INSTITUTE OF ESOTERIC PSYCHOLOGY

SELF-DISCOVERY FOR WELLNESS

DREAMWORK PART TWO

SDFW VIDEO SESSION 3

Formula for Dream Content Deconstruction and Analysis:

Dream + Lenses + Current Context = Meaning

Dream = Narrative +Images + Feeling

Lenses = Biology + Personal History + Family + Genetics/Ethnicity + Culture + Shared Group History + Spiritual Orientation

Current Context = Immediate Physical, Mental, Emotional State and Current Questions and/or Problems

Creative Expression for Accessing Dream Subtext:

(a) Draw the dream using non-dominant hand.
(b) Draw the dream images using dominant hand.
(c) Make a mind map using the dream as the centerpiece.
(d) Use finger paints (or any other kind of paint) to express your impression of the dream and the feelings it invoked. (This can be objective and/or non-objective art.)
(e) Write the dream as a fairy tale.
(f) Write a descriptive and/or emotive poem describing the dream and the feelings it invoked.
(g) How would you express the dream musically? Is there something that you can either sing or play on an instrument? Is there a specific song or piece of music that represents how the dream played out and/or how it made you feel?
(h) Write the dream as a short play.
(i) Can you express dream images and/or the feelings you experienced in the dream as a sequence of dance steps or movement?

Technique to Use with a Friend or a Small Group:

This is based on the technique developed by Dr. Montague Ullman, and is based on the statement "…if this were my dream…" The process is as follows:

(1) The dreamer reads or recounts the dream completely phenomenologically with no interpretation or reference to feelings.

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(2) The partner or other group member asks specific questions about the dream material and the context of the dreamer when they had the dream.

(3) The partner or other group members begin by saying "If this were my dream..." and talks about what it means to them. The non-dreamers take the dream as if it were their own.

(4) The dreamer takes back the dream and makes comments about anything that came up while hearing the interpretations by the partner or group members.

(5) A non-dreamer reads the original dream back to the dreamer, pausing for the dreamer to interject any additional insights regarding images and/or narrative.

(6) The non-dreamers weave everything together and project it onto the context provided by the dreamer as an orchestrated interpretation.

Dream Theater:

Dream Theater is one of the things that we can do in workshops that can't be duplicated outside of the group setting very easily. Psychologist Fritz Perls was largely responsible for using Dream Theater as a therapeutic device. The dream theater process requires that the dreamer act as the Director, by first recounting the phenomena (narrative and images) of the dream, and then assigning different people in the group to be actors representing elements of the dream (including non-human objects like rivers and lamps.) As the dreamer narrates the dream, the cast members act it out. After the first run through, which is true to the dream, the dreamer can then begin to make directorial changes to bring different layers of meaning to the dream drama. Seeing a dream acted out in front of his/her eyes can bring keen insight and understanding of the dream to the dreamer, who can occasionally change some of the actions to influence the outcome of the dream.

Dream Re-entry:

This is a technique that I discovered and used at workshops as well as at a Dream Table led by Dr. Stanley Krippner during a Conference at Saybrook University in 2016. Dream Re-entry requires that the dreamer be able to recreate the final scene before awakening of a dream. They must see the last scene of the dream in detail and then let it become life sized in their mind's eye. As you do in the guided meditation, enter the dreamscape with the articulated intent that you wanted the dream to continue. Take note of everything around you in the dreamscape – the sounds, sights, movements, smells, the feel of the ground and the atmosphere. As you stand where you were in the dream, be a keen observer and (perhaps) participant as the final chapters of the dream unfolds around you. When you are satisfied that the dream narrative has been resolved, slowly back out of the dream until you are standing outside of the dreamscape. Let the dreamscape shrink to photo size, and return to normal, waking reality.

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Immediately record what happened when you re-entered the dream, taking care to recount as much details as to narrative and imagery and feelings as possible. Follow the formula for the new segment of dream. What is this segment telling you? Does it alter the dream's meaning and/or the way you feel about the dream?

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