

Lightning Dream Work Game

Aim to go through this process in about 8 minutes so everything happens pretty fast, high energy, tell dream as clearly and energetically as possible. Will often go over but aim for 8 to keep energy and focus high.

Tell your dream clearly and simply, without background information. Use present tense as though it is happening NOW use "...ing," i.e. "I am running" so you and your listener are put inside the dream.

Partner asks the following questions:

Did you set an intention prior to receiving the dream? If so, what was it?

How did you feel after waking up from the dream? How did you feel in the dream itself?

What title would you give the dream (quickly, don't worry if it doesn't seem linear)

Reality Check: How does this dream relate to the "rest" of your life? Are there parts of the dream you recognize from the rest of your life" (places, people, scenes from a recent movie, book you are reading, etc., themes running through your life). Are there patterns, locations, events that relate to other dreams you've had?

Is there a chance any of these events might happen in the future, literally or symbolically? Don't skim over the literal part! Our dream body is constantly moving into the future bringing back information for us. *

Precognitive dreams show us future possibilities so that we can shift the energy of a bad dream and make it less likely the event will happen, or so that we take action to ensure the positive future events come into being. **

What do you wish to know from the dream now? This helps the partner/group to know how to direct and focus "if it were my dream" (below).

If it were MY dream: Partner starts but others share also) share insights or perceptions as if it were their dream. Literally say: "if it were my dream," and share what you might think, actions you might take, if it were your dream. Never say—I think you should do this, this animal means that, etc. The *dreamer takes what feels right, leaves the rest. The dream belongs to the dreamer.*

ESSENTIAL—listen deeply to the dreams of others, so that your insights can come from a deeper place. Don't second guess "strange" impressions or feedback that comes to you while you are listening—sometimes that is the really good stuff!

What action will you take to honor the dream?: Ideas include—I'd like the group to play dream theater with my dream, I will paint or draw the dream/images of the dream, I will write a story or poem inspired by the dream, I will get a stuffed animal representing the animal that showed

up, I will create a ceremony to honor/resolve the dream, I will do a dream re-entry with my guides to ask questions of the dream.

I will ask the group to do a group dream, re-entry on my dream to bring back information from the dream, and perhaps provide support for my reentry. I will do research on that strange town, or artifact, or goddess, or name, or number, or etc.

What is a mantra or slogan you can take from the dream that carries the support and energy of the dream and this process? This can be a clear slogan or “bumper sticker” action statement you will adopt as a mantra. Draw an image from it. You can also ask listeners to act out the dream for you!!! Here are a few of my favorite slogans to give you a sense for how they might sound, or feel: “My Windows and Doors are Open to All Things Wild and Wonderful,” “I will no longer dismember myself to fit into ordinary reality,” “Don’t forget to feed the wild birds.”

*In the west we tend to very quickly go to a psychological/symbolic level—this represented parts of you, or symbolizes this in your psyche, etc. While this is often a helpful lens, if we remain fixed in only that view of dreams we might miss some very important information the dreams may have for us. This includes literal precognition as well as the understanding that we may have actually received a visit from our dead uncle or beloved cat, or spirit guide.

**If you want to see how this works, keep a dream journal and scan past dream journals to see areas where your dreams were hinting to you about events to come. The events might differ in some respects from the dream, or might be exactly the same.