

Outline for 12-Step Dream Invocation

1. **Choose a Step or topic:** Decide if you want to invoke a dream on a particular Step (usually the one you are working on) or, if you prefer, use a more general approach with an 11th-Step invocation. An 11th-Step invocation is a request for general spiritual guidance through conscious contact, which helps develop the sixth sense, our direct link to God. Many times you will want to ask for dream guidance about a particular situation, for help in clarifying a principle, to help you pick a sponsor, or to answer a question. You can modify this invocation technique to help you in any area you choose.

2. **Write down the Step or topic** of the dream you are invoking on a single sheet of paper. Write whatever comes to mind on your topic and give your invocation a title. If you picked a step, write down the step word for word. Under that, write a few lines about the Step after discussing it with your sponsor, at meetings, with other program people, or with a therapist, if you have one. If you have worked with this topic or Step before, then you need only write down the topic or Step on a piece of paper and clearly state the point you want clarified. Be sure that you really want to learn the truth. The dream you receive may reveal something you are not comfortable with, but it will present the truth ... your truth.

3. **Observe these preparations** before retiring.

- a) Adapt your bed for pure comfort, arranging whatever makes you the most comfortable (turning on night lights, fluffing pillows, adding a stuffed animal, using aroma-therapy).
- b) Take the single sheet of paper you have written on and place it under your pillow.
- c) Do some body relaxation techniques: stretching, visualization, or yoga.
- d) Read some inspirational material: Bible, Illusions, Celestine Prophecies, Big Book, Urantha, or any sacred writings.
- e) Incorporate the image of the topic into your normal meditation practices.

4. **Ask to remember all relevant dreams.** As you go to sleep, repeat the title of your invocation. Ask God (as you understand Him), your higher self, or your spiritual guides for help. Ask that you be awakened right after the completion of the dream, no matter what time of the night it is. Then promise yourself that you will write down the dream before returning to sleep! When you do awaken, record the whole dream and don't put it off until morning, or you may forget. Surrender yourself to the process, expect no particular results, and sweet dreams!

5. **Write down your dream upon awakening.** When you awaken in the morning, lay still and try to capture any dream or fragments of dreams you may have had. Write them down immediately--not after you greet the kids or brush your teeth. Sometimes writing it down will trigger additional memories to return. Give thanks for whatever has been given to you and your ability to remember it. Thank any souls who may have aided you in your sleep. Do not interpret your dream at this time.

6. **Process the dream.** Go about your regular morning activities. Prepare for work or school, dress and groom, eat breakfast (if you do), drink coffee (if you do), and complete your morning meditations and readings. Then, bring out your dream, say your Dream Serenity Prayer again, and begin the dream processing. Act on any advice or guidance you receive. Be sure to discuss your interpretation with your confidantes and dream work group if you attend one. Remember that using your guidance is VERY IMPORTANT both for continuing to receive helpful dreams and for your spiritual growth.