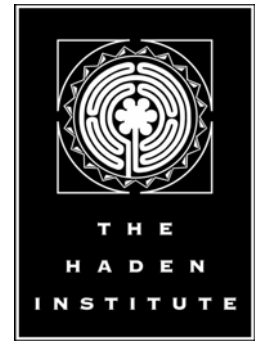


HADEN INSTITUTE GUIDELINES FOR DREAM GROUPS



1. All participants should have had some previous exposure to dreams whether it is extensive reading or a period of recording their own dreams or an introductory course or conference or individual meetings with someone on dreams.
2. No one should be coerced to come to the group. Everyone should feel good and comfortable and safe being there. If your psyche is telling you now is not the time, wait. If you are seeing a therapist, consult with them about being in the group.
3. It is best to have someone in leadership of the group who is versed in dream work and group process. If not, use a rotating convener who sees that the group sticks to its rules for its own safety.
4. Every gathering of the group should begin with silence, the ringing of a bell, lighting of a candle, the Jesus prayer or some ritual that will cause centering and invoke God's spirit. Every gathering should end with participants in a circle holding hands sharing an extemporaneous prayer time or the Lord's Prayer or something that will gather all you have done together in that session and remind people of God's grace and that they are accepted regardless of where they are on their journey.
5. The group can then spend 20 minutes or so **checking in** with each other. It is important to share something of your life and any relevant information or feelings. This will help the trust and connections between your life and your dreams.
6. Then the leader or someone previously appointed gives a fifteen-minute **presentation on the wisdom of the dream** or related material. This can come from ancient or modern sources. It could be something from Jungian psychology or mythology or scripture or a book or tape on the subject matter. This could be followed by a short period of reaction or discussion. This, along with the opening prayer, calls forth the Self. This in and of itself not only brings in wisdom, but also promotes health, healing and safety within the group.
7. Everyone who wishes **shares a dream** or dream title. No discussion or interpretation, just the dream.
8. The leader now asks for a **volunteer** to share his/her dream for group work. Preference should be given to anyone who has not presented a dream. The procedure, at this point, should be strictly as follows:
 - A. The person **shares the dream** with any pertinent information (not their Interpretation).
 - B. The group asks questions of **clarification** (not interpretation).
 - C. The leader now asks **the dream presenter to give the dream to the group**.
 - D. The group will now talk with each other and not look at the dreamer so the dreamer will not have to respond to everything. Some find it helpful for the dreamer to sit outside the circle. The dreamer listens. **The group now projects onto the dream** using words "if it were my dream..." or, "in my dream..." It is important to the process that the group adheres to these two rules.
 - E. After sufficient discussion, **give the dream back to the dreamer for any comments**. Thank him/her for sharing and tell her/him that it is important to **track their dreams** in the next few days, because future dreams will repeat what the dreamer did not catch. The reason for saying this is two-fold: 1) it is absolutely true and 2) it reminds the group that they don't have to milk every "aha" out of every dream. Dreamwork is a continuing process.
 - F. **Remind the group members that they were projecting onto the dream**. So, have them recall what they said and can they make any connections with the energies and issues inside them. Even if no one speaks up, the question is in their heads and they will be making connections during the day. This also takes the spotlight off the dreamer and back onto the group.
9. Bring the meeting to conclusion with a **closing prayer circle** or other spiritual ritual.