

Shamanic Dream Course

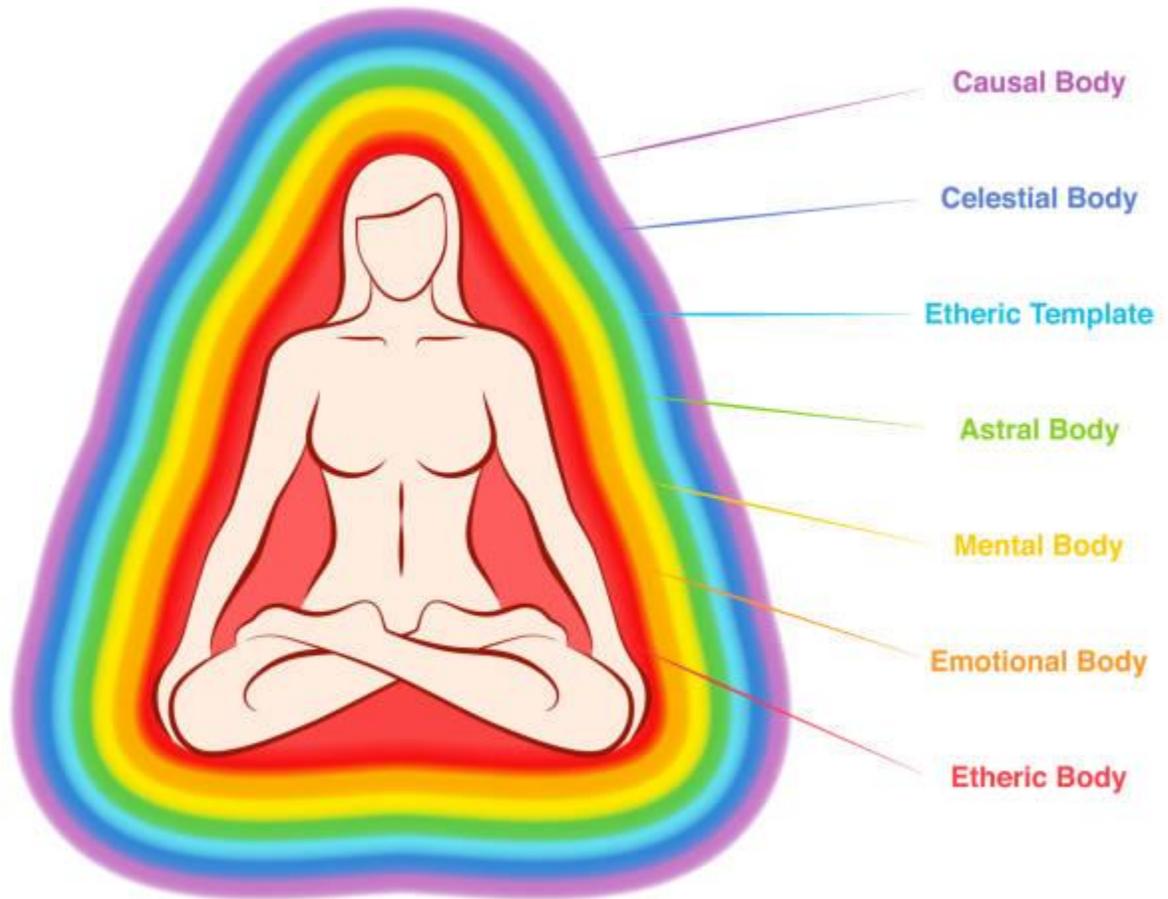


5 steps to a successful dream recall practice:

1. Embodied Presence
2. Curiosity
3. Reflection (Processing time)
4. Integration (Bridging your worlds)
5. Synthesis (Dream Circles)

Types of Dreams:

- **Shamanic**: containing symbols of initiation, ritual, healing and wisdom for yourself & others.
 - **Rehearsal/Virtual Reality**: trying out possible outcomes & futures, an attempt to work out future events prospectively
 - **Precognitive**: dreaming of something before it happens
- **Anxiety**: less intrusive than a nightmare, often stemming from trauma patterns & loops. Running anxiety dreams are an attempt to bring attention to the stress in the person's life.
- **Archetypal/Collective**: working out questions that are broader than the individual's experience,
- **Compensatory**: seeking to create balance for what has been denied healthy expression
- **Warning**: when a dangerous or unhealthy situation is not seen
- **Assimilative**: defragging overabundance of information to get to what's useful/valuable.
 - **Parapsychological**: telepathic, afterlife, past/future dreams
 - **Healing**: powerful energetics produced in dreams
 - **Lucid/OBE/Astral Travel**: in the 4D realm (astral body)
 - **Psychic/Spiritual Attack** (We will do a deeper class on this)



