



## Dream Incubation (for hypnagogia and hypnopompia)

1. Go to bed. Lie in one of your normal sleep positions and form a question, or just get a clear mental image of the issue you want to address—anything from a broken foot to a broken heart to broken computer code. Meditate on it; let it seep into your body the way a sip of hot liquid warms your whole insides.
2. Try to maintain awareness of your question through hypnagogia. Breathe slowly and deeply. Relax, but do your best to keep your question in your head right up until the moment you fall asleep. You may find that the hypnagogic dreams themselves already offer powerful insights.
3. Next, literally sleep on it. That phrase exists for a reason. Let your unconscious mind churn whatever you're cogitating.
4. In the morning, wake as slowly as you can. Linger in the gentle, open, sweet space of hypnopompia. One part of this experience will involve thought. As you surface into consciousness, you'll start to have ideas and memories. But the other part of your mind will loiter in dream. To try and recall more of the dream world, shift into your different sleep positions and drift off again. Your body memories will help you connect with the intentions you set in hypnagogia and any dream revelations from REM.
5. Keep something by your bed to capture whatever comes into your head. Maybe you like the Voice Activated Recorder method. Perhaps you prefer a notepad to write down thoughts, or a sketchpad to draw images. You can even just tell a friend. Go back to these records later to keep working through your question.