



**Dream Journal for Reflection and Lucid
Dreaming: 7"x10" notebook with Wild Seas
watercolor cover, ideal journal to inspire lucid
dreaming, , 202 ... for jotting memories of dream
with sketch**

Inspiration and Art

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This guided dream journal has 202 pages (enough space for 100 days) 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 watercolor cover design by *Travel Treasure*. Our notebooks all have an art cover or inspirational cover.

Other versions of this notebook are also available with 362 pages (180 days/6 months) and with other art and inspirational covers.

To see our full range of notebooks and journals visit us at www.inspirationandart.co.uk or click on the Amazon author link for Inspiration and Art Notebooks above.

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