

dreaming pathways in psychotherapy



**how to use shamanic dreamwork as an approach to
resources of our clients' soul**

www.wcp2011.org
world dreaming
sydney, 24 - 28 august 2011

www.bernhardschlage.de
see 'articles in other languages'
EABP member since 1999, ICPIT member, HP, ECP-holder,
seniortrainer postural integration

remembering dreams





scientific facts



30% of our lifetime is dreamtime

dreaming is the oldest path to spiritual growth

its traditions began, before world religions emerged
from reflexes of mammals, through choreography of
human consciousness

transforming the 4 taboos of dreaming:



'I do not dream'

'only originals are true dreams'

'I have to be receptacle to receive dreams'

'reality is much more significant'

sacred dreams





**what is the dream of a
mountain?**



what is the lightest dream of your
life ?

why do you remember it ?

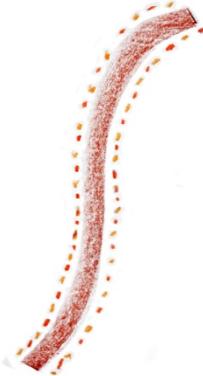
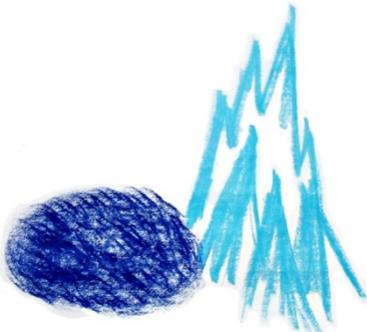
each family follows it's dream

**one will never analyse such
dreams as**



- * paul mc cartney's song 'yesterday'
- * mendeljeves 'periodic table' or
- * kekule's chemical structure of benzol

sexual dreams





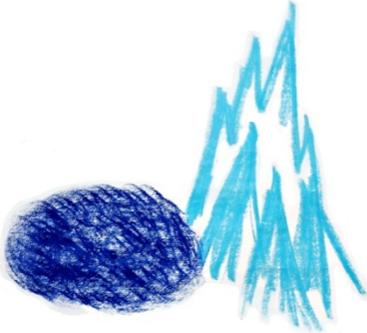
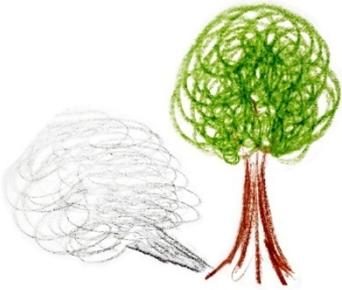
**while dreaming we fulfill our
deepest desires**



since the romans we still dream about
war, games and music

interpretation of dreams relates to the
culture you came from

shadow-dreams





something follows to all we do



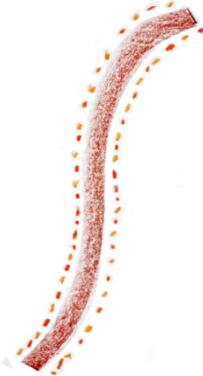
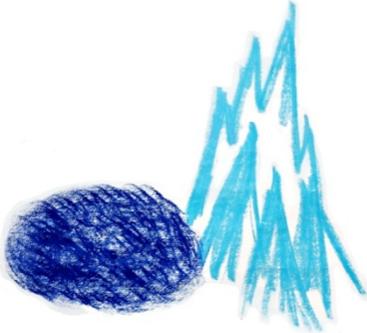
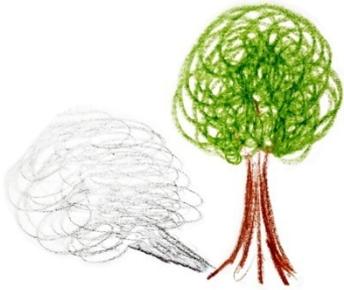
our dreaming reflects, what we have experienced during the day

dreaming is a way to 'digest' our daily life

our dreams are reflections of what happens in our society

there are symbols which are dreamed all over the world – collective unconsciousness

