A surrealist painting depicting a golden, muscular man running away from a crowd of grey, stone-like figures. The man is in the foreground, running towards the left. Behind him, a large, dense crowd of grey, stone-like figures follows him. The background is a hazy, yellowish landscape. The overall mood is one of escape and liberation.

**L'éveil de la
conscience est le
seul chemin vers
la liberté 🙏**

Mes notes au réveil

titre

../20..

personnages

lieux

action/description

de JOUR
 de NUIT

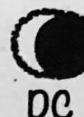
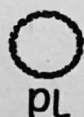
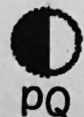
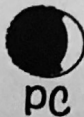
type de rêve

banal improbable
 étrange lucide
 confus jouissif

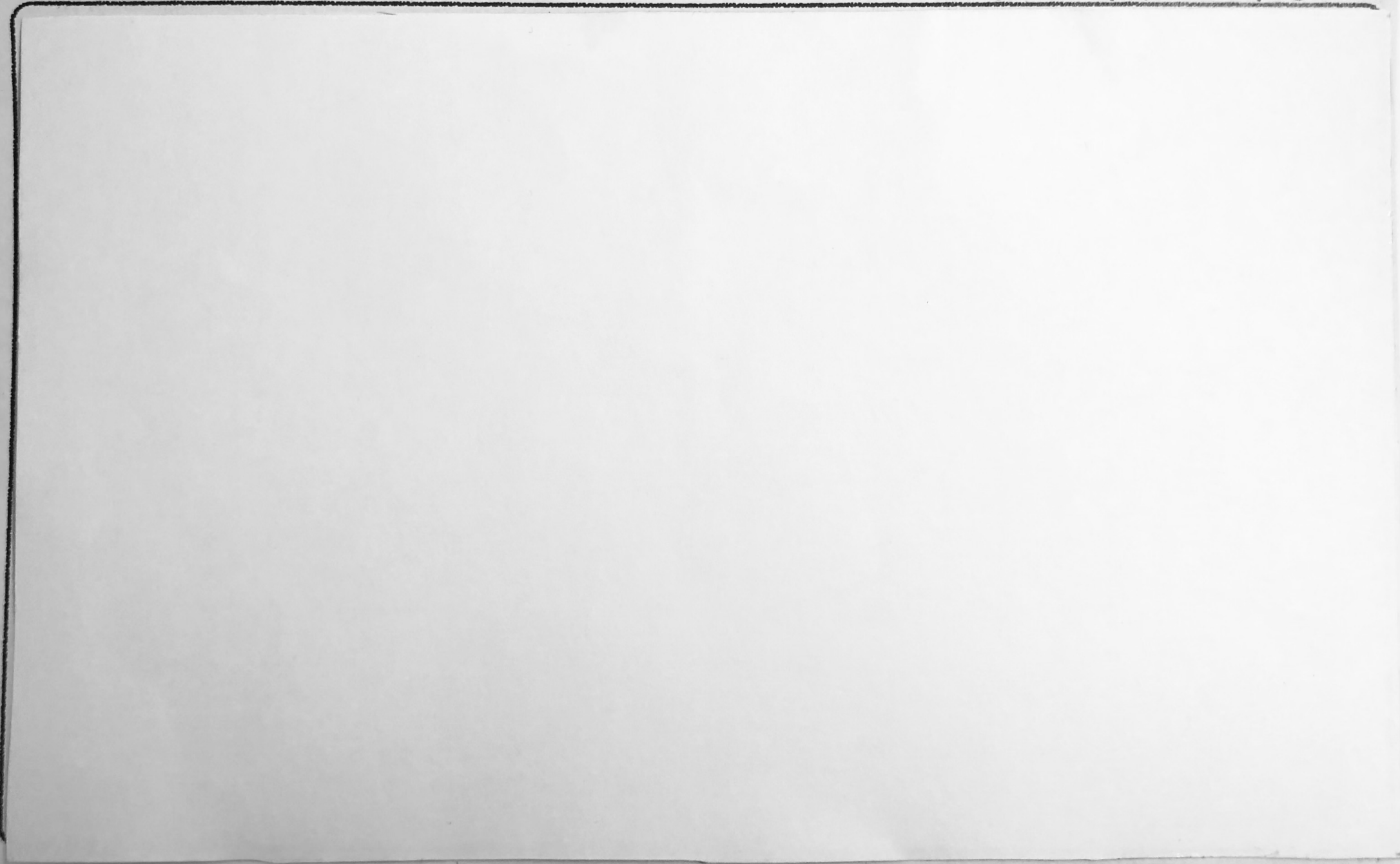
émotions ressenties

joie confiance surprise
 colère sérénité honte
 dégoût tristesse frustration
 panique contrariété plaisir