Universal Elements of Dreams:

- **Feelings**-may exaggerate or compensate for feelings in waking life
- **Actions/Plots**-express the dynamics of the situation
- **Settings/Time**-the environment, area or era of the dreamer's life
- **Characters/Animals**-relationships with others or internal

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Tips for Enhancing Your Dream Work

- Create an altar for your dreams. Find a small space for an altar, be it a ledge, mantle, table, or even on the floor. This space will be devoted to your dreams. Even if all you lay out this week is a cloth, the emptiness itself is holy.
- As dreams arise throughout the week, adorn your altar with any new images that come to you. Represent them by drawings, pictures that you can find, or objects. This altar is making room for your dreams as well as your relationship with holy others & holy helpers.
- If you're not remembering much from your dreams, emptiness on the altar creates a space to receive.
- Choose a dream that's knocking at your door of curiosity. Set an intention to understand what this dream is communicating with you. Hold the dream in your heart and take a walk in nature. Also, continue to work with your dream altar.
- Write down any dreams or synchronicities you receive this week.
- Consider journaling on the following question: What is the greatest desire I have in my life right now?
- Make an offering to the holy on your altar. It could be a refinement of your longing, flowers, art, a poem, a song; anything that gives thanks for the dreams that you have received. This allows your conversation with the holy to continue deepening.
- Choose a character (or element) in your dream and journal your associations to that figure. Describe the qualities, characteristics, appearance, what they might remind you of, etc. Do they remind you of an internal dynamic, or something you're navigating in waking life? If you receive something meaningful, bring a symbol of this to your dream altar. Your altar is a living conversation with the Divine.

How to deal with “Dark Guests”

Dark Guests are some of our best teachers and healers, if we can see past our own discomfort when they show up in our dreams. If you are currently working with something scary or disturbing in the dream time, I suggest you look at these visitors through a different lens, as a means of expression. This expression could look many different ways. You could use journaling and active imagination where you ask your guest questions and then you can answer those questions, giving your dark guest a voice. You can ask: “why are you here”... “What do you want”... “what can I help you with”... “what do I most need to know”... Then, you could journal freely (automatic writing) to see how that guest responds to your questions. Perhaps it would feel good to paint or draw your dark guest. The idea is that instead of pushing this guest away, you’re allowing this character to express itself and be seen. You might like to express the guest with movement, putting on music that allows you to experience the energy in a safe way. The idea is to give the dark guest room and to allow it to say what it wants and feel into what it needs.

The Cast of Characters in Our Dreams

“One of the most challenging aspects of characters in our dream state is discerning whether the characters in the dream represent aspects of ourselves or if they are depicting our counterparts in the waking life. Try to treat every character as having something very valuable to teach you at all times. As you deepen your dream work practice, you may begin to see events in your waking life more and more symbolic. We only see others through the lens of our own perception, so the real work always happens within. This isn't to say that you aren't in an abusive or empirically difficult situation in waking life, but that as you work at healing your internal dynamics, **you become less tolerant to outer relationships that don't match up to your self-esteem.**”-Toko-pa Turner, *Courting the Dream*

Dream Work Resources

Check out my online shamanism course for a deeper dive into living a mythic life and connecting to unseen realms:
<https://evangeline-hemrick-s-courses.teachable.com/p/expanding-sacred>

Mythic Medicine Products- Mugwort Body Oil:

<https://mythicmedicine.love/shop-all/ancestral-communion-redwood-mugwort>

Sleep Elixir:

<https://mythicmedicine.love/shop-all/dream-elixir>

Manda Scott on Shamanic Dreaming:

<https://mandascott.co.uk/dreaming-awake/>

**Plants to assist the dreamtime-Online courses with Ash Ritter at
Black Sage Botanicals on Teachable and Instagram:**

<https://black-sage-botanicals-with-ash-ritter.teachable.com/>

Toko-pa Turner, Dream Expert & Author:

<https://toko-pa.com>

Blue Lotus:

**Resource from Heather in Zoom chat: schmerbals herbals - blue
lotus - lily, nympaea caerulea liquid extract**

<https://ritualoils.co/collections/shop>