



# Dream Tending

STEPHEN AIZENSTAT PHD

Program Guidebook

[DREAMTENDING.COM](http://DREAMTENDING.COM)



## The Dream Tending Guidebook

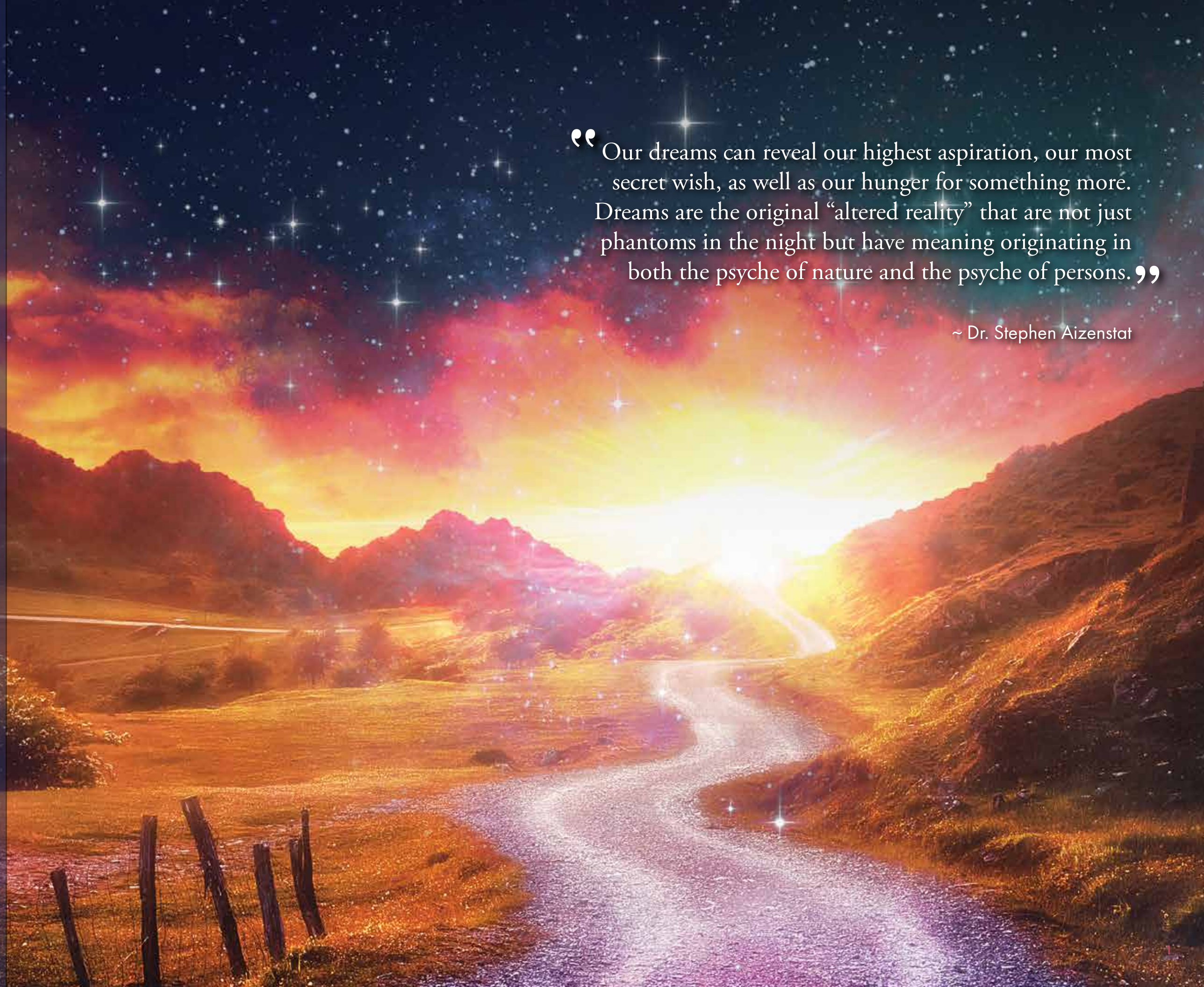
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Contact us for registration, pricing, payment plans,  
and partial scholarship information at  
[hello@dreamtending.com](mailto:hello@dreamtending.com) or 805-770-0195.

