



# Gifts of Dreamwork

## with Suzanne Wigginton

Dreamwork is about developing skills to sift, savor and "mine the gold" from the magnificent resource that is your inner dreamer, allowing your dreams to positively inform, guide and inspire your waking life.

### **EXPLORING OUR NIGHTTIME DREAMS CAN:**

- ◆ illuminate a path to personal balance
- ◆ inspire us to create
- ◆ provide solutions where we feel stuck, and
- ◆ guide us toward our spiritual growth

Dreams speak in a language of symbol and metaphor. It can take time to become adept at interpreting the messages in your dream content, so patience is key. And, while a basic understanding of universally accepted symbolic meanings can be helpful, I believe what is MOST useful in dreamwork is discerning what a symbol, image or dream character means to YOU personally. This personal connotation is the richest, most fertile ground to explore.

Dreamwork is a vast topic and an ongoing practice that will evolve and deepen with your dedication and focus. What follows are basic principles, practical helpful tips and a dose of inspiration for your own dreamwork practices.



# Building the Relationship

- ◆ If you've never paid much attention to your dreams or have been sporadic in your dreamwork efforts, that beautiful inspired part of you who invites and organizes dream content might be bored or "burned out".
- ◆ That part of you (I'll refer to as Your Dreamer) might require coaxing or could be so darned excited you've shown up to this process that your dream content will pour in as soon as you start. You won't know until you begin. Be patient. Be vigilant. Be trustworthy, and Your Dreamer will emerge to support your efforts.
- ◆ Hold your dream material sacred. This doesn't mean you need to be super serious and stodgy, as lightness and levity are wonderful platforms for dream exploration. However, it is always beneficial to treat your dreams and dreaming practice with reverence and respect.
- ◆ Be mindful about who you share and explore dreams with, and be a sacred listener for anyone who shares their dream content with you.
- ◆ Make a solid effort not to tell yourself or anyone else, "I KNOW what THAT means" too soon. If the message feels super obvious and comes without any contemplation or exploration, would that message have needed to come through the dreamtime? It's not that your first gut instinct can't be right, but there may be other layers and broader, deeper value available. Take the time to look.



# Practical Tips for Dream Recall

- ◆ Be committed, make an effort, build a relationship.
- ◆ Have a dedicated dream journal + pen beside your bed.
- ◆ Before sleep, intend/ask to dream and recall the content.
- ◆ Wake naturally when you can as alarm clocks can be very jolting. This may seem impossible, but we can train ourselves to awaken before the alarm clock rings.
- ◆ Upon waking, lie still and attempt to recall a thread from your dreams. Slowly tease it out in your mind further and further and further, connecting to what is available.
- ◆ Then, review in your mind's eye what you have recalled several times to help implant the imagery and information in your conscious (awake) mind.
- ◆ As soon as you can, record the date, details, thoughts and feelings, vague images or total nothingness (whatever you can recall) into your dream journal. Repeat this process for several days without skipping. The simple act of recording what we can recall helps to create a pathway for recalling more and more.

**THIS IS “THE BASICS” BUT THESE SIMPLE STEPS CAN BE A TERRIFIC START TO BUILDING A RELATIONSHIP WITH YOUR DREAMS & DEVELOPING A REWARDING PERSONAL DREAMWORK PRACTICE.**

# What's Next?

Should you wish to explore your personal dream content with a guide and mentor, or want personalized assistance with developing your own dreamwork practice, please [EMAIL ME](#) to inquire about private one-hour dreamwork sessions conducted by phone, through skype or in-person at my healing arts studio in Phoenix, Arizona.

In the meantime...

- ◆ Enjoy my gift to you of the “DREAMER’S WISH” guided visualization recording.
- ◆ Explore the resources list and soak in the brilliance of the dreamwork quotes provided.
- ◆ Most importantly... Dream on, beautiful dreamer!



## *A Blessing For You:*

*May you be invested and passionate about your relationship to Spirit, Self & Path. May your level of wakefulness increase so you come to know and understand yourself and your world, more and more. May you live and love from a place of empowered authenticity so you positively impact your personal tribe and the larger world. And, may you always find and catch the breeze that keeps your soul aloft!*

*With Love,  
Suzanne*



# some favorite dream quotes

"When the AHAs of recognition come from working with a dream, not only does that mean that some of the dream's message is getting through to consciousness, but ALSO the dreamer is changing inside in that moment as psychological and emotional energies get reorganized and smoothed out."

- **Jeremy Taylor**

"...through learning to practice profound inner listening to your own personal muses, you can integrate your inner and outer worlds, your spirit and persona and your deepest stirrings with the practical demands of every day life."

- **Joseph Dillard**

"In the Talmud, it is said that an uninterpreted dream is like a letter left unread. Dreams show us with staggering clarity and genius what we most need to bring to consciousness. They guide us to not only make excellent decisions in daily life but, like an acorn to the oak tree, they prompt us in the overall direction of our soul's purpose. When we are in alignment with our purpose, we are also making the greatest possible contribution to our tribe."

- **Toko-pa Turner**

"Our dream memories are not the dream experience itself. At best, we wake with post cards from a journey."

- **Robert Moss**



# favorite resources

## My Dreaming Mentors:

Toko-pa Turner ([www.toko-pa.com](http://www.toko-pa.com))

Robert Moss ([www.mossdreams.com](http://www.mossdreams.com))

Marc Ian Barasch ([www.healingdreams.com](http://www.healingdreams.com))

## Book Recommendations:

CONSCIOUS DREAMING by Robert Moss

DEEP LISTENING: AWAKENING YOUR SOUL'S PURPOSE WITH  
DREAM YOGA by Joseph Dillard


DREAMWORK FOR THE SOUL by Rosemary Ellen Guiley

MYSTICAL MAGICAL MARVELOUS WORLD OF DREAMS  
by Wilda Tanner

SACRED DREAM CIRCLES by Tess Castleman

THE WISDOM OF YOUR DREAMS: USING DREAMS TO TAP INTO  
YOUR UNCONSCIOUS AND TRANSFORM YOUR LIFE  
by Jeremy Taylor

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# a bit about Suzanne Wigginton

I believe life is our “stuff” made into stories. I am a real person with my own hiSTORY and am honored to share a small piece of it here.

For a long time, the inherited negative worldview of my family dampened the playful magical light which waited deep within me. A compounding factor for a large chunk of my life was a persistent state of physical and/or emotional sickness - on average - about 75% of the time.

So I lived a 25% life. I wailed and I railed. I begged and I bargained. And all that ever met me felt like a mocking and dismissive void, leaving me in pitiful attempts to mold something new from 1/4 of a broken-girl-life, circling back to despair again and again and again.

Eventually, I found MYSELF in that mocking void and since then have actively engaged in external and internal pursuits to bring HER to wholeness and wellness. A maven of the healing arts, I have studied pathways to wholeness for many years, accepting that healing is not always “curing”, and embracing life, health and personal evolution as ongoing processes that require focus, structure and care. I currently enjoy deep exploration within the layers of possibility present in a foundation of “simple sacred living”.

As a former negativity junkie who has navigated chronic illness, I weave together my inherent gifts, talents and abilities with my skills, knowledge and experience to deepen the assistance I offer others.

It is my wish that by sharing a sliver of my journey, you might find hope, courage or new perspective for your own.

*With Love,  
Suzanne*