

About dreaming

1. Dreaming is a process of thinking.

-Sign language =
Pictures, moods, colors, metaphors.

2. We are very sophisticated.

- DATA BASE--unique symbols and metaphors
-very specific use of symbols and metaphors to match exactly what we
want to say to ourselves.

= Emotional memory of anything that has ever happened = a thing,
a person, a room, a place

The first level = Problem-solving--TODAY

THE GOALS:

1. Attach the dream to what you thought about or what happened.
Find the mirror. What issue is the dream reflecting?

2. Once you have attached the dream...
What is the solution or strength?

The process of dreaming allows us to:

Practice in a safe place:

-a gym

- eg. 1. Being alone (end of a relationship)
=Prepares you. Desensitizes you.

Rehearse different behaviors and solutions to problems using different scenarios.

- eg. 1. Facing a pursuer
2. Expressing yourself
3. *Not* expressing yourself!

Solutions are sometimes direct and sometimes less obvious.

(See below)

Create

McCartney

Jekyll & Hyde

How To Solve the Puzzle:

ONLY YOU KNOW WHAT YOUR DREAM MEANS!

You will "click" or have an "Aha!" when you have hit on the meaning, because you have thought of it before!

- Feelings
- Action—Can't run? Can't speak?
- Play on words/Puns
- Symbols and Metaphors
- Mood
- Dreamscape, place?
- Plot or Story
- Polarities (either/or) issues?
- Rote

LOOK FOR THE SOLUTION!!

THE SOLUTION OR STRENGTH IN THE DREAM

Level One

1. The obvious or direct solution literally pictured in the dream

Obvious: the action, or lack of it! eg. the piglet

Direct: Elias Howe

2. Sometimes a discussion of what possible move to make next = outside the dream in waking life.

eg. the door ajar dream

Level Two

Life-changing solutions. Finish the sentence that begins with, "I always..."

Well, you don't have to 'always' anything anymore! You can choose how you want to react or respond to each different situation life throws you.

Ground Rules for Level Two:

All the parts are you. You are born whole.

RE-OWN! PRACTICE (THE GYM)

The Goal

-CHOICE=POWER

How do you want to react?

-PLAY A DIFFERENT GAME ON THE BACK NINE!

-HAVE AN ADVENTURE!