magical dreams





we are constantly in a process of change of consciousness



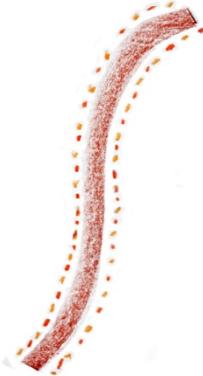
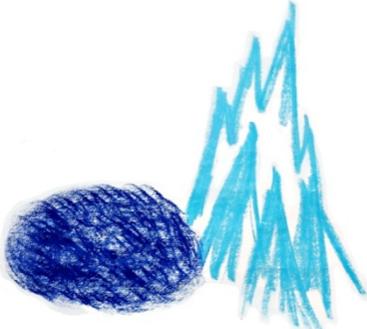
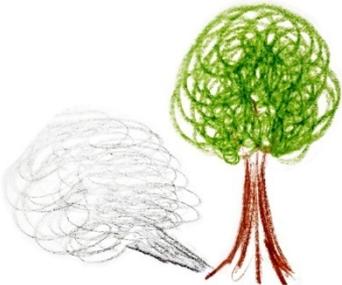
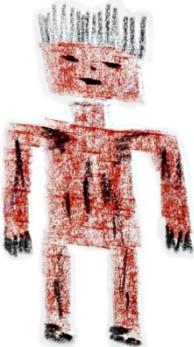
trance-states

difference between mental disorders and development
states of consciousness

working on a 'map of the unknown'

(ken wilber's map of the 10 extraordinary states of consciousness;
shamanic studies, drug-induced studies)

dream teachers





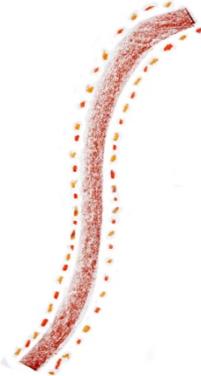
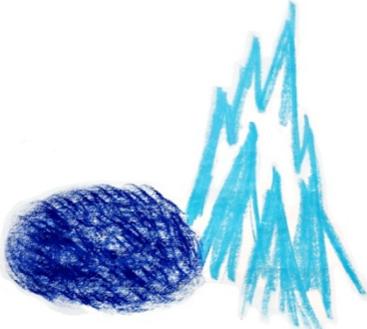
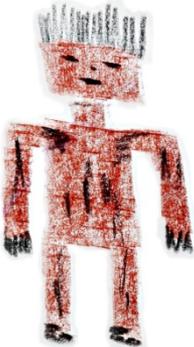
they need us: how the spirits try to contact dreamers



the role of the 'inner elders' for experienced dreamers

self-authorisation of dreamers, asclepius' understanding of
healing in comparison to new understandings for example
from WHO

visualisation





how to work on dreams



choreography of dreaming (change of lifetime patterns)

plasticity of brain development through dreamwork

basic technique: the 'dreaming up' process

dreamphilosophy in different cultures



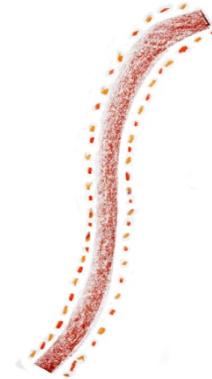
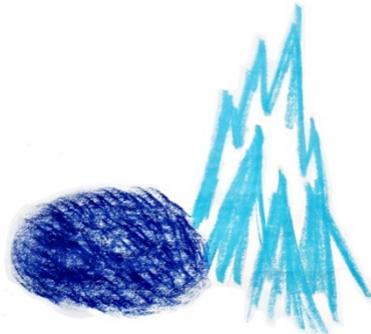
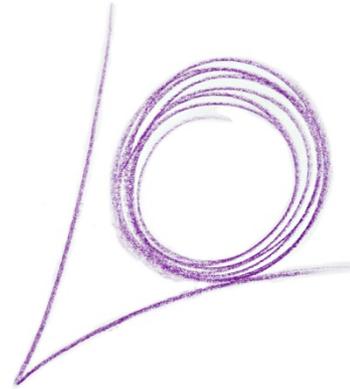
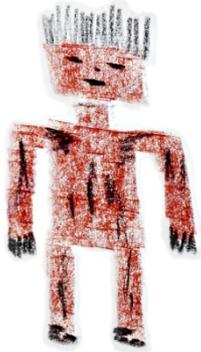
dreaming gives contact to parallel reality (indigenous)

dreaming is a resource for political strategies (islam)

while dreaming we contact the soul of the world (jung's archetype teaching)

dreaming gives balance to your soul (greek and roman culture)

lucid dreaming





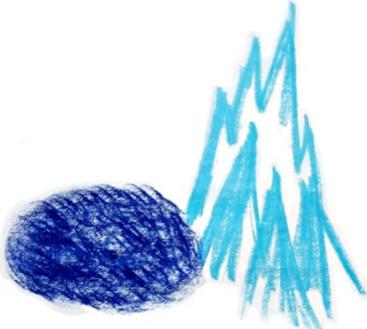
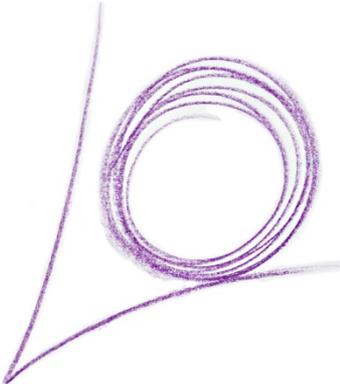
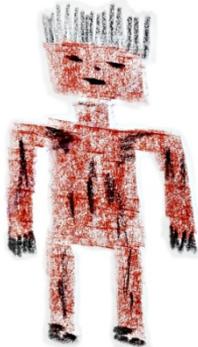
consciousness is like a 'puppet show'