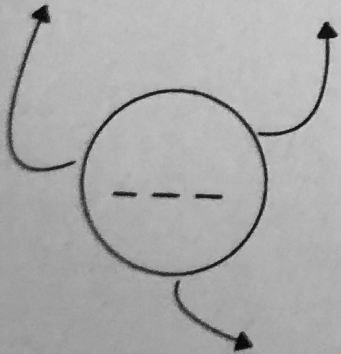
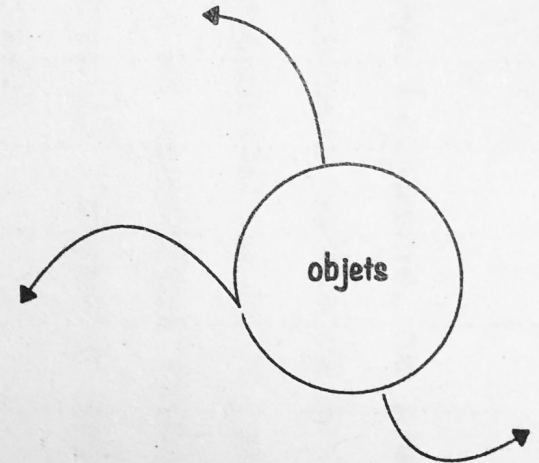
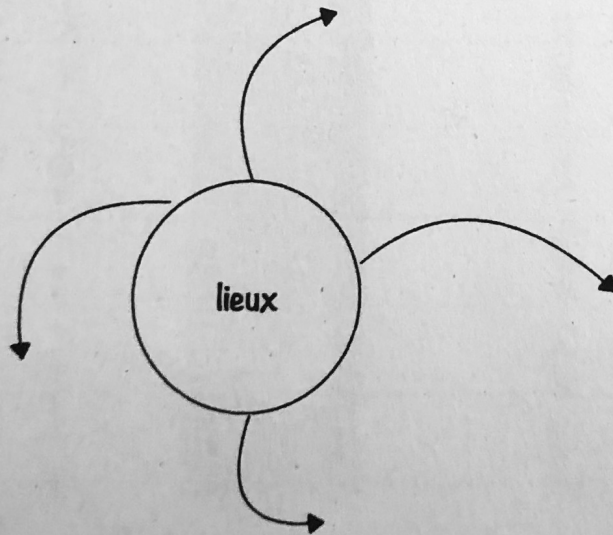
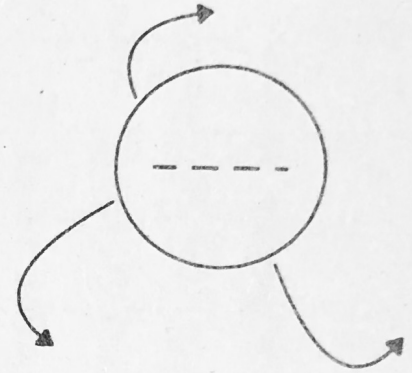
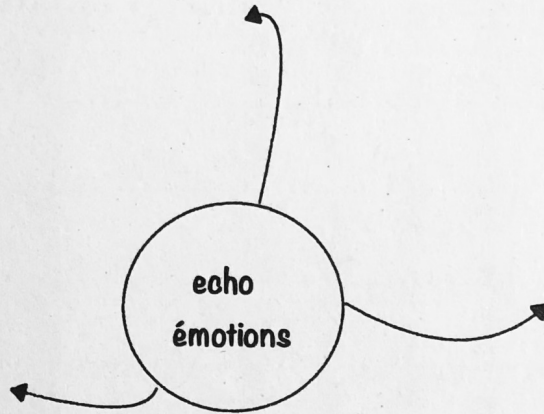
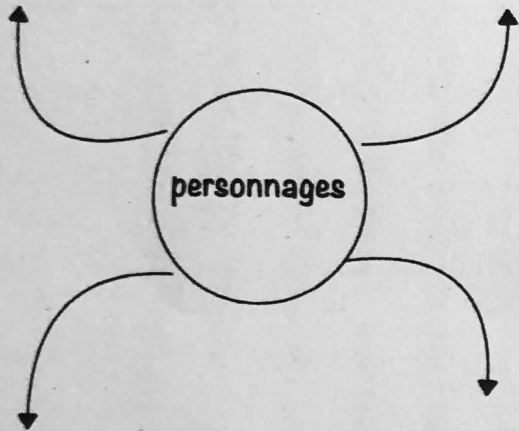
phase lunaire au moment du rêve



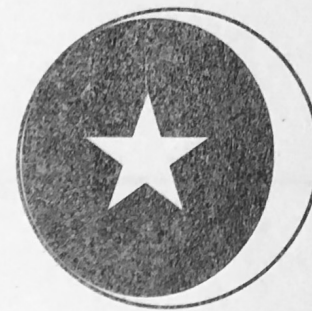
L'illustration de mon rêve (dessin, coloriage, découpage, décalquage...)



Ma recherche pour interpréter mon rêve (association d'idées/ressentis/symbolisme...)



Les messages dans mon rêve/Mes interprétations/Mes notes...



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Mes notes au réveil

titre

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personnages

-
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lieux

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-

de JOUR
 de NUIT

action/description

type de rêve

banal improbable
 étrange lucide
 confus jouissif

objets dominants

-
-
-
-

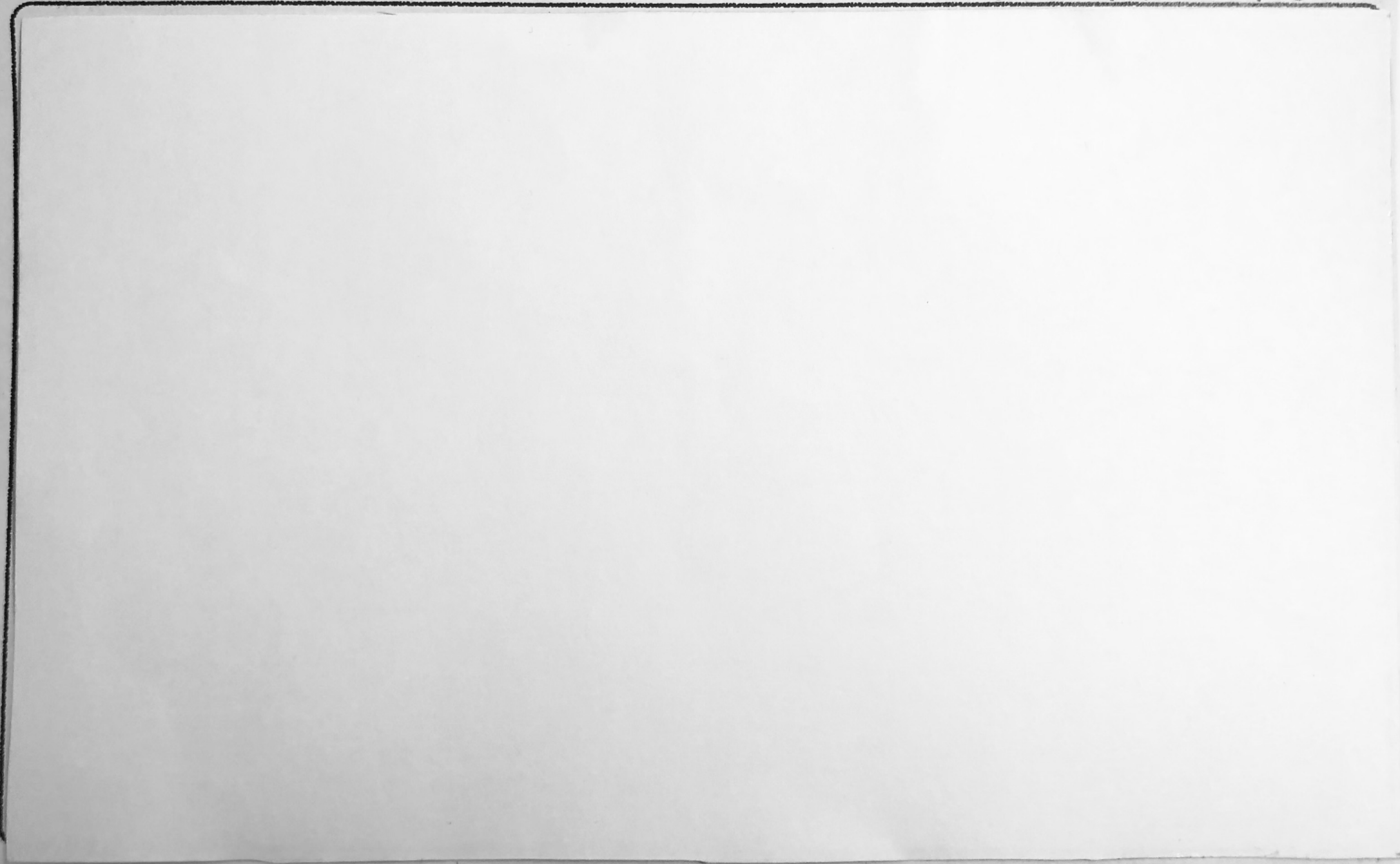
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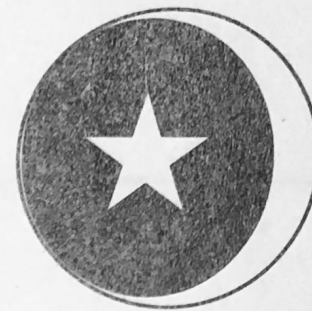
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NL PC PQ LG PL LG DQ DC

