Date _____ NIGHT **001**

To bed _____ *Woke* _____ *Moon* ● ◕ ◐ ○ ○ ◑ ◑ ● ?

Clarity ○○○○○ *Mood* ○○○○○ *Lucid?* ☐ *yes* ☐ *almost* ☐ *no*
hazy vivid *low bright*

This dream is called _____

The dream

People · places · symbols

sketch

On waking I felt _____

Waking-life echo _____

◗ *What was the very first image you remembered on waking?*

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