

Unlock the Secrets of your Dreams


Dream Tending
STEPHEN AIZENSTAT PHD

Dr. Stephen Aizenstat

**Founder of Dream Tending, Pacifica Graduate Institute,
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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.

Hello there,

Do you ever feel like you're treading water, trying your hardest just to stay in one place? Do you feel dissatisfied with your accomplishments, even when you think you should be celebrating? Do you ever feel completely alone, even amidst a busy world?

Cultivating a relationship with your dreams reconnects you with your authentic self, enriches your relationships with others, and connects you to your life purpose. Dreams open the doors of curiosity and creativity.

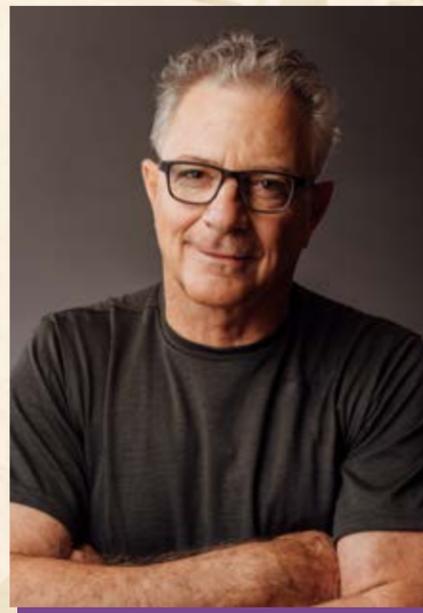
In this e-book you will discover how to more deeply connect to the healing powers of dreams. Dream Tending, a unique and highly valued approach to dreamwork, is being used by people worldwide. I am privileged to share some of the basic skills and tools with you.

I look forward to seeing you in the extended Dream Tending community. I trust you will find these concepts and tools helpful.

Warmly,



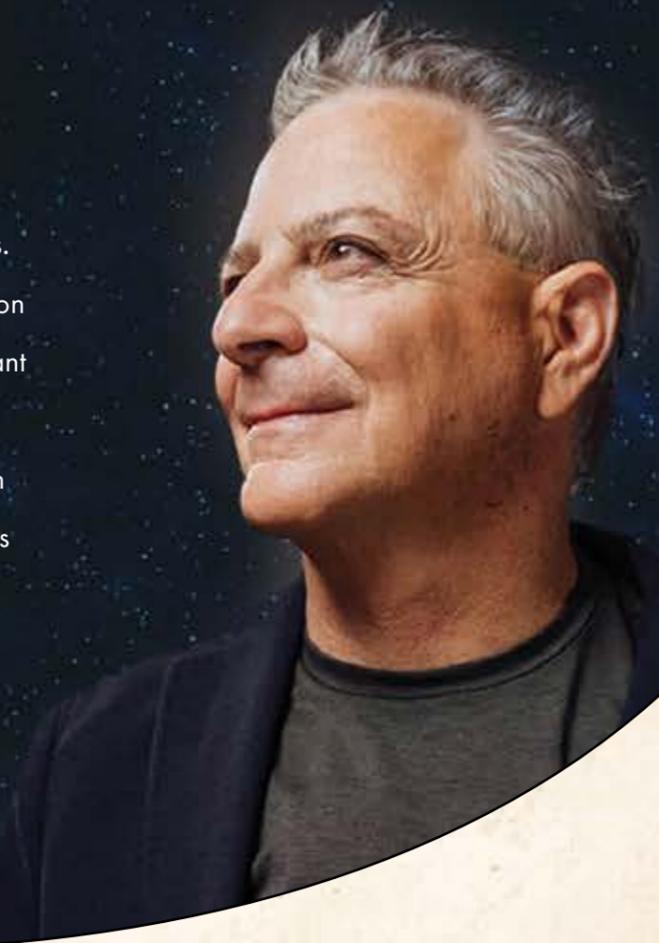
Stephen Aizenstat



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.



What is Dream Tending?

Dream Tending is a visionary new paradigm for thinking and living. Now you can access the potential of your dreams to engage your innate genius, express your creativity, and contribute to the world around you through a new and dynamic perspective.

The Dream Paradigm

Imagine a practice that cultivates your creativity and innovation. Imagine that you could have more meaningful connections. Imagine that you can be part of the emerging solution and build a better future for yourself and others. Your life would be richer and fuller as a consequence of such cultivation.

The Dream Paradigm offers a new vision and system for how individuals as well as the global community can access the deep imagination through their dream state, not just to survive, but to thrive and excel in our modern age and collective future.

When you "tend" a dream, you activate the deep imagination. Your mind opens and you become more attuned to our common human and planetary journey as you discern or recognize your place in it. Dreamwork offers tools to overcome obsessions, compulsions, and addictions. The Dream Tending approach brings new warmth and energy to your relationships and opens doors that can take your career to a new level. In the Dream Tending community, you work with others to participate in a life more vibrant, alive, and aligned with your soul's purpose.



Benefits of Dream Tending

- **Increase Your Awareness**
Learn how to befriend dream figures as companions of the soul.
- **Expand Your Consciousness**
Discover a shift in consciousness and experience your innate generativity.
- **Discover Your Potential**
Move from the confines of your fears to a realm of curiosity and creativity.

The Art of Dream Tending

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 and have a life of its own. Rather than interpreting a dream, the dream tender animates the image. Animation is the heart and soul of Dream Tending. In addition to the tools of Association and Amplification, the Animation of an image is to tend the image as an embodied presence in the immediacy of experience. The art of Dream Tending is to “befriend” the living images of Deep Imagination using a skilled and mindfully crafted imaginal approach. Archetypal psychologist James Hillman states, “Dreams call from the imagination to the imagination and can be answered only by the imagination.”

How Does Dream Tending Conceptualize Dreams?

Dream Tending builds on Freud and Jung’s depth psychological methodology. Dream Tending’s unique use of Animation invites dream images to be alive and active in sharing their stories, from the inside out. Living Images tell of our deepest felt perils, our longings, and of generative outcomes.

Night after night, the dreaming psyche receives dream images from a source greater than the individual. Dream images are not only representations of our personal nature; they are also informed by the subjective inner natures of the things and creatures of the world.

Dream images are more than merely static symbols that have interpretive meaning. Dream Tending views images as alive or, in the words of James Hillman, as “persons of the soul.” In experiencing the figures and landscapes of dreams as alive, we can experience dreams as living dynamic access points—windows into the human soul and spirit.



Core Questions:

The core questions are two simple questions that unlock the secrets and symbols of the dreaming world. The phrasing of these core questions is important; they aren’t asking why or attempting to analyze. They are open-ended, curious questions that invite the dreamer to observe rather than investigate.

“Who is visiting now?” and

“What is happening here?”

These questions keep the dreamer centered in the dream and allow the dream images to speak on behalf of themselves.

Dream Tending Methodology: Association, Amplification, and Animation

A. Association

When I started studying psychology, particularly dreams, something came alive inside me. I remember the reading list in Psych 101 included Freud's *The Interpretation of Dreams*, in which he suggests that dream images are more than what they appear to be. Freud's method of association signaled the beginning of modern dreamwork. So, I believe starting here is a good idea. He said that the images in dreams are representations of latent wishes or repressed aggressive sexual drives, which are too disturbing for the conscious mind to encounter directly.

Freud developed a reductive method of getting to the meaning of this repressed material, called "association" or "free association." Freud's "classical" approach, and the dreamworkers who followed in this tradition, associated dream images back to events occurring in the dreamer's past. In this context, "to associate means to find hidden connections between a dream image and past experience."

