

Dream and Miracle Presentation

Your
Dream Journal
Miracle Journal



Dream Journal

- The format for the Dream Journal will be provided.
- Record the **Story** of the dream, even if it makes zero sense: as if you are describing a video.
- Record the **Feeling** of the dream: how you felt during and about the dream.
- Record the **Theme** of the dream: what you believe the main point was for you.
- Ask your HP to reveal the **Message** from the dream that's just for you.



HP Often Reveals Through Symbols

- What is the symbol? (What did you see in your dream?)
- What might be the meaning of the symbol?
- What is the feeling of/through the symbol?

Example

- Dream Story – I was at a beach type facility – I don't remember the circumstances – and when it was time to leave, I had to drive the car. However, the driver's seat was a back seat and the seats in front of me were so high that all I could see was the fabric. I couldn't even lean out and see the road. I knew that there was a lot of traffic and that it was slow traffic. I knew that there was much danger involved in driving. I knew that I had to rely on the advice of the people in the front seat, whoever they were. It was a jerky ride, but I didn't wreck, and I did depend on the passengers in the front. When I awoke, I was struck with the meaning of the dream – 1) I felt trapped; 2) I was the one required to drive blindly and alone; 3) the passengers in the front seat represented my counselor and CSAT who were there to guide me.

Example

- **Feeling of the Dream** – Fear, lack of control, being trapped, dependence on others for survival
- **Theme of the Dream** – Necessity of dependence vs attempts for control

Example

- Ask HP to reveal the Message of the Dream through it's Symbols

Symbols	Meaning of the Symbols	Feeling of the Symbols
Beach	The sands of time flowing without change	Hopeless continuation of the same unhealthy behaviors
Others who were on the journey with me – SAH beside me in the back seat; Counselors in the front seat, although their presence wasn't clear, and it was only immediately after the dream that I assumed it was them.	I'm on a journey with SAH that is frightening. SAH is not willing to drive. Counselors can only give me guidance from their perspective – I can't "see" what exactly needs to be done.	Constant fear of collision, failure, of soon to be experienced pain.
Car's unusual configuration	My marriage	Discomfort
Lack of clarity re: where I was and the events surrounding me	My inability to see any change forthcoming within the relationship	Hopelessness

Example

- Ask HP to reveal the Message of the Dream through it's Symbols

Symbols	Meaning of the Symbols	Feeling of the Symbols
Attempt to drive blindly	My attempts to move the marriage relationship forward / attempts to control the progress of the relationship that are met with my partner's refusal to do the work.	Discouragement, hopelessness, wasted time and effort, inability to affect any change
Vacation/resort/place for play	The end goal of a happy and healthy relationship and the necessity to leave the space because we don't "fit" there yet.	Rejection, wasted efforts
Traffic	The unhealthy behaviors that we both have that trap us in this barely/jerkily moving vehicle	Fear, multiple unknown unhealthy behaviors
Safety in spite of danger/Lack of a wreck	The marriage is legally intact	God is keeping me safe in spite of the fear and pain associated with the journey

Miracle Journal

- A Miracle Journal is simply a journal designated for the miracles in your life. It's the stories of HP's interventions on your behalf.
- Write a description of what you will include in your journal.
 - You might say: This journal is dedicated to the documentation of miracles – large and small – in my life.

Miracle Journal Story

- October 11, 2019: I was scheduled to go to the church to practice in the morning. One thing after another kept popping up so that I didn't go until the afternoon. I had considerably less organ work than usual as both prelude and postlude were piano. As I was finishing and turning off the organ, the pastor arrived. We talked business for a bit and then were just "shooting the breeze" because we could – and because it was pouring outside and neither of us really wanted to be in that deluge. I suddenly realized that I heard water dripping and turned around to see the roof leaking right on the organ console. We both panicked.
- He used the sweater someone had left on the front pew (which was acrylic so did little good) to try to catch the drips and I went running out of the sanctuary, looking for some plastic to cover the organ.

Miracle Journal Story

- The two workers in the choir room (we were having some renovation work done) came to help as we heard the pastor calling for us from the sanctuary. One worker had a huge piece of plastic in his truck and went to get it. I eventually found towels in the kitchen so I could truly dry the wood of the console. The super hard rain stopped.
- One of the workers went up on the roof and discovered that all the caulking that had been put around the steeple had separated. They were able to re-caulk and the steady stream became a drip and then disappeared.

Miracle Journal Story

- The miracle is in the timing. HP had both the pastor and the minister of music, as well as the two knowledgeable workers, at the exact moment we were needed to see and fix the problem.
- There are no coincidences in HP's timing.

