

Waking Dream

Begin by silently meditating on a dream you have had recently or simply, any dream that comes to mind. Really put yourself back in that dream as if re-experiencing it. Once you've truly arrived back into your dream, verbally share with the group aspects of that dream beginning with the phrases:

- "I am..."
- "I feel..."
- "I see..."
- "I hear..."

Begin to verbally combine your dream segments with others, weaving a few different dream segments together. Share any new dream experiences that occur to you in the moment in this collective waking dream. You may verbally signal the end of the meditation with the words "I am awake." Others may do so once you feel you have "woken" as well.