could actually see where my license was and how it had gotten there.* I could see myself in the car reaching for my purse and taking hold of my phone. As I pulled the phone from my purse, the license fell out and slipped between the passenger and driver's seat.

Right After: I woke up and thought about the experience and decided that checking the car at that time would not be wise (3:30 AM). Before I got ready for work, I figured I would follow through on my experience. When I checked the car, my license was under the driver's seat.

2. OBSTACLES

Fears/Desires: I was afraid that if I did not find the license, I would not be able to attend class and might get caught if I drove to school. I was also afraid of having to wait in line for hours to get a duplicate license. Locating my license would enable me to drive and run my errands for the day. It would also benefit me in not having to pay for a duplicate copy.

Mental Clutter: I would say that my mind was very cluttered with thoughts about the license before I went to sleep. And apparently that clutter followed into my sleep since I was so restless during the night.

3. SOURCE

Internal/External: The source of the information would be described as coming from within. I had been thinking about the license from the moment I it was missing and even while trying to fall asleep.

Rational/Intuitive: My experience would be classified as intuitive. The question concerning the whereabouts of my license triggered the dream to respond intuitively.

4. MESSAGE

Form: The message I received came in the form of a visual image. I was asleep, and yet I felt as if I was awake looking at a replay of what I had done the previous evening.

Kind: My dream came to me as a solution to the whereabouts of my license. It was something that guided me to finding the lost object.

5. INFORMATION

Strength: The experience came across as a train driving through my mind. It was not fast, but full of power and noise.

Clarity: The information clearly depicted all my whereabouts during the evening. While I was asleep, I could see myself doing all the things I had done a few hours ago.

Accuracy: The information was correct to the last detail. It allowed me to actually go to my car in the morning and search under the seat and locate my license.

6. EVALUATION

Use/Benefit: I made use of the dream and checked my car right under the seat where I had visualized it in my dream. I was able to locate my drivers license and continue with my plans for the day. I had to go to school and then run some errands for my Mom.

Personal Learning: I learned that dreams are an extension of our memory. When we go to bed at night, the many occurrences can actually be answers that we are searching for. Sometimes they are just experiences that have been evoked by constantly thinking about certain situations.