

# DREAM WORK

## Working with Dreams in the Pathwork

Surrendering to Greater Consciousness, to God, begins with surrendering to the involuntary processes within us. Breathing, sleeping, dreaming, feeling are a few of these involuntary processes. While the conscious ego cannot control them it can choose to allow them and engage with them.

In this workshop we will work with the conscious ego and with the involuntary processes to tap into the power of our dreams. Through experiencing our dreams by enacting them we open to the language of the unconscious and the messages from our Divine Self.

We use psychodrama methods to bring our dream characters to life and give them a voice. In doing so we enter “dreamspace” where we discover previously unknown allies and resources and can extend our dreams to find new outcomes when we feel stuck.

In preparation for the workshop I recommend to start a dream journal. Writing down our dreams helps us to remember them. I also recommend reading lectures # 124 The Language of the Unconscious and # 153 The Self-Regulating Nature of Involuntary Processes.

U. Ingrid Schirrholtz, Dipl.-Psych., MA, TEP  
Pathwork Helper



I was born and raised in Germany where I earned an advanced degree in Psychology from the University of Hamburg.

In 1983 I came to the United States to study Expressive Therapies at Lesley College in Cambridge, Mass. where I received my Master's Degree. In addition to my training in Art-, Music-, Movement- and Drama Therapy, I am a Certified Trainer, Educator and Practitioner in Psychodrama, Sociometry and Group Psychotherapy.

I joined the Pathwork in 1987 and graduated from Helpership Development in Phoenicia, NY, in 1994. Since then I have been teaching Pathwork Transformation and Helpership Development Programs in New York, Vermont, California and Michigan. In addition to teaching and training I work with individuals in the USA, Canada, Europe and Israel.

I live with my husband Mel in an old farmhouse near Woodstock, New York. In my spare time you can find me in the garden or in my studio painting.

The weekend will be at the Steiner House in Ann Arbor, MI

Date: May 18, 19 and 20<sup>th</sup>

Beginning Friday 6:45 pm and ending Sunday at 12:00 pm

Cost: \$245.00

Please RSVP and let us know of your clear intention to attend

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