



Dream Tending

STEPHEN AIZENSTAT PHD

Program Guidebook

DREAMTENDING.COM



Dream Tending

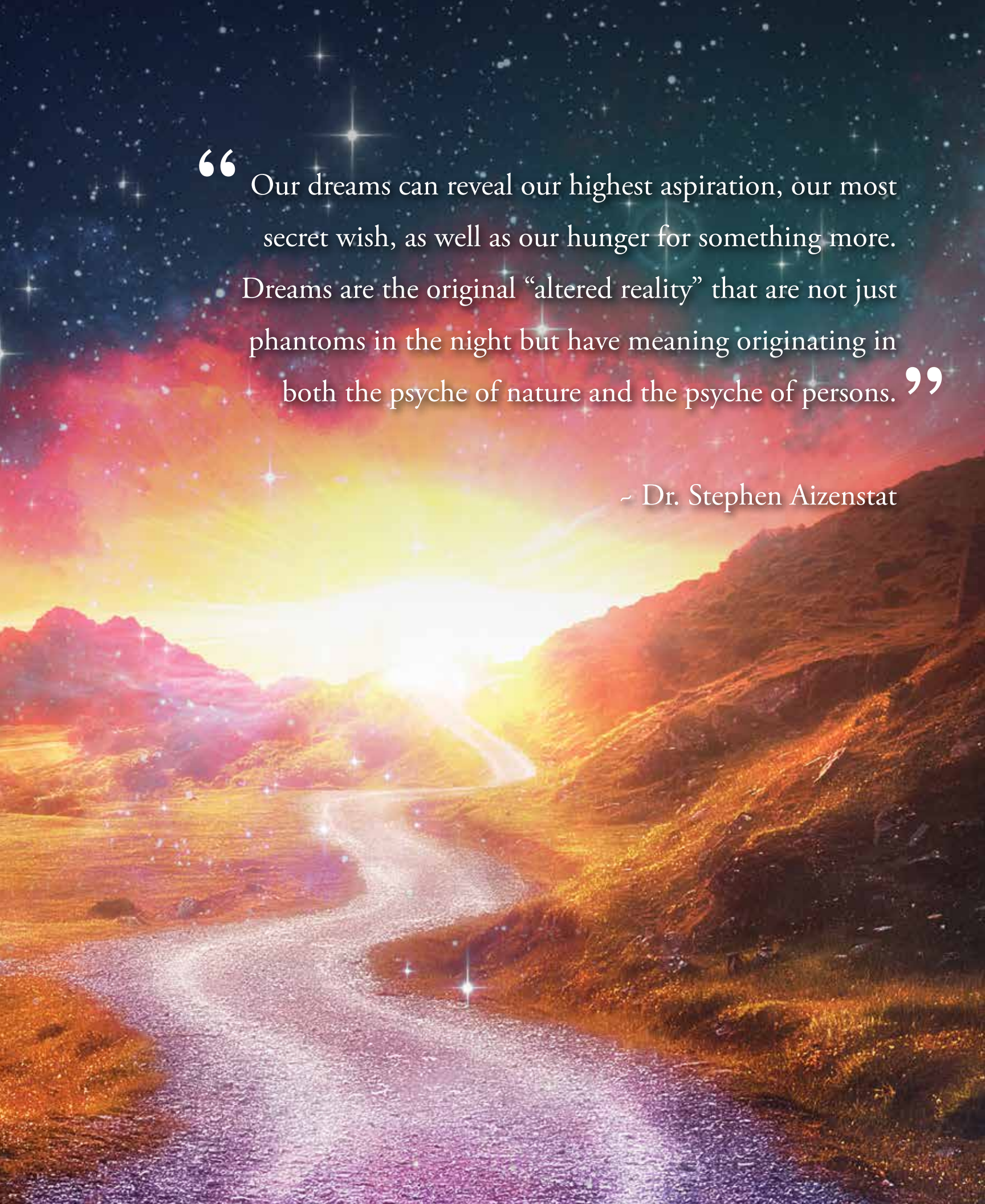
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The Dream Tending Guidebook

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Contact Heidi Townshend for registration, pricing,
payment plans, and partial scholarship information.
heidi@dreamtending.com or 805-770-0192.

