

## **Dreamwork Practice Module 2. Writing Assignment 2A.**

Take a dream that you have written or that you remember and rewrite the dream based on the three writing guidelines that we have listed. Take some time to feel into the difference between the two versions.

As you learn to do this, you are training your brain and your psyche to engage not just with familiar thought patterns and dynamics, but to instead engage deeper parts of your brain and of your psyche.

This is a key part of the broader practice you are learning. We are not just trying to understand our dreams but to also learn how to be in ourselves with a deeper level of consciousness and choice in our lives.

**Please share your experiences on our Private Facebook Group Page. We welcome any questions about the exercises or the process in general.**



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DREAM