

Dream Interpretation

Learn to unlock the healing secrets of your dreams and receive messages from your unconscious.

This course helps you to understand dreams in general, and your own dreams in particular. It will include

- Why we dream
- How to remember dreams
- Meditation to facilitate exploration of dreams
- Step-by step how to analyse dreams
- History of dreams
- Getting further information from dreams
- Working with nightmares
- The Shadow Self
- Recurring dreams
- Dream fragments
- The Collective Unconscious
- Common dreams
- Common themes
- Lucid dreaming
- Sleep Paralysis
- Consciously finishing dreams
- Revisiting dreams
- Dialoguing with Dream Figures

Tutor:

Alison Byrne has been interpreting dreams for over 25 years. Her public appearances include the Spirit, Mind, Body Festival in the RDS, TV3, Newstalk, Near FM, Spin, Dublin City Radio and many local radio stations