



SPIRIT & SOUL  
sanctuary



DROMENDAGBOEK

*Follow your dreams,  
they know the way*



# Lieve Dromer

Voor je ligt het dromendagboek dat hoort bij de twaalf heilige nachten. Hierin kun je elke dag je droom opschrijven. Kijk vervolgens welk gevoel, kleur of welke symboliek er voor jou uitspringt. Als het nodig is kun je de betekenis daarvan opzoeken. Dit geeft inzicht in het thema dat hoort bij de maand van je droom. Daarnaast is er ook ruimte om de opdrachten die je in de video ontvangt in dit boekje uit te werken. Zo ontstaat er een mooi handboekje dat je daarna mee je jaar in kunt nemen.

Ik wens je mooie heilige nachten en voor nu...

Droom wat moois!

Myrthe



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Het thema van deze droom is:

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A blank sheet of white paper with horizontal ruling lines, positioned against a yellow background. The paper has rounded corners on the right side. The bottom of the page features a red and white patterned border with a repeating geometric design.





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Het thema van deze droom is:

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A blank sheet of white lined paper with horizontal ruling lines, positioned against a background. The top portion of the background is a solid light yellow color. The bottom portion features a red and white patterned border, resembling a traditional Christmas stocking or textile design. The paper itself has rounded corners on the right side and is completely blank, with no text or markings.



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Het thema van deze droom is:

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*Don't let your dreams  
be dreams*

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Het thema van deze droom is:

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A close-up, artistic photograph of a person sitting in bed, reading a book. The person is wearing a dark, textured knit sweater. A cup of coffee is visible in the foreground on the left. The scene is dimly lit, with a soft, warm glow. The background is blurred, showing the contours of the bed and the person's legs. The overall mood is cozy and intimate.

*Dreams are illustrations  
from the book your soul is writing*

## Opdracht dag 4

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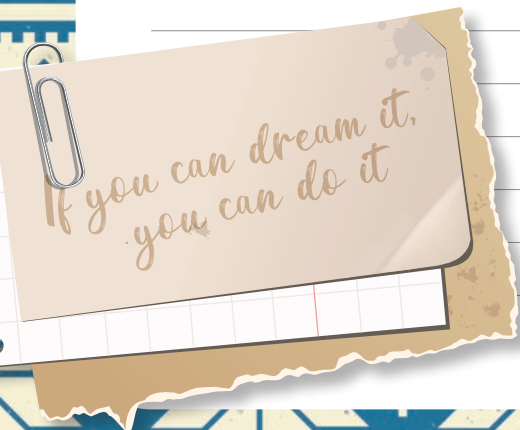
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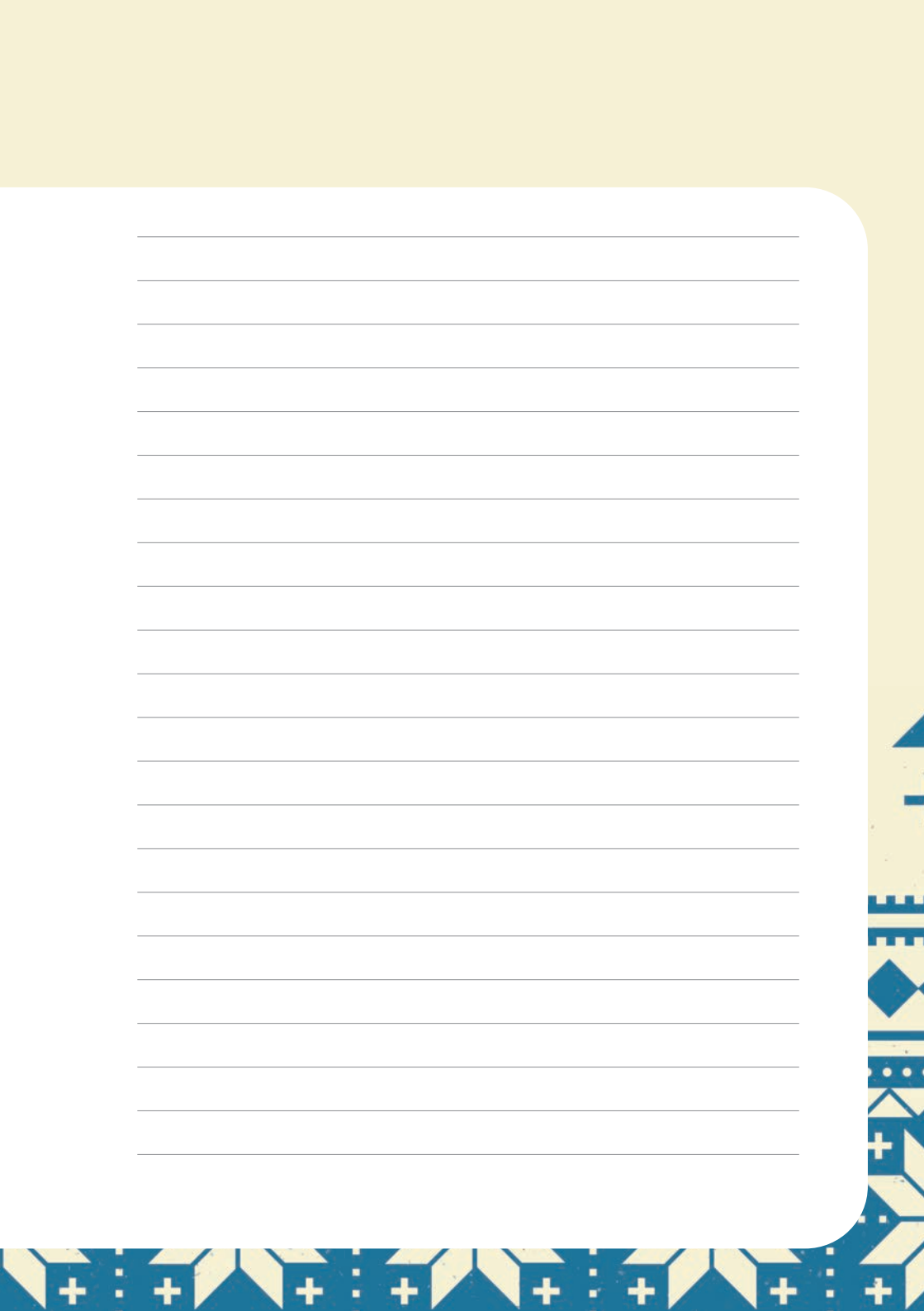














