

WHAT TO DO WITH WHAT YOU DREAM



Saturday, February 20, 2010
9:00 a.m. – 2:30 p.m.

UNDERSTANDING SYMBOLS AND ACTIVE IMAGINATION ***Plus an Archetype Fashion Show***

Our dream content is an important element in revealing how we see ourselves and how we make choices. Dreams reveal our potential for growth, as well as negative patterns that hinder our development. They also provide valuable information in guidance and direction. The symbolic images and emotional feelings of our dreams serve as a bridge to enhance positive influences and neutralize negative patterns.

Active imagination is a valuable tool for exploration and transformation. When we silence our critical voice of judgment, we enter the domain of imaginative play and open up to the voice of the unconscious. In this workshop you will learn what to do with what you dream--how to explore your own symbols and dream stories and crystallize a message. Many of our symbols are based on *archetypical characters* who provide a mirror reflecting personality traits. Our Archetype Fashion Show will bring these characters to life.

Church of the Holy Apostles Fellowship Hall
1593 Lynnhaven Parkway Virginia Beach VA 23453
Between Rosemont Road and South Independence, across from WAWA

For more information, contact Lynne Larson at llarson24@cox.net call (757)420-3825.

For more information on dreams, go to www.thejoyofdreaming.com

Box lunches provided by Custom Cuisine, Leon Eggers.