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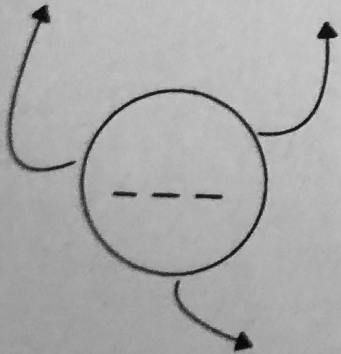
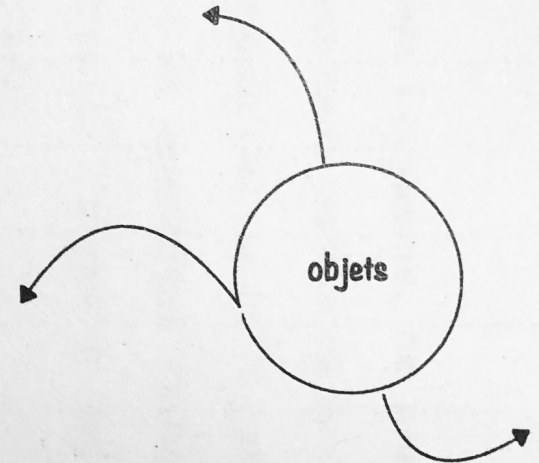
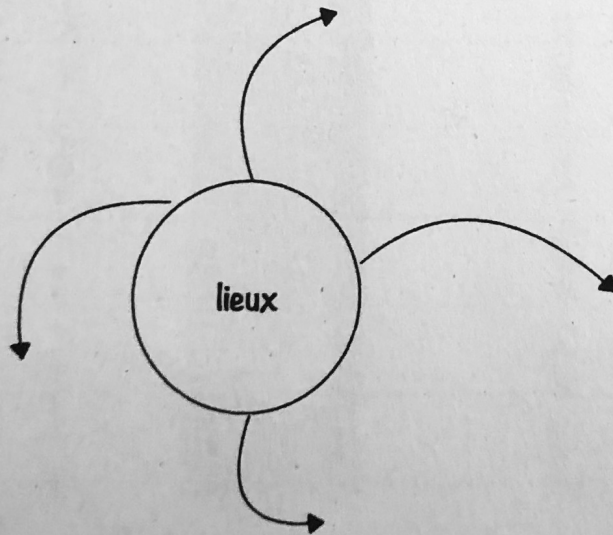
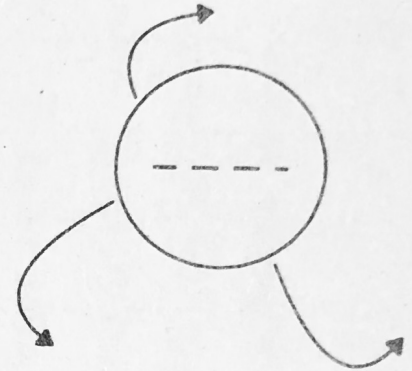
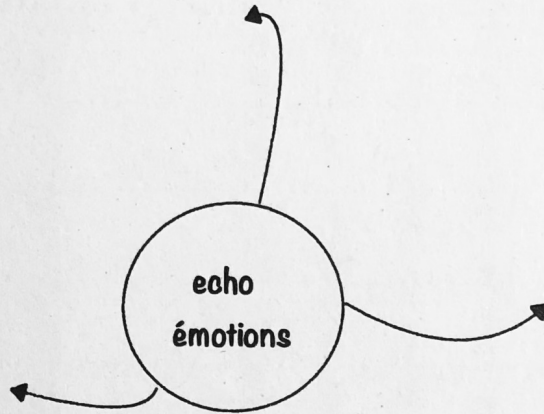
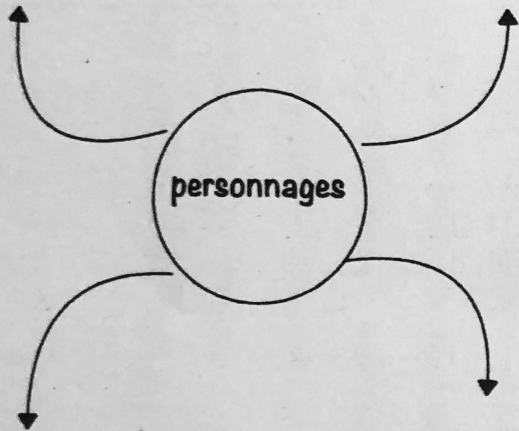
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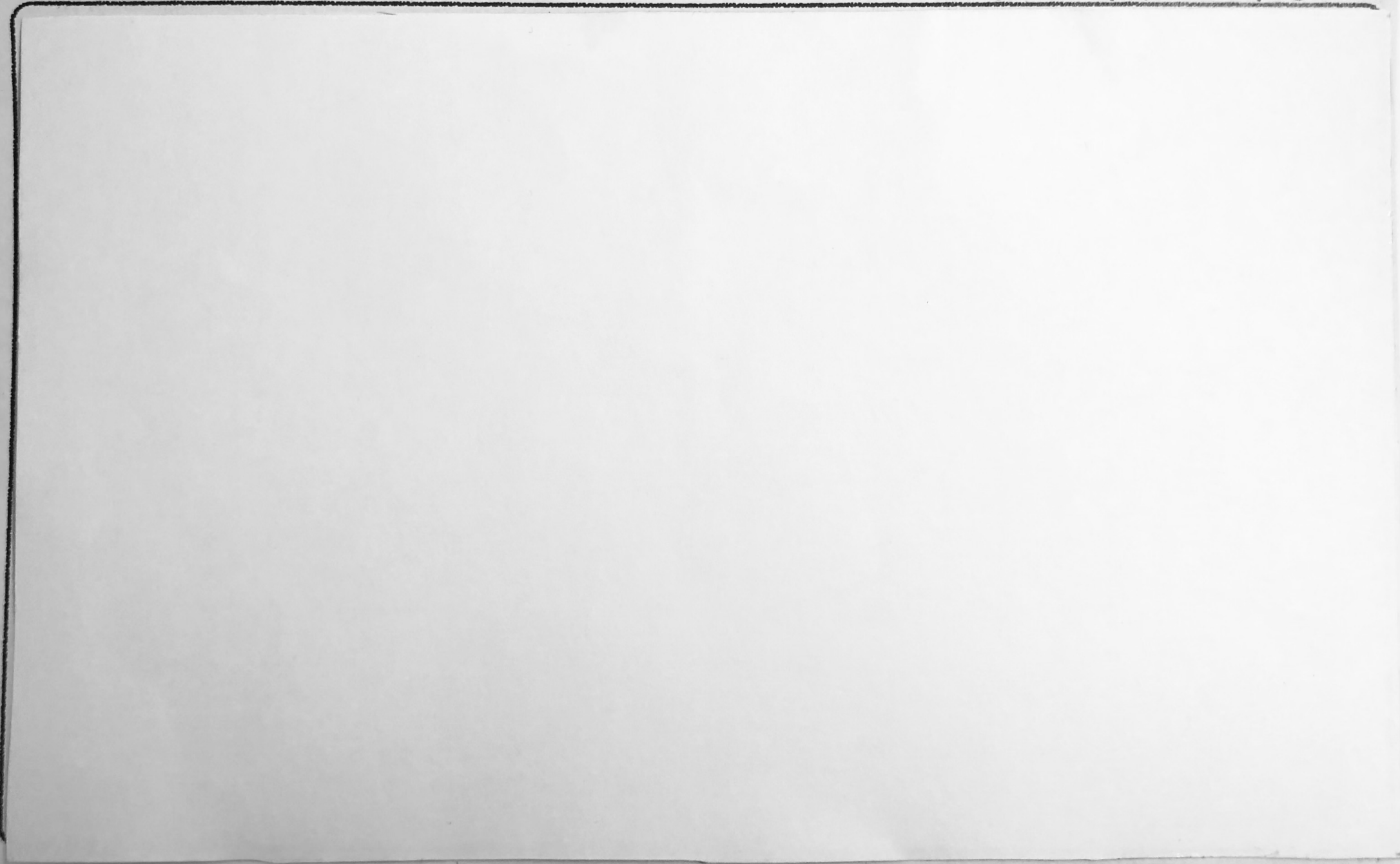
phase lunaire au moment du rêve

