LEARNING WITH NOMA

# Dream Journal

Thokoza,

Thank you for downloading this dream journal. As a healer and teacher, I believe that we are always connected to God our Ancestors and Spirit guides. This connection is strengthened through our openness and willingness to constantly receive messages and guidance from them; and one of the many ways we receive messages is through our dreams.
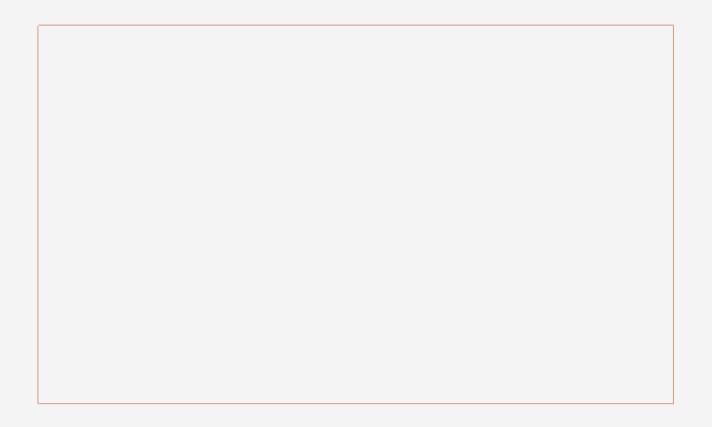
Making note of our dreams helps us decipher messages from our Ancestors. Whether it's messages meant to comfort, guide or warn us; it is important that we know that they are always with us, trying to stay connected to us in the physical world.

I created this Dream Journal in the hopes that it will help you on your quest to stay connected to your loved ones who have crossed over, but also encourage you to embrace the idea that you are always connected to them, and often, it all begins in your dreams.
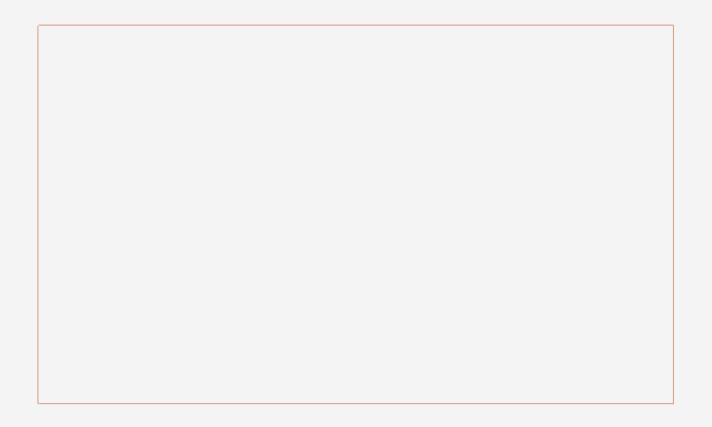
*Lesedi*

Dream time: ........................................................

Date: ........................................................

Recurring: ☐   Nightmare: ☐   Lucid: ☐

Description (write/draw)

How did you feel during the dream?

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Dream time: .......................................................

Date: ..............................................................

Recurring: ☐  Nightmare: ☐  Lucid: ☐

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Dream time:

Date:

Recurring: ☐ Nightmare: ☐ Lucid: ☐
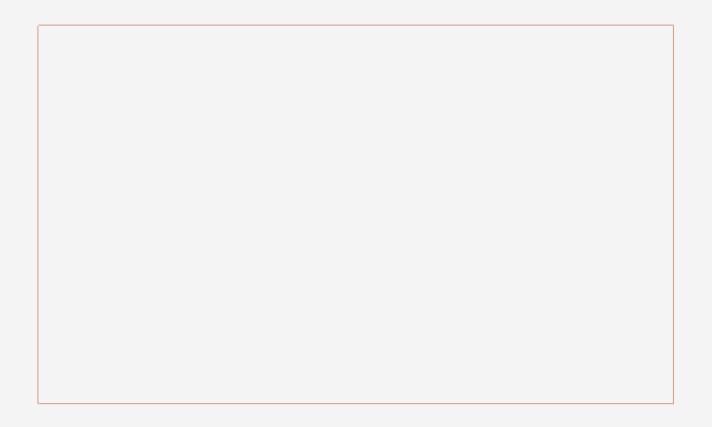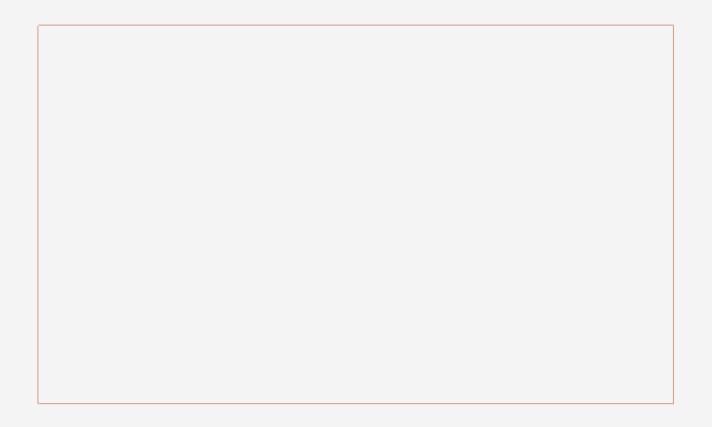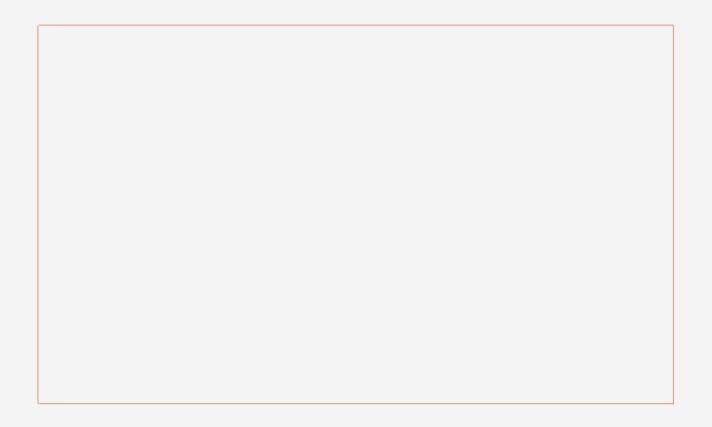
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Dream time:

Date:

Recurring: ☐     Nightmare: ☐     Lucid: ☐

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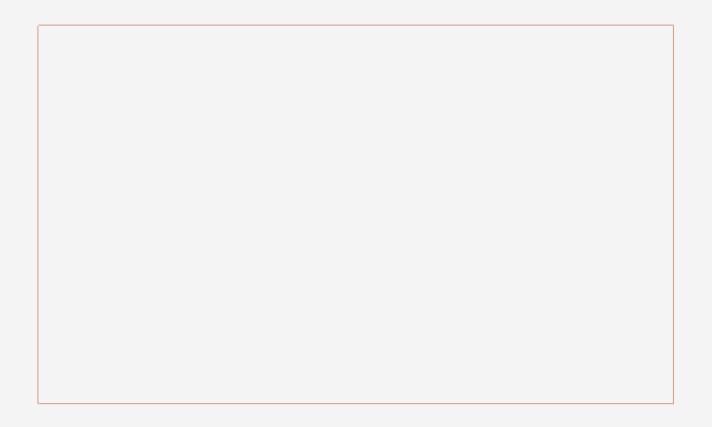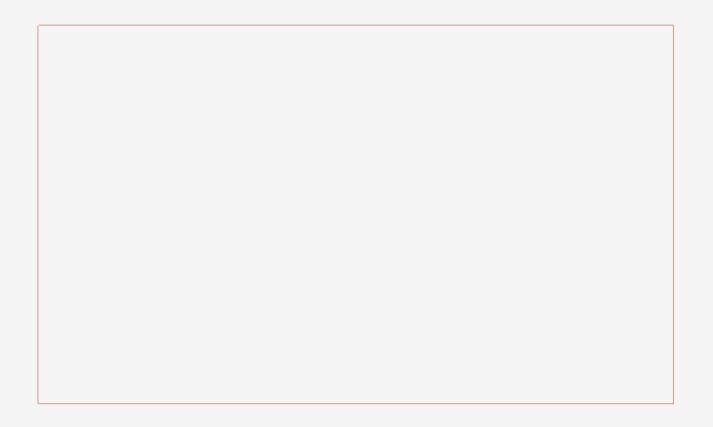Description (write/draw)

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Dream time:

Date:

Recurring: ☐     Nightmare: ☐     Lucid: ☐

Description (write/draw)

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Dream time:

Date:

Recurring: ☐ Nightmare: ☐ Lucid: ☐

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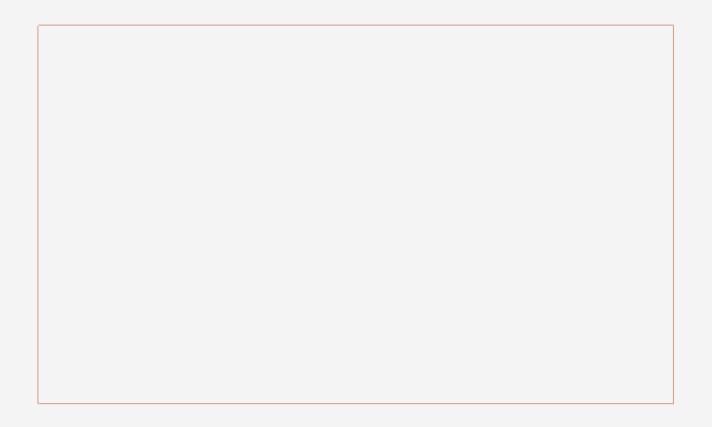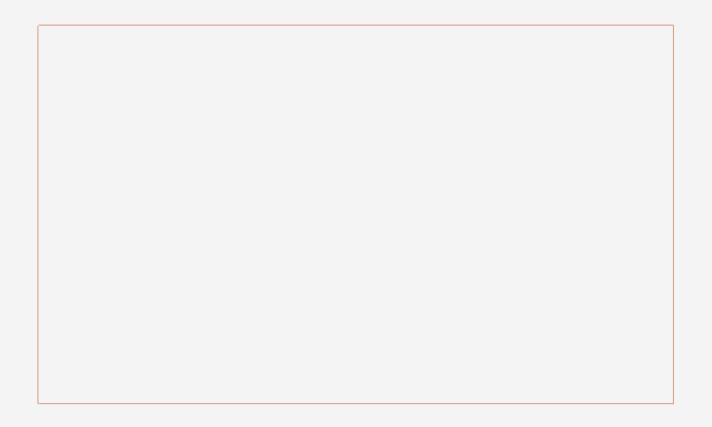
Description (write/draw)

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Dream time:

Date:

Recurring: ☐   Nightmare: ☐   Lucid: ☐

Description (write/draw)

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Date: ......................................................

Recurring: ☐    Nightmare: ☐    Lucid: ☐

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