



The Hidden Lives of Dreams **Dream Research Institute, London, Webinar Series**

Tuesdays, from September 7th – October 5th, 2021

4:30pm – 5:50pm BST

Fee £100

This 5-week webinar, facilitated by Melinda Powell, offers a multi-dimensional look at dreams through the practice of the Waking Dream Process to develop reflective awareness in dreams and life.

Drawing on the book, *The Hidden Lives of Dreams*, we will also:

- examine the importance of sleep and dreams
- explore the role of light, colour, landscapes, space, healing presence and lucidity in dreams
- dispel common misconceptions and address the fears of nightmares
- consider how to tap into dreams as a source of guidance
- discover a more balanced approach to life through Waking Dreamwork.

No prior experience of dream lucidity is required. The Waking Dream Process itself can help us to develop our capacity for lucid dreaming. However, it is recommended that group members have:

- Experience of group work in a therapeutic context
- Training in psychotherapeutic work
- On-going experience of a spiritual practice and/or psychotherapeutic support.
- Prior experience or knowledge of the Waking Dream Process
- An active Dream Journal
- Private access to Zoom with a stable wi-fi connection.

Required Reading: *The Hidden Lives of Dreams* by Melinda Powell, [Amazon.co.uk](https://www.amazon.co.uk) or [Amazon.com](https://www.amazon.com)

Melinda Powell co-founded the Dream Research Institute, with Nigel Hamilton, at the Centre for Counselling and Psychotherapy Education, London. She has served as past vice-president of the International Association for the Study of Dreams and as director of HELP Counselling Centre, UK. She works as a psychotherapist, dream guide and DRI course facilitator. Her forthcoming book, *Lucid Surrender: The Alchemy of the Spirit in Lucid Dreaming*, will be published in 2021.

To apply: To apply send a brief CV focused on related psychotherapeutic and personal development and training to DRImelinda@ccpe.org.uk