



Approx. 4-minute watch/listen

BB: Tami, when we talk about discovering the hidden messages in our dreams, what does that mean for you?

TD: Great question. So dreams speak the language of the unconscious. And the unconscious is everything that is going on and driving our actions and behaviors that we're unaware of. And dreams speak this language. It's a sensory language. So it's a symbol, an image, visual, audio, and felt sense in the body and emotion.

So working with your dreams, you can start talking this language and find out what is going on and driving parts of your life you may be completely unaware of.

BB: Yes, I so appreciate that Jung always said that our soul speaks in images. And so there's a way in which we can look at dreams as the language of the soul, exactly like you're saying. And once we can start to interpret that language, then we can begin to understand all of that inner guidance that our soul is offering to us through dreams and through all of these symbols and somatic experiences, just as you're talking about.

How did you get involved in dream work and why has this been such an important part of your life?

TD: About 20 years ago, I had a prophetic dream foretelling my sister's untimely death three weeks later. And it really rocked me and also intrigued me. I started working with my dreams and writing them down. But it wasn't until a few years later that I was invited to join a Jungian dream group. And these participants—there were nine of us around the world—they were very advanced dreamers,

and I learned so much through being involved in that group and went on to take a number of classes, be involved in other dream groups and teach dream work.

And what I would like to share about that experience—what I learned from early on—is you can get up and running with dream work right away when you have the right container to do that liftoff. And so joining a dream group that is a symbolic kind of Jungian style, you can be a beginner or an advanced dream worker.

Dreams are subjective in nature and there is no right or wrong. So really encourage you to try it and see what you can get under dreamwork.

BB: Yeah, that's so awesome. I'm really excited that you're going to be facilitating the new initiative at the Institute for Soul Centered Psychology and Coaching™, and that is a 6-session dreamwork group.

Can you just give us a little bit of an idea of what a dream work group looks like for you?

TD: Sure. So with the dream group, we'll all join together. And at the beginning, there's a period of time for context sharing. And the intent of that is to allow everybody to share a bit about what's up for them. It's not a huge period of time, but sharing what you've been ruminating on or what's been taking up your energy, because dreams are often trying to help you solve that problem of the day. And so it gives a bit of a boost for the dream work. And the second part of that is just really to connect with other participants and creating that safe space.

So the container is held in a safe container for doing depth work. And that has a number of factors to make sure that everybody feels really comfortable and that the information shared is very confidential. And you have the right support system within that group. And so after the context sharing, then everybody will break out into groups of three or four so that everybody can share their dreams. And then everybody works together. It's a very hands-on experiential.

It's meant to be something that you're involved in. You're learning through experience. And we work each other's dreams and then come back to the bigger circle before the end of the session and do some highlight sharing.

BB: I really love that because it gives everybody a chance to both participate and to really be able to access those magical images and feelings and symbols that are showing up in our dreams and also to our own everyday lives on an immediate basis. We can access that inner guidance that is always there and available to us, so really exciting stuff! I'm looking forward to watching that dream group just grow and flourish.

If you are somebody who's watching this and you're interested, you can find out more on the website at www.InstituteForSoulCentered.com.

And we will see you hopefully in an upcoming dream group one day soon.

Thank you, Tami.

TD: Thank you, Bonnie.