

Help one another on your journey to health, happiness, and wholeness
Share your dreams . . .

You've heard the saying, "Two heads are better than one." Well, it usually applies when it comes to understanding dreams. That's because most people have a blind spot when it comes to their own relationships and life decisions. And, when it comes to dreams, that blind spot can get a lot bigger.

Choosing A Dream Partner

Choose a partner who will act as a midwife to the birth of a new insight. Your dream partner's role will be to participate in a variety of dreamwork exercises (at times, playfully), and to ask questions that will help you *link* your dream story to your waking life. Your partner should avoid interpreting the dream that you have created since you have unique associations to the images that arise from a very personal history.

Even though you may initially be baffled, trust that, on a deeper level, you know the meaning of your dream. After all, your Dreaming Consciousness has selected the characters, images, and settings that will best communicate deeper truths to your Waking Consciousness.

Dreams really do reveal a lot; therefore, it is equally important to choose a dream partner who can keep confidential conversations private. If all the people you know are just too chatty, try dream sharing through an e-mail conversation with a Dream Wisdom Coach.

Preparing for Dream Sharing

The coming day calls
with a joyful voice,
"Come, I have wonderful things to show you . . ."
The happiest of days are those that bring forth the fruits of loving wisdom . . .
We seek guidance and inspiration
so that our dream sharing today
will bring dream wisdom
to inspire a life of love
a life of action,
a life of sincere seeking,
and a life of joy . . .

What should you bring to the first dream-sharing session? Bring your daily journal and your most recent dream recording—sketches and all. Take along courage, openness, and a playful sense of exploration. When you record your dream, leave a left-hand margin for recording summaries of the settings and themes. For example: *Singapore* - Catching a dolphin; *On stage* - Winning \$25,000; *Dark highway* - Losing my belongings. Leave a right-hand margin for recording your feelings, associations, and sketches. Then, give your dream a dramatic newspaper heading or title.

Dreamwork

- [Top Ten Dreamwork Techniques](#) — "Your Guide to Happiness, Wisdom, and Purpose"
- [What Did You Dream Last Night?](#) — "Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind's Answers Tomorrow"
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys

Focus on Partner A

1. After lighting a candle and sharing a minute of silence, Partners A *and* B review recent and upcoming events, concerns, and feelings—Generally, each partner shares for five minutes, otherwise, the focus may drift away from dreams.

Partners A and B summarize recent and upcoming events, issues, and feelings

2. Partner A reviews her Day Notes and shares the highlights of the previous day.

My Main Satisfaction _____

My Main Frustration _____

My Main Desire _____

3. If Partner A incubated a question or concern last night, she records it below.

?? ? DREAM INCUBATION QUESTION ?? ?

4. Both partners complete a short relaxation exercise with eyes closed. Make a fist and stretch the arms above the head—HOLD, release and deep breathe. Stretch horizontally and toward the feet. Take seven deep breaths and visualize a color and a sound that inspire feelings of relaxation and alertness.

Next, imagine a beautiful scene from nature . . . Breathe deeply seven times. Take three stretches as before. (Music, with nature sounds, is a nice addition.)

5. Partner A reads her dream aloud. Then she shares sketches of her dream and the following: A dramatic dream title that includes an emotion, a key subject, and the main action the subject does: "Distraught Woman Searches for Lost Baby."

If you and your partner are unsure of how to get the most out of your dreams, then a Dream Wisdom Coach can guide you individually or as partners.