



SESSION 1: HONOR THE DREAM

TIPS FOR REMEMBERING DREAMS

- *Set the Intention*
- *Get the Tools You Need*
- *Prepare For a Good Night's Sleep*
- *Never Judge Your Dreams*
- *Stay Open to the Form Your Dreams Take*

RADICAL ACCEPTANCE
EMBODIED VULNERABILITY
UNCONDITIONAL LOVE

ACTION STEPS:

- *Set an intention around your dream practice*
- *Select a "dream totem" and place it near your bed*
- *Find a notebook or a place in your phone to record dreams*
- *Join the Dream of Love Facebook Group by [clicking here](#)*