NL PC PQ LG PL LG DQ DC

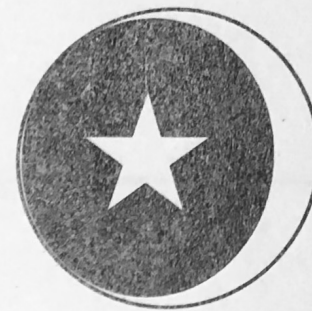
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L'illustration de mon rêve (dessin, coloriage, découpage, décalquage...)

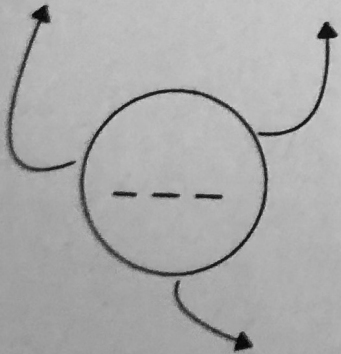
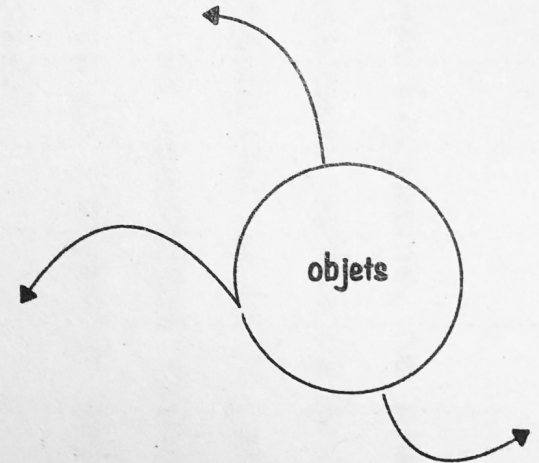
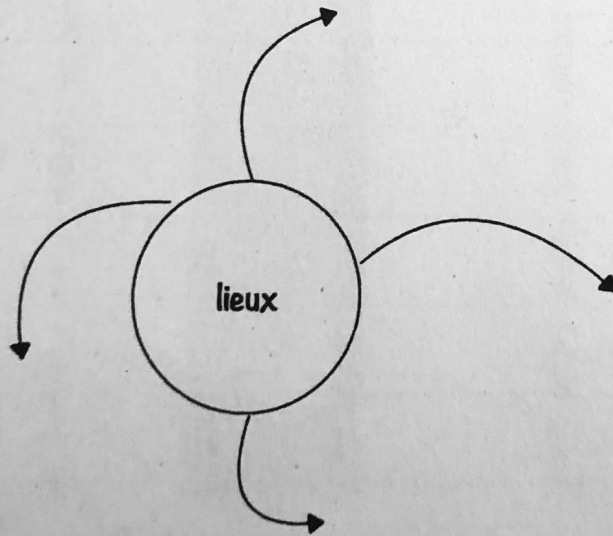
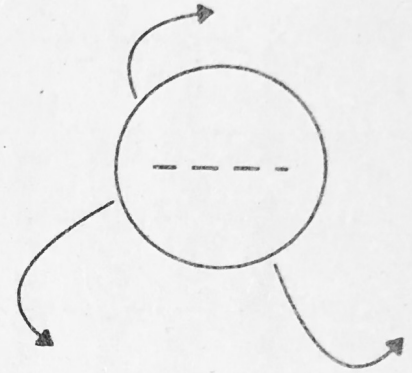
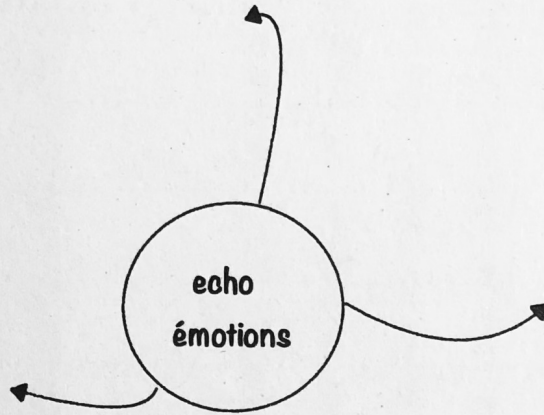
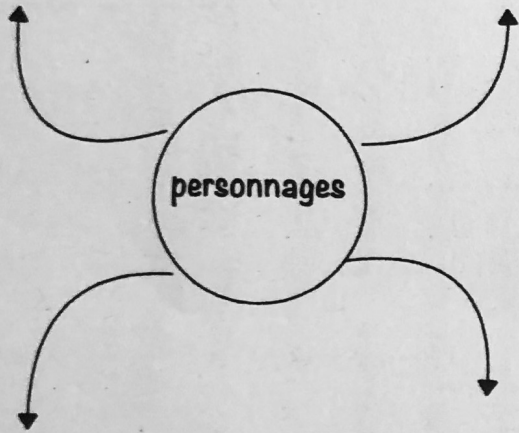


Les messages dans mon rêve/Mes interprétations/Mes notes...



