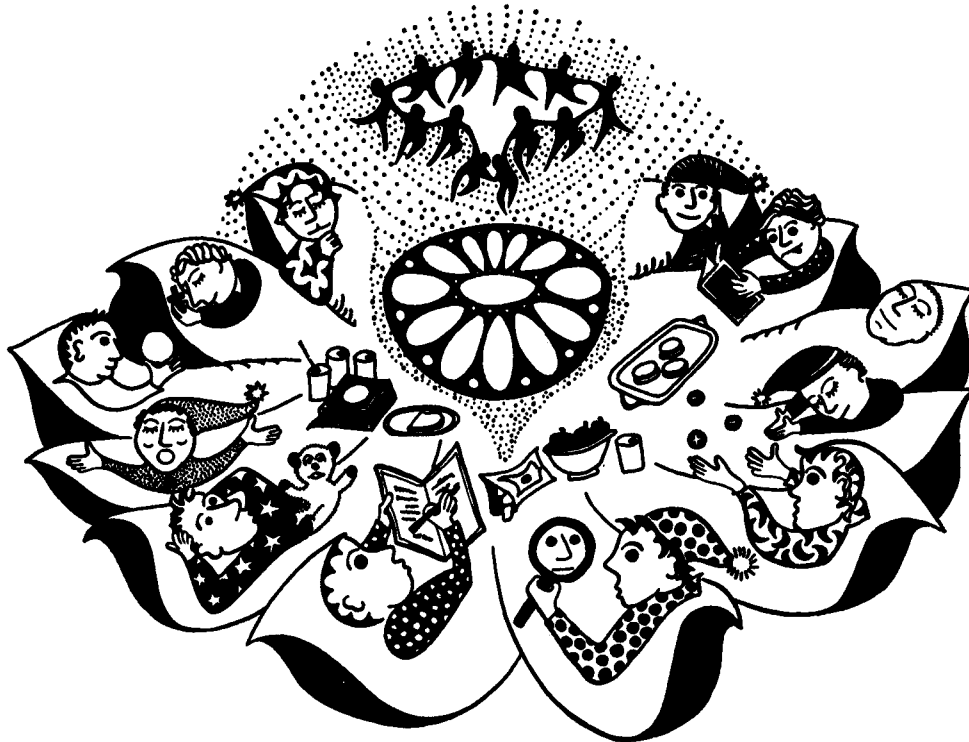


## Setting up the Dream Helper Ceremony



### Read Aloud:

Tonight, before we close for the evening, we will set up the “Dream Helper Ceremony.” This ceremony is a powerful way for a group to use their dreams to help a person in distress. It is the origin of the Intuitive Heart Discovery Process, a ceremony that came about through the dreams of several folks applying the Edgar Cayce principles.

In this ceremony, a group dedicates their dreams to a single person, someone in need. The group donates their dreams to help this person with a problem, although at the time, the group doesn’t know the nature of the issue confronting the person who is the focus of the group’s dreams. At the time

they dream, the issue is a secret. Only later, when the dreams are shared, does the focus person reveal the nature of the issue. The Dream Helper Ceremony not only helps that focus person, but also helps the group members, the dream helpers, by showing that they do have the power of dream telepathy. It helps the group cooperate and learn about something important that they can share. By volunteering to be the focus of the group's dreams, the volunteer both gets help and also helps the group by making this process of discovery possible. The volunteer becomes the group's teacher, showing the folks what they are capable of when sufficiently motivated.

A potential focus person is someone who is struggling with a life issue, such as an emotional entanglement at work, a conflict in the marriage, a difficult decision about a career change. It should not be a "hypothetical" situation, such as "will interest rates be going up?" Nor should it be a remote question, something that is not now immediately impinging upon the person, such as "will my daughter ever get married?" Rather it should be a question concerning something directly upsetting to the person, something causing actual discomfort, about which they could act, such as "how can I make peace with my job or leave it?" Questions concerning other people should be focused on the person's own role in the situation. For example, rather than ask, "Why does my husband reject any involvement in my spiritual activities?" Try asking, "How can I make it easier for my husband to join me in my spiritual activities?" The point is to focus on an immediate, tangible issue directly confronting you, something which will motivate the dreams of the helpers to come up with a solution.

We need two or three volunteers for next tonight. We'll then choose the one person to dream for based upon synchronicity -- the luck of the draw.