Allow me to illustrate this approach with an example. If there were a lion in a dream, you might think of a trip to the zoo, where you saw a lion. This is associating to the circumstances of the day or the last 48 hours. You might also remember something from *National Geographic* about lions in Africa. This might then remind you of a boss, a colleague, or a particularly mean-spirited friend, which might further remind you of an aggressive parent. Going further in the classical associative process, you might even remember a specific incident in which a colleague or friend, or even a parent, punished you too harshly, which then might remind you of your own pent-up rage. So when using association in this way, you would link the dream image back to an early scene in life that evoked unexpressed feelings of rage. This rage was the repressed material that the dream was masking.

Dreamwork has evolved in many ways over the decades. Many dream therapists describe the art of association as central to their methods of interpretation. Calvin Hall, for example, states, "in free-associating to a dream, one free associates to each phrase or sentence in the dream, in turn, and then reconstructs the meaning of the whole dream from the separate associations."

Dream Tending views associative methods as those that link dream images to similar life events or circumstances. You can use methods of Association to expand the dream by making connections to present or past life circumstances. You will employ these methods in the exploratory phases of your work, helping to create a context of circumstances, emotions, and events to which the dream offers insight and provides meaning.

B. Amplification:

The genius behind the methodology of Amplification is Carl Jung, a Swiss psychiatrist and psychoanalyst who founded analytical psychology. Jung felt that dream images are much more than just repressed infantile wishes and drives, more than connections to the circumstances of the day. They originate, he said, in the collective human psyche and can represent universal archetypes. That is, dream images are similar to the characters and themes found in fairy tales, mythology, religion, and world literature. They are archetypal in that they can tell you something of the grand story in which you live.

From Jung's point of view, the method of association is not the only way to work with dreams. By working with Jung's process of amplification, you will discover a dream image's connections to universal cultural themes. For example, in a dream image of a lion, you might find, in addition to repressed feelings, the representation of royalty or nobility, or *The Lion King*, or the zodiac sign of Leo. Lions are also fierce protectors, presiding over home and palace alike, as guardians at the gates. And in many mythologies, lions symbolize the heart. Think of the name Richard the Lionheart.

When associating to the lion image in your dream, it could be a stand-in for infantile rage. However, when amplifying it, the lion now points to something regal, noble, fierce, or big-hearted in nature. Using amplification, you expand the image into its archetypal depth and then see how that archetypal motif—the teaching story—is currently active in your life.

This amplificatory process takes you in a much different direction than association. Amplification opens you to the great teachings that are alive and active in dream images. These stories tell about the perils of your situation, the potential positive outcomes, the strategic teachings, and the collective wisdom of generations past. As the great mythologist Joseph Campbell said, "dreams are like myths." A myth is a story that expresses something meaningful about a culture, from origins to values to sanctioned social interactions. Every night, the dreaming psyche is generating something of your own personal mythology, informing you about origins, values, and so on. A single dream image, amplified through literature and mythology, can offer tremendous insight into your life.

When Jung's ideas came into my life, I began to understand how dream images worked in both the cultural imagination and in the circumstances of my own experiences. As you dive into the open-ended world of amplification, I believe that your imagination will open ever more widely, and you, too, will gain access to the archetypal themes of human experience that both inform and help guide your life purpose.

C. Animation:

Animating the dream involves imaging the figure in the here and now, present in the room. Here we imagine the dream figure beside you so that you can see it, touch it, talk to it, and interact with it.

