



The Basic Dream Work Tool Kit

Adapted from Jeremy Taylor's 6 most basic hints for Dream work

See www.jeremytaylor.com

*** "All Dreams speak a universal language and come in the service of health and wholeness. "**

Even frightening dreams or nightmares may come to us in a negative form to grab our attention.

*** "Only the dreamer can say with any certainty what meanings his or her dream may have"**

This knowing usually comes in the "aha!" type of recognition. This is the only reliable touchstone of dream work.

*** "Each Dream comes with multiple meanings and layers of significance"**

*** "We will never dream anything that is not useful or needed"**

All dreams break new ground and invite you to new understanding and insight.

*** "When talking with others, it is both wise and polite to preface your remarks with words to the effect that "if it were my dream...and keep to this commentary in the first person as much as possible"**

This means that even relatively challenging and confrontive comments can be made in such a way that the dreamer may actually be able to hear and internalize them. It can become a profound psycho-spiritual discipline- "walking a mile in your neighbors moccasins"

*** In dream group work, participants should agree at the outset to maintain anonymity in all discussion of dream work.**