

# **HAVING FUN IN YOUR DREAMS**

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## **PART 1. FUNNY AND ABSURD DREAMS**

**WARMUP EXERCISE:** Small groups of 5. Discuss the funniest or most absurd dream you can recall. Exaggerate, be dramatic! Be amused and curious about absurdities in your own dreams and those of others.

The nature of the world of dreams:

How do you know you are not dreaming right now?

Reality testing methods.

Describing and recognizing your own dreamsigns.

Why become Lucid? The advantages of lucid dreaming for stress relief, health, modeling, virtual reality, creative problem solving, consciousness development, mind exploration, spiritual questing.

How to deal with disturbing dreams and nightmares.

Our quest for wholeness and integration of function, connectedness and Flow. Positive acceptance and transformation of split off or dissociated elements. A Dialogue or conversation with dream elements or characters, discovering their positive intent.

## **PART 2. DESIGN YOUR DREAMS**

Dreams for health and wellness. Themes about Thriving. Incubating with symbols and metaphors.

**GROUP EXERCISE:** Wishcraft: guided imagery for emotionally charging your dreams: things that you would like to be able to do in your dreams. Optional sharing with other group members.

Lucidity Training: improving recall, greeting sleep interruptions, keeping a journal, noting daily anomalies and reality testing at those times, increasing awareness and curiosity, preparing to have lucid dreams.

Guided Imagery: An Incubation for Lucid Dreaming

Guidelines for processing dream images and promoting lucidity. Finding and maintaining support for dream designing.