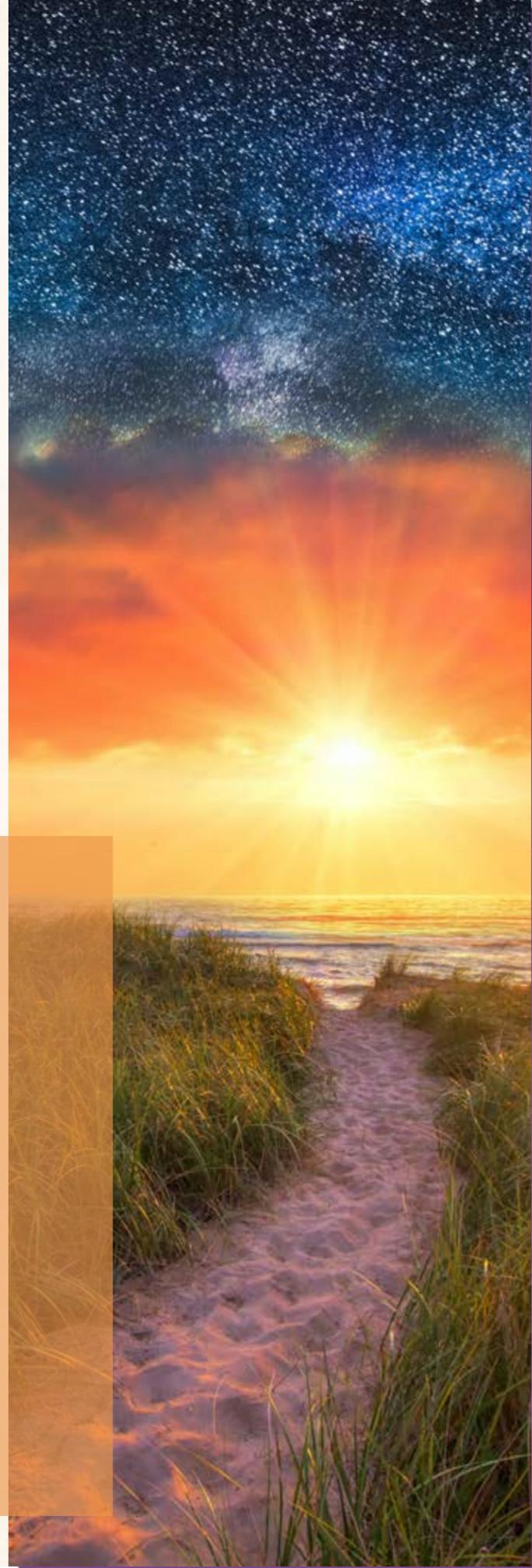
The method of animation is based on the idea that dream images are alive. Animation returns to the dream image the vitality that is inherent in the image to begin with. The Dream Tending method "reanimates" or "resuscitates" dream images, that is, brings back to life images that have otherwise been reduced to the medium of narrative or description.

Before you can engage your dreams, recognize that your dream images have a life. If you're going to learn from them, first accept them and honor them as separate from yourself. Instead of assuming that you know who or what an image represents, approach the dream image with an attitude of curiosity. Allow the image to explain itself in its own time and way.

Notice the particularity of dream images as they become increasingly visible and distinct. Look for specificity of color, texture, detail of facial features, and so on. To particularize is to recognize the unique characteristics of the dream image and thus to bring life to the image.

