

Bridging the Unconscious with Images
Presented by Megan Lyon
Haden Institute Dream Work Intensive (August 2026)
In-Person Handout

QUOTES

“When the soul wants to experience something, she throws out an image in front of her and steps into it.” -Meister Eckhart

“Until you make the unconscious conscious, it will direct your life and you will call it fate.” -Carl Jung

“My speech is imperfect. Not because I want to shine with words, but out of an impossibility of finding those words, I speak in images. With nothing else to express the words from the depths .” -Carl Jung

“No dream comes just to tell the dreamer what he or she already knows.”
-Jeremy Taylor

“I have become...convinced not only that every dream comes in service of the individual dreamer’s health and wholeness...but also that dreams...expand the very domain of health and wholeness itself by fostering...the evolution of human consciousness collectively.” -Jeremy Taylor

VISIO DIVINA

- * Choose any image that draws you to it, whether it evokes positive feelings or uncomfortable ones
- * Notice where your eyes fixate and gaze deeply at that part of the image for a moment, breathing deeply as you take it in
- * Now, reflect on the image as a whole, continuing to breathe deeply for a few moments

Ask yourself the following:

- * “What emotions does this image bring up for me?”

- * “What does this image stir in me?”

- * “What message does this image have for me?”

SOULCOLLAGE®

Discovering Parts of Yourself through Images

I am one who...

GUIDED MEDITATION

Which images in the meditation had the most meaning for you?

What, if any, messages came up for you during the meditation?

SIX PLUS ONE MAGIC QUESTIONS
(Created by Bob Hoss)

1. Who or what are you? (Describe yourself as the dream image.)
2. What is your purpose or function?
3. What do you like about what you are?
4. What do you dislike about what you are?
5. What do you fear most?
6. What do you desire most?
7. What do you want the dreamer to know?