



IASD TORONTO DREAMERS present

The Inner Sanctum

AGENDA

10:00a.m.–11:30a.m.
Optional Facilitated
Dream Sharing

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11:35p.m.–12:05p.m.
Regional Business

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12:05p.m.–1:00 p.m.
Potluck Lunch

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1:00p.m. – 2:00p.m.
Presentation

An Ancient
Egyptian Awakening
with
Anat Thompson

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2:00pm – 2:30pm
Break

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2:30pm – 4:00pm
Panel and Discussion

Practical Considerations
for Running
Dream Groups

with
panelists

Rosemary Gosselin

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Patti Allen

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Christopher Sowton

Ancient Egyptians believed that dreaming was "an awakening" in the night time realm of existence where ancestors and Gods resided, and that dreaming was an opportunity to commune with such magical beings. Examples will be given from moral, funerary and magical literature and from letters and everyday writings that convey this belief. A guided meditation will facilitate a journey for participants to travel back in time to a House of the Gods in Ancient Egypt. Do you have a question you would like to ask once you have reached into the inner sanctums of the temple? What messages lie awaiting within those ancient walls and within your deeper self?

~Anat Thompson

Ever dream about having your very own dream group? **YOU CAN DO IT!!** Join us as our panel of three experienced dream group facilitators discuss the joys and challenges of exploring dreams in groups and offer a range of practical considerations in setting up a dream group.

Rosemary Gosselin MSW, RSW, BJ, NCPsyA

practices dreamwork in a rural village on Georgian Bay. A psychoanalyst mentored by Donald Kalsched and Marion Woodman, Rosemary works with dreams from a Jungian perspective. Rather than simply excavating a dream for meaning, facilitating a Jungian-oriented dream group involves assisting the dreamer to be with the energies pulsating from the unconscious and symbolized by the dreamscape and its characters. Rosemary will discuss group dynamics, the importance of ritual and movement, and the use of the expressive arts to enhance the work.

Patti Allen M.A. has a rich background in the healing arts, education, and public speaking. Certified as a Soul Coach and Rubinfeld Synergist, Patti runs a private practice helping people "grow their soul". With a specialty in dreams, Patti has been running dream groups for 15 years and is most passionate about using dreams to access one's inner wisdom. Patti will share the practical and often humorous ups and down of starting her first dream group even though she felt like a) an impostor b) someone who didn't know enough and c) a nothing-special dreamer!

Christopher Sowton N.D., F.C.A.H. has been helping his patients understand their dream messages for over 20 years. With a focus on training health care practitioners on integrating dreams into their practice through workshops and coaching within a dream group setting using his recently published Dreamreading Method, Christopher will discuss a range of topics; including getting started, what format and structure to use, frequency and length of meeting, participation guidelines and more.

Please RSVP by September 19, 2013
Mara Zadnoff
416-630-9559 or mara@healgently.ca

\$10 for the 'kitty'

The Toronto Region of the International Association for the Study of Dreams continues to grow....please invite a guest