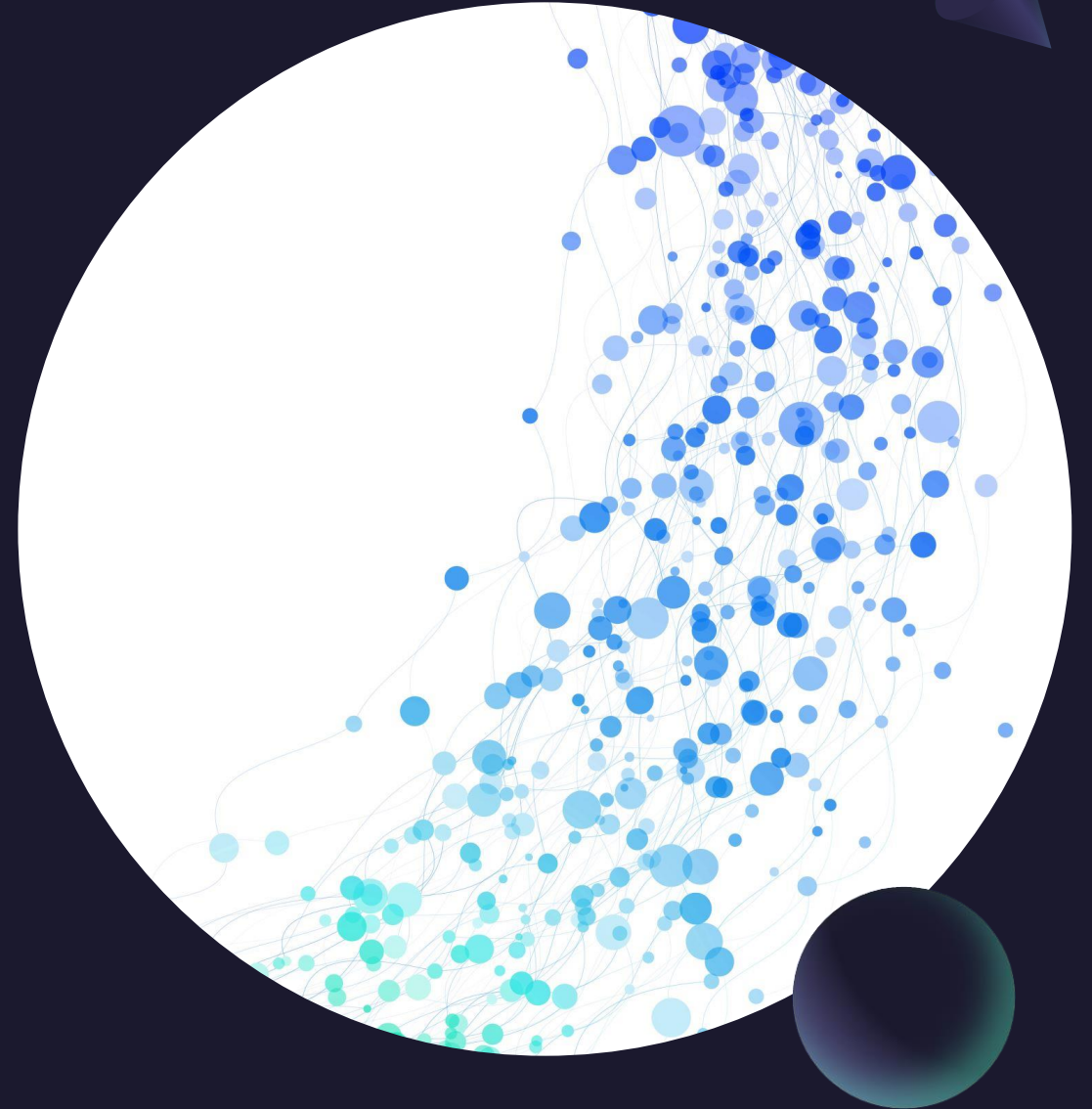
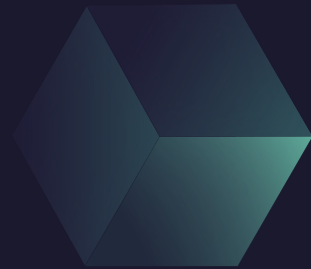


Month Three

Group Dream Work:
Personal Projection Method



Personal projective dreamwork: 'Aha!'



- The only reliable indicator of a dream's meaning is the dreamer's 'aha!'
- The 'aha!' is what happens when knowledge previously buried in the personal or collective unconscious is brought to awareness.
- This kind of sudden insight can be triggered by our own dreams, by another person's dream, by a story, a myth, a picture, a conversation...
- We can only ever have 'aha!' moments for ourselves, we can't force them on others.
- Two of the major figures in promoting this kind of group dreamwork were Montague Ullman and Jeremy Taylor.



Group Dreamwork

- 1: Open the space, set an intention and light a candle if appropriate.
- 2: If time allows, everyone in the group can check in or share a dream.
- 3: The group chooses a dream to work on together (or the dream can be pre-selected).
- 4: The dreamer reads their dream slowly and clearly in the present tense.
After a few moments of silence, they read the dream again.
- 5: The group asks clarifying questions to gain a fuller picture of the dream. Clarifying questions include ‘is it night or day?’ or ‘what colour is the flower?’ This can also help the dreamer to recall the dream more fully.
- 6: Taking turns, the group offers their projections and thoughts on the dream, using a formulation like ‘if it were my dream’ or ‘in my imagined version of the dream’. The dreamer listens and may take notes.
- 7: Finally, the dreamer offers feedback and shares if any insights arose.
- 8: Close the circle with a final word or thought from everyone.