Keeping a Dream Diary

Dreaming is a complex psychic process of balancing personality potentials. One of its very important functions is the elimination, at least temporarily, of mental rigidity; it is a process of searching for freedom.

We all dream but often do not remember our dreams. That is why psychologists suggest keeping a dream diary. Some of them think that art is a dream of a higher level. Keeping a dream diary can help you access your creative potential that is sometimes hidden from the conscious mind.

Our subconscious mind is very powerful. If the conscious mind absorbs plenty of data while we are awake, the subconscious mind can process and make sense of the data while we sleep. Many scientific and artistic achievements were conceived as ideas in dreams. Among the most famous are the development of the periodic table by Dmitri Mendeleev, the structure of the atom that was revealed to Niels Bohr in a dream, the discovery of a scientific method by René Descartes, *Frankenstein* by Mary Shelley, and the movie *Terminator* by the director James Cameron. Many other scientists and artists confirm in their biographies the importance of dreams and describe them as a source of inspiration and a great help in problem solving.

Reading your dream diary while in a creative block offers many potential benefits. You could:

 Discover that your dreams contain material you might need later in your life. Start now by writing down one memorable dream.

2. Notice how writing down your dreams ignites an entirely new dimension of conscious ideas, and productivity in the powerhouse that is your subconscious mind.	sness,
Try to list important symbols from your memorable dream.	
3. Understand yourself better. Use the symbols from above to make associations. Do not try to make logical or expecte connections; simply allow yourself to form associations with whatever comes to your m	

4. Use thes	e symbols to creat	e a different sto	ory or situation.	
	an add to their me			
	nbols to store idea nusic that is in acco			ir awake state. Pick vhat the music is.

6. Realize that it is possible that certain dreams or emotions experienced in a dream may scare you.
That is perfectly normal, but you should learn to gain rational control over them. Pick a dream or dream situation that for some reason frightens you, and try to observe it calmly and rationally. Observe that it is you who have the control over the situation and that there are alternative ways of finding a solution, a way out, or simply a thought that will dispel fear. Describe how you felt while doing this.
7. Look for common stories or themes.
It is possible that some dreams repeat over a period of time, or that you often dream about the same situations, people, or objects. If that is the case, try to remember the elements that repeat, and write them down. How do you feel about them?

8. Use your dreams as an inspiration any time you can.

They are a true artistic expression of your own life. Try to remember the most creative dream you have ever had and describe it. Then think about imaginativeness, originality, and uniqueness. Those are the qualities of your own mind.

