

DocDreamUK



My name is Joan Harthan. I've been working with dreams for over 20 years and have run dream workgroups since 1995. I'm an active member of the International Association for the Study of Dreams (IASD), regularly contributing to their magazine 'Dreamtime' and making presentations at international conferences. In all aspects of my work, I abide by the IASD ethics guidelines, which can be found at www.asdreams.org/ethics

I have trained with world-renowned Dreamwork and Shamanic Practitioners in the UK, USA and Europe and attend ongoing courses to keep my work fresh and current.



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The Hearthstone Dream Circle

*Using Shamanic
techniques to explore
dreams*



***Does a place that was once
important to you, sometimes
crop up in your dreams?***

***Perhaps a childhood home or a
place you used to work?***

***If so, this may be of interest to
you.***

www.docdreamuk.com

A different kind of dreaming



When we understand our dreams, we are free to live life to the full.

Dreaming of a place from your past

When we dream of the “old place”; a childhood home, a marital home, a place of work, it may be that part of us is stuck in that place. This can result in a loss of identity and vital energy. Grief, trauma and heartbreak can cause soul parts to break away in an effort to cope with the hurt. In Shamanic terms, this is called “soul loss”. These missing parts leave holes in the psyche and may be the root cause of illness, depression and lack of energy. Dreams show us where those missing parts have gone.

Reclaim your missing parts

This is an opportunity to reclaim those lost aspects of identity and energy and find a way to heal them and bring them back into your heart and your life. Once accomplished you may find yourself with a renewed energy and enthusiasm for life. In addition to more traditional dream working techniques, we will use Active Dreaming to explore the dream settings. This is similar to Shamanic Journeying and so participants must be willing to enter into an altered state of consciousness using relaxation and drumming. The Dreaming Circle will be limited initially to six participants and I will be facilitating this group on a voluntary basis, which means there won't be any cost to participants. We will meet every Thursday evening (8pm – 10pm) in East Leake for a minimum of six consecutive weeks starting on 12th January 2012.

Dreams return us to our spiritual roots.

Interested in joining?

If you're interested in taking part, and can commit to the six week plan, please apply by sending a brief biography (not more than 50 words) and a sample of a dream set in the place you'd like to explore; a place from your past that has cropped up in your dreams, to:
J.Harthan@ntlworld.com. Please put *Hearthstone Dreaming* as the subject heading.

Or apply online at:

www.docdreamuk.com/hearthstone.html

All correspondence is in strictest confidence.

Please note:

This is not a counselling or therapy group and each participant has an equal responsibility to actively contribute to the group, both as a listener and a talker. It is not suitable for those seeking help with mental health problems, nor is it suitable for the resolution of serious traumatic incidents, which always require professional help.