



PRESENTERS:



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With facilitator:
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Dream Messages: Starter Guide

1.) Write down what you can remember from your dream.

It may look like chicken scratch and make no sense. Words, images, feelings, characters.

2.) Ask yourself questions about the dream:

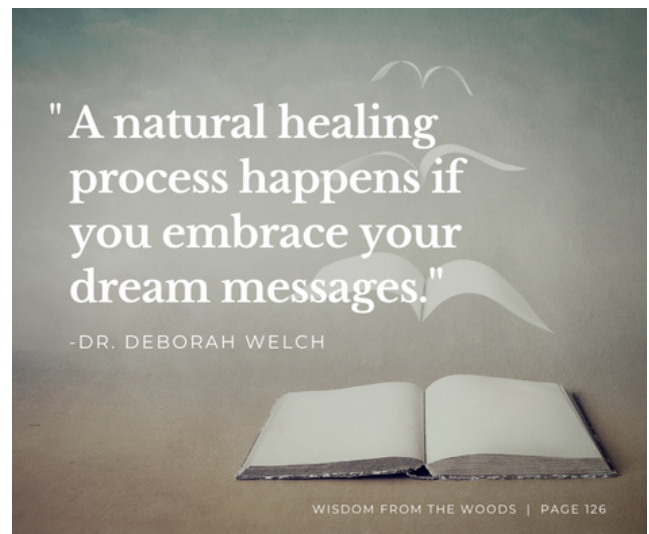
- What role was I playing in the dream?
- How was I feeling in the dream?
- How was the dream like waking life?
- What can I learn from this dream from a perspective of deeper wisdom?

3.) Don't attempt to analyze. Instead, let the metaphors and feelings speak to you.

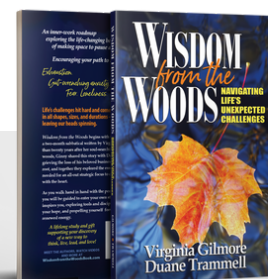
Have a dialogue between your Dreammaker and yourself.

4.) What could be the next step in your dream if you took it to waking life?

What insights does it give you about your transition?



For more information about Awakening Through Dreams, visit: www.wisdomfromthewoodsbook.com/dreamwork



Awakening Dreams

Step-by-Step Approach

Sound interesting? Here is a simple guide if you need a "step-by-step" approach.

By: *Duane Trammell*

How do you begin to receive insights from your dreams during times of transition or change?

1) Declare intention.

Tell yourself that you want to make better use of your dreams and gain insights. Before going to sleep, I have a short conversation with my subconscious/DreamMaker.

"I want to learn from my dreams." "I am open to listening to what my dreams suggest to me." "Help me remember my dreams." It sounds crazy, but when I am more intentional about WANTING to interact with my dreams, the more dreams I remember.

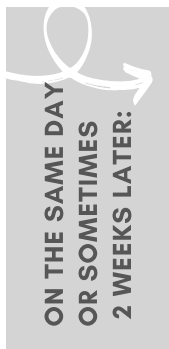
2) Find a way to take notes about key parts of your dreams.

So, here's the thing. For years I read and was advised to keep a pad beside the bed, and if I woke up in the night, take a few minutes to jot down what was in my dream. That doesn't work for me. For one, I am too sleepy. Two, if I start writing notes, I would be awake for a few hours. If this works for you, great! But I found a different way that works for me. I use the "NOTES" app on my iPhone to jot down a few bullet point reminders. And I do this when I wake up in the morning, not in the middle of the night. I am still in alpha brain waves and the notes look odd a few hours later, but it is a fast and quick way to capture without disturbing middle of the night sleep. I find that my dreams are only with me for five or ten minutes after I wake up, then they go into hiding again. So, for me, I am diligent about making these notes as soon as I open my eyes.

3) Transcribe and make sense of your first notes.

It may be a few days later, but I email those notes from my iPhone to myself, and put them in a chart/table that I created (see next page). I clean up the notes from the dream, putting in missing words and few more thoughts that may come.

The dream is now ready for reflection.



Start reflecting on the dream and filling in the chart.

I break the dream down into component parts—characters, settings, feelings, etc. Then I work across the chart to find meaning. The most fun part is using Deborah's final questions: "What is this dream telling you about your waking life? How could you continue the dream and take it further to be the hero of your own dream?"