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Het thema van deze droom is:

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*Dream it,  
then make it happen*



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Het thema van deze droom is:

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# Opdracht dag 8

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Have big dreams,  
you will grow  
into them







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Het thema van deze droom is:

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# Opdracht dag 9

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Het thema van deze droom is:

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*Dreams come true*



# Opdracht **dag 10**

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Handwriting practice lines on a white background with rounded corners. The page contains 20 horizontal lines for writing.



# Mijn droom voor **oktober**

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Het thema van deze droom is:

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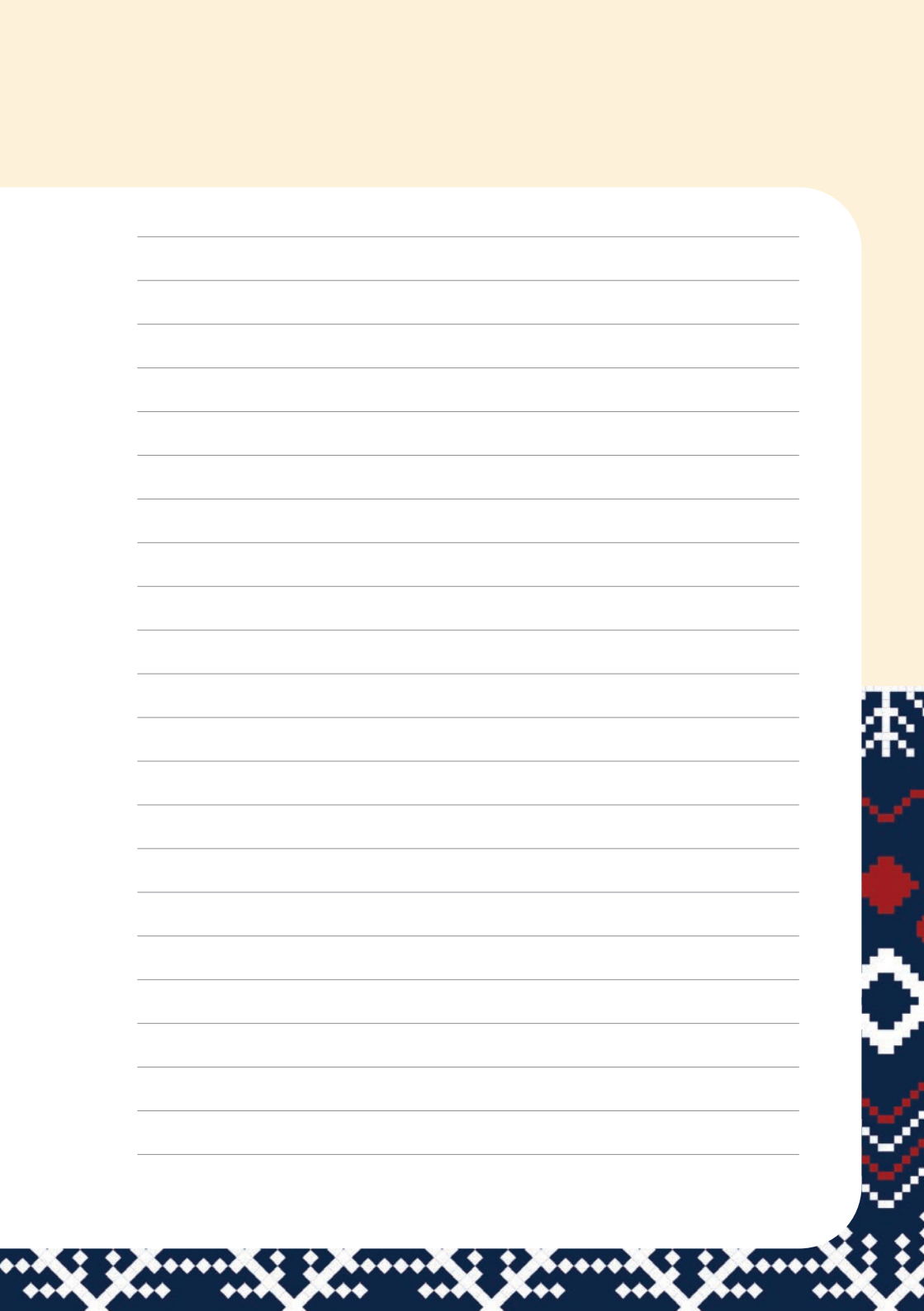
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Het thema van deze droom is:

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# Opdracht **dag 12**

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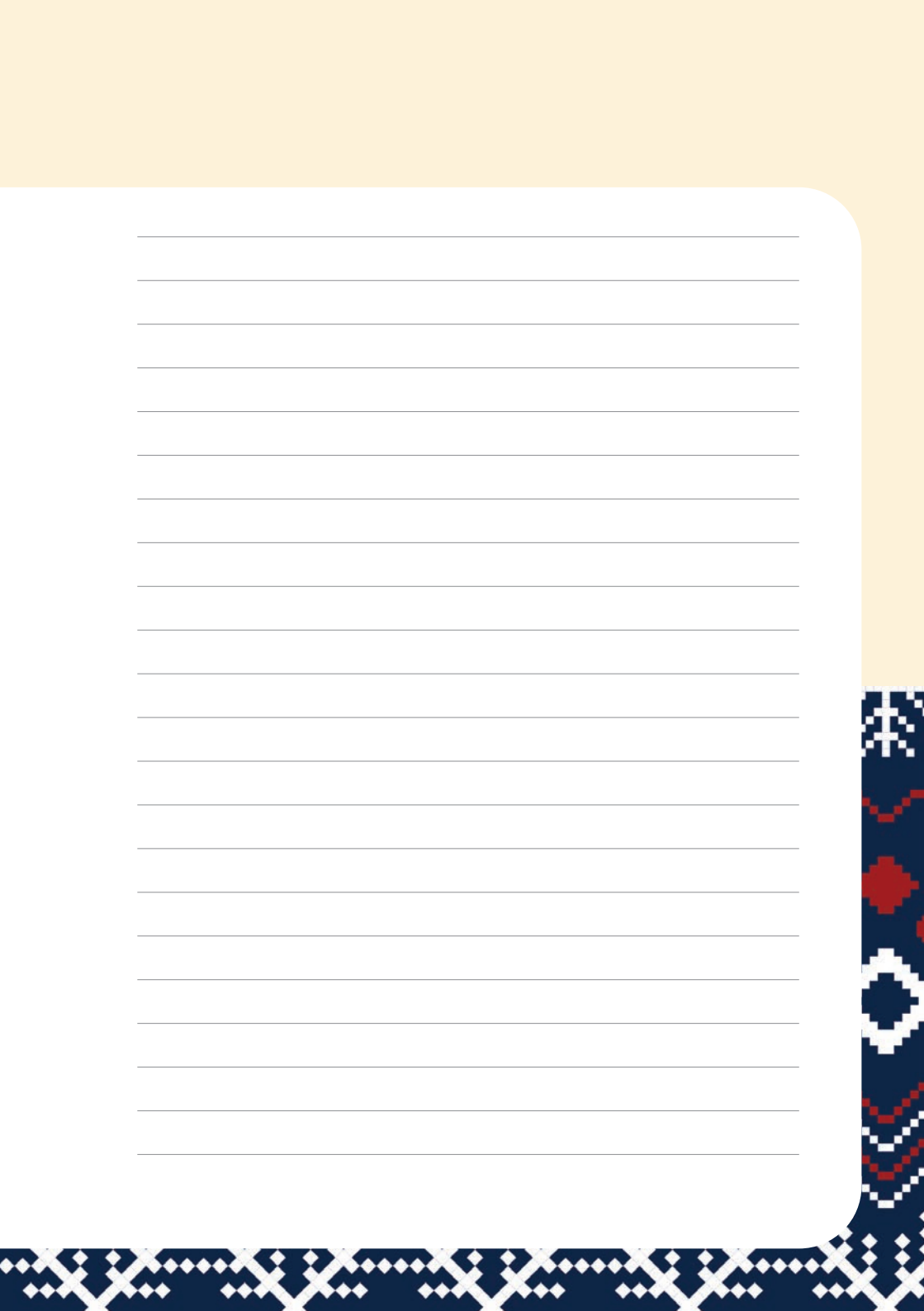
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## Mijn droom voor **december**

Lined writing area with 20 horizontal lines for text input.



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Het thema van deze droom is:

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Lined writing area with 20 horizontal lines.







DREAM.

BELIEVE.

DO.

REPEAT.



SPIRIT & SOUL  
sanctuary



Mediumpraktijk Spirit & Soul

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