



SESSION 2: TRUST THE DREAM

SEE THE IMAGE FOUR WAYS

- *From your point of view*
- *From the point of view of the dream*
- *From the point of view of waking life*
- *From the point of view of your deepest self*

FEEL YOUR WAY THROUGH THE DREAM

BE HUMBLE (THINK THAT YOU MIGHT BE WRONG)

LOOK FOR FAMILIAR PATTERNS

EMBRACE NEW EXPERIENCES

ASK: *If I completely trust this dream is present to heal me, what does it mean?*

ACTION STEPS:

- *Make a flow chart of your dream*
- *Write in the FB group about a dream feeling*
- *Make a dream date with a friend to reflect about your dreams*