



This approach to our Dreams/Dreamspace has been quite helpful for me to move from literal analysis to more archetypal/symbolic/ less concrete analysis. Enjoy the process with another or with yourself!

Playing the Lightning Dreamwork Game

The Lightning Dreamwork Game is a fun, fresh, and original way to share dreams and other life experiences with a friend - or a complete stranger - and get some helpful, non-intrusive feedback and suggestions for action to bring through guidance and energy. With practice, you can learn to play the game in just ten minutes, which means you'll have no excuse not to make this part of everyday life. You'll find that playing this game can energize the day, bring through creative ideas and heal and deepen relationships at home or at work. You'll discover you now have a way to talk about any life experience that makes it much more comfortable to give or receive guidance. Here are the key steps:

Step One: Tell Me a Story

Tell me your story as simply and clearly as you can. I don't want a lot of background detail. Your personal history may be fascinating, but I don't need to know too much about it, and in any case, you don't want or need to get into lots of personal stuff. Stay with the dream. Don't pause to interpret, just tell it the best way you can.

When you do this, you are claiming your narrative voice. You'll find that - whether you are typing an email or talking in front of an audience, there is great power in being able to tell a story and hold people's attention. Start claiming that power now.

A story needs a title. Give it a title.

Step Two: Answer the Three Key Questions

Now I want you to respond to the following questions: (1) What were your first feelings about this experience? Don't tell me what you thought about it, tell me what you felt. This includes feelings in your gut, and any bodily sensations. Your first feelings are great guidance

on whether the dream is negative or positive, whether it centers on you or is about someone else's situation and whether it should be considered literally or symbolically.

(2) Reality check. What do you recognize from this situation for the rest of your life? Are people, places, objects, or other elements familiar to you from somewhere, either in your waking life or your dream life? If we are talking about a dream, is it remotely possible that any part of this dream will play out in the future, either literally or symbolically? For example, if you dreamed of a tornado, is it possible that you will find yourself in twister country (you may already live there) or that a storm of emotion will move through your life with the force of a tornado? If we are talking about a coincidence or another incident from waking life, is it possible that this is a sign that might provide a clue to a future event?

(3) What do you most want to know about this experience?

Step Three: Let Me Tell You What It Would Mean "If It Were My Dream"

Now I'm going to give you some feedback. Notice the way I'm going to do that. I will say to you "if it were my dream", I would think about such-and-such. If you were telling me about a situation in your waking life, I might start by saying, "if it were my life" or, "if it were my experience".

By talking to you in this way, I am letting you know that you are the final authority on your dream, and I am encouraging you not to give up your power by letting anyone tell you what your dreams (or your life) mean. Because I'm a frequent flyer, who has traveled in dreaming and worked with dreams with thousands of people over many years, I may have a few ideas for you. But the only person who can truly know whether those suggestions and associations are on the right track is you.

It can actually be helpful to have someone offer a thought that is wide of the mark (as long as you don't defer to their "expertise"); this can help to marshal your own intuitive sense of what is going on in your dream.

I may give you several levels of response to your dream because our dreams are often multi-layered. We may need not only to decode the symbolic language of a dream but to consider that it may also contain literal information about the possible future and/or memories of a journey into another reality.

Very frequently, I'll encourage you to compare the behavior of your dream self with that of your waking self. If you are running away from something in your dream, where do you tend to do that in waking life? If you are bolder and braver in the dream than you tend to be in

normal circumstances - petting the lion or the bear, let's say - then how could you bring that courage and assurance into everyday situations?

*Step Four: **Let's Agree on an Action Plan***

Dreams require action. We don't want to let the council and energy of our dreams stay out there, separate from our embodied lives.

Sometimes we slam the door on our dreams because the content is scary. That's a poor strategy, because dreams are on our side, not on our case, and what we fear in a dream may be precisely what we need to face and figure out and fix or contain. Sometimes, we kiss off our dreams because they show us something that is beautiful - a soulmate, a dream home, a world at peace, a glowingly healthy body - that we tell ourselves we could never have or enjoy in ordinary life. Yet dreams expand our horizon of possibility. If we dream it, we may be able to do it - if we take the appropriate action.

I'll want to talk to you about the action plan that is right for you. This could range from buying the red shoes you were wearing in the dream, to doing some research on a funny word or exotic location that showed up, to developing a travel advisory to avoid getting stuck at an airport or involved in a car accident on the road. The right action might be to act on a dream diagnosis you received in order to head off a possible health problem. The action might include finding or crafting an object to hold the energy of a powerful dream, or doing something creative - writing, painting, making music - to express that energy. The right action might be to travel back inside the dream, by the Dream Reentry technique we will learn, to gather more information, dialogue with a character who appeared in the dream, or dream the dream onward to resolution or deeper adventures.

One action I will always ask you to take: See if you can come up with a personal one-liner - what Mark Twain would call a "snapper" - that encapsulates the message of the dream. "Wake Up and Dream" is my all-time personal favorite, and that's what all of this is about.

Source: Robert Moss, *Active Dreaming*, New World Library, 2011