

FRANCISCA RAMIREZ



THE DREAM ABOVE

A CONSCIOUS DREAM PRACTICE



DREAM LANGUAGE

Dreams are the Mother-Tongue of the Soul

Dreaming is a biological process that allows us to live a more balanced and healthy waking life experience. Our dreams can expand our consciousness far beyond our waking-life alone.

Dreams can reveal our greater purpose, hidden agendas and lost-knowledge, giving us the opportunity to grow and expand beyond our understanding of walking life reality.

Dreams can also reveal our toxic behaviours and patterns, giving us the opportunity to see them more clearly, and then release them.

Dreams can reflect a superior intelligence, a divine wisdom which speaks to us directly in a language created within the constructs of our subconscious mind, intended just for us.

Dreams will show you where you are and where you are going. They reveal your destiny- Carl Jung

The dream world doesn't follow the same logic or rules as waking life.
Time, space, cause and effect simply don't apply and that's the beauty of it!
We have access to an experience outside cause and effect, which is beyond magical and
expansive, and yet most people dismiss their dreams as "noise".
But not you magical Francesca!

Our waking life reality is itself a construct of perception, a story we continuously tell and agree
upon through shared beliefs like money, nations, laws, and even gods. These systems exist
because enough people believe in them. They create order, meaning, and identity, but they're
not absolute truth, they're collective agreements.

Once we see how fluid "reality" truly is, we can relax our grip on it and open to the dream realm
as an equally valid, living dimension of truth.

The point here is this: Dreams speak in a different language than the one we learned, it's one
made of imagery, metaphors, archetypes, and symbols.
They bypass the logical mind and speak directly to the soul.

DREAM RECAL

Before you can really open up to the endless gifts of your dreams, a lifelong and life-enhancing practice, you must cultivate good dream recall. This comes from the Dream Journalling Practice.

DREAM JOURNAL PRACTICE

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Dreams Must Be Written Down

There's something almost magical that happens when a dream meets pen and paper. Writing anchors the experience in waking reality and strengthens recall.

Upon waking, stay still and let the images return before moving or speaking. Then write whatever you remember, even fragments, feelings, or colours. Perfect recall isn't required; even a trace can hold meaning.

Never dismiss a powerful dream as irrelevant! The Ego mind will try to convince you that your dream is not interesting or relevant, you must bypass this initial urge to judge your dream.

The more you document, the clearer and more vivid your dreams become.

Always remember, dreams like to be written.

Keep It SACRED

Your dream journal is as sacred as your relationship to your dreams, your dreams are for you, by you and for you – and so is your dream journal. Nothing else should be written in your dream journal but your dreams.

Keep It Close

Keep your dream journal and pen beside your bed. Dream memories fade fast. Write as soon as you wake, before moving too much or speaking.

Write in the Present Tense

For some, this can help them stay connected to the dream's energy. Example: I'm walking to the beach with Jane and her phone rings, instead of: I was walking to the beach with Jane and her phone rang..

Give Each Dream a Title

A short, evocative title helps anchor the memory. Example: Backflips in Cuzco or The Long Train Ride,

Notice Changes in Routine

Dreams often intensify with travel, new experiences, learning, excitement, or stress. Fresh environments awaken fresh symbols.

Ask for What You Want to Receive!

Before sleep, set a clear intention: “Tonight I will dream,” or “Tonight I will remember my dream”

Set a Weekly Dream Intention

Each week, write a simple statement such as:

I am open to seeing what wants to be released or understood through my dreams.

Holding the Dream in Your Waking Life

COURTING THE DREAM

To court your dreams is to enter into relationship with the unseen.

As one of my dream teacher Toko-pa Turner says, dreams respond to devotion.

When we listen, they begin to speak more clearly.

Courting the dream is the same as courting anything or anyone that has caught your hearts attention. It means slowing down, showing respect, offering attention, and allowing the dream world to know that its messages are welcome in your waking life.

The Dream Altar

Creating a dream altar is a way of honouring the sacred dialogue between your waking and dreaming selves. When a dream feels potent, record it and place it upon your altar with a candle, a flower, or an object that holds meaning.

This practice can be done in real terms, with a real alter, or through the magical imagination.

The altar can be created or crafted with any special elements for you such as a beautiful cloth or textile and can hold anything literal or symbolic of the elements like fire, water and earth. Use what you have, and your imagination.

The DREAM, sits on the altar either in the dream journal, on a separate paper with just the dream title, or something symbolic that represents the dream to you.

This small act of beauty says to the unseen, I am listening.

Over time, this simple ritual deepens trust between the worlds and invites your dreams to become faithful companions on your path of remembering.

HONOURING MY TEACHERS: Toko-pa Turner, Jennifer Dumper,
Kezia Vida, John Kehoe and Stephen LaBerge