

DREAMT BIRD LIST

DREAMER NAME: _____

List birds that have been encountered in Dreaming. Note the location, plumage, shape, sound, etc. Did you talk to the bird? Did you know its name right away? Were you (the dreamer) the bird? Is it a "real" bird? Is it a projection of a feeling? Have you seen this bird before/after? For best results flip through a field guide before bed, sleep with window open, & record everything about the dream immediately upon waking.

Species	Date	Notes