Please do consider the possibility that you would appreciate and benefit from the group's dream help in this way. You will also be doing the group a service by providing

a motivating focus to stimulate their telepathic dream healing power.

(Note: More information about The Dream Helper Ceremony may be given online at Supplemental Resources.)

Who wants to be the focus person for our dreams this week? Does anyone have any questions about the dream helper ceremony before we select the focus person?

**Discuss:**

Questions concerning the process.

**Do It!**

=====

**Read Aloud:**

We will experiment with healing dreams. Our dreams can be a major source of guidance for ourselves and others. We will select by lottery a "Focus Person" among those who volunteer tonight to be helped by The Dream Helper Ceremony.

The "Focus Person" - and their question or problem they are secretly concentrating upon - will be the subject of everybody's dreams tonight. During the week, we'll work with our dream for that person, preparing our work for the next meeting.

**Read Aloud:**

**Step One:  
Choosing a Focus Person to Dream For**

Those who would like to be selected as the focus person will place their name in a container for a lottery draw.

A potential focus person is someone who is struggling with a life issue, such as an emotional entanglement at work,

a conflict in the marriage, a difficult decision about a career change. It should not be a “hypothetical” situation, such as “will interest rates be going up?” Nor should it be a remote question, something that is not now immediately impinging upon the person, such as “will my daughter ever get married?” Rather it should be a question concerning something directly upsetting to the person, something causing actual discomfort, about which they could act, such as “how can I make peace with my job or leave it?” Questions concerning other people should be focused on the person’s own role in the situation. For example, rather than ask, “Why does my husband reject any involvement in my spiritual activities?” Try asking, “How can I make it easier for my husband to join me in my spiritual activities?” The point is to focus on an immediate, tangible issue directly confronting you, something which will motivate the dreams of the helpers to come up with a solution.

**Step Two:  
Collecting Volunteers**

Pass the container around the room, and those who wish to volunteer to be the focus person place their name in the hat.

**Do It!**

=====

**Read Aloud:**

**Step Three:  
Drawing a Name**

Have someone read the following prayer so that Spirit may guide us in the selection of the Focus Person. After the prayer is read, someone who does not have their name in the container may draw out one name, the person who will be the Focus Person.

Prayer:

“May the person who could best be helped by this dream helper process, by those gathered here at this time, be the one whose name is chosen. May this process be guided by love and caring.”

**Do It!**

=====

**Read Aloud:**

**Step Four:  
Reviewing The Plan**

1) Tonight is the night for dreaming and we will all record all our dreams that we remember. Generally speaking, the first dream we recall should be considered the one for the focus person. Don't expect that the focus person will appear in your dream. Accept tonight's dream as the one being for the focus person.

2) Focus person: Tonight, write out a couple of sentences along the lines of "I want help about... because..." That brief statement will set the focus for our dreaming, and you will read that statement to the group the next time we meet, after we have processed our dreams for you. It would also be good for you to do some journalling before you go to bed tonight, to activate the thoughts, feelings, and memories regarding your issue. The more clarity you have about what kind of help you need, why, and how it will be beneficial to have the issue resolved, the better our dreams will be. Need to know is what produces the best guidance.

3) Everybody, bring a written copy of your dream and any dreamwork results to give to the focus person next week.

4) Sometime during the week, you may interpret your dream by completing the "Dream Symbol Substitution

Method” given later in this chapter. If you do so, bring your work with you to the next meeting.

5) The group can decide, based upon their own inner guidance, how to handle any question of procedure for this ceremony. At the end of the material for this week are “To Do” lists for both the focus person and the rest of the group, the dream “helpers.”

=====

6) To prepare for our closing ceremony, the focus person now writes out their signature on several pieces of paper, enough for each dream helper in the group.

**Do It !**

=====

**Read Aloud:**

**Step Five:  
Bonding the Intent**

The facilitator will call for a minute of silence. The group will hold hands in a circle. Then the focus person will lead the group in a brief closing meditation (script given below for that purpose, or invent similar).

After the brief mediation, the focus person will approach each group member individually to present the written autograph. At the moment of receiving the autograph from the focus person, the dream helper will say, “I promise, [name of focus person], to remember a dream for you tonight.”

