

## Preparation work for 'Dream Yourself Together'

Welcome to Dream Challenge and congratulations on your decision to create a structured and dedicated space for reconnection with your Self and feeding your Soul!

The goal of today's work is to start recognising our Dream *Patterns* or *Themes* as an important reflection of an overall Self's operational *pattern*. Our dreams play our Self's 'favourite tune' and uncover our Soul's focus.

Dream Themes *repeatedly* call our Daily Self to action.

We will begin to recognise some of our dream themes. This is more than a day's work but today we will make a start :)

We will also remember some of our recent or recurring dreams. Various aspects of our Self show up as objects/subjects/symbols in our dreams and we can work on individual dreams to analyse, accept and integrate these aspects.

While every individual dream is important, a pattern/theme of our many dreams shows much more, including how these aspects of Self are interconnected long term: this is how we can Dream Ourselves *Together*.

Step 1: Please do some [Stream of Conscious Writing](#) on a separate piece of paper or just write some keywords here around a *usual theme/themes of your dreams*

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Exploring dream themes as a 'diagnostics' of our Soul's state is similar to how we take the case in a body therapy: when we see an accumulation of symptoms pointing at the same organ/system, *we start there*. Same with the dreams: a singular dream (same as a singular symptom) is important and should be acknowledged; a dream theme or a recurring dream is really a cry of the Soul - or a joy of the Soul if your recurring dream/dream theme is a happy one!

If you can't pinpoint the theme of your dreams right now try remembering some of your recent dreams - or several dreams you can recall from over the years; or a recurring dream you may have.

Please use a separate piece of paper and attach it to your Prep work. Do as much or as little reflective writing as you feel like doing!

Write several of your dreams down briefly and see the theme revealing itself. It will: it's just a matter of patient journalling and asking this question over some days.

Step 2: Write down or draw your dream, just one: most recent; important; recurring. Highlight objects, subjects or symbols in your dream. We are putting up 'You are HERE' sign with plenty of details of your current internal scenery.

Please decide what you are going to use as your Dream Journal. Put your dream journal next to you before you go to bed tonight: triggered by this prep work your dreams might start showing up.

I'm looking forward to starting this journey with you - as a facilitator, and I'm going to do my own Dreamwork alongside you. I'll see you **tomorrow at our first drop-in Q&A call at 7:30pm UK time!**

Useful Reading:

- [Relax.Reconnect.Realign](#)
- [Midsummer Dreamwork Challenge](#)