Dreamtending.com

A dreamlike landscape featuring a glowing, ethereal path that leads from the bottom center towards a bright, radiant light source positioned between two mountain ranges. The sky is a deep, dark blue, densely populated with numerous small, bright stars and larger, more prominent starbursts. The mountains and the surrounding terrain are bathed in a warm, golden-yellow light emanating from the central light source, creating a surreal and magical atmosphere. The path itself appears to be made of a shimmering, crystalline or liquid-like substance, reflecting the light from above. The overall composition evokes a sense of journey, discovery, and the subconscious mind.

“ Our dreams can reveal our highest aspiration, our most secret wish, as well as our hunger for something more. Dreams are the original “altered reality” that are not just phantoms in the night but have meaning originating in both the psyche of nature and the psyche of persons. ”

~ Dr. Stephen Aizenstat



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Dear Dreamer,

I look forward to meeting you personally in our Dream Tending community. Dreamers and seekers are gathering from around the world to explore the creative genius of dreams and deep imagination.

For me, guiding people into the home places where life purpose and wellbeing reveal themselves is a privilege. Here you discover emotional, psychological, even physiological generativity.

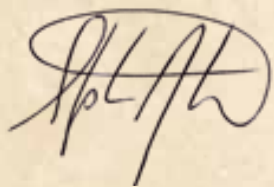
I have mentored many over the decades. I have found that tending dreams of the difficult as well as those of the new possible opens a deeply felt, soul centered life. I am most enthused about the programs over this next year.

Combining the reach of social media and the depth of in-person contact, Dream Tending is a **life-changing**, professionally enhancing mode of practice.

The time is now. The Gathering is happening. The journey continues. . .If possible, join us.

Warmly,

Stephen Aizenstat



“

I believe that the DNA of our individual and planetary evolution is coded in the images of dreams. Combine this conviction with the idea that dream images not only live within us, but they also exist all around us, in every animal, plant and landscape of this world. Our dream images give meaning to our life's story, the journey of who we are and who we are becoming.

”



Dr. Stephen Aizenstat

Stephen Aizenstat, Ph.D., is the Founder of Dream Tending, Pacifica Graduate Institute, and The Academy of Imaginal Arts and Sciences. He is a world-renowned Professor of Depth Psychology, an imagination specialist and innovator. He has served as an organizational consultant to major companies, institutions, Hollywood films, and has lectured extensively in the U.S., Asia, and Europe. He is affiliated with the Earth Charter International project through the United Nations where he has spoken. He has collaborated with many notable masters in the field including Joseph Campbell, James Hillman, Marion Woodman and Robert Johnson.

To Interpret a Dream or to Tend to a Dream?

By Larry Brooks, Ph.D.

What Is Dream Interpretation?

Freud's work is foundational to dream interpretation. The publication of his seminal book *The Interpretation of Dreams* in 1900 initiated a seismic cultural shift in understanding psychological phenomena and recognizing the importance of dreams. The keyword in the title of his book and the central principle of dream analysis is interpretation. The dream is viewed as a riddle emanating from the individual's unconscious, holding a hidden meaning that needs to be deciphered. The knowledge and expertise of the analyst grounded in theoretical framework directs the interpretive action of dream analysis. While much has changed in psychoanalysis since the time of Freud, the role of interpretation is still the predominant tool in dream analysis.

What Is Dream Tending?

