

Dream Journal For Reflection And Lucid Dreaming 202 Pages With Prompts Two Page Spread Per Dream Ideal Journal To Inspire Lucid Dreaming 7x10 For Jotting Memories Of Dream With Sketch

This guided dream journal has 202 pages (enough space for 100 days/dreams) with prompts and a spacious two page spread per dream with plenty of space for free writing and adding your own image or drawing. The pages are undated so you can start recording your dreams whenever you wish. There is no need to write down your dreams every day - a few times a week can be enough - but do so whenever you get the urge. Usually the main reason for wanting to keep a dream journal is to have lucid dreams. There is space in this dream journal to mark dreams as lucid and to record the moment you realized you were dreaming. In this way you will learn to recognize triggers and dream with greater clarity. The journal is also useful for reflection and as well as expressing the emotions you feel in your dreams. This dream journal is perfect for those who love the idea of prompts to allow rapid recording of dreams, but also includes plenty of space for freehand writing and drawing. The journal has a soft yet sturdy cover and is perfect bound so pages will not fall out. The spacious, yet handy-sized 7"x10" format means there is plenty of room to record your dreams in depth. Handy 7"x10" format. 202 pages for writing and reflection. White Opaque Paper with grey/black lines. Soft, sturdy cover. Perfect bound so pages will not fall out. Part of the Dream Journal series with cover design by annumar. Our notebooks all have a distinctive and often inspirational colorful cover. Other versions of this notebook also available with 362 pages (180 days/6 months) and with various inspirational covers in numerous color variations. To see our full range of notebooks and journals visit us at Spicyjournals.com or click on the Amazon author link for Spicy Journals above.

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Are you the kind of person who loves to write the happenings in your life on a diary or on a journal? How about when you're dreaming? Do you sometimes think about recording all your dreams, their meanings, symbols, analysis and your moods? Then this Dream Journal is perfect for you. Who is not curious about dreams of flying or alien invasion especially when you've just had a lucid dream? So start writing now! PERSONAL. This Dream Journal with 100 pages gives you a

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Dream Journal This dream journal is great for recording your dreams and is even better if you're learning to lucid dream, Size: 8.5" x 11" - plenty of space to record your dreams and their interpretations Cover: perfect-bound paperback so the pages don't fall out Interior: - White paper - 120 pages - A spacious two-page spread for each dream: - The pages are undated so you can write down your dreams any time

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