SOME SEED IDEAS FOR WAKING DAYDREAMS

A central part of this course is the sharing that we do in the dream groups. If you are having trouble remembering your nocturnal dreams, this could be a problem in terms of your being able to be fully engaged in the class.

Let me suggest this workaround. Outside of class, get a roommate, friend, or other ally to pair up with you for 10 or 20 minutes to help you focus on a waking daydream. There is real value in having another person there to assist you. They don’t need any training. In fact, it is probably better if they aren’t trained. Having someone else there as a witness and scribe will help you to get into the experience and stay with it. If you try it alone, you’re not likely to stick with it or remember all the details.

The idea is for you to lie on your back, close your eyes, take a number of deep breaths, and to relax all over. You can ask your partner to help focus you and guide you through a brief relaxation process. (See the other handout on this site by Michelle Glaubiger for some tips on this.)

You are to let yourself have an imaginary encounter/journey. Try to let it be as vivid and as spontaneous as you can. If it feels forced at first or like you are “just making it up,” that’s okay. Go with it anyway. Even the stuff that you “make up” is coming from somewhere and to some degree or other is influenced by your unconscious.

Take one of the “seed” images from the list below, or one that you come up with, and use it as the starting place for a waking dream.

For example, if we take the “seed” image of a door, you would imagine yourself standing in front of a door. You would spend time looking at the door and examining all the details of it. Is it an old door, or a new door? A big door or a small door? What color is it? What is the texture of it? What is it made out of? How are you feeling as you stand in front of it? Your partner can ask you these sorts of questions. At some point, you decide to open the door. Who or what is on the other side of the door? If someone is on the other side of the door, you may have a conversation with them or you may go on a journey with them.

The person who is acting as you witness/scribe, can coach/encourage you with phrases such as “What do you see now?” “What happens next?” “What else do you notice?” “Describe the scene.” “What feelings come up around that?” And so on.

Try to stay in the experience for 10 or 15 minutes.
Your witness/scribe should have a pad and pen and should take careful notes as you are on your journey. They shouldn’t make any interpretations about what you are experiencing but should try to capture your words as accurately as possible. Alternatively, you could use a recorder and transcribe them later.

You may want to do some writing about the experience once it is over.

You should treat this exactly as you would a nocturnal dream. Work on it using the same tools we will be using in class. Log it into your dream journal and bring it to class. If you will do this, then you won’t have to worry about not having dreams to share in class or material upon which to base your final dream paper.

Some Seed Images

A door
A bridge
A beautiful meadow
A house from your past
A wise old man
A wise old woman
A witch
A magician
A talking animal
A mountain top
A trail through the woods
A castle
A wise child
A fool
A magician
A healer
A nighttime journey
An ocean voyage
An underwater journey
A buried chest
A tree house
A cave
Flying
Falling from a high place
A favorite place in nature
A country/place you’ve never visited
A school from your past
An encounter with someone from your past with whom you have unfinished business
An encounter with a friend from the past
An encounter with an enemy
A group sitting around a fire
A figure emerges from out of the mist
You discover a little door in the back of your closet
You enter a tunnel beneath the roots of an old tree

Or…?

Take this experience seriously. Treat it as a gift. Use it as the basis for a poem, or a drawing, or a collage, or…?