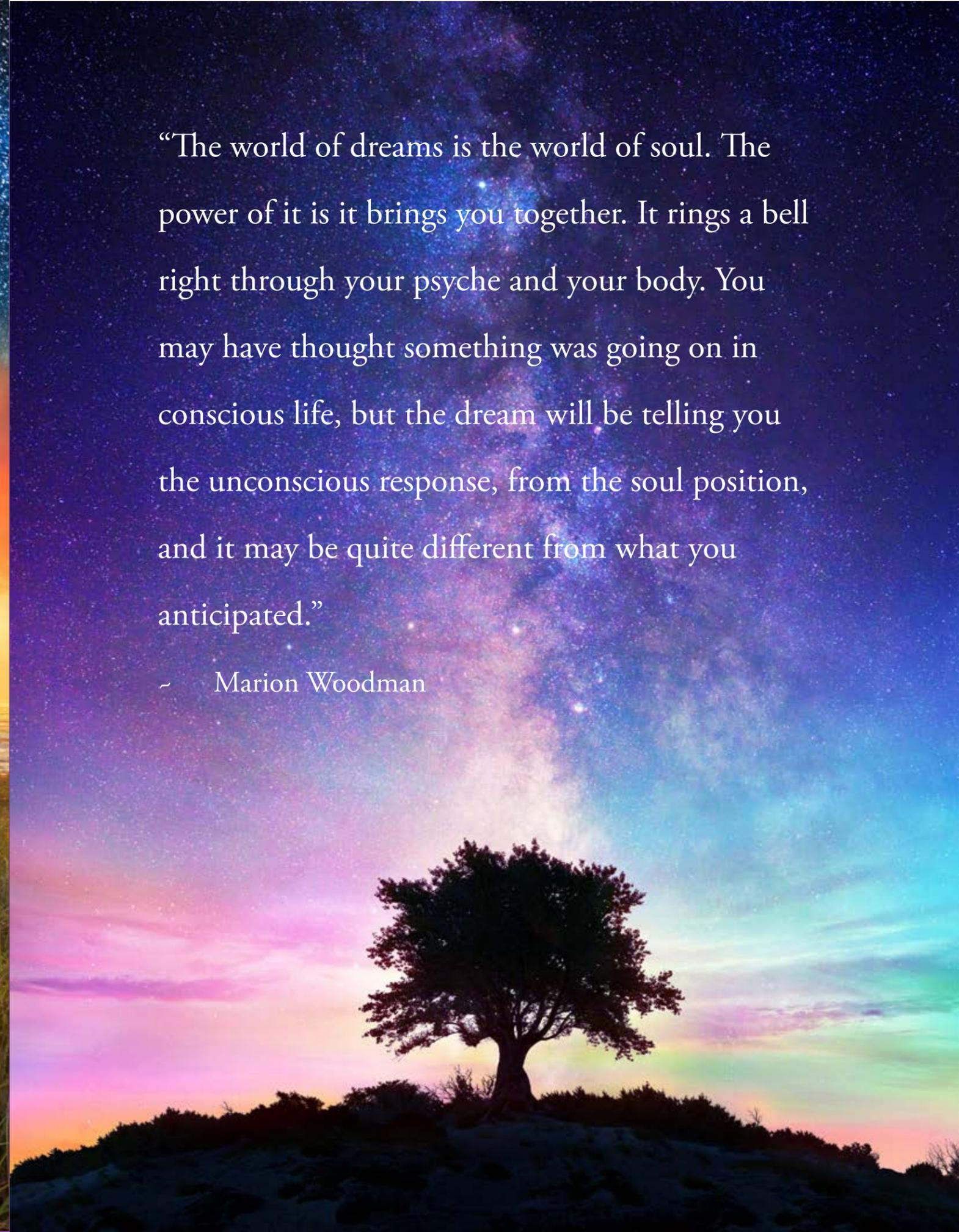
Pay attention to what your body feels as you follow along in your dream. Rather than trying to analyze the dream from the outside, step inside it and be in the dream. Be present in the here and now of the dream world.

Use your senses of "hearing," "smelling," and "touching" to experience dream images as embodied. To smell, hear, or touch an image is to bring a quality of physical contact to an image. Using the senses to experience imaginal figures brings the dreamer into an "embodied" relationship with the dream image.



“The world of dreams is the world of soul. The power of it is it brings you together. It rings a bell right through your psyche and your body. You may have thought something was going on in conscious life, but the dream will be telling you the unconscious response, from the soul position, and it may be quite different from what you anticipated.”

~ Marion Woodman



IV

How to Remember Dreams

You can learn from your dreams, heal with the help of your dreams, and solve thorny problems while you're dreaming—but what good is all of that if you can't remember those flashes of insight when you wake?

You wake with a blinding insight that can totally change your life—but as you try to pull all the threads of the dream together, they become more elusive. In the end, your dream drifts away, and you're left with the feeling that you've just lost something important.

The content of your dreams may hold important keys to solving problems, provide warnings when something is not okay with health or safety, illuminate our true feelings and desires, and provide a different perspective of how to look at situations. Many of history's greatest leaps came from listening to dreams. For example, many know of the equation $E=mc^2$, but what they don't know is that this came to young Albert Einstein in a dream.

If you don't remember your dreams, no need to be discouraged. You can cultivate certain habits to help remember your dreams.

