



Dream Tending

Living Celtic Myth Month 6



Imaginal or Imaginary?

Imaginal: made of images;
something that exists in the
mind

Imaginary: something that
does not exist in the
physical world



Association

Amplification

Animation

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Dream Tending



Approach the
dream with
reverence

The dream has an independent reality in the Imaginal World and so do its elements – we should treat them as respected visitors.

We are not interpreting the dream, but attending to its living images – ‘sidestepping’ the desire to understand and make meaning.



Preparing for Dream Tending

- Meet the dream in the way of the dream
- Open body awareness
- Become present in the here and now
- Engage the dream in an attitude of not-knowing
- Engage from the Archetypal Ego, or Deeper Self



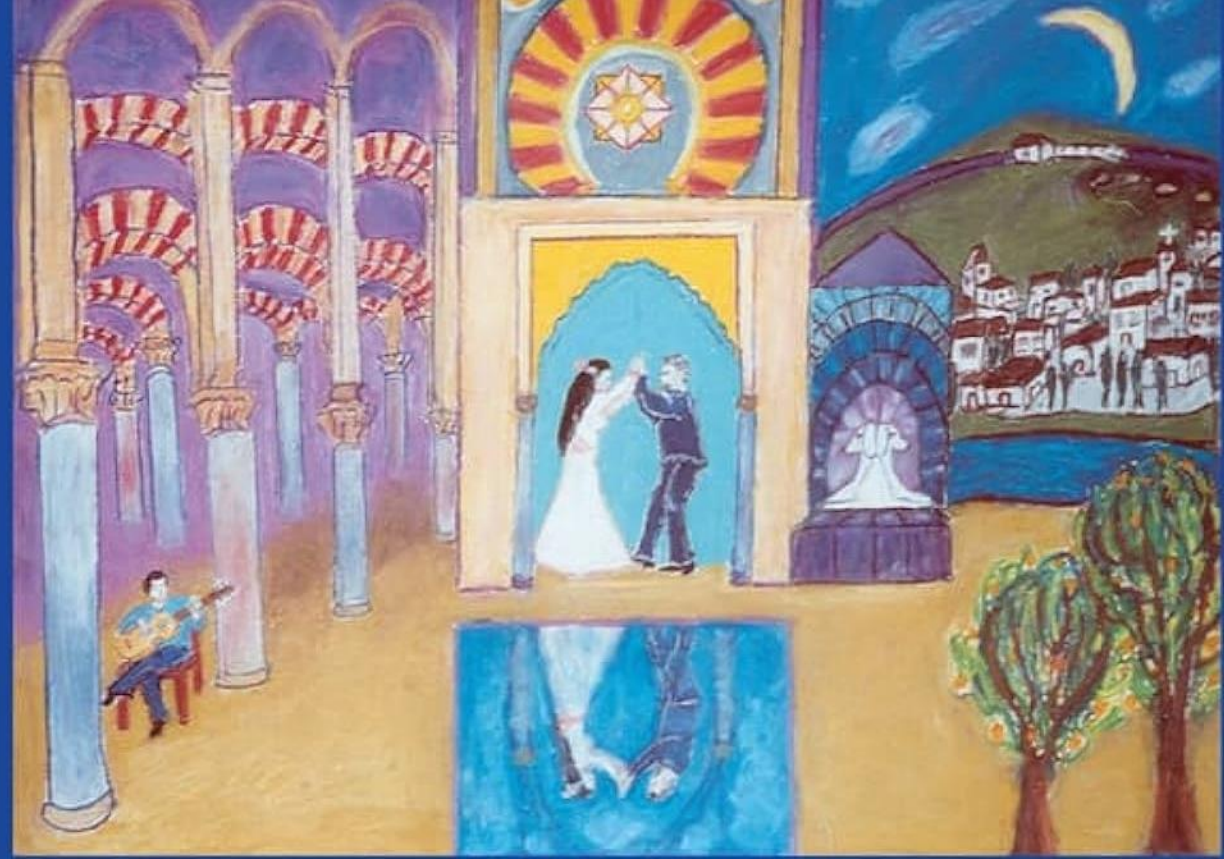
“Who is visiting now?”

“What is happening here?”



Working with living images

- Take time to prepare
- Offer hospitality
- Experience the dream images as fully as you can with your senses
- Ask the dream image its name
- Practise deep listening
- Meeting the dream image eye-to-eye
- Does the dream image change and evolve as you develop relationship with it?



David Blum:
Appointment with the Wise Old Dog



Practice: Dream Tending

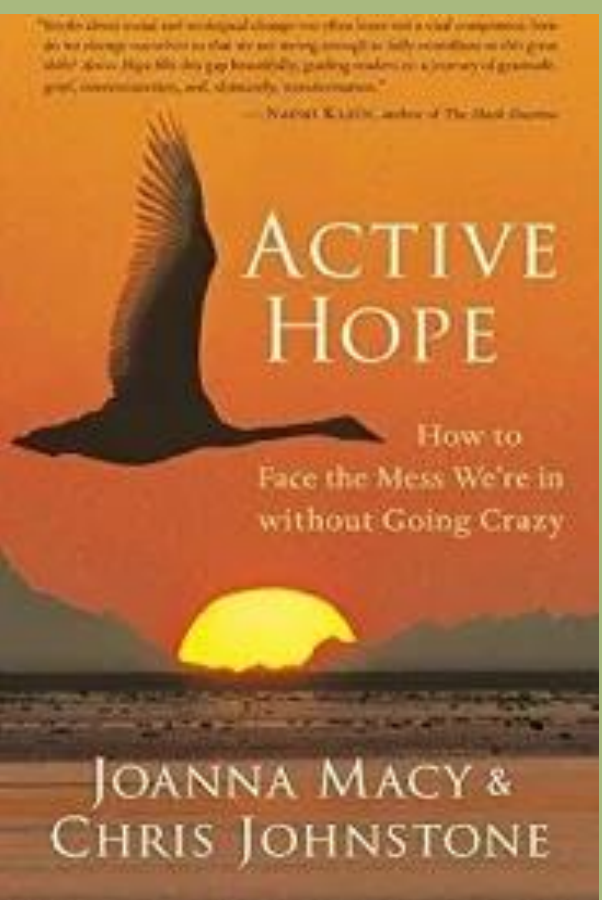
Try Dream tending for yourself, using the exercises outlined in the required reading. Practice seeking connection rather than meaning.

Ask ‘Who is visiting now?’ and ‘What is happening here?’

If you feel inspired, perhaps you might try drawing your dreams as David Blum did.



Facing the Climate Crisis



Active Hope



Active Hope Prompts

1. I love ...
2. I'd like to thank ...
3. Looking at the future we're heading into, my concerns include ...
4. Facing these concerns, what inspires me is ...
5. Looking at the future we're heading into, what I deeply hope for is ...
6. A part I'd like to play in support of this is ...
7. A step I'll take toward this in the next week is ...



Reciprocal Breathing

Michael Kearney: *Becoming Forest*

When we breathe out carbon dioxide, the trees breathe it in...

when the trees breathe out oxygen, we breathe it in...

we sustain each other...