



Advanced Depth

Advanced Dreams, Cards, & Archetypal Imagery Retreat

Simple Card Technique:

- Pick a card (face down or face up)
- How does this card feel?
- Which shapes, objects, colors do you feel drawn to? Why?
- Does It remind you of anything?
- What does it mean to you?
- Ask it a question...journal
- Pick an object or color or shape in the card and have it write through you (What do I need to know?)
- Pick another object or color or shape....

Dialogue Between 2 Cards Technique:

- Bring to mind a situation you want support with
- Ask one of the following questions:
 - What are the two parts of myself that are in tension right now?
 - What are the two parts of myself that I need for this?
- Pick two cards (face down or face up)
- Follow instructions above (optional)
- Channel a dialogue between the two archetypal energies:
 - What do they want you to know?
 - What do they think about the other archetype?
 - What is their highest wisdom message to help get along with the other?
 - Etc

Simple Dream Work Technique:

- First write out the dream (pay attention to details. Look at the words you use to describe the dream and the details in the dream)
- What are some of your associations? Memories?
- Pick a character, object or part of an object or scenery in the dream and ask it what it wants you to know or what it's about
- Repeat with at least two other character, objects or parts