

IDENTIFICATION	Identify yourself and the journal entry:
Name:	Last name, First name
Case ID:	9999-01-MN4142-000
Entry number:	07
When recorded:	Tuesday
Date:	99/99/99
Time:	06:00 PM
CONTEXT	Describe the context of the intuitive experience:
When occurred:	Monday
Date:	99/99/99
Time:	03:30 AM
When recognized:	Monday
Date:	99/99/99
Time:	07:00 AM
Where physically:	I was in bed in my bedroom at home. The CD player was on, and it was playing <i>Symphonies of the Sea</i> .
Where mentally:	I was in a very dreamy state of mind. I was exhausted and nervous concerning the whereabouts of my license.
EXPERIENCE	Describe the intuitive experience:
Just before:	Before I had gone to bed, I kept thinking and questioning the whereabouts of my license. I checked my purse and pant pockets more than three times, and there was no sign of the license anywhere.
At the moment:	I had a dream about the whereabouts of my license. <i>I could actually see where my license was and how it had gotten there.</i> I could see myself in the car reaching for my purse and taking hold of my phone. As I pulled the phone from my purse, the license fell out and slipped between the passenger and driver's seat.
Right after:	I woke up and thought about the experience and decided that checking the car at that time would not be wise (3:30 AM). Before I got ready for work, I figured I would follow through on my experience. When I checked the car, my license was under the driver's seat.
OBSTACLES	Describe the obstacles to the intuitive experience:
Physical tension:	As my mind dwelled on the different things that I'd have to do if I didn't find my license, my anxiety increased about what I'd have to do Tuesday instead of what I had already planned.
Fears felt:	I was afraid that if I did not find the license, I would not be able to attend class and might get caught if I drove to school. I was also afraid of having to wait in line for hours to get a duplicate license.

Desires felt:	Locating my license would enable me to drive and run my errands for the day. It would also benefit me in not having to pay for a duplicate copy.
Mental clutter:	I would say that my mind was very cluttered with thoughts about the license before I went to sleep. And apparently that clutter followed into my sleep since I was so restless during the night.
SOURCE	Distinguish the source of the intuitive message:
Con/Subconscious:	The probability that the information would come to me in a dream was low. Since I pressured myself to remember where I placed my license, my subconscious mind came through to help me in a dream.
Number:	5
Internal/External:	The source of the information would be described as coming from within. I had been thinking about the license from the moment I realized it was missing and even while trying to fall asleep.
Number:	2
Rational/Intuitive:	My experience would be classified as intuitive. The question concerning the whereabouts of my license triggered the dream to respond intuitively.
Number:	5
MESSAGE	Identify and classify the intuitive message:
Type:	This was an experience about a personal situation that arose from spending time with my friends socially.
Number:	1
Form:	The message I received came in the form of a visual image. I was asleep, and yet I felt as if I was awake looking at a replay of what I had done the previous evening.
Number:	5
Kind:	My dream came to me as a solution to the whereabouts of my license. It was something that guided me to finding the lost object.
Number:	2
INFORMATION	Characterize the information in the intuitive message:
Strength:	The experience came across as a train driving through my mind. It was not fast, but full of power and noise.
Number:	6
Clarity:	The information clearly depicted all my whereabouts during the evening. While I was asleep, I could see myself doing all the things I had done a few hours ago.
Number:	6
Surprise:	The information came as a total shock. I had to wake up to understand the meaning of the experience since it came from my relaxed and subconscious mind.

Number:	6
Accuracy:	The information was correct to the last detail. It allowed me to actually go to my car in the morning and search under the seat and locate my license.
Number:	7
EVALUATION	Describe your evaluation of the intuitive experience:
How intentional:	Evoking my intuition might have played a key role in my experience since I kept thinking and trying to retrace my steps throughout the night
Information use:	I made use of the dream and checked my car right under the seat where I had visualized it in my dream.
Benefits derived:	I was able to locate my drivers license and continue with my plans for the day. I had to go to school and then run some errands for my Mom.
Personal learning:	I learned that dreams are an extension of our memory. When we go to bed at night, the many occurrences can actually be answers that we are searching for. Sometimes they are just experiences that have been evoked by constantly thinking about certain situations.
OTHER	Discuss things not covered above:
Summary:	On Saturday night, I went out with a group of friends to the grove. In order to get into some of the local hangouts, we need to show ID. The only thing accepted is a driver's license. Unfortunately after I got home that night, there was no sign of my license in my purse.
Other experiences:	The other experiences had to deal with several personal issues that I needed solutions to. Through my moments of relaxation, I was able to get the responses I needed to deal with these situations.
Journal process:	Parts of the Journal were a bit difficult since I had trouble pinpointing the "source" and "clarity" of the information I received. As I read what I finally included for both, they seem to express what happened. But I rewrote them several times before I achieved this understanding.