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Ma recherche pour interpréter mon rêve (association d'idées/ressentis/symbolisme...)



Mes notes au réveil

titre

..../20..

personnages

-
-
-
-
-
-

lieux

-
-
-
-

action/description

de JOUR

de NUIT

type de rêve

- banal improbable
- étrange lucide
- confus jouissif

objets dominants

-
-
-
-

émotions ressenties

- joie confiance surprise
- colère sérénité honte
- dégoût tristesse frustration
- panique contrariété plaisir

phase lunaire au moment du rêve



NL



PC



PQ



LG



PL



LG

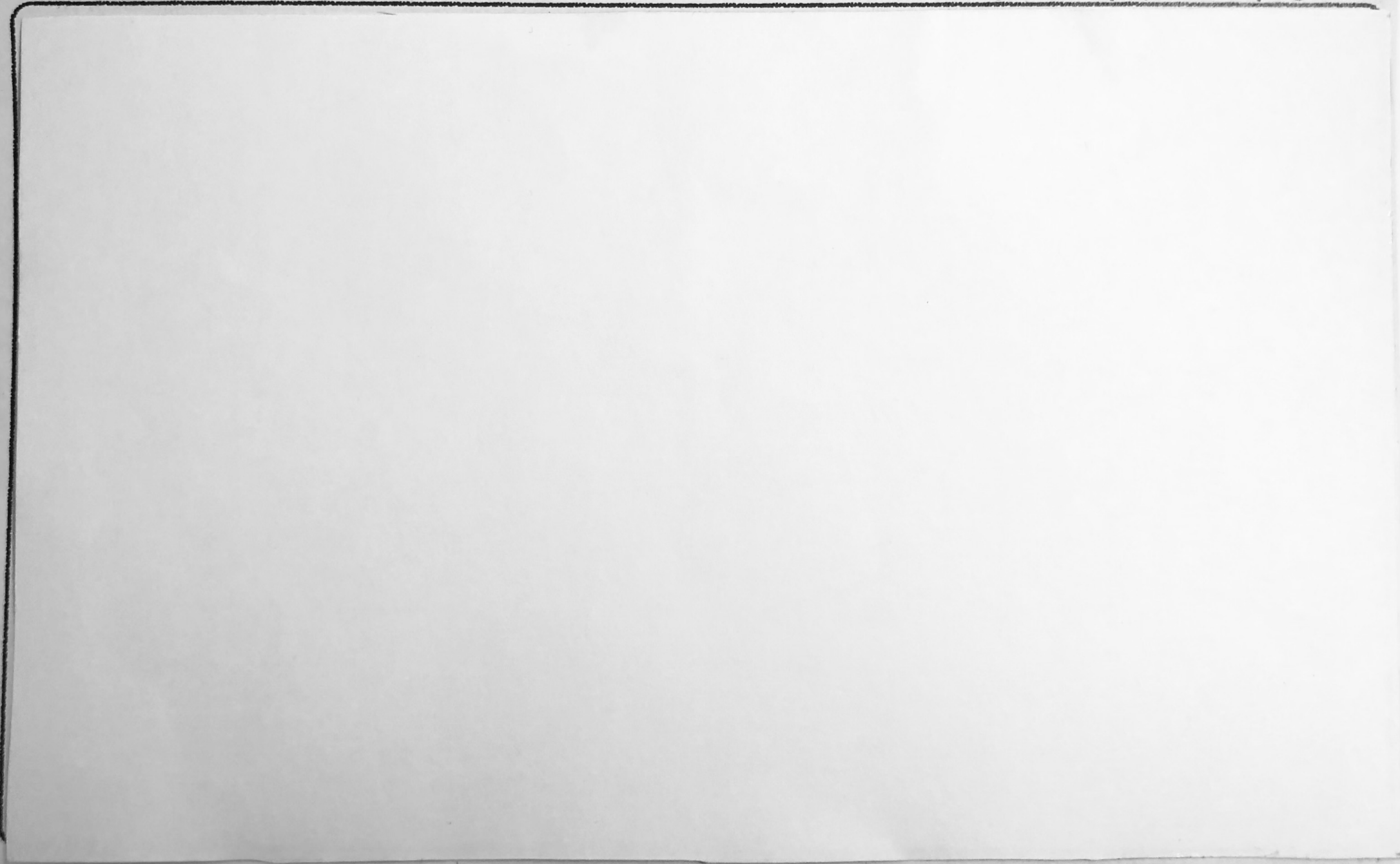


DQ

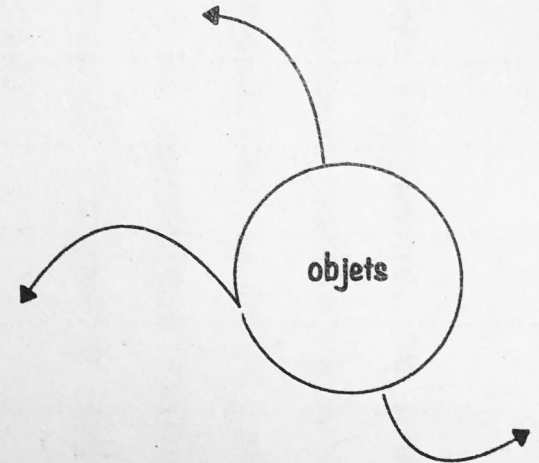
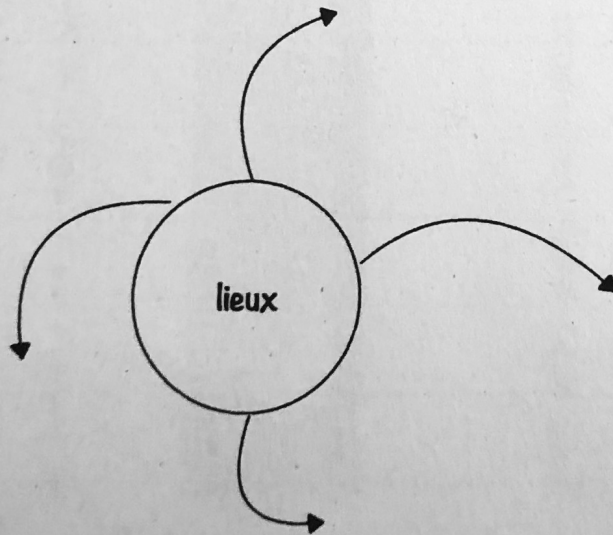
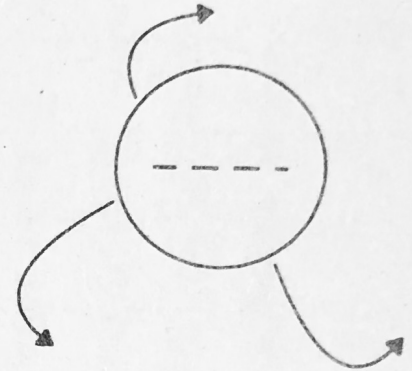
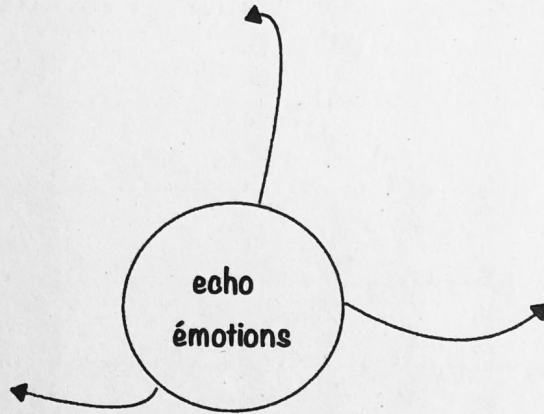
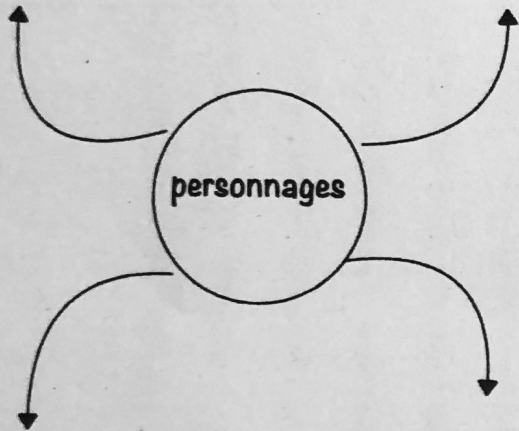


DC

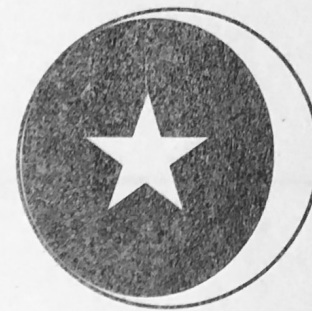
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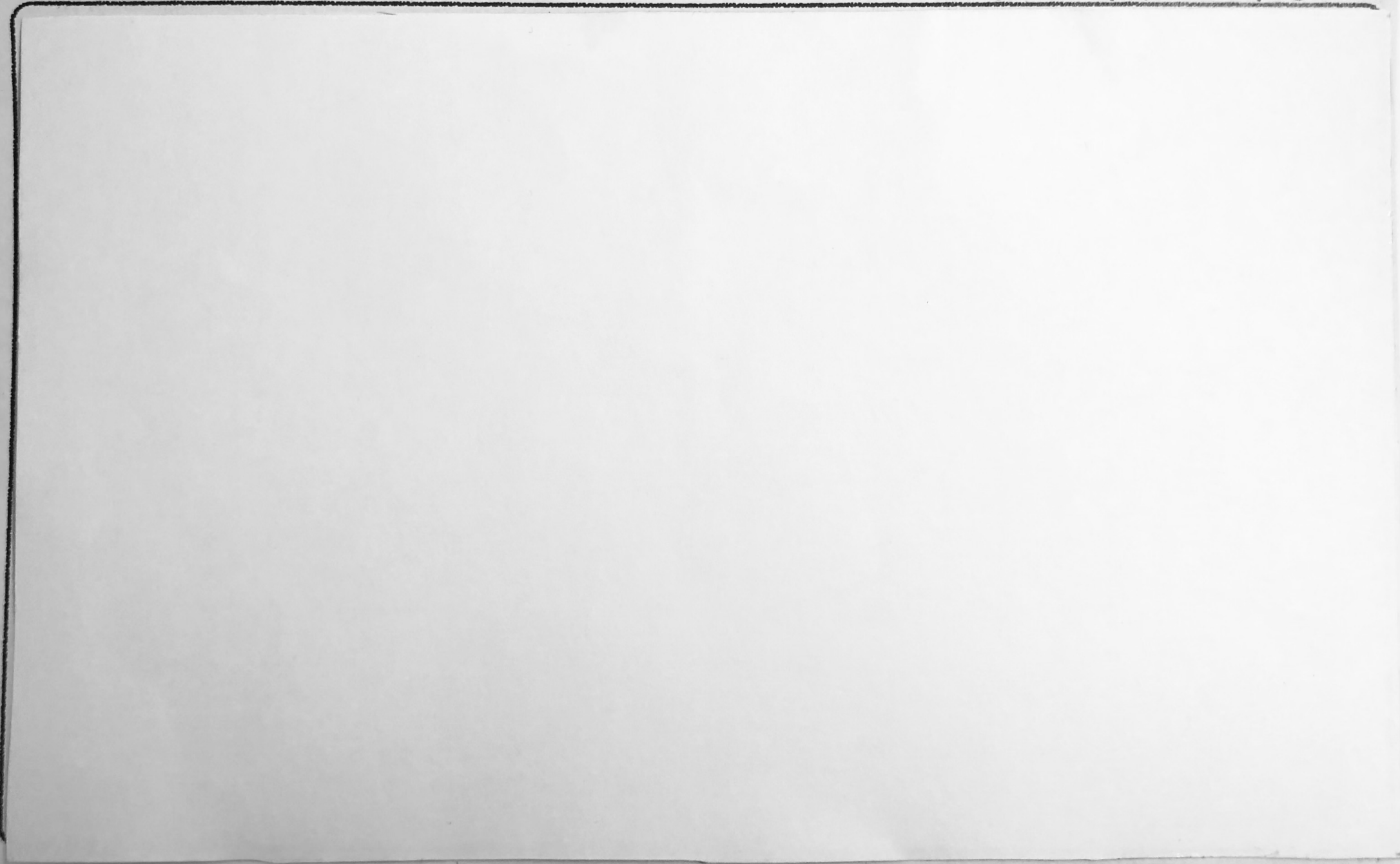


