Dreamwork Canada

Four Step Approach to Individual Dream Work[[1]](#footnote-1)

1. **Making Association**

In the first step, the foundation for interpreting a dream, is to finding the associations that spring out of the unconscious in response to the dream image. Every dream is made up of a series of images, so our work begins with discovering the meaning those images have for the dreamer.

1. **Connecting dream images to inner dynamics**

In the second step we explore and find the parts of our inner selves the dream images represent. We find the dynamic at work inside us that are symbolized by the dream story.

1. **Interpreting**

In the third step, the interpretation, we put together the information we have gleaned and arrive at a view of the dream’s meaning when taken as a whole

1. **Making Dreams Concrete**

In the fourth step, we learn to make the dream conscious. And give it a concrete existence. This can involve such things as drawing an image, undertaking active imagination with a dream character, using the six magic question approach (below), creating a ritual from the dream content.

Six Magic Questions[[2]](#footnote-2)

Choose a dream image (object or person) and imagine being it.

I am (X)…

1. My purpose as X is…
2. As X I like…
3. As X I dislike…
4. As X I fear…
5. As X my greatest desire is…
6. As X I would tell the dreamer

1. From *Inner Work* by Robert A Johnson [↑](#footnote-ref-1)
2. From the work of Bob Hoss [www.dreamscience.org](http://www.dreamscience.org) [↑](#footnote-ref-2)