

Dream Healing Process

Type of Dream:

Title:

Theme:

Journal the Event/Storyline:

Journal your feelings experienced in the dream:

What is the message the dream is asking you:

Muscle test to determine the energy centers the dream is connected to:

Muscle test to determine if you release or embrace the energy:

Muscle test if you tap or hold the energy center:

State the lesson learned as a result of this dream:
