

Leslie Ellis

Focusing and Dreams

(Sprache: English)

Eugene Gendlin developed a deeply experiential and constructive way to work with dreams using Focusing. Dr. Leslie Ellis has furthered this method with a focus on three main practices: finding help in a dream, embodying dream elements and dreaming the dream onward. Participants will both learn and experience these methods using their own dream images or spontaneous daydreams that we invite during the class. (Even those who do not recall dreams can fully participate.)

In keeping with the spontaneous and collective nature of this event, Leslie will introduce Dreamweaving. This is a collective dream group process that invites images shared from the group, followed by resonant responses and experiential prompts. As the process evolves, we not only deepen experiencing of our collective imagery, but we can witness how the images begin to inform and animate each other. This deeply evocative process weaves group dream images into a collective tapestry that supports us all, and flows forward in wonderfully surprising ways.