

FINDING THE PHOENIX VIDEO #2

DREAM WORK 1/ THE MYSTERY OF DREAMING

This introduction to dreamwork provides you with fundamental information about the origin and nature of dreams as well as how you can remember them and means by which you can deconstruct and analyze your dream content for meaning. We'll begin by addressing some of the most common questions about dreams and dreaming:

- (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?

THE NEUROSCIENCE OF DREAMS

- (1) The sleep cycle
- (2) REM sleep
- (3) What happens in our brains and bodies when we dream?

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
 - 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 everything that you can remember
 - ii. Always determine how these made you feel. What emotions if any were evoked?
 - 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 my life or something I am trying to figure out? If so, how and what?

EXERCISES:

- (1) Write your dream down in your dream journal. Dissect it down in 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 e.g.: 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 e.g. 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. 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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