**Do It!**

Script for Closing Meditation:

“Focus on the natural flow of your breathing... Let the breathing be natural... allow yourself to feel gratitude for the gift of breath ... thankful for the breathing... Let this feeling of gratitude bring love to life in your heart ... Let us share in this love... let us be thankful for this love connection among us... Thank you. ... And I thank you personally for dreaming for me tonight. Thank you. Amen.

Release the circle of hands.

The focus person hands out autographs and in exchange for each autograph, the dream helper pledges, “[Name of focus person] I promise to remember a dream for you tonight.”

**Do It!**

## **THE END**

What follows below are

- 1) To Do list for Focus Person
- 2) To Do list for Dream Helpers
- 3) Inspired Heart Script
- 4) When Hearts are Joined Script
- 5) Advanced work with Heart Awareness
- 6) Worksheets for Optional dream interpretation

=====

### **To Do List Instructions for the Focus Person**

1. Before going to bed put your “dream petition” under your pillow.
2. Spend a few minutes thinking about your concern.
3. Say a brief prayer asking that you will have a dream and that the dream helpers will be guided in their

dreams to experience what would be helpful and healing for both yourself and the dreamer.

4. Before dropping off to sleep, repeat to yourself, "I will remember my dream."
5. Place a pad and pencil by your bed.
6. As soon as you awake, don't get up quickly, but lay there and try to remember your dream.
7. Write out your dream. You may want to write it twice to see if you remember more details.
8. Write out what you think your dream is telling you about your concern.
9. If you have time, work with the "Dream Symbol Substitution Method" to see if you can get some more insights about your dream.

### **To Do List Dream Helpers Instructions**

1. Before bed, read "Dream Recall Hints" on page 219. Then spend a few moments in silent prayer or meditation for the Focus Person..
2. Imagine yourself making a heart connection with the Focus Person.
3. Ask that your dream will help the Focus Person with their problem or concern.
4. Place your signature paper underneath your pillow.
5. Place a pad and pencil by your bed.
6. Visualize and practice: Pretend you just woke up, you remembered a dream, lie still and at the same time, see if you can reach over to your pad and pencil, grab it and write down your dream.
7. Before dropping off to sleep, repeat to yourself, "I will remember my dream."
8. As soon as you awake, don't get up quickly, but lay there and try to remember your dream.
9. If you wake up in the middle of the night to go to the bathroom, pause before you get up, you may



remember a dream. If you do, before you get out of bed to go to the bathroom, tell the dream to yourself in words. You'll be able to remember it afterwards. When you return from the bathroom, write down briefly something about the dream.

10. You can roll over into a different position, and you may remember a dream in that position.
11. Write out your dream. You may want to write it twice to see if you remember any more details.
12. Write out what you think your dream is telling you about a current concern you have.
13. The first dream we recall should be considered the one for the focus person.
14. Don't expect that the Focus Person will appear in your dream.
15. Bring a copy of your dream to give to the Focus Person.
16. If by chance you don't remember a dream, take your pencil and paper and do stream of consciousness writing.
17. Alternatively, you may re-establish the heart connection with the Focus Person and ask for a memory to come to mind that will prove helpful to the Focus Person, as you learned in the first week's training.
18. If you have time and care to, use the "Dream Symbol Substitution Method" to reveal some of the symbolic meaning in your dream. A worksheet for this process is given at the end of this session notes. You can also view a video version of these instructions at <http://www.youtube.com/watch?v=3WM1rs3hP7Q>

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## Exploration Two Sharing Dreams

### The Healing Dream Circle

#### Here's What Happens:

- Meditation - The Inspired Heart Meditation
- Sharing - Stories of Intuition and Attempts to remember dreams
- Training Exercise - The "Healing Dream Circle" Intuitive Heart Discovery Process
- Experiment for the Week - Learning To Note Subliminal imaginal responses

#### What We'll Learn:

- Be able to discern common themes in a collection of dreams
- Be able to express a variety of verbal approximations to perceived dream themes
- Be able to work backwards from dream themes to life situations
- Be able to see meaning in dream from both external and internal point of view.

**1.  
Meditation**

Play the guided meditation entitled “The Inspired Heart.”

**Do It!**

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**2.  
Sharing**

**Read Aloud:**

This week the sharing and the training activity will be combined in the Dream Healing Circle, sharing dreams in response to trying to help the focus person.