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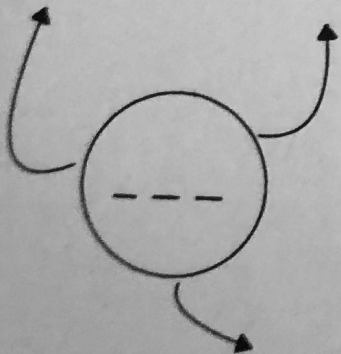
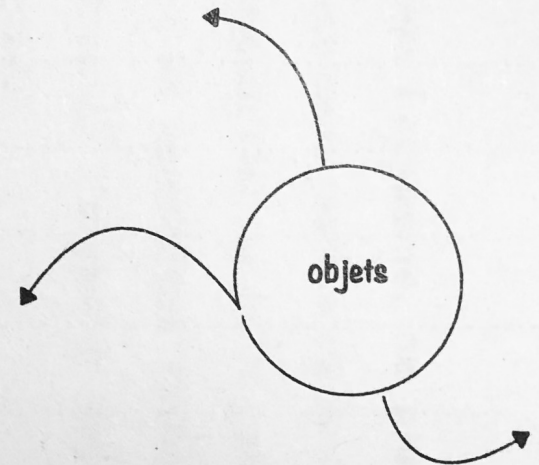
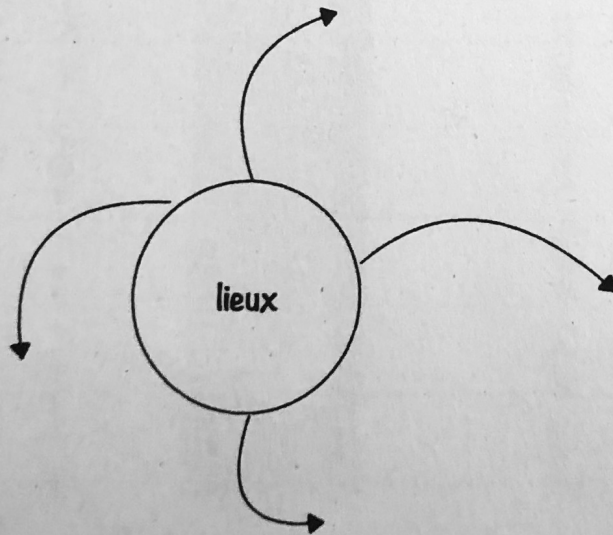
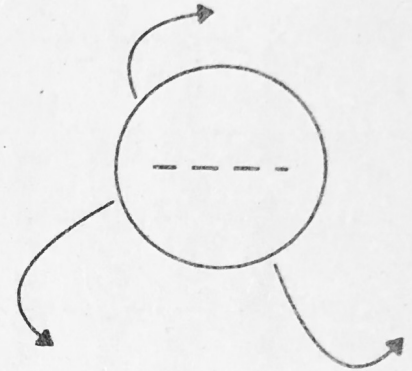
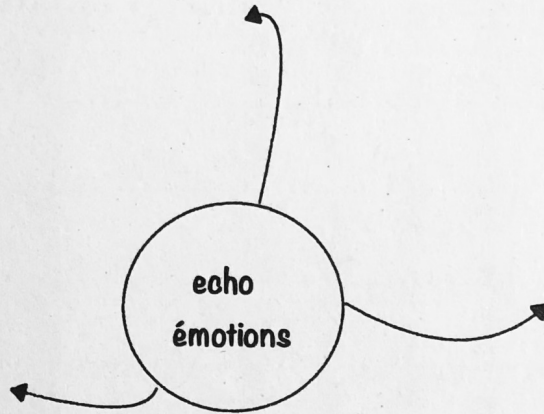
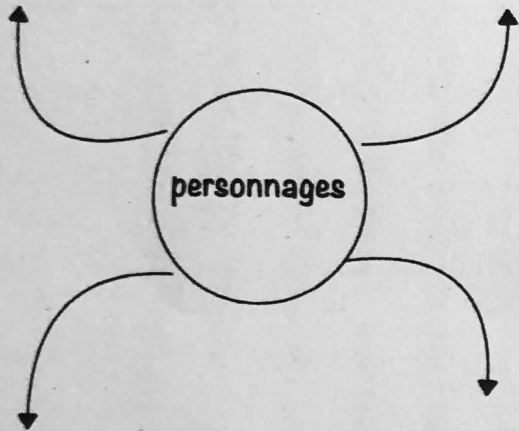


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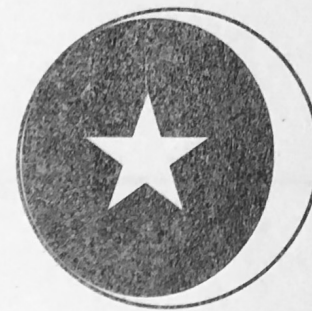
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Mes notes au réveil

titre

../20..

