



DREAM DIVINA

Contemplating Dream Images
as Sacred Icons
with Sheri D. Kling, PhD

Flow of this Workshop

- *Dream Divina*™ is about encountering dream images the way contemplative traditions encounter sacred texts and sacred images.
- Explore three traditional contemplative practices:
 - *lectio divina*
 - praying with icons
 - praying with the imagination.
- Experience a guided meditation using your own dream with time allowed for contemplation and reflection on dream images
- Discuss your experience of *Dream Divina* with the group



BEFORE WE BEGIN...

Identify a dream you'd like to work with and have a pen and paper handy.

The Christian Contemplative Tradition

- Contemplative prayer
- Knowledge of God “impregnated with love”
- Resting in God
- Consenting to God’s presence and action
- Opening the mind and heart to God
- *“God is the name of the blanket we throw over the mystery to give it shape.”* Barry Taylor



Three Contemplative Practices

Dream Divina relies on the same mechanics as:

- *Lectio divina*
- Praying with icons
- Praying with the imagination



Lectio Divina

- Means “sacred reading”
- Engage sacred texts for deeper meaning
- “Hidden fruit”
- Contemplate a word or phrase as a sacred presence



Praying with Icons

- Eastern Christianity
- Sacred image that offers access to the invisible through the visible
- Icons are “written” not painted





Praying with the Imagination

- Ignatius of Loyola
- Engages mind and heart, stirs up emotions
- Contemplation of the Gospel through the imagination
- Paying attention to sensory details

A pair of hands is shown from the front, cupping a lit candle. The candle is white with a bright yellow flame. The hands are positioned as if they are gently holding or presenting the candle. The background is dark, making the candle and hands stand out. The overall mood is contemplative and sacred.

Dream Divina: A Practice for Contemplating Dreams

In Dream Divina, we enter the dream **imaginatively** and treat it as if it were a **sacred text** and **sacred icon** simultaneously.

- Centering: Opening to God's presence in our dream
- *Lectio*: "Reading" the dream
- *Meditatio*: Meditating on the dream
- *Contemplatio*: Resting in the dream
- *Oratio*: Responding to the dream with gratitude
- *Reflectio*: Honoring the dream



CENTERING

Guided Meditation



LECTIO

Guided Visualization through a Dream



MEDITATIO

Recording Dream Images and Associations



CONTEMPLATIO

Contemplating the Dream Images



ORATIO

Responding to the Dream with Gratitude



REFLECTIO

Honoring the Dream



DISCUSSION