

Journaling a pathway to the innate wisdom of you



Session 8: Staying Awake in the Dream

Remembering who you truly are

Were you able to stay awake during your practice?

(No worries if you didn't ~you can try again next time 😊)

How did you feel physically during your practice?

Did any emotions arise during your practice?

Were you able to allow thoughts or emotions that may have called for your attention drift on by without giving it your attention? (Remember practice is purposeful activity that creates change 😊)

A space for reflections beyond words



What does death mean to you?



Staying awake in the dream means to orient yourself in the illusion of life. By bringing your attention to Awareness in the present moment, you can interrupt the cycle of stress and anxiety that keeps you in a fight or flight pattern, as you maneuver through life.

With mindful practice of staying alert and present of internal and external happenings, you are able to direct your thoughts and manage your emotions with clarity and discernment, and ultimately decide for yourself what you will create for your life, and beyond.

What do you believe about this reality? Who created it? Who controls it? Why was it created?
(You may want to take time with this one)

What is the source of your thoughts and emotions?
Are you creating them or are they coming from a place that you do not know or remember?

How would your life change if you were able to discern of the source of your thoughts?
Would it change how you make decisions?

How do your beliefs about life influence and dictate your beliefs death?

Are you censoring anything...is there anything else you want to say but hold yourself back?
