

Exploring our Dreams

INTRODUCTION

Dreamwork is now a well-established practice that can lead to insights into ourselves, our relationships, and our world. Participants in this weekend course will gain skills in working with their own dreams, assisting others in exploring their dreams, and seeing how dream-sharing can contribute to creating a community. They are asked to bring with them a dream from their past that was significant for them, and a recent dream they can recall, if possible. We will also look at the significance of dreams in a Bahá'í perspective, e.g. Dreams of or about the Central Figures, prophetic dreams, and spiritual dimensions of dreams such as love, death, sacrifice and rebirth.

CONTENT OF THE PROGRAM

Friday Evening

- Ethical issues in working with dreams – confidentiality and respecting the rights of the dream-sharer. A simple process for working with dreams exploring literal and figurative aspects of meaning using the “If this were my dream...” format. Sharing a few significant dreams from our past. Preparing to dream and record it...

Saturday

- Dreams of the Present: Sharing and working with recent dreams
- Dreamwork and spiritual development – recognising difficult truths about ourselves. How do we allow ourselves to grow?
- More dreamwork with recent dreams

- Community dreamwork – How dreams can be used in conflict resolution and the development of community. How do we become a community?
- Dreams of or about the Central Figures in the literature of the Bahá'í Faith; Prophetic dreams and their significance; The symbolism of the City of Certitude. Sharing of our own dreams on these themes. Preparing to dream our future.

Sunday

- Dreams of the Future: Sharing our most recent dreams
- More dreamwork with recent dreams
- Reflections and Consultation. What have we learned about using dreams to assist our spiritual development? What have we learned about the

use of dreams to create a sense of community? What do we think about our future? Saying thank-you and goodbye.

FEE

The fee for the forum is set to \$130 covering over night accommodation, meals and refreshments as well as course materials.

ENROLMENT

You can enroll in the program by completing the application overleaf or on line at <http://www.ybcl.org>.



Weekend Facilitator



The workshop will be facilitated by Dr John Davidson who has lectured and run workshops in dreaming for more than twenty years as well as publishing research on dreaming in Psychological journals.

John has been an academic at University of Tasmania, School of Psychology. He has worked in other areas of

psychology such as peace studies (focusing on values and decision making), parenting programs (especially Parent Effectiveness Training).

Currently he is retired, though he still conducts research and publication in these areas.



Exploring Our Dreams

3-5 September 2010

(You can enrol on line at <http://www.ybcl.org/>)



Surname: First Name: Date of Birth:

Current study/work:

Address:

State: Post Code: Tel: Home: Mobile:

E-mail:

Please tick your method of payment:

Cheque Money order Credit Card Course Fee : \$

Payable to: "Yerrinbool Bahá'í Centre of Learning"

Please debit my: Bankcard Mastercard Visa Card

Number: Expiry Date:

Name on the Card: Signature:

Please send the completed form to Programs Administrator: 27 Sierra Street, Yerrinbool, NSW 2575.

Tel: 02 48839462, Fax: 02 48839552, Mobile: 0411879028, E-mail: admin@ybcl.org,

Exploring our Dreams

3-5 September 2010



Yerrinbool College