

The Astro- Dream Journal

Dr. Katherine O'Connell © 1992, 2022, 2026

www.drkatherine.net



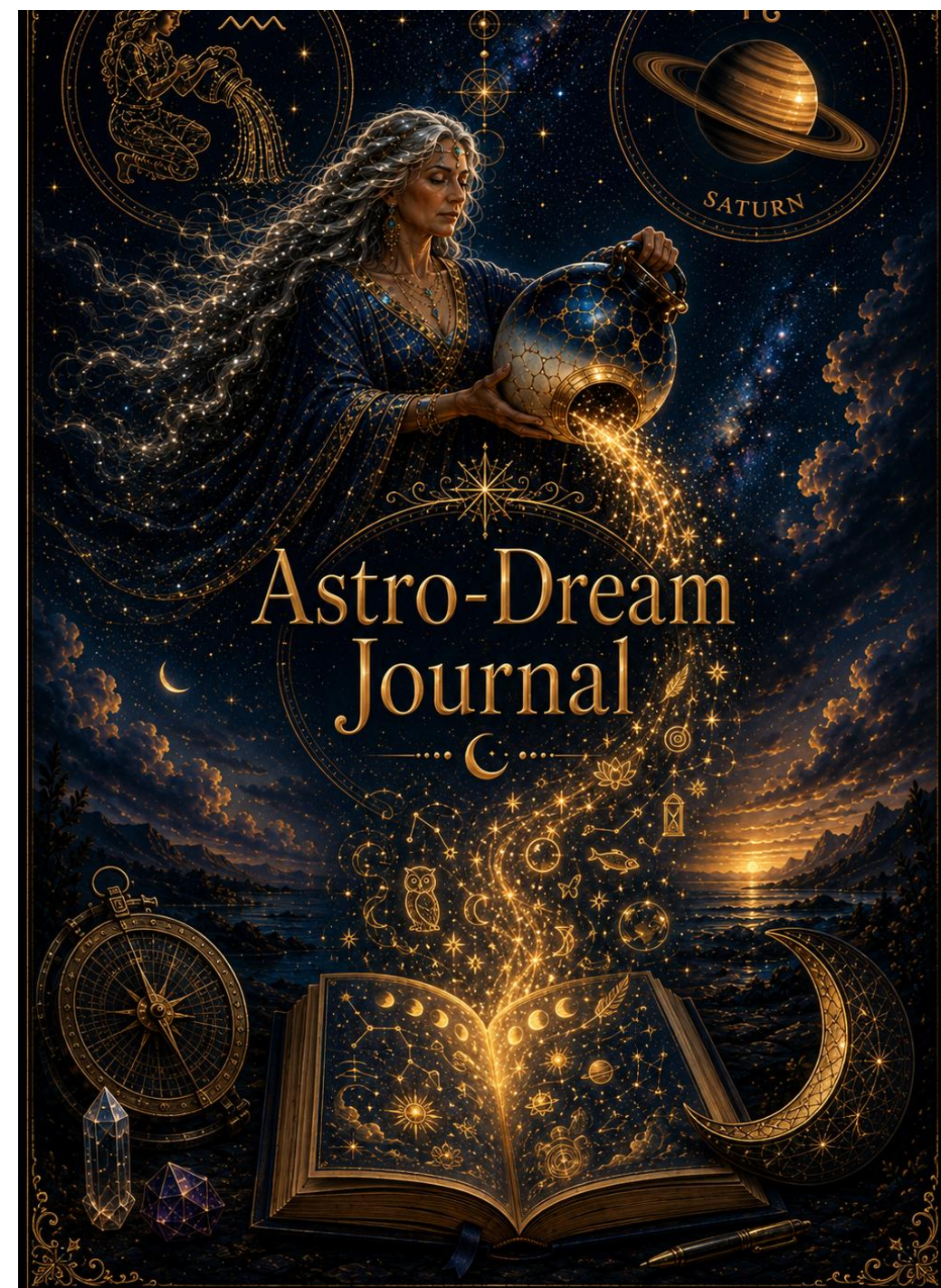
PowerPoint
Technical Support
By
Deborah J Reeves

Astro Dreamwork Strengthens Connections

- The Night Sky
- Dreams with planetary hours, asteroids, fixed stars, and Arabic Lots
- The three sisters of ancient craft: Astrology/Astronomy, Magic, and Alchemy
- Paired with Modern Sciences e.g., Chemistry, Physics, and Neurobiology

Astro Dreamwork Strengthens Connections

- Using the tool of **The Astro-Dream Journal**
- Our individual lives and connection with others (collective dreaming)



Astro-Dream Journal

(suggested entries for your journal)

- Waking life, the day before your night dream
- Date, day of the week, and moon phase
- Time of any dream that awakens you
- Any ritual or devotional practice involving dreams before sleep



Astro-Dream Journal (entries continued)

- Planetary hour of the dream
- Connecting your dream with the natal chart and transits
- Connecting with any gems, herbs, or talismans that speak to you
- Connecting all of your senses to create sacred space and raise energy with the highest positive intention
- Connecting with others, nature, and the planet to incubate collective dreams

Spontaneous Right Action

Ever have the feeling you were in the right place at the right time?

There are tools in life that can help increase that sense of synchronicity.

One of them is Dreamwork. Another is Astrology, and the two are synergistic and powerful together.



The origin of the word **DREAM** is from the Middle English

JOY and MUSIC

A single dream can inspire us, much like a beautiful melody. A series of dreams invites us into a deeper experience, one that resembles composing a symphony or exploring the intricate relationships within an astrological chart

The beauty of a dream series is found in the patterns that emerge over time. Whether the dreams unfold over a few nights or across many years, they often share recurring themes or symbols that quietly guide understanding.





A familiar emotion, place, planet, deity, or repeated image may become the thread connecting each experience.

Often, there is an intuitive knowing that the dreams belong together, even before the connecting threads become clear.

As these patterns reveal themselves, the dreamer gradually uncovers a larger story, much like connecting the dots to reveal a hidden image.



Magic and alchemy are **woven into the relationship between the dream and the dreamer**. First, we connect with the dream, and then we can choose to develop a relationship with that dream just as we would with any person who sparks our interest.

The combination of intensity of feeling, depth of interest, curiosity, and the level of commitment over time produces Alchemical Gold.



The Dream Process Itself Is An Example Of Alchemy

**Successful alchemy and magic come
from the heart and engage all
of our senses.**

**“Sleep is the
best
Meditation.”**

Dalai Lama



ALCHEMICAL DREAMING

"The 4 Ps"



Prodromal - The psyche-biology connection

Precognitive - Connecting the dots over time can yield an understanding that inner knowing was present before events occurred in the outer world

Predictive - Signs in the series leading to an understanding of future events

Prescriptive - Information in the dreams can provide helpful options and guidance

**“Life is a Waking
Dream”**



Dr. Katherine
O'Connell

drkatherine2@gmail.com

fb instagram astrodreamcafe

www.drkatherine.net

Copyright and Permitted Use

This is a free downloadable outline of an Astro-Dream Journal.

People are welcome to use this information for gaining an in-depth understanding regarding dreams, astrology, and the interaction between the two — including the importance of asteroids, fixed stars, Arabic lots, planetary hours and days.

This material may not be published, reproduced, or distributed, in print or online, in whole or in part, without the written permission of Dr. Katherine O'Connell.

Dr. Katherine O'Connell © 1992, 2022, 2026

www.drkatherine.net