Begin this process by discussing what it was like to attempt to dream for someone.

**Discuss:**

- What was it like to try to have a dream for someone?
- How many had dream recall?
- Were there any special or unusual experiences?
- Did the focus person feel the group focusing on them this past week?

**Do It!**

=====

### 3. Training Activity

#### The Dream Healing Circle

##### Read Aloud:

In the Dream Healing Circle you will see how your ordinary appearing dreams do in fact tune in to the person in need. In this process, the focus person remains silent with a poker face, speaking only at the times mentioned in the instructions. It is very important to this process that the focus person NOT engage in the dream processing until specifically instructed to do so.

##### Step One:

Each person tell his or her dream. No analysis or commentary. Simply tell the dream. Get all the dreams out, as quickly as possible, so that everyone can have an impression of the collection of dream material. The focus person will tell their dream too, going last.

The group as a whole, and especially the focus person, should take brief notes on the dreams, in terms of significant points. There should be no discussion of the dream material yet. The group will use the notes to brainstorm patterns in the dreams in Step Two. The focus person will use their notes to respond to the dream helpers later in Step Five of the session.

##### Do it!

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##### Read Aloud:

##### Step Two:

Discover common elements and recurring themes and

patterns in the dreams. Have someone keep a list as the group reviews the dreams in search of commonalities.

Recurring patterns may be images (animals, round things) or symbols, narrative themes (running, moving, changing), or any other aspect of the dreams in which you can note similarities. Usually, the most significant patterns has to do with the narrative themes, as the following example will show.

As an example, here is a complex pattern from two very different dreams. As you hear them, see if you can recognize the patterns common to both:

In dream one, someone is sitting at a red light at an intersection, and then the light goes green. The person begins to enter the intersection when, off to their right they see another car crossing into the intersection at high speed. The person holds steady, then enters the intersection when it is safe to do so.

In dream two, someone gets up from watching TV to go into the kitchen to make a cup of coffee. The person reaches into the refrigerator for the cream, they are about to pour some into their coffee, but they discover that the cream has soured! They find a fresh carton of cream, pour it into the coffee, then return to the TV as their show resumes.

**Discuss:**

What is the common pattern in these two sample dreams? Take turns putting it into words. Each different formulation sheds a different light on the dreams. Let everyone share their version.

It is easier to see the common pattern than it is to describe that pattern in words. That is why it is important for everyone to contribute various ways of

describing in words the common patterns. The more varied the descriptions, the more likely to express something that will trigger an insight within the focus person.

**Do it!**

=====

**Read Aloud:**

It is important to distinguish between DESCRIPTION and PRESCRIPTION when brainstorming these patterns. Descriptive commonalities is what we look for first.

Here is a statement of a common pattern, a statement that is purely descriptive of what happens: "Something unexpected counters the assumptions and anticipations of a person as they are about to initiate a habitual action."

Later in the process, we will look for patterns that are prescriptive.

Here is an example: "It is important to be attentive, and be prepared to make a quick adjustment to your habitual response in order to avoid something unpleasant from happening."

Now, having had this warmup practice, it is time to brainstorm common patterns in the helper dreams.

**Do It!**

=====

**Read Aloud:**

**Step Three:**

On the basis of the repeating patterns found in the dreams, have the group brainstorm a hypothesis about

the focus person. The hypothesis should contain three parts. Let's deal with the first part first:

1. What issue is being dealt with? For example, a relationship, a career conflict, health problem, etc. Be more specific. For example, if you think it is a relationship issue, exactly what kind of relationship problem is being dealt with?

Be patient with this process. It calls for the group's intuition to be able to perceive the patterns in the dreams and be able to verbalize these subtle recognitions. Another reason for being patient is that this stage is the last time the group will be able to contemplate the focal person's question in all innocence. Once the focus person reveals the question, perceptions of the dream will quickly be affected. During the brainstorming of common patterns and discussion of the three-part hypothesis, the focus person should remain silent with a "poker face." If it is not possible for the focus person to remain subdued, then that person should turn their chair around, facing away from the group.

When developing the hypotheses, it is good to be specific. If, for example, the group believes that the area of life is "relationship," then go deeper, by asking, "what kind of relationship issue?" Try to be as specific as possible. The more discussion, the more material for the focus person to process, the greater chance of important insights.

