

# HEART PROCESS WORKSHEET



**PANORAMIC**  
DREAM ANALYSIS

*DR. RICHARD NONGARD*

[PanoramicDreams.com](http://PanoramicDreams.com)

## Step One:

Write the details of your dream in this space. If you need additional space, just use the back of this page. In this step you are simply noting the dream content.

**What** is happening in this dream (narration):

---

---

---

---

---

**Who** is in this dream:

---

---

**Where** is it taking place:

---

---

**When** is this dream taking place (past, present, future)?

---

---

In this dream, **HOW** refers to anything that you note makes something else happen in the dream. What **how** to you notice?

---

---

## Step Two:

What emotions did you notice in the dream?

---

---

---

---

---

---

---

---

What emotions do you notice when recalling the dream?

---

---

---

---

---

---

---

---

## Step Three:

What archetypes are present?

---

---

---

---

---

---

---

What symbols are in the dream?

---

---

---

---

---

---

---

What imagery in the dream stands out to you?

---

---

---

---

---

---

---

# Step Four:

---

How can this dream be reframed? What are other ways of viewing the emotions, experience, or messages:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Step Five:

What has changed in either your emotions, beliefs, or outlook since exploring this dream?

---

---

---

---

---

---

---

---

---

---

---

---

What message from this dream can you transfer to your day time experience?

---

---

---

---

---

---

---

---

---

---

---

---

**\*Note anything else of importance here:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---