INSTITUTE OF ESOTERIC PSYCHOLOGY

SELF-DISCOVERY FOR WELLNESS

DREAMWORK PART ONE

INTRODUCTION:

(1) What is dreaming? What is a dream?

(2) Why do we dream? What is the function of dreaming?

(3) Is what we see in dreams "real?"

(4) Why don't my dreams make any sense?

(5) What can I learn from my dreams?

(6) Nightmares

(7) Recurring dreams

(8) Where do dreams come from?

NEUROSCIENCE OF DREAMS:

(1) The sleep cycle

(2) REM sleep

(3) What happens in our brains and bodies when we dream?

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HOW CAN I REMEMBER MY DREAMS?:

(1) Think of dreams as though you were watching a film.

a. Semiotics, montage, non-linearity and subtext.

(2) The dream journal – writing them down (or recorded notes)

(3) Pre-sleep mantra

(4) Holding position when you wake up

(5) When recording your dreams focus on:

a. What was the dream's narrative(s)?

b. What are the images present in the dream?

HOW CAN I MAKE MEANING OF MY DREAMS?:

(1) Keep in mind that only you know what your dreams mean?

(2) Take account of yourself at the time of your dream:

a. Biology

b. Triggered memories from personal history

c. An issue or person that you are dealing with

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d. What did you happen to see or read or think of before you went to sleep?

e. What is on your mind?

(3) ***Note: You can pause the video so that you can work along with the instructions. It helps if you work along with the discussion so that you will have a better idea of the process before you work on it, on your own.***

BREAKING DOWN THE DREAM IN DETAIL (AS MUCH AS YOU CAN REMEMBER):

(1) Draw the dream if you can: images, the way it made you feel.

(2) Separate the dream into segments or "acts" and recount the following:

a. Narrative

b. Images

i. Describe scene in detail listing <u>everything</u> that you can remember

ii. Always determine how these made you feel. What emotions if any were evoked?

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c. What people were in the act?

- **i.** Did they remain consistent?
- **ii.** Did you know them?
- **iii.** What were they doing?
- **iv.** What were they saying?
- **v.** How were you interacting with them?

d. What other living things were in the act? (Apply 5 Questions from Above)

e. Were there any natural phenomena in the act? If so, describe them in detail and their role. (Apply 5 Questions from Above)

f. What were the objects in the dream? (Apply 5 Questions from Above)

g. Was there any connection between the images and/or narratives of the separate acts?

h. Do the images and/or narrative connect with or reflect something going on in my life or something I am trying to figure out? If so, how and what?

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EXERCISES:

(1) Write your dream down in your dream journal. Dissect it down into as much detail as you can, according to the above guidelines and illustrate if possible.

(2) Make a mind map with an image or act from the dream at the center and connect it with lines to:

a. Feelings/emotions

b. Things in your waking life

(3) With a partner pretending to be from another planet, begin to tell the story of your dream. Your partner should stop you frequently. Here is an example:

YOU: I was walking down a road.

PARTNER: What's a road? You have to describe what a road is in detail. This helps you to recall the attributes of images that appear in a dream that may be mundane, but have deep layers of dream meaning. Here is an example:

YOU: A road is a place used by many people to get them from one place to another. It connects places and people travel on it.

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QUESTIONS FOR ANALYSIS:

- Where are you traveling from in the dream?
- Where are you going?
- Why are you traveling in the first place?
- What kind of road is it – smooth, safe, rocky, barren, highway, deer path…?

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