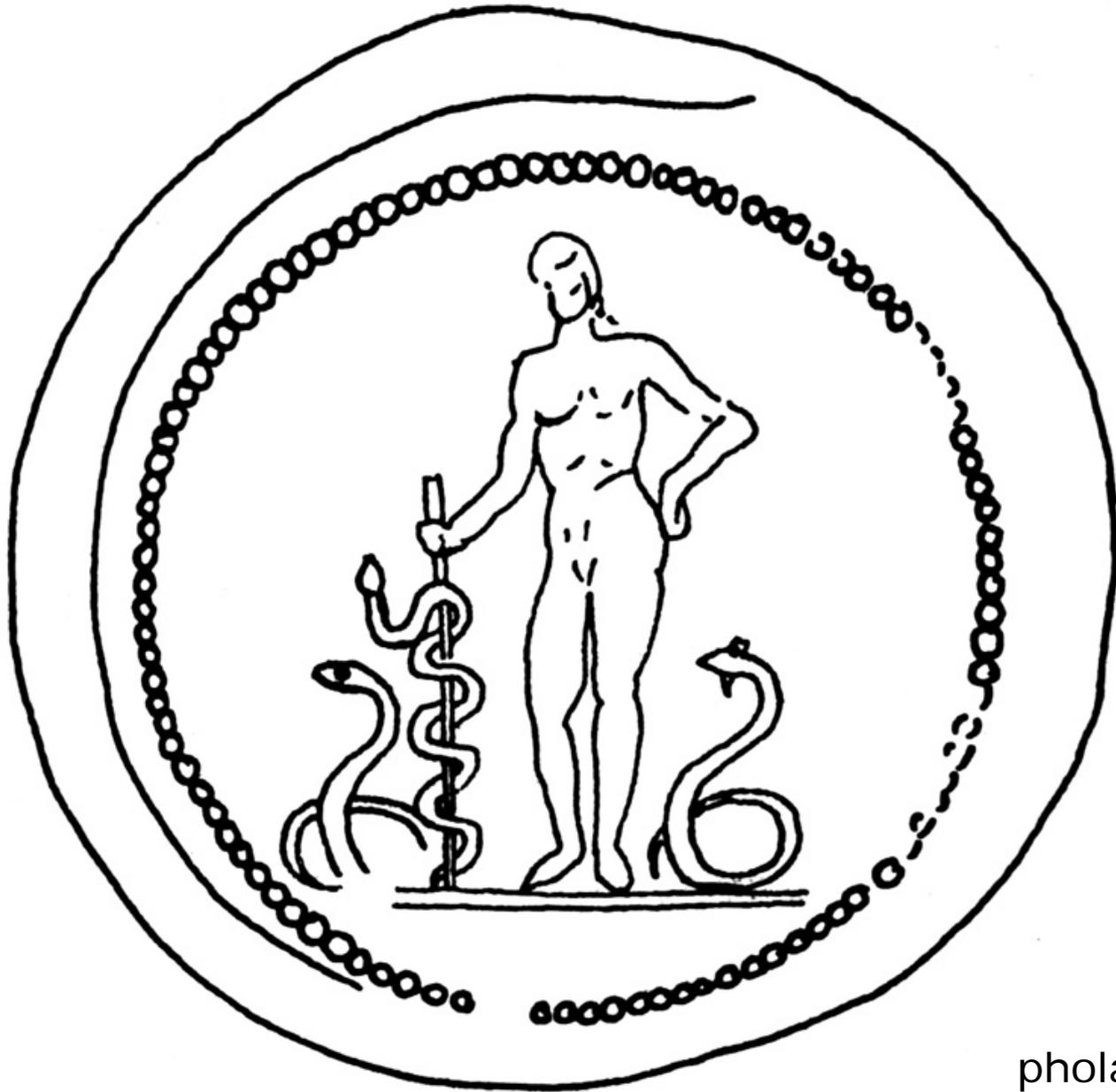


being aware during sleep states

consciousness in individuals and working with the choreography of 'unconsciousness fields'

dark-room-dreaming





pholarchos

the relation to the basic substance of dreaming



they founded the basics of democracy while dreaming
in caves

changing from adrenalin- to dmt-accompanied
brainfunction