Dream Tending is a way of working with dreams developed by Stephen Aizenstat. While it builds on the work of Freud and Jung, it is much more than a methodology. Influenced by James Hillman, founder of archetypal psychology, two qualities distinguish Dream Tending from dream analysis: first, how it views the dream worker; and second, how it views the dream image. The term "dream tending" was intentionally chosen to emphasize a relationship to the dream characterized by caring and open-mindedness. This sensibility grounded in a spirit of not knowing distinguishes it from dream analysis in which the analyst occupies a position of authority constituted by his or her expertise.

How Does Dream Tending Understand Dreams?

Aizenstat views the dream image not merely as a symbol that has meaning, but as a "living image," in the words of James Hillman, or as "persons of the soul." Night after night, the dreaming psyche receives these images from a source greater than the individual. Aizenstat states, "Dream images are not representations of our personal nature only, but are also informed by the subjective inner natures of the things and creatures in the world. The imaginal field beyond the inter-subjective is the extra-subjective that I am equating with the autonomy of the image."

The Art of Dream Tending

Since dreams are not the product of a logical mind, you need to bypass the rational ego to access their deeper significance. To the extent that you interpret a dream, you are limited by the parameters of an interpretive system. In contrast to dream analysis, the ego is seen as an obstacle. It will prematurely foreclose inquiry and too quickly try to make sense of the dream. Hillman states, "Dreams call from the imagination to the imagination and can be answered only by the imagination."

The dream image is like a boat moored to a dock. The image reveals itself and individuates when it is unmoored and allowed to drift. Rather than interpret a dream, the dream tender animates the image. Animation is the heart and soul of Dream Tending. It is quintessentially improvisation, a playing with images guided by an attentiveness to affect and the nuances of a dream, along with an overarching curiosity and vigilance to the ever-present intrusive presence of ego.



The dream tender meets the dream with curiosity as if a tourist in a foreign country, gathers associations, asks the dreamer what parts of the dream generates curiosity, attraction, fright or repulsion. The answers to these questions lead to finding an emotionally resonant image with which to work. When the image is identified, the dreamer is asked to imagine the image in the room in order to interact with it. The dream tender is attentive to how the dreamer is telling the dream with words and gestures, and how the dreamer experiences the dream in the present.

Dreams, on occasion, evoke strong feelings in individuals, such as fear, repulsion and shame. The dream tender helps the dreamer tolerate these difficult feelings and facilitates curiosity about the images in order to understand their deeper nature. As the dreamer moves through fear and repugnance to a relationship with the image, the images evolves, and something of value can be learned.

From a blog post by Larry Brooks, PhD References: Blake, A. <https://www.youtube.com/watch?v=9eyZSvfShKo>
Freud, S., *The Interpretation of Dreams*, Tr. By James Strachey, *Standard Edition of the Complete Works of Sigmund Freud*, Vol IV & V, Hogarth Press, 1953. Hillman, J. *Archetypal Psychology: A Brief Account*, Spring publications, 1983.

How to Find Purpose in Life From Dreams

Dr. Aizenstat pioneered Dream Tending, a technique used to tune in and attend to one's dreams. This method involves several phases, including listening to the dream, making associations between the dreamer and the dream, interacting with dream images, and engaging with the living quality of the dream.

As part of Dream Tending, dreamers take note of the characters, creatures, and landscapes of a dream. They find associations between their own personal history and the events or imagery of their dreams. Then they amplify and animate dream images. Dreamers may find it helpful to artistically express their dreams, for example, by drawing or painting dream imagery. Here is an exercise that can help you discern the hints from dream that inform your true calling:

- Imagine that you're forming a new organization. Give it your first and last name followed by Inc. (for "incubator")
- Create a personal mission statement that expresses your sense of calling. Write it down on a piece of paper.
- Gather information from your dreams after you've completed the first two steps. Jot down, in detail, the dream images that come to you and what they are pointing to.

1. Who are the characters in your dream? What are they saying regarding questions related to your true calling?
2. Who is present in your Dream?
3. What is the innate desire, or yearning, at the root of the dream figure that comes to you?
4. Continue to tend to this living image, noticing what clarity and certainty arises.

