

## **Dream Dance in Dyads: Moving Active Imagination**

With Jeanne Schul, Ph.D., RSMT

- Bring a dream that has strongly impacted you.
- Select a **Dream Partner**.
- Decide who will be the first Dreamer and who will be the first Witness:
- **Dyad #1:**
  - **Dreamer:** read your dream; then close your dream journal and tell your dream as if you are telling a story. If new impressions arise when speaking the dream, consider it a gift from the unconscious!
  - **Witness:** listen closely and then get curious. Consider asking the Dreamer:
    - What did you feel when you first woke from this dream?
    - Do you have any associations from your past?
    - What part of the dream is the most intriguing for you?
    - Who is the most compelling or terrifying presence in the dream?
    - Where does your dream happen?
    - Can you describe the action in the dream?
    - Do you sense this dream anywhere in your body?
- *Back to the Main Group:* the **Dreamer** will be led through a dream induction and a moving active imagination, while the **Witness** observes closely.
- *Return to your Dream Partner:* Dreamer shares their Dream Dance experience. The Witness shares what they saw and felt.
- *Back to the Main Group:* Sharing of significant experiences.
- **Dyad #2.**
  - **Shifting of Roles:** The first **Dreamer** now becomes **Witness** for their Dream Partner. Repeat the sequence.