personnages

-
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-
-
-

lieux

-
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-
-

action/description

○ de JOUR
○ de NUIT

objets dominants

-
-
-
-

type de rêve

○ banal ○ improbable
○ étrange ○ lucide
○ confus ○ jouissif

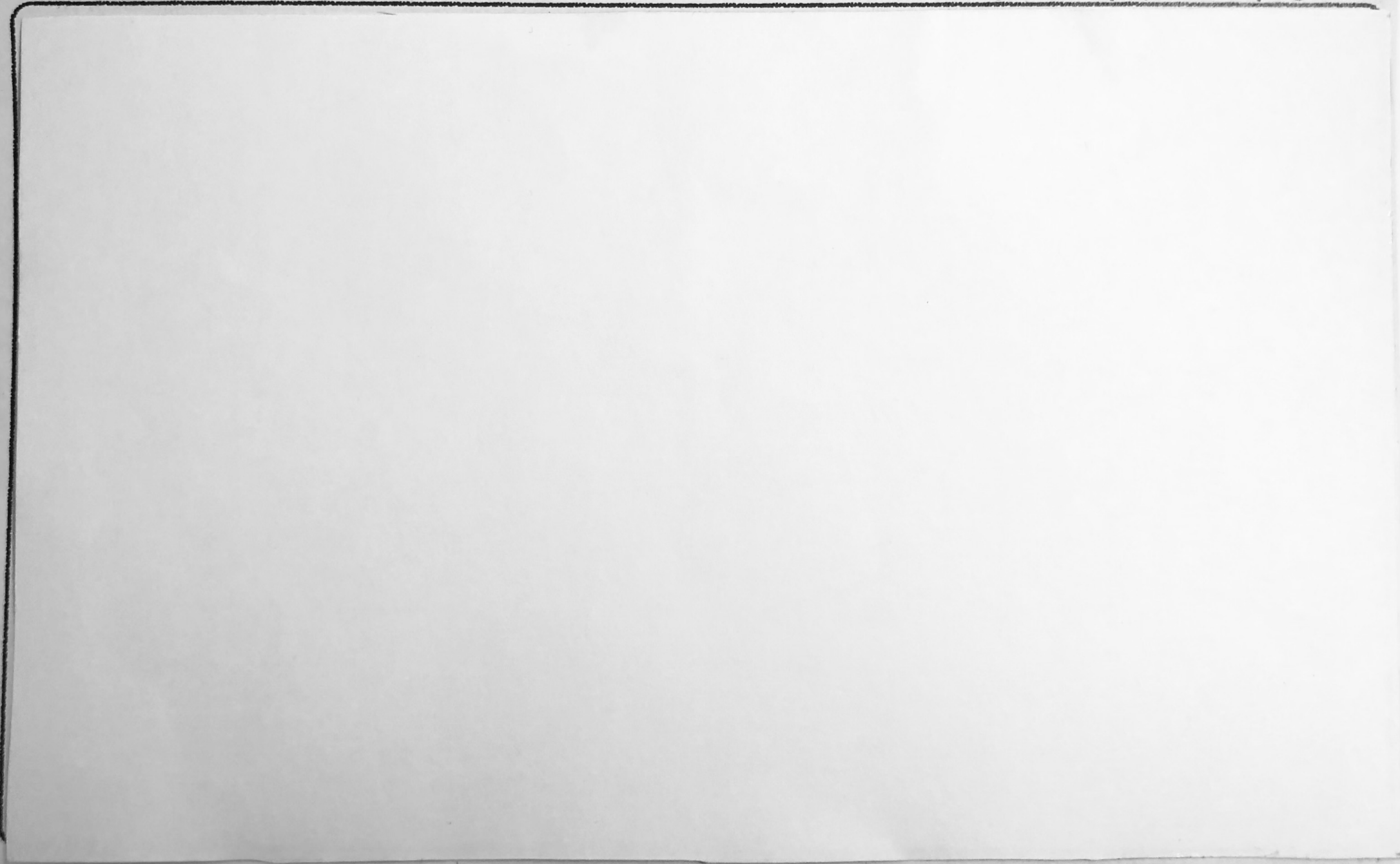
émotions ressenties

○ joie ○ confiance ○ surprise
○ colère ○ sérénité ○ honte
○ dégoût ○ tristesse ○ frustration
○ panique ○ contrariété ○ plaisir

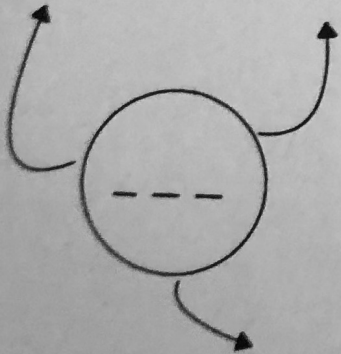
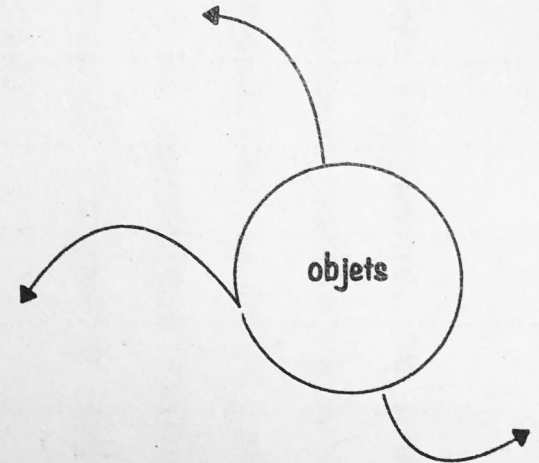
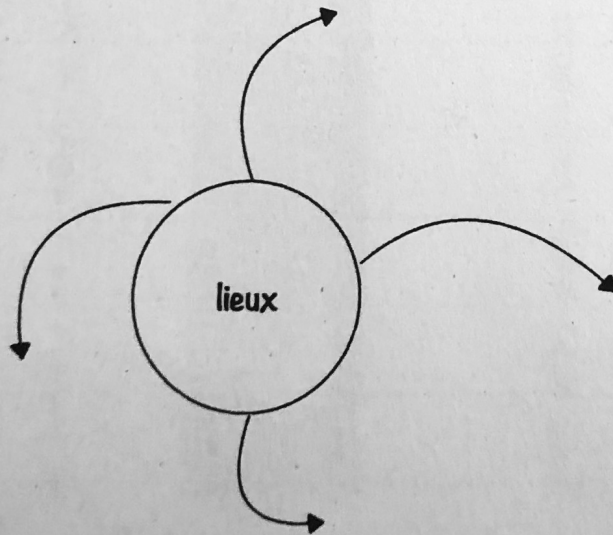
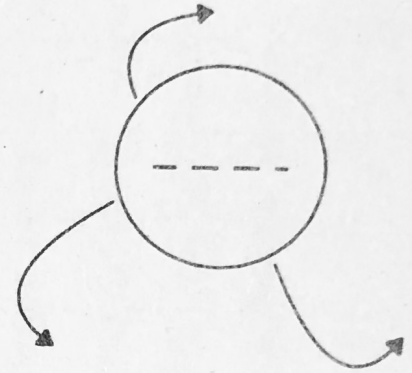
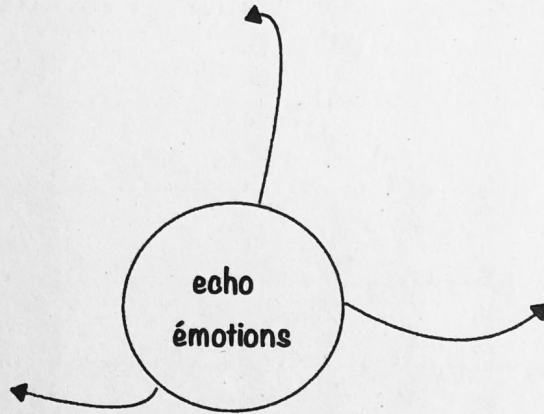
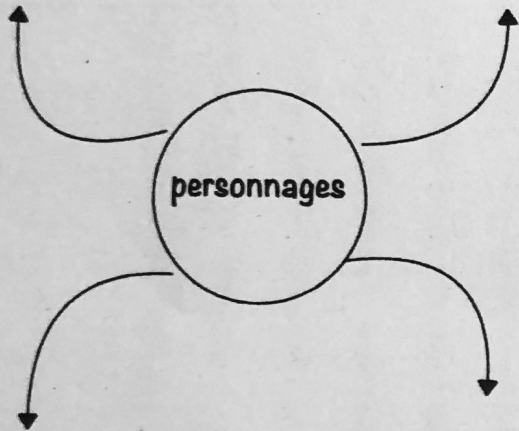
phase lunaire au moment du rêve

NL
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 PL
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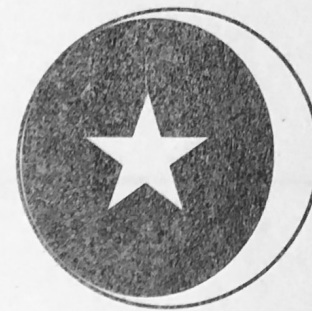
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