

Everyday Dreamer Wisdom Practices

Everyday Dreamer Wisdom

Your life is dreaming you—through symbols, sensations, and surprises.

Simple Ways to Activate Your Everyday Dreamer Wisdom:

- Tracking signals in your everyday life (encounters, synchronies, unexpected events)
- Waking dream symbols (imagine your ordinary life events as if they were a dream)
- Listen to your intuition as process, not product

Everyday Dreamer Wisdom Reflections

1. Recall a recent moment that caught your attention.
2. Ask: “If this were a dream, what would it mean?”
3. What part of you is this moment speaking to?