

Dream Appreciation at Cancer Wellness

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This weekly class is conducted for patients and caregivers as part of an integrated approach for moving through the cancer experience.

- A dream group is like an art appreciation group. It is not about interpreting dreams, but is about exploring and appreciating the experience for its teachings and guidance for living more fully.
 - The dreamer shares a dream and each member in the group imagines the dream, feels the emotions, and in every way, takes in the dream as his/her own.
 - Each person reflects on the dream as an experience that speaks personally about his/her own healing journey, and each person tries to identify the imagery and energies of the dream that bring expanded living.
- Group dream appreciation is grounded in well researched meditative practices – especially guided imagery. (Based on the work of Martin Rossman, MD and Belleruth Naparstek)
- Recent research in neurobiology shows that working with dreams and using Guided Imagery benefits the body, mind, and spirit.
- An integral part of the process is a practice of dream re-entry with guided imagery with the intention of inviting the dream to move and shift until the dreamer feels a sense of a new relationship to the issues in the dream.
- Through self-guided imagery, the healing energies of the process are embodied and integrated. Basic principles of mindfulness are also part of the process.
- The class facilitator is responsible for establishing and maintaining a safe container. All sharing about personal life stays within the group.

Goals:

- Participants in the class will be taught, dream-group guidelines, basic dream appreciation techniques, basic guided imagery techniques, and approaches to embody and integrate healing energies beyond the group setting.
- Participants will be helped to develop attitudes of appreciation, wonder, deep listening, openness, and non-judgment.
- The facilitator will model and help everyone understand that the dream circle is a place where each member can feel supported in discovering strength and new possibilities, not a place for “fixing” concerns and conflicts.