

Dreams: Messages from Your Subconscious

with Spiritual Intuitive Mary Lemons

Ancient Healing, Sauk City, WI

July 10-11 August 21-22 November 6-7

Join us as we creatively journey into the insightful world of dreams. Together we will look at our dreams as a part of ourselves wanting to be recognized and understood. We will create a sacred space of gratitude for our dreams, making ourselves more receptive to their messages and insight. We will create a partnership with our dream state so it can vividly assist us in our everyday lives.

At our **July** dream seminar, you will create your own dream catcher as a portal to your subconscious. The weaving of your dream catcher will signify the interweaving of different levels of your existence. It will give birth to your unique quest for reflection and insight.

You will learn easy and simple ways to create a dream journal so you can recognize recurring themes. Writing your dreams can be helpful, but you will learn other creative ways to record your dreams. Partnering with your dream state at our first gathering will create the sacred space for you to continue your dream work until our next workshop.

In **August** you will learn creative ways to process your dreams. You will learn ways to remember your dreams and to recognize lucid dreams. In our Spirit Circle you will receive personal messages from Spirit to take you deeper into your dreams.

In this month's dream gathering we will do in-depth work with specific dreams. You will acknowledge your own intuition as the best interpreter of your dreams. This August seminar will give you confidence to delve deeper into your subconscious as it speaks to you through your dreams.

In **November** you will learn more ways to process your dreams. You will spiritually partner with an animal that will journey with you into your dream state. Your animal guide will gift you with abilities to understand more fully the messages Spirit gives you through your dreams.

We will look at recurring dreams, cognitive dreams, and nightmares. We will learn how to heal the energy of disturbing dreams. You will realize how dreams can actually help you change your future.

Participating in the entire series of dream work will give you a comprehensive foundation for understanding your own dreams. You will acknowledge your dream state as your soul's journey and quest for insight into your present life experiences.

Our dream studies will be Friday evening and all day Saturday. Each workshop will be complete in itself so attendance at all three is optional. However attending all three seminars will give you a more comprehensive understanding of your own self illuminated through your dreams.

Register now and reserve your space for Dreams: Messages from Your Subconscious. Cost of \$150 per weekend includes Saturday lunch. Register at Ancient Healing, 608-644-9473. For more workshop info, contact Mary at marylemons@healingwholeself.net. Visit Mary's website, www.healingwholeself.net to learn more about her healing work with all species.