

Dreams 1 - Hand-out 2- Aizenstat- Bringing the image to life.

Class Exercise-

Break into groups.

Based on work by Dr. Stephen Aizenstat.

IF we are with a living image we need to be PRESENT

Engage the living image as an alive entity.

Exercise:

Get quiet inside.

Breathe or concentrate on a body sensation.

Why are you here- in this dream, this setting?

Initial impressions.

Find the place of desire, yearning and curiosity in the dream/

What dream brings you here?

Tell the dream chronologically.

Pay attention to the image.

Use every sense.

What does it look like?

Feel like?

Sound like?

Taste like?

Smell like?

Notice what is out of the ordinary or peculiar after the client tells the dream.

Go to the wound. What image is most intolerable, difficult disturbing.

Nurse the wound with patience and caring. Witness it. Be curious.

What is fascinating about the dream?

Find out-

What do you make of this image or quality?

What does this mean to you?

Was there anything like this in your childhood?

Is there any piece of this in your life now?

Any person, situation, or aspect of yourself?

Where in your body do you feel this?

What else opens for you?

What would you like to say to the image?

What does the image say to you?

What does the image want from you, or want you to know?

How do you respond to that?

What would you like to tell the image?

What does it tell you?

How do you respond?

When can you re-meet to carry on your conversation?

Now please take time to write your conversation out.

You may also enter this being into your dream dictionary, as you understand it better.