**Discuss:**

What kind of issue facing the focus person is suggested by the common patterns in the dreams?

**Do It!**

=====

**Read Aloud:**

2. What is the diagnosis as to underlying cause? For example, the relationship problem is caused by conflicts in ideals, underlying jealousy, etc.

This second part of the hypothesis concerns the determining the cause of the problem. Why hasn't the focus person been able to resolve this issue? What is the underlying problem that makes the focus person's issue difficult for them to resolve?

Explore common patterns in the dreams as you develop this second part of the group's hypothesis about the focus person.

**Do It!**

=====

**Read Aloud:**

3. What is the prescribed remedy? For example, more time spent on communication is indicated.

In this third part of our hypothesis formulation work, we now move from description to prescription. Perhaps by looking at the most creative and positive aspects of the dreams, as well as common patterns, we may be able to formulate some tentative prescriptive statements about what the focus person could do, or should do, to resolve the issue.

**Do It!**

=====

**Read Aloud:**

Have someone in the group (not the focus person!) attempt to review and summarize the three parts of the



group's hypothesis for the focus person. Others in the group may help out, revise, or add to this review and summarization.

**Do It!**

=====

**Read Aloud:**

It may be a good time to take a break, and when the group returns, move on to Step Four, which will ask the focus person to reveal all and provide feedback.

Before breaking, ask the focus person this question: "Has it been an interesting and meaningful experience for you to listen in to our group's conversation about the dreams?"

Usually the focus person breaks out with an exclamation, not being able to talk before! Just get a sentence or two from the focus person, then break.

**Do It!**

=====

**Read Aloud:**

**Step Four:**

Now that the group has settled on its three-part hypothesis, it is time for the focus person to reveal the issue they were seeking help about. The focus person reads the statement of the problem that was written the week before. They can explain a bit about their concern, question, or problem for which they are seeking guidance from the Dream Helper Ceremony.

**Do It!**

=====

**Read Aloud:**

**Step Five:**

The focus person will respond to each dream, noting aspects of the dream that are recognizable or applicable to some aspect of the focus person's life. The dream may relate to the stated concern or some other aspect of the focus person's life.

**Do It!**

=====

**Read Aloud:**

**Step Six:**

After hearing the focus person's concern, it is tempting to put the dreams aside and begin to give the focus person advice on how to "fix" the problem, now that we know what the problem is. Instead, keep the focus on what the dreams may have to say. The value of these dreams has barely been explored so far.

**Discuss:**

What is the relationship between the focus person's statement and the group's original hypothesis?

Does the group's hypothesis give a different slant on the focus person's concern?

How do the themes common in the dreams point to something concerning the focus person's problem?

**Do It!**

=====

**Read Aloud:**

**Step Seven:**

We are going to do some fresh dreamwork to open our dreams for what they have to tell us personally. To begin, if you had more than one dream, then choose that one dream that you feel most closely connects with the focus person's issue.

Write out a couple of different titles for that dream. Polish these titles to come up with one best title that describes what happens in your dream. Not a commentary on the dream, but a short description of what happens in the dream, including a verb word, to express action!

**Do It!**

=====

**Read Aloud:**

Everyone, close your eyes and relax.

"Imagine looking into a mirror and see yourself reflected. Make a heart connection with yourself, so that you see yourself with compassionate empathy.

Now pretend to see your dream title flash across the mirror. Ask 'What does this dream title say about me?' Answer that question silently."

**Do It!**

=====

**Read Aloud:**

Everyone, open their eyes. Now go around the group, and let each person answer this question: "What am I learning about myself from this dream that may be

helpful to the focus person?" Each person should give a personal statement, a statement about themselves, not the focus person, as in, "What am I learning about myself from my dream...?"

**Do It!**

=====

**Read Aloud:**

After each person reads aloud their interpreted dream, then check with the focus person: Does my analysis of my dream give you any more clues about the possible relevance of this dream for you?

Can the dreamer relate personally to the focus person's concern? Does the dreamer have anything to share from his or her own life that touches upon the focus person's focus?

Read what you wrote in the final part of the Dream Symbol Substitution exercise. Does this reworking of the dream suggest any connections between the dream helper and the focus person?

**Do It!**

=====

**Step Seven:**

Dream Helpers may want to share what they have learned from the dreams for themselves. Note if there was some central lesson applicable to all.

