



SESSION 3
NOTES & QUICK QUIZ



DEAN BRIGGS
MINISTRIES

DREAM INCUBATION: PRACTICAL STEPS TO ENHANCE YOUR DREAM LIFE WITH GOD

A. SIX 'A's' TO ACTIVATION

1. **Acknowledge** that your "SQ" (solution quotient) is limited, but God's is not.
2. **Awareness**: The power of New Creation. Born to be a spiritual portal—your birthright as a human, which is why you have to be *born again*. So recognize that while your spiritual faculties may be limited/underdeveloped, they don't have to be.
3. **Ask**: Ask God to begin talking: dreams, intuition, 7 Spirits, be His "secret friend." — "**The friendship of the Lord is for those who fear him, and He makes known to them His covenant.**" (Psa. 25:14)
4. **Anticipation**: Turn your request into expectation. Expectation is faith.
5. **Awe**: Use your redeemed imagination to glimpse the Heavenly Reality. Practice stillness, prayer, beholding, and worship with new sense of nearness and permission.
6. **Activation**: Trial and error. If you feel a prompting, flex that muscle. Rinse and repeat.

B. UNDERSTANDING SLEEP CYCLES

- Sleep = progression of cycles. Dreaming + deep, slow-wave sleep, i.e. REM and NREM (non REM). NREM deep sleep is broken into 4 stages, each having distinct brain waves. Full stage progression takes approx. 90 minutes. After the 4 stages there is a period of REM before another cycle starts. As night progresses, there is less Stage 4 and more REM.
- REM includes most of our dreaming, with brain waves similar to the lightest deep sleep, Stage 1, which means some dreaming also happens in Stage 1. Significantly, in REM sleep, our muscles are paralyzed so no one physically acts out dreams. Key neurotransmitters are muffled during dreams including norepinephrine, serotonin, and histamine.
- The first REM cycle of the night is roughly 10 minutes, but the second and third increase to 20 minutes. Later dreams appear more vivid, with more detail and retention of storyline.
- Studies show that regularly taking notes upon first waking in the morning, or after waking in the middle of the night, greatly increase remembrance of dreams, often from one simple scene to multiple detailed sequences.

C. PRACTICAL STEPS

- **Ask God**. *Keep* asking
- **Take notes**. Have a journal and pen by your bed, or leave yourself voice notes, but don't skimp. Your fragmented, slurry thoughts will be incomprehensible in the morning if you don't fully record your dream.
- **Fast** — sensitizes your spirit, clears clutter, positions you in humility to receive
- **Option 1**: When you are in a low dreaming season, give your dream life a shot of adrenaline by setting your alarm for two hours after you anticipate falling asleep. Wake up for an hour then go back to bed.
- **Option 2**: Set your alarm an hour earlier than usual in the morning, then go back to sleep. Because there is more REM dreaming late in the sleep cycles, you will typically fall quickly back into a light dreaming sleep—intentional thin space—which might enhance dreaming/remembering.

SESSION 3: QUICK QUIZ

1. What are the Six 'A's of Activation?
2. What does the story of the bonds slave mean to you?
3. Describe the five stages of sleep.
4. In what stage do people typically dream the most?
5. How does REM progress over the course of the night?
6. Why does diligently taking notes of your dreams matter?
7. How might fasting or "option 1" or "option 2" beneficially impact your dream life?