



Working with dreams and active imagination is a powerful tool for exploring one's inner world, accessing deep wisdom, and promoting emotional and spiritual healing. Dreams are a universal symbolic language, which allows us to communicate with our subconscious and receive valuable messages about our life journey. By learning to decode and engage with them, we develop a more intimate relationship with ourselves and open ourselves to new perspectives of growth.

To work with dreams, it is first necessary to honor them and give them benevolent attention. This begins by keeping a dream journal, where one notes each morning's dream memories without censorship or judgment. All remembered details can be included, even the most mundane or bizarre, as each element may have significant symbolic meaning. Over time, this practice develops better dream memory and strengthens the link between the conscious and unconscious.

Once dreams have been noted, they can be further explored using various interpretation techniques. One of the simplest involves free association from the symbols and situations in the dream, wondering what they evoke for oneself, what emotions they arouse, what they reflect in one's life. Universal meanings of certain symbols can also be researched using dream dictionaries or depth psychology books, always bearing in mind that each symbol has a unique meaning for the dreamer.

A particularly powerful technique to deepen dream work is active imagination, developed by psychiatrist Carl Gustav Jung. This involves reliving a dream while awake by immersing oneself in its atmosphere and dialoguing with the various characters or elements that compose it. For instance, if one dreams of a threatening wild animal, one could give it a voice and ask what it has to say or what message it carries. One can also imagine a sequel to

the dream, letting intuition guide the evolution. This method allows integration of the dream's insights and anchoring them in daily reality.

Recurring or particularly impactful dreams are often indicators of important themes in our lives, which need exploration and healing. For example, a person who often dreams of being chased may need to work on their fears and escape mechanisms, while a person who dreams of flying may be invited to take more perspective on their life and to unfold their aspirations. By engaging with these dreams and welcoming the emotions they encourage, we can gradually transform the blockages they reflect and integrate their messages into our path.

As a spiritual healing practitioner, you can offer clients personalized assistance for exploring their dreams and deriving precious lessons. For example, suggest they keep a dream journal and share it during sessions to discuss together and deepen understanding. You can also guide them in active imagination exercises, inviting them to relive a significant dream and dialogue with its different elements. Your role is to create a safe, benevolent space, where they feel trust to explore their inner world and welcome emerging emotions.

Feel free to share your own dream experiences and the lessons you've derived, to inspire your clients and normalize this exploration work. You may also recommend readings or resources to deepen their dream understanding, like the works of Jung, Marie-Louise von Franz, or Clarissa Pinkola Estés. The key is encouraging them to develop their intuition and trust in the wisdom of their subconscious, while offering tools for decoding the messages.

Working with dreams and active imagination is an exciting journey into oneself, allowing reconnection with deep truth and healing of past wounds. By learning to honor dreams and dialogue with them, we develop a more intimate, confident relationship with our inner self, an inexhaustible source of guidance and wisdom. So dive enthusiastically into exploring your own dreams and those of your clients, ever cultivating wonder and curiosity about the mysteries of the psyche. Remember each dream is a precious gift, ready to be unwrapped with love and gratitude to reveal hidden treasures.

Key points to remember:

- Dreams are a universal symbolic language that allows communication with our subconscious and receiving valuable messages about our life journey.
- To work with dreams, it is essential to honor them by keeping a dream journal, where one notes each morning's dream memories without judgment.
- Dream interpretation can be done by freely associating from the symbols and situations of the dream, questioning the emotions and reflections in one's life.

- Active imagination, a technique developed by Carl Gustav Jung, involves reliving a dream while awake and dialoguing with the different characters or elements that compose it.
- Recurring or impactful dreams are often indicators of important themes in our life, requiring exploration and healing.
- As a spiritual healing practitioner, you can offer personalized assistance to explore your client's dreams, creating a safe and benevolent space.
- Sharing your own dream experiences and recommending resources can inspire and normalize this exploration work for your clients.
- Working with dreams and active imagination allows reconnection with deep truth, healing of past wounds, and development of a close relationship with one's inner self.