**Step Eight:**

Dreamers provide a copy of your dream to the focus person.

=====

#### 4. Evaluation of Learning Objectives

##### **Read Aloud:**

Let's review our learning objectives and see how well we met them.

Here's some questions asking each of us for our response. We'll read one question, then go around the group and hear our responses:

- Were you able to recall a dream?
- Were you able to see common themes among the collection of dreams?
- After the focus person provided feedback, were you able to see how your dream might relate to the concern of the focus person?
- Were you able to see how your dream also pertained to you?

##### **Do it!**

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## The Dream Symbol Substitution Method

What follows is a way of interpreting your dream. It is a process where you re-write your dream based upon your knowledge of what the various symbols in the dream mean to you. You may find a video version of this process at <http://www.youtube.com/watch?v=3WM1rs3hP7Q>

This method will be particularly helpful in the Dream Helper Ceremony because, even though your dream is intended for someone else, it employs symbology from your own life. This method will help make that symbology more transparent, both to you and for the benefit of the focus person.

### Step One:

The first step is to take the dream that you have designated as being for the focus person and write out a brief version of that dream specifically for this exercise. A 50 word version, focusing on the major points and leaving out the minor details would be perfect. Write it in the present tense. Use simple sentences like this. After you have done that, then proceed to Step Two.

### Example Dream:

*"I walk past my friend's house and see a cat up in a tree. I look the cat in the eye and it winks at me. I wink back and walk on."*

NOW YOU WRITE

### A Brief Version of My Dream

### **Step Two:**

List the main symbols in the dream; that is, the important nouns and verbs (together with their modifiers, if you like) in the dream.

### **Example:**

*Nouns:*

*house, my friend's house, cat, cat up in a tree, tree, eye*

*Verbs:*

*walk, walk past, see, look, wink, walk on.*

**NOW YOU WRITE**

### **The Symbols (the nouns and verbs) In My Dream**

### **Step Three:**

Modify your dream text by inserting the following phrases as noted below:

After the noun symbols, add the ending phrase (or suffix), "part of myself," to suggest that the symbol reflects something about you.

Example: ... *the cat part of myself*

In front of verb symbols, add the beginning phrase (or prefix), "I have myself," to suggest that any action reflects some expression of yourself.

*Example: I have myself walk ...*

*"I (have myself) walk past my friend's house (part of myself) and I (have myself) see a cat (part of myself) up in a tree (part of myself). I (have myself) look the cat (part of myself) in the eye (part of myself) and (I have) it winks at me (part of myself). I (have myself) wink back and I (have myself) walk on."*

**NOW YOU WRITE**

**My Dream with Modifiers Added**

#### **Step Four:**

For each symbol you listed, write down your own definition of what that symbol means to you. Try to state your definition in a brief phrase.

#### **Example:**

*\* House: A place to live.*

*\* My friend's house: A place where someone I like lives.*

*\* Cat: Self-sufficient instinct.*



- \* *Cat up in a tree: Self-sufficient instinct making itself comfortable, safe and observant.*
- \* *Tree: Natural growth.*
- \* *Eye: The focus of seeing and knowing.*
- \* *Walk: Natural, self-propelled motion.*
- \* *Walk past: Natural motion in relation to environment.*
- \* *See: Become aware of*
- \* *Look: Concentrate for further awareness.*
- \* *Wink: Creating awareness of the channel of communication.*
- \* *Wink back: Confirming awareness of the channel of communication.*
- \* *Walk on: natural motion continues.*

NOW YOU WRITE

### **The Personal Meaning of the Symbols in My Dream**

#### **Step Five:**

Now that you have defined your symbols, substitute your definitions for the original symbols that make up your dream story to achieve a rough “translation” of the dream into your own terms. As you rewrite the dream using these substitutions, be sure to include the special phrases (part of myself & I have myself) that you added in Step Three.

As you make these substitutions, your dream text will become very confusing. That is to be expected. It is just like when you turn a sweater inside out: it is twisted for a moment, and out of shape, but then, afterwards, with a little smoothing, it clearly reveals its inner shape.

Just do it in a mechanical sort of way, copying your dream as you wrote it in Step Three, but substituting your definitions for the symbol words.

