

# Pondering Our Dreams

Facilitated by Sr. Georgene L. Wilson, OSF

Second Thursday of the Month, 7:00-9:00pm (specific dates below)

**Our dreams, day and night, are symbolic gifts from the Spirit to your soul. They are messages to you and about you as you are now.**

Dreams are given to you as teachers and are an invitation to awaken to your best self. They may provide insight into connecting to the divine within and can be seen as calls and messages for your own relational aspect of life in the NOW. By using a group spiritual inquiry or questioning method the symbols in your dream can be unpacked and readied for future reflection.

This type of Dream Work has been designed and facilitated by S. Georgene and practiced in circle groups at Tau Center for the past two years. We are now inviting others to join the Dreamer's Circle. No previous classes or experience are required. If you are curious, come and join us for one or several of the dates.

To get started, begin recording your dreams now. Tell your heart that you want to remember your night dreams and ask for such grace. When you awaken from night sleep, ponder, "Did I have any dreams...even bits or images or feelings?" Write them down for yourself as if they are happening now.

Bring these bits and pieces to each session where we will sit in a sacred circle, and by using present tense storytelling practices will gently explore the wisdom that your dream may be awakening in you. These sessions are not about psychological delving into your life, but rather discoveries through a prayerful, reverent, loving circle process. All will listen, ponder, and share together, thus enriching our own inner spirits.

**\$10 • per session.**

*Online Registration required no later than noon, day of session.*

**2018: September 13, October 11, November 8, December 13**

**2019: January 10, February 7, March 14, April 11, May 9**



**Register online at [www.taucenter.org](http://www.taucenter.org)**

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