

Improving Dream Recall: A Snapshot



“Q. What state or trend of development is indicated if an individual does not remember dreams?”

“A. The negligence of its associations, both physical, mental and spiritual. Indicates a very negligible personage!” (5754-3)

—Want to get active in an *A.R.E. Dream Group*? Visit EdgarCayce.org/dreams.

JERRY LAZARUS is a spiritual teacher and counselor, with a master’s degree in religion and meditation. He leads spiritual workshops across the United States and is the author of *Dreams: Listening to the Voice of God*, and *Saint John Bosco—Dreams: The Guiding Voice*. Jerry invites you to discuss his articles on his blog at jerrylazarus.com.

SOME PEOPLE NATURALLY recall dreams, others rarely do. Not remembering or recalling dreams is common. There are many reasons for not remembering dreams, and there are steps we can take for better recall.

Valuing dreams: In my experience, not knowing how to interpret dreams is the single most important reason why we don’t recall dreams. We may get discouraged from our difficulty to interpret dreams, especially the complex ones with bizarre imageries and plots. But to affirm this is to create blocks for recall. When we establish a proper framework for interpreting dreams, and realize that even the seemingly perplexing dreams have meaning, we place value in them. When we do, our recall improves.

Desire: Our thoughts and efforts are invested in our heart’s desires. When we desire to learn and grow through dream messages, we’ve established a strong motive for recall.

Commitment: With the realization that dreams offer significant guidance, desire to learn from dreams is born. From desire arises motivation; from motivation, commitment, and with commitment comes action, which leads to better recall. Just as learning a musical instrument requires commitment and practice, so does dream work.

Purpose: We may employ all the techniques in the world for dream recall, but sincerity of purpose trumps them all. Why do we want to study our dreams? In what spirit are we going to apply them? Any technique employed must follow sincere purpose founded in the ideal (truth). If we aren’t growing in “selfhood” by practicing patience, forgiveness, kindness and so on, we cannot expect much from dream work.

Recording dreams: Whether they are snippets or entire dreams, record them regularly and review and apply them. This signals to the subconscious our eagerness to learn from dreams, triggering better recall.

Group work: Discussing dreams in groups or with another dreamer will effectively enhance dream recall. The dynamic created with one or more individuals surrounding a topic has a specific effect: mutual encouragement. As a consequence, consciously or unconsciously, we create an expectancy to recall dreams.

Interpretation: Dream work doesn’t end after we recall dreams; we must learn to interpret the messages correctly. If our interpretation is im-

perfect or even incorrect, it’s alright. Our sincere, repeated, prayerful try is rewarded with better recall and interpretation skills. God will help, guide, and correct one who earnestly tries, for the try is counted as righteousness. (69-4)

Application: Recall, interpretation, and application are the three pillars of dream work. No dream work is complete without application. Our soul development hinges upon applying, not just discussing, our dreams. Through dreams, our conscience is directing us to do what’s right. If we follow the dictates of the conscience, we’re honoring the dreams’ messages, which triggers better recall.

Pre-sleep suggestion: Since the subconscious is amenable to suggestion, pre-sleep suggestions can markedly improve our recall. Regular prayer and meditation opens pathways to the subconscious and the superconscious minds, enhancing recall and bringing us profound dreams with clarity and power.

Quality and quantity of sleep: If our sleep is disrupted for any reason, so is our dreaming and recall. It’s helpful to make any changes that can improve our quality and quantity of sleep. “Most bodies” need 7.5-8 hours of sleep. (816-1)

Medications: Some medications may hinder dream recall. If there are no other options, we can be content with prayer and meditation. God brings guidance in a number of ways, considering each person’s situation.

Intoxicants: While a glass of wine taken several hours before bedtime may not affect dreaming, studies have shown that red wine taken an hour before bedtime can disrupt the second half of sleep cycle—the active dream state. Alcohol or other forms of intoxicants can disrupt our sleep and distort our dreams.

Remain still: Cayce made a specific suggestion: upon waking, stay still and make an effort to recall. Dreams have a way of escaping when we move. We shouldn’t be dismayed if we don’t remember entire dreams. Let things unfold naturally by consistent effort, making dream work a joyous experience.

A winning combo: Dreams and our ability to recall happen more readily when we consciously seek solutions. Having an inquiring mind, a deep desire to learn and grow, and a willingness to be guided and directed by the spiritual forces, trigger meaningful dreams. 