Using this practice can help connect dreams back to waking moments, deepening your understanding of how dreams inform your true passions, talents, and goals. In doing so, you may more easily find your unique life purpose.



Unleash Your Innate Genius Through Dreams & Imagination

with Dream Tending Workshops, Retreats, and Certificate Programs

Be a part of the experience — join other creatives, innovators,
and seekers at one of our Dream Tending experiences
and discover what all the buzz is about.



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Dream is the personalized myth, myth the depersonalized dream; both myth and dream are symbolic in the same general way of the dynamic of the psyche. But in the dream the forms are quirked by the peculiar troubles of the dreamer, whereas in myth the problems and solutions sown are directly valid for all mankind.

”

~ Joseph Campbell

Dream Tending and Imagination Workshop

Stephen Aizenstat will bring particular emphasis to the “generative” qualities of dreams. Dreams prepare us for what is to come. And, in times of uncertainty and challenge, this support and guidance is invaluable.

This year, the program will be more interactive than ever. It will include 5-10-minute breath and movement exercises throughout the time together. Dr. Aizenstat will convey the primary underpinnings of his approach to working with dreams. And, he will provide you with a “tool kit” describing the methods you will need to tend your personal dreams as well as those of others. Common dream themes like Flying, Falling, the Intruder, Finding Valuables, Water, Animals, Death, Birth, Journey and many others will be explored and explained.

Dr. Aizenstat will show you how to tap into the “innate intelligence” of your dreams. He will demonstrate his approach by working with dreams of participants. He will then describe what tools he used and how these methods were utilized. You will then work in breakout sessions to personalize the teachings.

“The skills I’m learning in Dream Tending are a great source of healing to me. They help me create a safe container for the ups and downs of my emotional life. Instead of reacting, I’m learning.”

~Y.P., Writer

“I came to Dream Tending in a moment of mid-life identity crisis. Stephen models a way of being with dreams that inspires me to step into my life with greater authenticity and stronger vision.”

~Susanna M., Creator and Mother, MFA, PhD

Dream Tending is allowing for images to emerge that have as much to do with my inner struggles as with those of the world: the pain over the personal paths not taken as well as the missed opportunities for the healing of the planet. It also points me to unexpected allies, both in the dream group and dream time, that help materialize new strategies for being in, and with, this world.”

~R. Funke, Educator & Accompanist

The Imagination Matrix: The Journey Continues

Behind the veil of crippling anxiety and isolating depression exists an expanse of generative consciousness in perpetual motion. It is the source-place that nourishes our well-being. It is the wellspring that fuses the creative life. Access to these realms comes through Dreams and the Imagination Matrix. Join us in a community of like-minded others. I will describe new ways of journeying into dream and deep imagination.

Dr. Aizenstat will work live with a community member to demonstrate skills of accessing the healing powers of imagination. You will learn the ways of bringing the “medicines of the soul” found in the matrix of imagination back into your personal and community life.

Register now and we will send you a “journeyers’ template” that describes navigational skills you can use in your preparation for our gathering. Welcome to the restorative realms of Dream Tending and the Imagination Matrix. Given the challenges in the world today, now is the time. Let’s get started.

“Thank you for this work in Deep Imagination and High Play. I’m so excited to continue on this journey with you all in its infinite variations and offerings.”

~ Anastasia Paveloff

“The Creativity and Imagination workshop with Stephen Aizenstat was beyond my expectations. What I learned from this seminar has had applicable implications to my work as a clinician working with patients.”

~ Mai Lai Breech

“I really enjoyed the webinar. As a representative of the Instagram and Tiktok generation :)), I liked a more thoughtful and optimistic vision of virtual technologies. In general, the concept of 4 directions for working with imagination and dreams seems integral and intersectional for different communities and cultures. For me, this webinar was a presentation of a method for group work with dreams and imagination. I would like to develop my understanding of this method in working with my immigrant and queer immigrants communities.

