

Dream Catcher for _____ Title: “ _____ ”
(date)

Mood: _____ Landscape: _____

Sounds: _____ Smells: _____

People: _____ Objects: _____

Write any details you recall, in present tense:

Write any message(s) that come to you. What does it seem this dream is trying to say?

Dream Catcher for 4/1/14
(date)

Title: "Rabbit is Late"

Mood: perplexing, curious

Landscape: open city park

Sounds: stopwatch ticking

Smells: fresh cut grass

People: me (Alice)

Objects: white rabbit, miniature

timepiece, park, rabbit hole,

tree, blanket,

Write any details you recall, in present tense:

I notice a strange gold chain on the cute fluffy rabbit near my blanket. I get up to look closer, and the rabbit anxiously hops away. It's not that he's frightened. He checks his gold watch and says he's racing away because he's late. I feel an unusual swell of curiosity to follow him, and I wish I could enter the rabbit hole where he goes.

Write any message(s) that come to you. What does it seem this dream is trying to say?

Trust my curiosity. It will lead to wonderful adventures. It felt great to be a part of the rabbit's world for just a moment, instead of a "threat." I will nurture my intuition and see where it takes me.