

# Active Dreaming Maui

## **WELCOME to Active Dreaming - Learn How to:**

Interpret and understand your spontaneous night dreams,  
using our “Lightening Dreamwork” Interpretation process,

4 easy steps, quick and deep - (*see below*),

Share your dreams, and keep a personal Dream Journal,

Travel with the drum, and bring back stories,

Take action on your dreams for daily guidance, health, healing, creative inspiration!

## **Benefits of Dream Interpretation**

Solve daily challenges, Align with your higher soul self,

Help with healing and health, Enhance creativity

“Active Dreaming” was created by internationally known dream teacher and author, **Robert Moss**. He has synthesized the dreaming practices of Indigenous People (globally and historically) and Shamanism with modern psychology and Jungian dreamwork.

Active Dreaming teaches us to interpret our own dreams for guidance in daily life and on our spiritual paths. We can also dream for and with our communities, traveling to the past, future and other realities. In “conscious dreaming” (while awake), we travel with the rhythmic percussion of the drum, and bring back gifts of healing, awakening and magic.

## **Lalénya L. Vann is a certified teacher with the Robert Moss School of Active Dreaming.**

She lives on Maui, and is an artist, painting images from her dreams ([www.LLVann.com](http://www.LLVann.com)).

She has been initiated into Celtic Shamanism, and Ecstatic Trance Postures.

## **Dream Circles**

Bring a night dream to share, and a journal to record your adventures.

Tell your dream as a story, then,

We will unwind it using the “Lightening Dreamwork” steps (*see below*).

After everyone has shared, we will do a short Drum Journey, to re-enter your dream.

## **Shamanic Drum Journeys**

Each session has a theme, and a teaching.

A guided meditation will provide you with your “map”.

Then with the repetitive sound of the drum, you will have your own journey.

Afterwards, sharing is optional. Bring your Journal!

## **Private Sessions now available!**

For Dream Interpretation or Shamanic Drum Journeys

See Website for more information and dates for upcoming classes:

**[www.ActiveDreamingMaui.com](http://www.ActiveDreamingMaui.com)**

**Lalényal@ActiveDreamingMaui.com - text: 808-757-8761**

# **“Lightning Dreamwork” Steps - from “Active Dreaming” by Robert Moss**

## **Step One: Telling the Dream as a Story with a Title**

**The dreamer tells the dream as a story, as simply and clearly as possible,** complete in itself. Personal and autobiographical information can be shared in the questions section. Claim your power as a storyteller and communicator!. **Give the dream a TITLE.** It's amazing how the deeper meaning and shape of dream experiences jump into high relief when we do this.

## **Step Two: The Partner asks the 3 Vital Questions**

**Question 1: How did you FEEL when you woke up?** The dreamer's first emotional reactions to the dream are vital guidance on the basic quality of the dream and its relative urgency.

**Question 2: Reality check** - The reality check questions are designed to establish whether the dream reflects situations in waking life, including things that might manifest in the future. By running a reality check, we help to clarify whether a dream is primarily (a) literal (b) symbolic or (c) an experience in a separate reality. Here are a couple of reality check questions that can be applied to just about any dream:  
**Do you recognize any of the people or elements in the dream in waking life? - Could any of the events in this dream possibly happen in the future? What do you recognize from this dream in the rest of your life (including previous dreams).**

## **Question 3: What would you like to know about this dream?**

## **Step Three: Playing the “If it were My Dream” Game**

**Next the partner tells the dreamer, “If it were my dream, I would think about such-and-such.”** The partner is now free to bring in any associations, feelings or memories the dream arouses, including dreams of their own that may contain similar themes. Keep focused on the dream, do NOT ask personal questions.

## **Step Four: Taking Action to Honor the Dream**

Finally the partner says to the dreamer:

**How are you going to honor this dream?** or, How are you going to act on the guidance of this dream?

**Dreams require action!** Real magic consists of bringing something through from a deeper reality into our physical lives, which is why Active Dreaming is a way of natural magic – but only if we take the necessary action to bring the magic through. **Keeping a dream journal and sharing dreams** on a regular basis are important ways of honoring dreams and the powers that speak through dreams.

**Write a personal motto** - a “Bumper Sticker” - from the dream. This distills its teaching and brings its energy through. Examples: “Dance Every Day” “Get to the Roots” “The World is Inside You” “Back to the Forest” “Visit the Sanctuary of Adventures”

## **Keys to Dream Understanding**

- \* **TRUST YOUR FEELINGS!**
- \* **FIRST ASSOCIATIONS**
- \* **Reality Check** (*How relates to waking life? possible future event?*)
  - \* **Dream Re-entry** (*an Active Dreaming technique*)
  - \* **Dialogue with Dream Characters**
  - \* **Tracking your Dream Self**
  - \* **Symbol Exploration**