

Juliette Lee

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Dreams: Gifts of our sleep

- Dreams come to us all every night.
- Dreams come from the unconscious.
- Dreams lead to new understanding by bringing the unconscious to consciousness.
- Dreams bring us new information for our life each night.
- Dreams are our spiritual guides. They will lead us to our highest power.
- Dreams tell us the truth.
- Dreams help us understand our individual self and move toward our most authentic self.
- Dreams are personal. They come out of each person's past, present and future.
- Dreams are always about the person who dreams them.
- Dreams come only when we are capable of dealing with the message. We may not want to, but we do have the ability necessary to face the challenge.
- Dreams are patient and persistent. They will always be there for us, leading the way.
- Dreams come in the form of nightmares as a "wake-up" call to us. They ask us to pay attention!
- Dreams that recur are especially important and need immediate attention.
- Dreams are an important indicator of physical and psychological health.
- Dreams are regulators and bring balance to our personalities and life.
- Dreams contain information from the collective unconscious; all that is and ever has been part of humanity.

Adapted from Justina Lasley, Honoring the Dream: A Handbook for Dream Group Leaders



Dreams are the royal road to the unconscious.

Sigmund Freud

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