

## **The dreamer's dream**

In these 2 hours I introduced 3 levels of my dream work:

The **dream – the dreamer – dreaming.**

**Dream:** that's what we usually work with. We remember bits and pieces from nocturnal stories, and enter into a Focusing process. That's very valid, although there is much more to the phenomena of dreaming. The dreams are the manifested outcome of an inner living process. Our wider consciousness is continuously 'on' while our daily consciousness is asleep.

**Dreamer:** we address this 'someone', 'something' creating the dreams. We can experience ourselves being in a dream or observing a dream, stepping back and forth even. In a Focusing exercise workshop participants met themselves as the dreamer observing the dream. The dreamer can change shapes, has no specific gender, and can talk to us. Surprising wisdom can appear like this quote from a participant: the dreamer said to the body "trust me, I am not against you".

**The dreaming** as the individual ongoing living process is what embraces and pervades us always during day time too. The workshop ended with an exercise feeling this presence, crossing moments between day and dream.

*Teresa Dawson*