



# Step by Step

## BEFORE YOU SLEEP...

1. **Self-Reflection:** Begin by engaging in regular self-reflection through journaling, paying attention to your experience, IFS meditations and workbooks, etc.
2. **Emotional Triggers:** When you notice strong reactions or patterns, it may indicate the presence of a shadow part. "Hysterical, historical." "Warnings, wounds." (Equals helpful/"helpful" encodings)
3. **Dream Journal:** Sometimes, shadows emerge in dreams, reflecting hidden aspects of yourself.
4. Craft and document your **Sankalpa** = an intention formed by the heart and mind (long & short).
5. **Lucid Dream Incubation:** Before sleep, set an intention to become lucid in your dreams and explore your inner world. State this like a mantra: *Tonight when I'm dreaming, I know I am dreaming.*

<sup>zzz</sup>**TIP:** Do the incubation after you have already slept 4 hours or so, e.g. if you wake to use the bathroom, or set an alarm. 🕒



# Step by Step

## WHILE YOU LUCIDLY SLEEP...

### Calling the Shadow Part Back to Love:

1. **Lucid Dream Awareness:** In a lucid dream, you become consciously aware of your surroundings and the dream characters (as if you were awake). This heightened awareness allows you to engage with your inner world consciously.
2. **Meeting the Shadow:** Use your Sankalpa. Command “Inner child now!” or command a door through which this hidden part can enter to you!
3. **Engage with Compassion:** When you encounter the shadow part, approach it with compassion and love. *I love you! What do you want me to know? What am I ready to see?* Etc HUG IT.
4. **Trust:** Trust and stay in the frequency of love. Be the “one without doubt” -- Waking, sleeping, lucidly sleeping -- knowing the 1 truth. Always.

🎵 When there's fright... 🎵 Send it to the light! 🎵 When there are thugs 🎵  
Give 'em lots of hugs... 🎵