4) Patterns

I first look at the dream and see if there is a message or insight that is meant for a current aspect of my life or something that is time-sensitive. Next, I look at several dreams in the same time period to see if there is a pattern. What is my DreamMaker communicating with me that I am not hearing or seeing in my waking hours? These questions are simply fascinating. I describe this to people saying "it's like having 12 different Netflix programs—all with different characters, settings, symbols, feelings...but there is a theme in all of the different programs. When you discover that theme, it is amusing to me how many different ways my DreamMaker can get my attention.

5) Action

Lastly, I ask myself questions about the transition I am in.

How does this dream give insight to my challenge? What am I not seeing or realizing during my waking hours that my dream is communicating to me?

Interesting tip: Try placing your dreams on a monthly calendar so that you can go back and look at frequency, what was happening during that time period, and if there is spiritual significance to the frequency and timing of your dreams.

See the dream charting template on next page.

DREAM CHARTING

Awakening Through Dreams

DATE _____

S M T W T F S

DESCRIBE YOUR DREAM _____

CHARACTERS/ SETTINGS	FEELINGS & HOPES? HERO / HEROINE OR SUPPORTING ROLE(S)?	HEART & SPIRITUAL IMPLICATIONS / WHAT COULD HAVE HAPPENED NEXT?

MORE CHARTING →

TAKEAWAYS – What actions can you take in your waking life?

CHARACTERS/ SETTINGS	FEELINGS & HOPES? HERO / HEROINE OR SUPPORTING ROLE(S)?	HEART & SPIRITUAL IMPLICATIONS / WHAT COULD HAVE HAPPENED NEXT?

NOTES _____



DREAM CHARTING

Awakening Through Dreams

DATE 11-14-20 S M T W T F (S)

DESCRIBE YOUR DREAM Forgotten Double-Booked NY Seminar + Little Boy Art Supplies...

I dreamed that I realized I had a seminar program on Wednesday. The program was "Awakening Genius." But I remembered that I had another seminar on Friday in NYC. I was panicked because I knew we didn't have hotel or air reservations. Had Luis/Carol overlooked it too? I called New York to check on it, and the person said, "We have art supplies, drawing tablets, and paint for your little boy." I thought it was odd because Clients don't provide toys for your kids. I also don't have children. I assumed from that conversation Luis/Carol had remembered & booked everything. I also thought about using my hotel points for the two of us. The primary feeling was of forgetting an important piece of business. But all was ok in the end.

CHARACTERS/ SETTINGS	FEELINGS & HOPES? HERO / HEROINE OR SUPPORTING ROLE(S)?	HEART & SPIRITUAL IMPLICATIONS / WHAT COULD HAVE HAPPENED NEXT?
Seminar on Genius	<ul style="list-style-type: none"> Some of my <u>favorite</u> research, work Represents where strengths, skills, talents, passion come together Enjoy it so much I lose track of time Backdrop role 	<ul style="list-style-type: none"> Occurred during a time I was working on Genius seminar in waking life <u>Heart</u> is in it What I want to take this work further is to help participants realize spiritually, these are God's gifts to us - it's what makes us unique. We can <u>help the world</u> by using our gifts/genius/strengths.
Double Booked	<ul style="list-style-type: none"> Fear - a calendar mistake is hard to recover from Calendaring mistakes are caused by not being careful to enter into Outlook or write it on a paper calendar or list. 	<ul style="list-style-type: none"> My Dreammaker knew that to get my attention, this situation would be like yelling or shaking me into awareness about something. "Do I have your attention now?"
NYC	<ul style="list-style-type: none"> My favorite city in the U.S. and favorite vacation spot Heartbeat of the world Treat + honor to get to work in NYC NYC would trump all other commitments 	<ul style="list-style-type: none"> Part of the conflict involved being in a place I love and where I enjoy vacation. There was a choice between two commitments "Double booking" a regular work commitment and a place that I find <u>joy and enriches my soul!</u>

MORE CHARTING →

TAKEAWAYS - What actions can you take in your waking life?

- I love work on "Awakening Genius." Continue to develop this work.
- Become aware when I start to worry needlessly. Is it my fear? Is it my perfectionism? Recognize it and do spiritual practices to eliminate or deal with anxious feelings. Meditate, pray or work on what is bothering me. | ✓
- Pay attention to my need to balance work with PLAY. There is a strong signal that I need to get rid of the learned mental tape. "When all your work is finished, then you can go out and play." Play when my work is NOT finished. It will never all be finished.
- Get CURIOS about resources available to me that are not financial that can aid in my lifework.