



District 216

Today Psychedelic Journey Interpretation and Healing. Including the Post-Journey Dreams

@Fercoaching

@Lodo

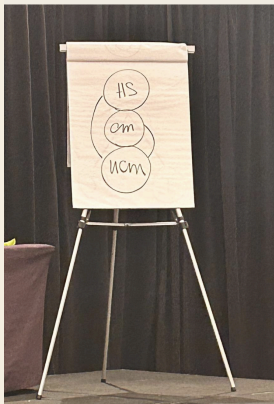


EXERCISE

Journey & Dream interpretation Hawaiian 🌺 way

Journeys and Dreams carry many subliminal messages from your Unconscious Mind and Spirit that want to communicate with your Conscious Mind or make you aware of something.

Steps for a Successful Journey Interpretation



Sing + Symbols = Messages

- Signs - They are obvious
- Symbols - They need interpretation
- Synchronicities - They Show you the Path

- 1- You must have the **intention to remember**.
- 2- **Write it down** - fast, and simple. (During the Journey or as you awake from it)
- 3- Have reasons to remember, and **give permission to your Unconscious Mind to remember**.
- 4- **Take action** on the suggestion from your Unconscious Mind, Spirit, or common sense

HUNA - 🌺 Aloha 🌺 Dream & Journey Interpretation!

Step 3 - Pick a Context = *Family, Career, Relationships, Spirituality, etc.*

1- Important elements of the Journey or Dream	2- What it means for you?	4- What does it mean in context?
A	X	Y
B	X	Y
	X	Y
D	X	Y

5- What is the whole meaning of the dream?

6- What is Your Action Plan?



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