

# Dreams and the Dreaming Process

*'A dream which is not interpreted is like a letter which is not read'* Talmud

Welcome to a morning to explore and share dreams. We all dream every night and have dreams of varying intensity and meaning. In this collaborative evening we will share our dreams, explore different approaches to understanding why Jung and Freud called dreams the royal road to the unconscious. The Greeks turned to dreams for divination, and Mindell the founder of Process Work found that dreams reflect our body symptoms and dreaming process wishing to unfold.

In addition to night dreams, we will explore other aspects of our dreaming – day dreams, synchronicities and other ways the dreaming world can call upon us.

We will explore how our body symptoms relate to the deeper dreaming emerging through what Mindell called our Dreambody. The dreambody affects us in the daytime as well as in night dreams and we will explore where the dream is in the moment.

*The dream shows the inner truth and reality of the patient as it really is: not as I conjecture it to be, and not as he would like it to be, but as it is.*” CG Jung, Memories, Dreams, Reflections.

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