



Focusing on Dreams

25/26th April 2020

“Within each of us there is another whom we do not know. He speaks to us in dreams and tells us how differently he sees us from how we see ourselves.” ~ Jung

Dreams come from places in us that even Focusing may not lead us to. They offer valuable material to work with, showing us what we have not seen and guiding us on our inner journey. But what exactly shall we do with them, especially the ones that baffle us?

If dreams are as Freud said the ‘royal road to the unconscious’, then Focusing is the high performance car in which to drive along it – to use an atrocious metaphor in an environmentally sensitive age. It offers a way to be with dream images and stories that gets beyond the conscious thought-filled mind into our feeling, intuiting and imagining capacities, helping us to unlock the treasures hidden within them.

The first task is to learn how to enjoy our dreams, whether or not we learn anything from them. The second is to listen to what they bring, whether that is new ways of being, fresh perspectives, or discomforting warnings. And as well we can learn how to listen and companion someone else exploring their dream and sensing for possible meanings in it.

The workshop includes:

- ❖ ideas from Gendlin’s book *Let Your Body Interpret Your Dreams*, including the 16 dream questions – a cornucopia of ways to interact with dreams
- ❖ dealing with the dreamer’s bias, which appears in the disagreement frequently found between the dream and the dreamer
- ❖ the dream context: putting the unconscious material of the dream alongside the conscious context of the dreamer’s life to spark insight and understanding
- ❖ a little of Jung on dreams

There will be demonstrations and opportunities to practice both focusing on dreams and being the listener for the focuser-dreamer. Please bring some dreams with you – and if you really never remember any dreams, contact me immediately for the cure!

-
- times** ▶ from 9.45 am to 5 pm on Saturday and Sunday
 - venue** ▶ here in Clapham (close to Clapham South tube)
 - cost** ▶ the workshop fee is £130 if booked at least two weeks in advance, or £150 thereafter
 - booking** ▶ please write to me in good time with your name, address and phone number, enclosing a cheque for a deposit of £50 or the full fee (payable to *Peter Afford*), or email me if you prefer to do an online transfer
 - cancellation** ▶ incurs a £50 admin charge i.e. in normal circumstances deposits are not refunded
-

Peter Afford

8 Rudloe Road, Clapham, London SW12 0DS
020 8673 1860
peter@focusing.co.uk ♦ www.focusing.co.uk