

Tending Your Dreams with SoulCollage® - Teleclass 11.25.13

Dream Tending Exercise:

I. Using the present tense, write down your dream in its entirety.

****Sometimes all you remember is a single bare detail. Or you may have the sense of a feeling with no detail connected to it, although the feeling itself is palpable and can inform our day. This, too, is fine.**

Now, re-read what you wrote and **underline the dream image or scene** that is most compelling **in this moment**, perhaps without knowing why.

The remainder of this exercise will focus on the image that you have chosen:

****Attend to only the primary image or feeling, conveying the particularity of that image or feeling. Don't worry about WHY. Do not analyze or try to interpret the images. Be curious about the dream, let your intuition guide you, , and remain descriptive in your answers.**

II. In your journal, answer the following questions in the present tense:

1. What image is here **now**? Who, or what part of the dream holds the most energy for you right now? Share this in as much detail as possible.

If relevant, include: **physical setting; mood/flavor/affect; character(s); specific actions**

2. Describe the particularity of this image, focusing on its **unique quality**. Use your senses of hearing, smelling, and touching to experience the image as an embodied presence.

Pay attention to the **feeling(s)** the image evokes and its **distinct attributes**, such as: **size, weight; colors; shapes, markings, textures; body language—gestures, and facial expressions; quality of light/dark, time of day; sounds or lack of sound.**

3. How do you **FEEL** about this image?

4. Come up with 3 - 5 descriptive words about your image/dream (this will help to amplify the intention of the image).

5. In some way, this image will speak to you—through a sound or words or a song; in a gesture or a dance; or perhaps in another image. What does this particular dream image seem to WANT from you? What message does it have for you?

III. Now go to your collage images and find the images for your dream SoulCollage® card. In the manner of a dream, these images will come forth and “choose” you.

****Your dream image itself and your answers to the questions will guide this choice.** The collage process will take you further into the dream's energy and intention, and you will engage with whomever is visiting from the depths of your psyche.