

Tending Your Dreams with SoulCollage®: Teleclass 11.25.13

Journaling Your Dream Collage (These questions are only a guide. Answer any or all of them, if you find them helpful. If you prefer, use your dream journal to write your answers):

Name of Collage:

Date:

1. Initial Description:

2. What is the core sense or energy of the collage?

3. What story does the collage tell?

4. What is its emotion or mood?

5. If the collage, or a figure in the collage were to speak to you, what would it say?

6. How is this collage an emanation from your dream?

7. How does this collage deepen your relationship to your dream?

8. Is there a quote or a part of a song that distills the message of the dream?

9. Is there an aspect of the collage that stands out or “speaks” more loudly to you? If so, this might be an indicator for the development of your next card in this dream sequence.

10. Poem/Word Collage: After you have completed Journaling, underline the words or phrases that jump out at you, and from these, write a short poem, or what we might call a “Word Collage.” This poem will help you capture the essence of your collage.