**Dreamtending.com**

“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.

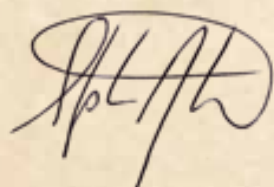
For me, guiding people into the home places where life purpose and well-being reveal themselves is a privilege. Here you discover emotional, psychological, and even physiological generativity.

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

Combining the reach of synchronous online learning 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

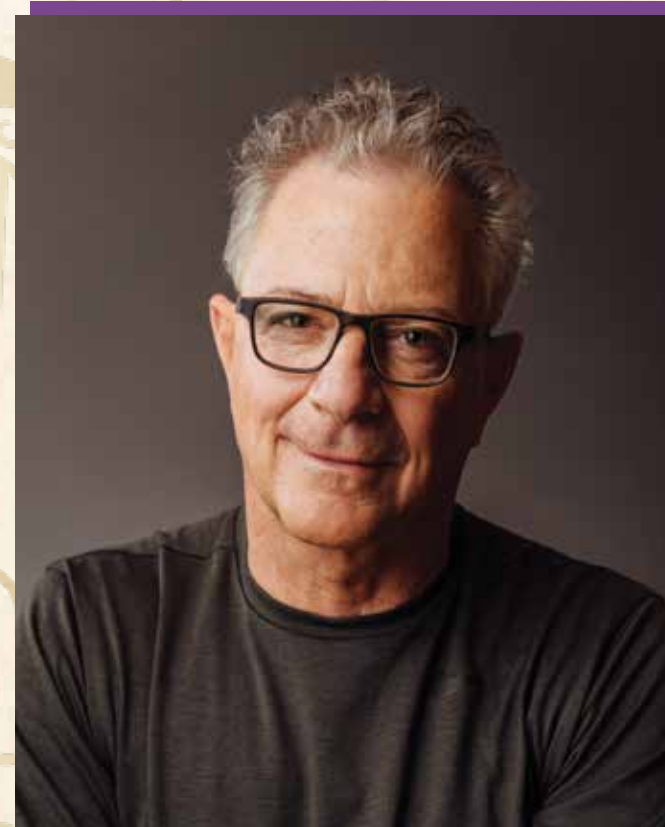


“I believe that the DNA of our individual and planetary evolution is coded in the images of dreams. Combine this conviction with the idea that dream images not only live within us, they also exist all around us, in every animal, plant, and object of this world. It is our dream images that give meaning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

~ Dr. 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 an innovator. Steve has served as an organizational consultant to major companies and institutions, and as a depth psychological content advisor to Hollywood filmmakers. He has lectured extensively in the U.S., Asia, and Europe and is affiliated with the Earth Charter International project through the United Nations, where he has spoken. Steve has collaborated with many notable masters in the field including Joseph Campbell, James Hillman, Marion Woodman, Robert Johnson, Michael Meade, and Jean Houston.





## Dream Tending - Activating the Deep Imagination

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. In this new awareness, you recognize and discern your place in the family of being. This quality of consciousness helps to overcome obsessions, compulsions, and addictions. Journeying in deep imagination brings new warmth and energy to your relationships. You participate in a life more vibrant, alive, and aligned with your soul’s purpose.

Dreams carry an inner knowing, an innate sensibility, and an element of potency. Dream Tending opens the capacity to access the depths of your experiences. Here you will find the generative insights and perspectives that you can apply to daily life.

Visit [dreamtending.com](https://dreamtending.com) for more information, event dates, registration details, and more.

## 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.

“Steve keeps that awareness that the human psyche is always trying to move towards this mythic center.”

~ Michael Meade, author of *Awakening the Soul* and *The Genius Myth*





## 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 toolkit 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 the dreams of participants. He will then describe what tools he used and how these methods come alive in dynamic engagement with the living images. 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 a 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 and 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 deep imagination. Join us in a community of like-minded others. I will describe new ways of journeying into the matrix of imagination.

I will work in a group session 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 Imagination Matrix back into your personal and community life.