**Example:**

*“(I have myself) in self-propelled, natural motion in relation to the environment, in relation to a place where someone I like lives (part of myself) and (I have myself) become aware of a self-sufficient instinct (part of myself) making itself comfortable, safe and observant in the natural growth (part of myself). (I have myself) concentrate for further awareness at the self-sufficient instinct (part of myself) in the focus of awareness and knowing (part of myself). (I have) the self-sufficient instinct (part of myself) create awareness of the channel of communication with the me (part of myself). (I have myself) confirm awareness of the channel of communication. (I have myself) continuing in natural motion.”*

**NOW YOU WRITE**

**A Rough Translation of My Dream with My Personal Definitions Substituted for the Symbols**

### **Step Six:**

Edit and modify your translation to make it read smoothly or to help it make more sense. As you smooth out the text of your dream translation, make any changes you like in the symbol definitions.

Hint: In rewriting your dream, you are changing its form. It is changing from a story to something that is more like a psychological statement that describes something about you and your situation.

To create smoother sentences, sometimes you have to relocate the phrases, "I have myself" and "part of myself" away from the verbs and nouns to which they refer to put them in spots that make more sense. For example, the dream, "I see a dog run" first becomes "I have myself become aware of the man's best friend part of myself I have myself moving fast." Moving the second "I have myself" makes it easier to understand: "I have myself become aware of having my man's best friend part of myself moving fast."

### **Example:**

*I have myself in natural self-propelled motion in relation to my environment and to a place where a someone-who-I-like part of myself lives. I have myself become aware of a self-sufficient instinct part of myself that is making itself comfortable, safe and observant within a position of natural growth. I have myself concentrate for further awareness of this self-sufficient instinct in the part of myself that is the focus of seeing and knowing. I have the self-sufficient instinct part of myself create awareness of a channel of communication and I confirm awareness of this channel and have myself in natural motion continuing.*

**NOW YOU WRITE**

## **A Smoother Translation of My Dream**

### **Step Seven:**

Smoother still, editing and polishing to help what is becoming evident become more and more clear.

### **Example:**

*As I experience the world in a natural flow of movement, I become aware of someone within me who is instinctively self-sufficient, someone who feels quite comfortable, safe and observant. I like its feeling of natural growth. As I attune to this consciousness, this way of seeing and knowing the world, I feel its awareness within me, and its accepting me, and I continue in a natural flow of movement.*

**NOW YOU WRITE**

**An Even Smoother Translation of My Dream**



## Hints for Processing the Group's Helper Dreams

- 0 Sometimes it helps to have someone designated as facilitator to keep things on track, loosely.
- 1 Everyone tell his or her dream(s), focus person going last. (Note: The focus person should make some brief notes about the dreams for later response in step 4. Other group members may make notes to keep track of the dreams and the comments in what follows.)
- 2 Group searches for repeating patterns in the dreams. Patterns may be images (water), feelings (fear), characters (unhappy children), situations (someone running from someone), or more abstract themes (feeling blocked by contradictions). Most important patterns are not the symbols, but the emotional patterns of dramatic tension in the dreams.
- 3 Group uses the repeated patterns they found to form a hypothesis. The hypothesis contains three parts:
  - 1) What issue is being dealt with? For example, a relationship, a career conflict, health problem, etc. Exactly what kind of ... issue?
  - 2) What is the diagnosis as to underlying cause? For example, the relationship problem is caused by conflicts in ideals, underlying jealousy, etc.
  - 3) What is the prescribed remedy? For example, more time spent on communication is indicated.
- 4 After the group has decided and clearly stated a hypothesis to the focus person, then the focus person reveals the area of concern being focused on and respond to the dreams and discussion.
  - 1) Focus person reads request written from night before.
  - 2) Focus person notes which dream segments accurately reflected areas of his or her life.
  - 3) Focus person responds to the group hypothesis in terms of its apparent accuracy or value.
- 5 After focus person responds, group refrains from giving advice, but restricts comments to further dream processing. Group brainstorms, for example, how various dream segments and/or repeated patterns might relate to focus person's area of concern in ways overlooked by focus person.
- 6 Group members process their dreams for personal meaning and share with group insights about how their dreams reflect truths in their own lives. (Simple method: Title your dream. What does the title of the dream say about you? What do you learn from yourself about your dream that might be helpful to the focus person and his/her concern?)



**My Dream for** \_\_\_\_\_





# Common Dream Patterns