DREAM RECALL PROTOCOL

A FIELD GUIDE TO REMEMBERING
WHAT YOUR UNCONSCIOUS LEAVES BEHIND.

HERMES

01

BEFORE YOU WRITE

THE FIRST MOMENTS AFTER WAKING ARE THE MOST IMPORTANT.

Before you move, check your phone, or start thinking about the day, stay still for a moment. Give your dream a chance to come back.

01 STAY STILL



Keep your eyes closed if you can. Let the dream come back to you rather than chasing it.

02 FIND THE FEELING



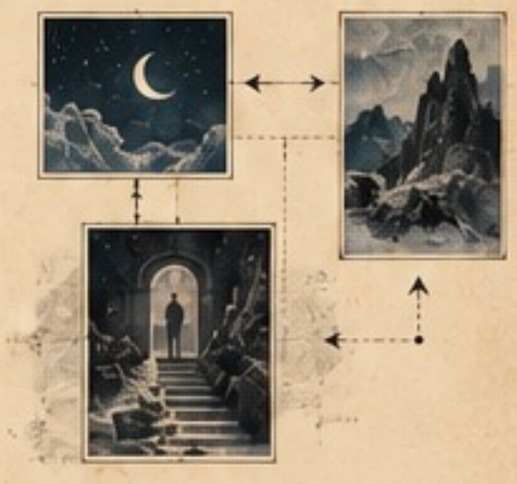
Don't ask "What happened?" first. Ask: "How did I feel?" Emotions often bring back more of the dream.

03 FIND THE IMAGE



Let one image come back. A place. A person. A strange object. A colour. A fragment. Anything.

04 FOLLOW THE THREAD



One detail often leads to another. Let the dream reconstruct itself before you try to understand it.



WHY IT WORKS?

Dreams are highly vivid but fragile memories. They can fade within minutes after waking, especially when we shift attention to external stimuli. Giving yourself a moment of stillness helps transfer the dream from short-term to longer-term memory, making it easier to recall more details.

HERMES METHOD

Don't open your feed.
Open your dream journal.

Capture the dream before the waking world replaces it.



02

TELL IT BEFORE YOU ANALYZE IT

DON'T TRY TO UNDERSTAND
THE DREAM YET.
FIRST, TELL IT LIKE A STORY.

When you tell the dream in your own words, you reactivate the memory and often recover more details. Let it flow without judgment.

01 THE SCENE



Where were you?
Who was there?
What was happening?

02 THE FEELING



What did you feel?
Fear? Peace? Desire?
Confusion?
Something harder to name?

03 THE IMAGES



What do you remember seeing?
Objects. People. Places.
Colours. Anything strange
or unusually vivid.

04 THE FRAGMENT



Even if all you have is one
moment, write it down.
A sentence. An image.
A feeling.
A fragment is enough.



DON'T INTERPRET YET.

Record the dream you had —
before deciding what it means.



03

DON'T JUST COLLECT DREAMS

A SYMBOL DOESN'T HAVE ONE MEANING.
START WITH WHAT IT MEANS TO YOU.

A moon might mean intuition to one person and loneliness to another. An ocean might represent freedom, fear, home – or something completely different.

Your associations matter.

Record what appears, what you felt, and what was happening in your life when it appeared.

YOUR PERSONAL SYMBOLS

MOON



What does it mean to you?

- *intuition?*
- *loneliness?*
- *cycles?*
- *something else?*

WATER



Where does it appear in your life?

- *freedom?*
- *fear?*
- *cleansing?*
- *home?*
- *something else?*

ELEPHANT



What do you associate with it?

- *strength?*
- *protection?*
- *family?*
- *responsibility?*
- *something else?*

OVER TIME, PATTERNS EMERGE



DREAM 01
- Water
- Felt peace
- Major life transition



DREAM 07
- Moon
- Felt loneliness
- After important decision



DREAM 12
- Water + Elephant
- Felt strength
- New opportunity



DREAM 19
- Moon + Mother
- Felt guidance
- Family and healing



DREAM 23
- Water
- Felt freedom
- Travel / new place



WHY IT WORKS?

Your brain is more likely to notice and remember symbols that are personally meaningful. Over time, your unique patterns reveal themes, emotions and cycles in your life.

HERMES REMEMBERS THE THREAD.

You don't have to remember that the moon appeared three months ago. Hermes can.



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FIELD GUIDE
NO. 05

THE DREAM ENDS. THE THREAD DOESN'T.

Keep recording.
Keep noticing
what returns.

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Your dreams. Your symbols. Your story.

EXPLORE YOUR INNER WORLD →