~ Aleksandr Berezkin

Visit dreamtending.com for more information, event dates, registration details, and more.

Montana Dream Tending Retreat

This limited-enrollment, intensive workshop and retreat takes place at the B Bar Ranch in Southern Montana, near Yellowstone National Park. Exploring dream theory and methodology, Dr. Stephen Aizenstat will showcase unique examples of Dream Tending practice as he works with one of each participant's dreams.

He will encourage participants' engagement through association, amplification, and animation. Clinical perspectives will be included when appropriate. Dr. Aizenstat will also guide participants as they work independently, with a dyad partner, and in groups. The striking Montana landscape plays its own part, bringing the psyche of nature into the work. A unique ritual created by the group is presented at the conclusion of the retreat.

Visit dreamtending.com for more information, event dates, registration details, and more.



Dream Tending and Deep Imagination Certificate Programs

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The dream is a little hidden door in the innermost and most secret recesses of the soul, opening into that cosmic night which was psyche long before there was any ego-consciousness, and which will remain psyche no matter how far our ego-consciousness extends. ”

~ C.G. Jung



Dream Tending and Deep Imagination Certificate I

The Dream Tending and Deep Imagination Certificate I Program is a limited-enrollment program that takes place over four, three-day sessions. The four courses reflect the multiple dimensions of psychic life and the dream. Learning in dream theory and methodology is both content based and experiential. Much of the learning will also take place in the dimension of dream life that is sensitive to aesthetic perceiving, poetic imagining, shamanic intuiting, and the art of not-knowing. Space is limited for this special event and you will not want to miss this experience!

Module One — The Living Image — Tool Set

Learn essential skills and methods of understanding and tending dreams.

Module Two — Nightmares — Tending the Intolerable Image

Develop a practical approach to discovering the healing possibilities existing in nightmarish images of dreams.

Module Three — The World's Dream — Methods of Animation

In these uncertain times, filled with both destructive and generative impulses, discover a way of listening to the psyche of world speak through the figures of dreams.

Module Four — Medicines of the Soul — Dream Healing Practice

Experience a Healing Sanctuary of Dreams to learn about the healing power of dreams in relation to physical illness.

Certificate Benefits

- Certificate I provides a full immersion into the craft of Dream Tending
- Students gain competency to work with their and other peoples dreams
- Graduates of Certificate I become eligible to apply for Certificate II

"The experience has been the most powerfully moving experience in my continuing education and growth as a therapist and as a human being. I learned so much about myself, which is the missing link in much of the trainings I've been participating in...thank you!"

~ C.J., MFT

"It exceeded my expectations. I expected a good experience but had no idea the trainings would provide such a rich personal experience and that dream-tending would add so much depth to my work with dreams."

~ A.F., Psychologist

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Dream Tending and Deep Imagination Certificate II

The Dream Tending and Deep Imagination Certificate Program II introduces the cutting edge of Dr. Stephen Aizenstat's new work on the Imagination Matrix in relation to Dream Tending. The Certificate program includes a time of "creative incubation," a time to imagine, innovate, and tend dreams as portals into deep imagination. The work will be deeply personal as well as community oriented. As part of this new cohort, you will journey into the metaverse of the dreamtime.

Throughout the four sessions of Certificate II, you will have access to individual and group mentorship within residential and online mediums. Over the months of the program, particular attention will be given to creating and deepening our heart-felt dream tending community. In fact, community building and networking will be a primary emphasis of our gatherings. With the protection and care, we will embrace the love, pain, and, too, fun that come with tending dreams and deep imagination.

Certificate II Benefits

- Certificate II extends dream work into the realms of Deep Imagination
- Students learn the unique practice of "journeying" and accessing "imaginal intelligence"
- Graduates of Certificate II become Certified Dream Tenders and become eligible to apply to Certificate III

Module One

Will extend the framework of Dream Tending to include a fourth-dimension dream tending, beyond the personal, collective, and world unconscious. Here in Deep Imagination you will be offered skills, tools and methods of working in the realm of the autonomous psyche. Each participant will receive a newly evolved "study guide" listing the next generation of emerging methods and applications.