Here are a couple tips for remembering your dreams:



1. Where attention goes, energy flows.

Bring awareness and attention to the process. When you're about to fall asleep, tell yourself three times that you're going to remember your dreams. Try to make it the last thing you consciously think before you nod off.

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2. When you wake up, lie with your eyes closed and let the dream linger.

In this liminal state, you can often recall your dreams. It can help to set your alarm 15-20 minutes before you need to wake up to allow yourself this liminal space for dream recall.

3. When you've recalled as much of your dream as you can remember in your mind, write it in a dream journal.

Keep your dream journal right by your bed with a pen so that you do not need to wake up fully before writing. You may have thoughts when writing dreams down like, this doesn't mean anything or this is nonsense. Keep writing! You may be surprised when you read it later in the day or week. Make dream journaling a part of your wake-up routine. Your attention to and care of the dreaming psyche will bring a new energetic flow to your dream life.



4. If dream recall is still eluding you, go back to the last dream that you remember, a month ago, ten years ago, 30 years ago.

Use the skills you have gained and work with this dream in the present. More often than not, this practice will increase dream recall.

Cultivating habits that help you remember your dreams empowers you to make use of one of the psyche's most amazing and least understood functions.

4

The Common Themes in Dreams and What They Mean



Joseph Campbell, perhaps the world’s best known navigator of mythology and dream spaces, famously said, “Myths are public dreams. Dreams are private myths.” You can extend this idea to understand why there are so many symbols and themes that frequently appear in dreams. Dreams, like myths of creation and becoming, often feature archetypal themes and imagery—symbols so common across all cultures that Carl Jung proposed they belong to a collective unconscious shared by all humans. Understanding these symbols as a visual language opens up the world of the dream and what it seeks to communicate. Check out these 6 most common dreams and what they might mean or allude to and see if any of them sound familiar to you.

1. Being Chased

In a study of more than 1,000 college students, researchers found that being chased was not only the most common theme among them—with about 60 percent reporting dreams of being chased—but it was also the one that most students remembered as their earliest dream. When you consider the symbolic meaning of being chased, it could suggest that something is trying to catch up with you. Often it’s related to how you’re feeling about some difficult part of your life that you are not paying enough attention to, perhaps an unrecognized trauma, a stressful event, or something you fear. According to most dream psychologists, the “monster” chasing you could be an aspect of yourself that you’re trying to deny. In Dream Tending, there’s one sure way to learn what it is and start taking steps to resolve it: with protection and support, stop running and engage your dream chaser so you can interact with it and discover “who’s visiting now.” Then it becomes possible to create a more generative and peaceful relationship.



2. Falling

There are two very distinct types of falling dreams. The most common one is the terrifying plunge off the edge of a cliff or the floor falling out from under you. This type of dream often references a loss of control you’re feeling somewhere in waking life. It could also signal a loss of support or a metaphorical warning that your conscious ego needs to come back down to earth. In his book, *Man and His Symbols*, Jung specifically notes dreams of falling and flying as possible warnings. When we get carried away by inflated feelings of self-importance, the dreaming mind might signal that we are headed for a fall. Sometimes a dream will also present an image as a metaphor. Consider the ways that falling appears in our figures of speech: falling in love, or falling from grace, for example. In the other type of falling dream, you’re not so much falling as floating, drifting slowly downward. Unlike the out-of-control plunge, a dream of falling in slow motion can express releasing anxiety and fears, or letting go of your need to control things around you, “falling into another realm.” When you practice Dream Tending, falling becomes a living image that has something important to communicate. By tending the image, the initial feeling of terror can transform into new possibilities.



3. Flying

Dreams of flying were the second most common type of dream reported by the college students in the study above. Throughout history, humans have imagined being able to soar and fly with the birds above. These dreams are often about independence and freedom, but they can also suggest having a “bird’s-eye view” of the world. In his conversations with Bill Moyers, Campbell touched on one of the most famous myths about men flying—the myth of Daedalus and Icarus. He notes that it’s often seen as a cautionary tale about hubris. Icarus flew too close to the sun and perished. Thus, Jung cautions that dreams of flying at times offer warnings from your “inflated” self that you’re flying too high and risking a fall.

