



Saturday Workshop January 19th 2019 from 10am-4pm

Led by Dr. Mike Meredith

www.stress-counselling.co.uk/ADMIN/mikemeredith.htm

Suitable for Beginners or Improvers

Cost: £30

WHAT ARE YOUR DREAMS TRYING TO TELL YOU?

WHAT TREASURES OF SELF-KNOWLEDGE & INSPIRATION DO THEY HOLD?

DREAMS ARE YOUR GATEWAY TO INNER PEACE & KEEPING YOUR LIFE ON TRACK, SO...

How can your dreams help your sub-conscious to solve its struggles & dilemmas?

How can you tap into the phenomenal creativity and wisdom of your unconscious mind?

How can you transform dream-demons and terrors into self-empowering assets?

How can you improve the quality of your dreams?

How can you reduce disturbing dreams or florid over-dreaming?

These questions are our focus in this workshop plus we will be engaging in key exercises to develop your skills in dream processing and resolution...

It's time to **stop asking** desperate, fruitless questions like "What does this dream mean?" and instead start to engage directly, personally and scientifically via **DREAM-PROCESSING SKILLS** such as...

EMOTIONAL UNWRAPPING & EMOTIONAL TRANSFORMATION

PSYCHODRAMA APPROACHES to dream clarification & resolution

DREAM RE-ENTRY [to progress resolution]

VISIONARY JOURNEYING [dreams as launchpads] to **POWER ANIMALS & SPIRIT GUIDES**

CONFIDENTIALITY REQUIREMENT: dreams are very personal so everyone will be required to sign a confidentiality agreement to ensure safe sharing.

WHAT YOU NEED TO BRING: Your recent or recurrent dreams, a lying mat, notebook & pen, packed lunch. Wear comfortable clothing for gentle movement exercises.

BOOK YOUR PLACE!

Call 01223 712424 or Email adulted@sawstonvc.org or visit www.sawstonadulted.org