

Dream Group
Sunday, September 11
4:30 p.m.

New participants are always welcome!

What exactly takes place within these group meetings? Although the order may alter slightly, the flow of most classes goes something like this:

- Each person is invited to give a brief summary of a recent dream.
- The group selects and invites one person to describe his/her dream in greater detail.
- After the telling of the dream, other participants may ask clarifying questions about images and elements within the dream.
- Additionally, group members are invited to work with the images, feelings, and metaphors to help uncover hidden layers of meaning.
- If he or she chooses, the dreamer describes any new insight gained from this process. The dreamer always has the last word on the dream's meaning.