

# Dream Alchemy Essentials: Basic Toolkit

Dreams provide rich material for personal and spiritual development, when we have the curiosity & tools to explore them. The Alchemical Dreamers' Guild™ encourages all people to keep a dream journal and gain basic literacy in working with their nighttime dreams. Please enjoy and share this basic Dream Alchemy Toolkit!

## 1. Dreams Are Present Moment Experiences

→ Listening to a dream, we enter its dreamscape. We experience the dream in our own minds and bodies as we hear it. In a room with ten people, there are ten living, breathing, valid versions of each dream shared. We speak from our own experience, recognizing it may or may not ring true for others.

## 2. In Reflecting on Dreams I've Heard, I Use 'I' Language

→ Notice & describe your experience with inarguable statements. Clear, crisp language using 'I' and avoiding the word 'you' helps people hear your reflections more clearly. For example: “As I experience this dream, I notice I \_\_\_\_, I feel \_\_\_\_.” “In my version of this dream, I \_\_\_\_.”

## 3. All Dreams Have Multiple Layers of Meaning

→ Don't get stuck looking for the one “right” meaning of a dream. Dreams are more like personal metaphors, offering an infinite well of potential insights. Any dream will point to aspects of physical health, emotional wellbeing, spiritual growth, and more—all in one tidy package!

## 4. "All Dreams Come in the Service of Health and Wholeness" -Rev. Jeremy Taylor

→ We invite you to try on the assumption that all dreams, even when nightmarish or mundane, point us in the direction of healing, growth and integration, even when this is uncomfortable or intense.

## 5. Urgency in Dreams Reflects Urgency in Waking Life

→ Nightmares can be invitations to directly face something we are avoiding. For example: unpleasant memories, something we are running from, a difficult conversation that needs to happen, the need to acknowledge burnout, impending physical health issues, etc.

## 6. Dreams Highlight Blind Spots & New Territories

→ Dreams reflect where we've been, show the way forward, and reveal where we're stuck. In dreamwork, “Aha!” moments come when we find the courage to take new perspectives and have a friendly conversation with parts of ourselves we would pretend don't exist. You might ask yourself:

*How is this a piece of me?*

*What do I want to stay the same?*

*Am I willing to see this differently?*

## 7. Dream Alchemy: Resources

→ In Durham, the Alchemical Dreamers' Guild ([www.DreamCircling.Com](http://www.DreamCircling.Com)) offers updated lists of local dream groups, dream consultations, and professional training opportunities. Great books exploring dreams include: *Dreams of Awakening* by Charlie Morley, *The Wisdom of Your Dreams* by Jeremy Taylor, and *Dream Therapy* by Clare Johnson. International Association for the Study of Dreams ([www.asdreams.org](http://www.asdreams.org)) also offers extensive resources on dreams.



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Alchemical Dreamers Guild (Durham, NC): [DreamCircling.Com](http://DreamCircling.Com) & [NavigateChange.Org](http://NavigateChange.Org)

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