

Dreamwork Practice Module 3. Writing Assignment 3A

Guideline Number 1.

Do not work with dreams that contain overwhelming emotional content by yourself.

Guideline Number 2.

If you are working with a dream and the same kind of feelings come up anyway - take a breath and come back to waking consciousness.

Experiential Dream Explorations:

#1. “The Dream Insight Meditation”

#2 “Re-experiencing the Dream, As the Dreamer”

#3 “Being Conscious As the Dreamer”

Familiarize yourself with these processes and play around with them.

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