Dream Image-

Questions from Stephen Aizenstat on interviewing a dream image for Dream Tending.

Ask someone for a dream

Have them tell the dream

We’ll only focus on a character or two.

Ensure the living field is active- do this with attention and breath.

Bring the being into the room.

1) What dream brings you here?

2) Please tell the dream

3)Which of these images resonate with you, or feels most alive, or would you like to work on?

4) Has this dream come more than once?
5) When else did it visit?

6) What was going on in your life?

7) Have you met this character before?

8) Do they remind you of someone or something else?

9) What is this image about?

10)Let’s bring the character into the room more palatably.

Use 3 breaths to bring it in

Use Your senses to bring the character alive.

11) Where is the character in the room?

12) What does it look like?

13) Does it have a scent?
14) Does it know you are here?

15)How do you know it’s present?
16) How do you feel about it being present?

17) What does it sound like?

The Nucleus of the Dream Image- Attend to this aspect especially well.

18) What does it know?

19)What is it saying?

20) What do you say to it?

21) What does it want?

22) Why is it here?

23) What is it bringing?

Keep Your Dream Body Alive

24) What part of your body is affected by it?

25) What happens in your body when you feel this?

26) What feels different generally?

27) What feels different in you when it is active?

28) How would work, relationships, etc. be different if this---quality, image companioned you?

29) What can you give it back?