

DREAMSYNERGY

FINDING MEANING AND GUIDANCE IN YOUR DREAMS

DreamSynergy with Justina Lasley
An IDS Workshop produced by GlideWing

SYLLABUS

Introduction

Hello and Welcome
Being a Part of the Community
Your Goals for this Workshop
Remembering Your Dreams
Top Ten Tips for Dream Recall
Dream Journaling
Guidelines for Journaling Your Dreams
Justina Lasley's Personal Story
The Collective Unconscious
The Workshop Structure

Session One

The Dream Synergy Process
Nightmares and Recurring Dreams
Shadow Aspects in Dreams
The Metaphorical Language of Dreams
Changing Your Life Through Dreams
Dream Structure and Themes
Dream Image Exercise
Dream Image Exercise (Downloadable Audio File)
Dream Image Exercise Demonstration
Suggested Practice

Session Two

Going Deeper Into Dream Interpretation
Modes of Movement in Dreams
Dream Language
Death in Dreams
Bringing Dreams Into Your Waking Life
Redefining Nouns Exercise
Dream Incubation
Suggested Practice

Session Three

Emotions in Dreams
Vocabulary of Emotions
Camouflaged Emotions
Dual Energy Emotions
The Emotion of Fear
An Example of Confusion
Examining Emotions in your Dreams
Befriending Your Emotions
Befriending Your Emotions Guided Exercise (Downloadable Audio File)
Suggested Practice

Session Four

Dream Characters
Understanding Dream Characters
Rediscovering Your True Self
Dialogue with the Unconscious
Dialogue with the Unconscious Guided Exercise (Downloadable Audio File)
More About Dream Characters
Suggested Practice

Session Five

Limiting Beliefs
Examining and Changing Your Beliefs
Examining Your Beliefs Guided Exercise (Downloadable Audio File)
What Do You Choose to Believe? Written Exercise
Reviewing Your Beliefs
The Science and Physiology of Dreaming
Suggested Practice

Session Six

Recurring Dreams
Dream Groups
Drawing Your Dreams
Suggestions for Further Practice