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.*

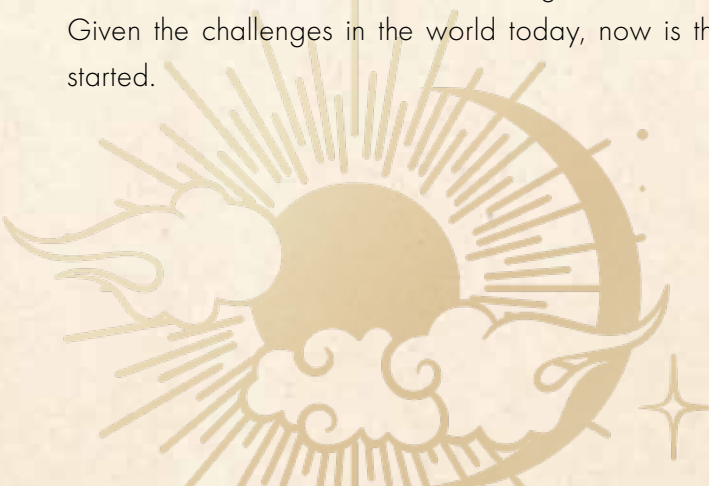
~ Anastasia Paveloff

*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 four 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 want to develop my understanding of this method in working with my immigrant and queer immigrant communities.*

~ Aleksandr Berezkin







## 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 deeply personal examples of the Dream Tending practice. In this beautiful mountain setting, he works with one of each participant's dreams.

Dr. Aizenstat will encourage participants' engagement through association, amplification, and animation. Clinical perspectives will be included when appropriate. He 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](https://dreamtending.com) for more information, event dates, registration details, and more.



## Dream Tending and Deep Imagination Certificate Programs

“Dr. Aizenstat travels the inner worlds as he creates a university that mentors students into ways of being that shatter old paradigms. His work explores the immensities within that meet and marry the immensities without.”

~ Jean Houston, author of *The Possible Human* and *A Mythic Life*

“Steve resurrected the ancient and medieval art of giving voice to the depths of the unconscious...”

~ Robert Johnson, author of *Inner Work* and *Owning Your Own Shadow*





## 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 separate 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, nuanced 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 that exist in the nightmarish images of dreams.

**Module Three — The World’s Dream and Methods of Animation**  
In these uncertain times, filled with both destructive and generative impulses, discover a way of listening to the world’s psyche speak through the figures of dreams.

**Module Four — Medicines of the Soul: Cultivating a Dream Healing Practice**  
Experience an Asclepian sanctuary of dreams to learn about the healing power of dreams in relation to physical illness.

- Certificate I Benefits**
- Certificate I provides a full immersion into the craft of Dream Tending
  - Students gain competency to work with their own and other people’s 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 training I’ve been participating in . . . thank you!*  
~ C.J., MFT

*It exceeded my expectations. I expected a good experience but had no idea the training would provide such a rich personal experience and that Dream Tending would add so much depth to my work with dreams.*  
~ A.F., Psychologist



## Dream Tending and Deep Imagination Certificate II

The Dream Tending and Deep Imagination Certificate II Program introduces the cutting edge of Dr. Stephen Aizenstat’s new work on the imagination matrix in relation to Dream Tending. This 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 universe 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 heartfelt Dream Tending community. In fact, community building and networking will be a primary emphasis of our gatherings. With this protection and care, we will embrace the love, pain, and fun that come with tending dreams and deep imagination.

- Certificate II Benefits**
- Certificate II extends dreamwork into the realms of deep imagination
  - Students learn the unique practice of journeying and accessing imaginal intelligence
  - Graduates of Certificate II become eligible to apply to Certificate III

**Module One — Dream Tending and Deep Imagination**  
Expand beyond the personal, collective, and world unconscious. Here in deep imagination, learn skills, tools, and methods of working in the realm of the autonomous psyche.

**Module Two — Dreams, Nightmares, and Underworld Consciousness**  
Pursue the intelligence of the nightmare image into the underworld. Deepen into relationships with ancestors, elders, and angels.