5. Being Naked

You're walking down the street and suddenly realize that you're naked, or topless, or you've forgotten your pants. Dreams of being naked in public often leave you feeling embarrassed, humiliated, and exposed. They can mean that you're feeling vulnerable, or you're afraid that others see through your "clothes" to the real you within. On the other hand, dreams of being naked could suggest that you have nothing to hide, that you have the self-confidence to let the world see you as you are. Dream Tending can help you move beyond the "universal" interpretations of dream symbols to learn how, as Joseph Campbell suggests, you've personalized the myth to suit the message you need to hear.



VI

Dream Journal



To be in relationship with the dreaming psyche requires discipline, intentionality, and curiosity. A dream journal establishes and sustains a conscious relationship to the dream world. Dreams are metaphorical as well as practical. They have information that supports life purpose and well-being. There is no downside to recording dreams, and an unexpected side effect is that you might remember more dreams.

Journaling dreams also nurtures your creative self. One far-reaching and subtle consequence of dream neglect is the failure to develop the imaginal ego, the source of creative thinking. Dreaming helps you explore new possibilities, gain instructive insights, and open creativity.

6. Water

Water in a dream often has something important to communicate, just as it does in waking life. Consider the various ways in which we interact with water: We depend on water for life, our emotions flow through our tears, we are carried in water before we're born; some religious traditions use water in rituals of initiation and purification. In a dream, water can appear in many forms, each having a particular meaning. It might signify a tidal wave of emotion, or being immersed in your deeper feelings, or your own soul recognizing a fresh start, or perhaps a place where your waking life is stagnant. Dream Tending teaches you to become curious about the particular details of the water that you encounter in order to connect with what is uniquely true for you and this image.



How to Journal

Keep a journal by your bedside. On waking, record your dream. In my book *Dream Tending*, I recommend writing the dream in the present tense. Sketching an image of the dream can also be instructive. After writing down or sketching the dream, record your impressions and reactions to the dream. Ask yourself, what feelings does the dream evoke? What are your associations and reflections? How do the dream themes and images relate to circumstances in your life?



STEPHEN AIZENSTAT, PH.D.

Dream Tending



Awakening to the
Healing Power of Dreams

Dream Tending: Awakening to the Healing Power of Dreams

You had the most amazing dream last night. It spoke to your highest aspiration-your most secret wish-and presented a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone forever-or is it? According to Dr. Stephen Aizenstat, a psychotherapist, university professor, and dream specialist, dreams are not just phantoms that pass in the night, but a present living reality that you can engage with and learn from in your daily life. In Dream Tending, Dr. Aizenstat shows how to access the power of your dreams to transform nightmare figures into profound and helpful mentors; bring fresh warmth and intimacy into your relationships; overcome obsessions, compulsions, and addictions; engage healing forces of your dreams through imaginary "medicines"; re-imagine your career and cope with difficulties in the workplace; discover the potential of your untapped creativity; and see the world around you from a new and dynamic perspective.

Available through the Pacifica Graduate Institute Bookstore - email Ssroka@pacific.edu for more information.

Dream Tending and Imagination Programs

Do you want to ignite your creativity, ingenuity and sense of innovation? Do you want to have a greater understanding of the human experience, your life purpose and make deeper more conscious connections? Do you long to be part of the global community to help elevate the human race and build a better future? Then you are in the right place! Our Dream Tending lectures, workshops and "pop-up" events were crafted with you in mind!

Join us for an upcoming program

- Dream Tending and Imagination Workshop
- The Imagination Matrix: The Journey Continues
- Dream Tending Master Class
Montana Dream Tending Retreats
- Dream Tending and Deep Imagination Certificate I
- Dream Tending and Deep Imagination Certificate II
- Dream Tending and Deep Imagination Certificate III
- And more events on the horizon

Please visit
dreamtending.com
for program
information, dates,
registrations
details, and more.

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