

**Earth Sky
Woman
Presents**

The Art and
Craft of Active
Dreaming



What is Active Dreaming?



- A modality developed by Robert Moss to restore a Dreaming Culture to a world in desperate need of a New Dream.
- Through cultivation of a strong dreaming practice we bring alive our inner seer, shaman, guide, wisdom keeper, new world storyteller, time bender and traveler.
- We bring wisdom, insight, spiritual healing and soul medicine from the world behind this world to benefit this one.
- We restore our intimacy and ability to listen and be in conversation with the larger community of life including spirits of the land, ancestors, spirits of plants and animals, spiritual guides and masters, and our own higher self. Most importantly, it helps us commune more deeply with our soul.



The Power of Collective Dreaming with Sacred Intent

Gathering together to share our dreams amplifies the power of our individual dreaming.

We can expect our dreaming worlds to intersect and weave together.

Together we can strengthen each other, create a circle of guardianship and protection, and listen together to the deepest needs of our souls and the Soul of a New World wanting to be born through us.



Breaking Dream Drought

The surest way to remember our dreams is to gather with fellow dreamers and spend time each day dedicated to our practice. Also, the following helps:

- Go to bed and wake up earlier
- Dream Incubation
- No screen time an hour before bed
- Take B6, Spikenard and other essential oils and dreaming herbs for support
- Drink water before sleeping
- Meet Often with Dream Buddy
- Always write SOMETHING down
- Play the Lightning Dreamwork Game and TAKE ACTION on Dreams

Dream Incubation

When we set a clear and strong intention before sleeping, we can receive insight from our higher self, our unconscious and powers greater than ourselves.

- We can ask for energy to heal a specific physical, emotional, or spiritual issue
- We can ask for help untangling a knotty problem
- We can ask for specific guides, allies, guardians to support us in any area of our lives



Lightning Dreamwork Game

- Did you Set an Intention?
- Title of Dream
- How Did You Feel When You Woke Up?
- Reality Check
 - How does dream relate to the rest of your life?
 - Could this happen in the future?
- What do you want to know?
- If It Were My Dream
- Action to Honor the Dream
- Mantra/Slogan



Example of How You Might Write Your Dream in Your Journal (or in FB group for sharing!!)

Date, Time (approximate) of dream, phase and sign of Moon, significant stars or planets aspected (advanced)

Title of Dream:

Feeling:

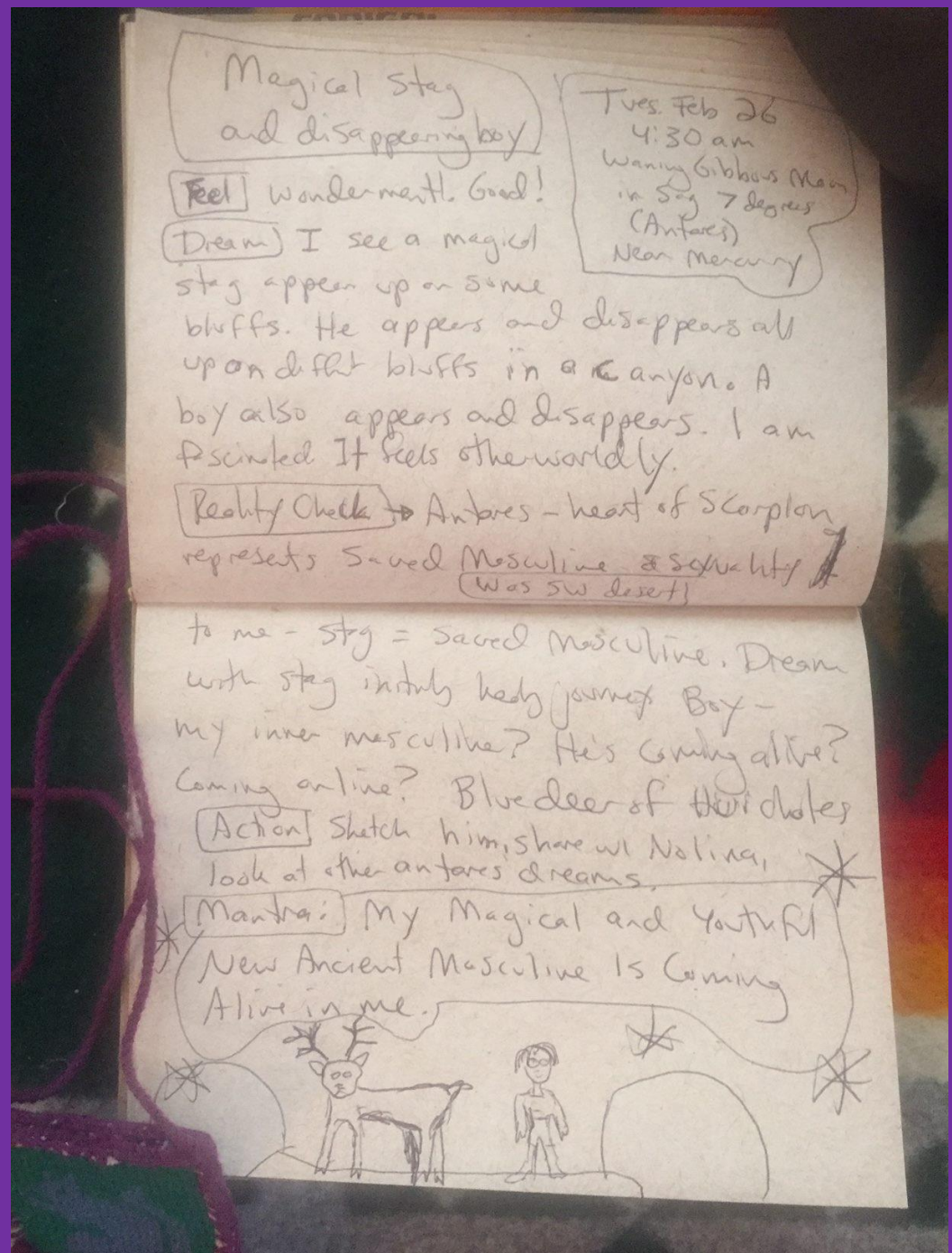
Write Dream:

Reality Check

Action:

Mantra:

Draw the Dream as an Image!



Become a Skillful Day Visioner

We can learn to perceive of the deeper meaning, connections and patterns, areas where the Universe/our Higher Self is trying to get through to us by working with our daily life as if it were a dream:

- Every night, write down the miracles, synchronicities, animal sightings, insights, magical moments from your day
- Pose a question to the Universe,
- take a walk and pay attention to the first three things you see of significance
- Play the Lightning Dreamwork Game with significant events in your life.
- BRING your night dreams into your waking life. For example, if you are wearing red in your dream, wear red. If you talked to your Mom, call your Mom, etc.



Essential Active Dreaming Practices



- Dream Incubation
- Lightning Dreamwork Game
- Dream Re-entry
- Dream Transfer
- Dream Healing
- Dream Theater