**Module Three — The Imagination Matrix**  
Explore the confluence among deep ecology, depth psychology, new technology, and Indigenous cosmology. Enter the cycle of the deep imagination matrix. Participate in a working laboratory, complemented by individualized supervision.

**Module Four — Sanctuaries of Healing: An Imaginal Approach**  
Learn to open the portals offered by dream. Through the healing powers of the illuminated image, apply medicines of the soul to emotional and physical affliction.

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## Dream Tending and Deep Imagination Certificate III

The Dream Tending and Deep Imagination Certificate III Program brings focus to how somatic journeying can open the doors of perception that allow increased access to realms of dream, deep imagination, and the healing arts. The confluence of somatic awareness and imaginal intelligence offers opportunities to integrate mind, body, and soul. Dr. Aizenstat has found over the many years of Dream Tending that there exists an alchemical blue fire of psyche and soma that ignites the emergence of our authentic being.

Leading-edge visionaries in the field enrich this program as guest speakers, adding their unique vision to the learning experience. Join us in taking your Dream Tending to the next level of possibility.

### Certificate III Benefits

- Certificate III is an advanced training program designed to broaden the mastery of skills and the depth of personal experience
- Graduates of Certificate III may find teaching opportunities in the Dream Tending community, and in Certificates I and II
- Graduates are also eligible to apply to train as mentors of the Academy of Imaginal Arts and Sciences

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### Module One — Tending Psyche and Soma in Times of Stress and Uncertainty

Working with the multidimensionality of the dreaming psyche, explore skills to evolve an embodied daily praxis. Host the beautiful and the intolerable in times of stress and uncertainty. Learn how the psyche–soma portal can become a pathway out of isolation into an experience of creative incubation.

### Module Two — Hosting Somatic Imaginal Presence

Expand mastery in the healing arts by learning skills to embody resonant presence. Explore somatic imaginal journeying through the unique gifts of “mirrored images”—the phenomena of imago duplex.

### Module Three — Embodying the Imagination Matrix

Evoke the beauty and potency of Marion Woodman’s work in the deep imagination . Embody somatic genius and eros moving through the imaginal fields. Develop the ethical dimension of working with the art of story.

### Module Four — Illumination as Evolution

Learn how the illuminated consciousness of deep imagination is embodied in the regenerative capacities of person, earth, and cosmos. Discover how the call of the dream and the call of the future invite evolution and ongoing transformation.



## Dream Tending Mentors of the Academy

The Certificate I, II, and III Programs all build out the skill level of Dream Tending. The Mentors of the Academy of Imaginal Arts and Sciences Program is designed to foster excellence in the ability to carry these skills into learning environments, community practice, and academic settings. Partnering with the leading minds of dream, depth psychology, and imaginal healing, the Mentors of the Academy program offers opportunities for skilled Dream Tenders to carry their work further into their own passion so that they may inspire the passion of others through this deeply sourced approach.

Participants inspire others through modeling, mentoring, or teaching. They translate Dream Tending skills and principles into core practices out in the world. Artist–activists develop an extensive imaginal portfolio. Dream Tending elders facilitate emerging Dream Tenders. Organizational consultants catalyze innovation. In these ways, Mentors of the Academy energize, learn, and lead for breakthrough transformation in service to the strengths of the living images.

### Mentors of the Academy Benefits

- In a supportive community, mentors build competence and confidence
- Students learn ways of taking the practice of Dream Tending and deep imagination into institutional, organizational, and clinical settings
- Graduates become Mentors of the Academy of Imaginal Arts and Sciences

### Module One — The Dreaming Body

Define the pathway project and strategic approach. Dreaming in and as the body, reconnect to the regenerative energies of Earth.

### Module Two — The Numinous Universe

Develop approaches to mobilizing resources and taking advantage of personalized mentorship. Tools and technos increase imaginal intelligence and connect with innate genius.

### Module Three — The Deepening Soul

Apply the skills of Dream Tending and deep imagination to address collective and personal trauma in the world. Use dream to nurture the healing, questing, remembering soul.

### Module Four — The Emerging Possible

Synthesize the convergence of skills, approaches, and the outcomes of souls’ service along the emerging pathways of Dream Tending’s continued emergence in the world. Mentors open their projects to the pull of the future.





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