

Dreamwork Practice Module 4. Writing Assignment 4

Write about your dream exploration and where you feel, that there is a connection between your dreams and your outer world life.

See if you can construct an actual dream practice based on your dream exploration.

Anchor your practice in your outer world life, by listing 3 possible places in your life where the dynamic from your dream might actually play out.

Pay particular attention to the material that you wrote about in the exercise for Module 1. These are the places that your dreams are most likely to be related to.

Feel into how these moments played out in the past and how they might be different, if you had this new understanding of the dynamics that had been present.

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



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DREAM