Module Two

Will extend our work with the "nightmare" into a deeper consideration of the dream and the underworld. We will deepen into relationships with Ancestors, Elders, and Angels. Readings will reach back to the "Egyptian Book of the Dead" and forward to the new work exploring the "Lament of the Dead." Emphasis will be brought to right-placing "nightmares" in "underworld" awareness.

Module Three

Will extend our work on the World's Dream. Dreaming in the Technological Age offers access to an interactive experience that I name the "Deep Imagination Cycle." We will participate in a working laboratory, complimented with individualized supervision, together, we will explore the confluence between deep ecology, depth psychology, new technology, and indigenous cosmology.

Module Four

Will extend, in a more applied way, the "Medicines of the Soul" dream tending practices. We will construct and participate in an actual "Healing Sanctuary." I will teach particularized ways of applying "Sanctuary Medicine." Current outcome research and readings will be distributed and discussed.



Dream Tending and Deep Imagination Certificate III

Dream Tending and Deep Imagination Certificate III is as much a Mystery School as it is a sequential Dream Tending program. Participants will open doors of perception and journey with others into the realms of Dream and Deep Imagination. The confluence of somatic awareness and imaginal intelligence offers opportunities to explore on a deeper level the thoroughways of the dreamtime. Support will be provided with heartfelt empathetic regard. Dr. Aizenstat looks forward to creating with you a container that engages joyful curiosity.

The world is calling to us, asking for attention and tending. Join a community where the Alchemy within the group creates the generative spark that fuses our personal and collective creativity and innovation. You will work in collaborative formats, tending figures and landscapes in small "dream" groups, in proactive dyads and individual inquiry. Mid-Module "mentorship" training opportunities will be offered that will further equip you to facilitate dream work with others in the proposed Dream Tending Membership Community.

Dr. Aizenstat has found over the many years of Dream Tending that there exists an Imaginal Dream Centered Intelligence, a Blue Fire of psyche and soma. Join us to take your dream tending to the next levels of possibility. Now is the time. Our personhood asks this of us, the plea of the world makes request.

Certificate III Benefits

- Certificate III is an advanced training program designed to further deepen the mastery of skills and the depth of personal experience
- Students learn ways of taking the Practice of Dream Tending and Deep Imagination into institutional, organizational, and clinical settings
- Graduates of Certificate III find paid teaching opportunities in the Membership Community, and in Certificates I and II
- Graduates are also eligible to apply to become Mentors of the Academy of Imaginal Arts and Sciences

Visit dreamtending.com for more information, event dates, registration details, and more.

Module One

Skill Development: Skills of Tending the Horrific and the Beatific in the Times of Today/Tomorrow - New Applications

Praxis: Tending Individual Dreams with Steve and Dyad work

Ritual: From Isolation to Creative Incubation

Module Two

Skill Development: Strengthening the Immune System/New Work from Imagination and Medicine Conference - "Imago Duplex"

Praxis: Tending Individual Dreams with Steve and Dyad Work

Ritual: Illumination as Evolution

Module Three

Skill Development: Tending Embodied Images with Presence/Mystery/Being

Praxis: Psyche and Soma: Evoking the Beauty/Potency of Marion Woodman's Work in Deep Imagination/Tending Individual Dreams with Steve and Dyad Work

Ritual: Eros Moving Through Us and Through the Imaginal Field (Movement/Music/Art)

Module Four

Skill Development: New Work from Steve's Keynote Lecture at Eranos

Praxis: Following the Animal Bodies, Evoking Curiosity and Instinct/Tending Individual Dreams with Steve and Dyad Work

Ritual: A Festival of Lights/Music/Dream/Theatre - "the long dance"

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