Dreams, Visions & Intuitions

**Checklist**

How you can use your dreams, visions and intuitions to move forward in life. By being more mindful you can broaden that connection with your Innerself/Soul in a more aware state.

1. Firstly, bring yourself into the ‘Present Moment’. It doesn’t matter what you want to find guidance with. There is no point saying I want this type of job or relationship etc if you are thinking about the last application/job or date you went on and what happened. Neither is it helpful to get ahead of yourself, be positive however you must take action – it won’t happen by itself – you are part of the equation.
2. Know what type of relationship you really want or what job etc you are looking to perform. Write a list of positives and a list of negatives. Tear up the list of negatives and do a small ceremony in a safe place to let them go. Now FOCUS only on the Positives!
3. Are you really sure this job or relationship is right for you – suited to your creativity or temperament? Ie Will all the positives work for you? Can you be those things? You don’t have to be perfect just ALIGNED with what you are seeking.
4. Sit quietly either in your chosen space and visualise or meditate on what you want, ‘NOT HOW’ and leave the rest to Spirit. If you have any questions now is the time to ask Spirit to show you the answer/s. You need to be patient, as you may need to wait for them to present.
5. BE POSITIVE & OBSERVANT the answer will be presented. However, if you are in the Past or Future thought processes **you just might miss the answer** that is being presented for you!
6. Acquire a lovely journal to record in for this purpose. Remember you want it to be an inspirational journey so it needs to be special. Honour the process of finding ‘You’ and the right journey for you. Note the date and the question you want answered. (I was wanting information about the next step I should take in finding the right person to assist me with my health issues at the time. As strange as it might sound ‘a dragonfly’ making an unusual flight pattern in a triangular format WAS my answer. I was visiting my usual practitioner later that morning and she suggested I needed to get further assistance with one particular aspect of my health. I asked if she had someone she could recommend and did she have a business card with the word ‘Dragonfly’ in the name. (I was beginning to feel this was how the message was connected.) The lady wasn’t aware of one however on searching through her drawer she presented me with one for a Homeopath whose business was called ‘Dragonfly Rising’. Suffice it to say this lady definitely helped me to resolve this issue.) So being OBSERVANT & ACTING on the information/experience given is VERY IMPORTANT.
7. Now be ALERT for all that you see, hear, feel or connect with in some way for what is being presented. Your answers can come in a myriad of ways. One particularly pertinent ‘intuitive nudge’ for me was when I was visiting a bookshop to browse. They were having a sale and I was drawn to a particular book, and found others. I chided myself that I didn’t have the funds so I needed to put them back. Try as I might I couldn’t seem to put this one book back, until of course I realised I was being nudged to buy it for some reason. This book led me on an amazing journey that is a true highlight in my entire life.
8. Record your dreams as answers will be given to you through this avenue as well. Tell yourself when you go to bed you will remember your dreams on waking. Keep your journal beside your bed and the moment you wake record all you remember. (It may only be fragments to begin with but eventually you will remember more.) The more you follow this practice the more you will remember. Your dreams will give you the information you seek, usually a representation and not necessarily how it will present, though for me at times it has depending on the type of dream. Eg.(I dreampt about my new job, (within the same company that I was transferring to but not sure if it was right for me or not.) I was shown a situation that I call ‘The League of Nations’. The dream setting was a Grecian style building with beautiful marble pillars and flights of steps. I was passing people of many different nationalities as they went up and down these stairs, the feeling of this dream was very pleasant, I felt comfortable with greeting them as we passed each other. The following day I was standing at the reception desk at my new job and had a moment of déjà vu. I was shortly thereafter introduced to a large number of staff. To my amazement it was like being at a conference for the League of Nations, people of many different nationalities coming to greet me.) It may take you a little while to get these quick results, I’ve been focused on this for many, many years, however they will present. It was possibly the fact that I was in the same job just a different location with different people and it was being confirmed that it was the right move according to the feelings I recognised.
9. The more you record your dreams and intuitions the more information will be presented to you. By focusing your intent to work with your Inner Self/Soul you are giving your permission to be guided to what is best for you – providing you listen to the prompts and act on that advice.
10. Now that you are listening to the advice given by YOU/ your Soul and acting on it - Recording your dreams, journaling your questions and answers and following those nudges, the next step which is visions will begin to present slowly at first. We all have the same abilities – it is only those who focus on them and strengthen them that benefit from what is given. You will eventually find that some abilities become stronger than the rest.

Be Patient! Be Observant! You will SUCCEED!

With Love

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‘Dreams, Visions & Intuitions – Awaken to the Call of Your Own Innate Power’