

## Discovering dreaming

Ever wake up with the feeling that you've just forgotten something important?

Do you have a recurring dream, nightmare, or dream of loved ones who have passed? Are you at a crossroads?

When Stefania Ingrosso and Monica Duncan met in a Caledon meditation class, they found the powerful messages and imagery that bubbled up from classmates' meditations and dreams compelling. They were also amazed that there was nowhere local to cultivate this dreamscape.

Enter the Orangeville Dream Group (ODG), dreamwork for balance, healing and inspiration.

Duncan, a Headwaters writer, has always been keen on dreamwork. As a child, she learned to face her nightmares. From 'waking up' in the dream, it was a short step to having a much more profound experience.

'Now dreams are my 'go-to' spiritual advisor,' she said.

Ingrosso, a certified Yoga teacher, is also a lifelong dreamer. 'I've been dream journaling since I learned to write.'

Together the pair have developed a forum for remembering and working with dreams, with the goal of initiating a soul dialogue.

Dreams are workshopped not so much for 'interpretation' but for the dreamer to discover their own inner authority. Gentle yoga grounds the sessions 'bringing awareness to the cues from our bodies,' Ingrosso said.

'The great thing about group dreamwork is that each individual contributes to everyone else's understanding,' Duncan said.

In the ODG's process, the dreamer decides what resonates.

'Ask any question,' Ingrosso said, 'you'll learn to decode your dream's answer,'

While ancient civilizations valued dreaming, it was only in the 1950s that Western science 'discovered' REM dreaming sleep. Now it's known that everyone, including animals, dream. Dreaming informed the prophets, gave the DNA helix, and was the inspirations of Einstein, Mozart and Keith Richards, among others.

In an age of outer distractions, Duncan and Ingrosso are directing the compass back to the heart.

'Skating on the surface of life, being pulled a thousand ways, gives us anxiety,' Duncan said.

'Dreamwork is a way to find authentic fulfilment,' Ingrosso observed, adding it's also fun.

Eight ODG sessions will start May 7 at Westminster United Church.

For information on cost, or to register, call 519-217-6082 or 519-940-6800. Follow on Facebook, or see [www.reconnectrevivethrive.com](http://www.reconnectrevivethrive.com)