



Gaunts Summer Gathering 2011 Dream Workshops Resources Sheet

Understanding Dreams for Developing SQ

You can download my ebook "Getting Started" on my website <http://dreamknowing.com> and the ebook "Dreamwork Aligning With The Divine" prepared for the Gaunts Summer Gathering 2010 which you can download from <http://www.clemearle.co.uk/janepuckett/Dreamwork.pdf>

My dream meditations for preparing to do dreamwork and incubating dreams can be downloaded from

<http://www.clemearle.co.uk/janepuckett/Gauntsdreamwork.mp3>

(please note that these meditations are hypnotic in nature and if you have been diagnosed with epilepsy or serious mental illness you should not use them unless you have spoken to your specialist and been given the go-ahead to use them).

Dreams and Active Imagination

The classic resource is Robert A. Johnson's book "Inner Work". Robert Johnson is a Jungian Analyst who has worked with dreams for decades, he is now in his 80s and still writing books!

Tony Crisp is a UK based dream explorer who has a website full of resources and an article on Active Imagination which you can view here <http://dreamhawk.com/dream-encyclopedia/active-imagination-and-dreams/>

Two other books I recommend which are helpful in using imaginative techniques in all areas of life are "Creative Visualisation" by Shakti Gawain and "Sun Over Mountain" by Jessica Macbeth.

Dreams and Tapping Workshop

There are lots of resources on the web for EFT but probably the easiest way to get into it is to watch one of the many short EFT / Tapping videos on <http://youtube.com> and tap along as you watch.

EFT is a great tool for all kinds of things and you will find articles on the website of the originator, Gary Craig, <http://EFTuniverse.com>

For using tapping with dreams you can download a worksheet from www.dreamscience.org/energy_psychology.htm This is the website of Robert J. Hoss who wrote the book "Dream Language" which is a comprehensive book about dreams and colour in dreams. His site also contains other great resources, including the dreamwork sheet containing the "six magic questions".

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<http://dreamknowing.com>