

Why I Keep Mentioning Dream Work at Church

My work with dreams, which began in 1987 is inspired by UU minister Jeremy Taylor. Reverend Taylor, who I finally met in late June, is an internationally respected author and leader in the field of Projective Dream Work.

This growing field is advancing the visibility and use of Dream Work for personal, interpersonal and transpersonal growth and evolution. In addition to advocating for eclectic approaches to dreams, Rev. Taylor speaks eloquently about why Projective Dream Work is especially suited to Unitarian Universalists. This is part of why I have been so inspired as to keep mentioning it in church. As a beginning, this particular “brand” of approaching dreams emphasizes personal ethics, democratic ideals, and the free and responsible search for truth and meaning.

I want to briefly share a few ideas about Dream Work and connections to Unitarian Universalism. First, dreams tap a source of creativity and wisdom that is personal, in this case meaning that there is *no external authority* required for me to understand dream meanings or benefit from them. I believe this is one reason that this movement, for all its potential power, remains fairly small in western civilization. It is still a radical notion that the truth is within each of us, and I believe many of us are skeptical.

Next, this type of work with dreams is highly democratic and respectful of individuals. An oft repeated phrase in Projective Dream Work is that “only the dreamer knows for sure” what meaning/s the dream holds. This relates back to the idea that meanings are accepted on personal authority of the dreamer, but also speaks to the fact that a goal of this work is to *empower* those who practice it.

Finally, (I promised to be brief!) Projective Dream Work is best practiced in groups, and has an amazing potential for improving human relationships. This potential is realized in most any dream group that sincerely follows a few simple guidelines. If UUs aren’t about improving human relationships, then “my name is not Betsy Grund”!

Well, my name is Betsy Grund, and I submit this information to you because... I simply can’t resist! I plan to make an offering of Dream Work in the fall as part of our adult RE program and hope to share more of this bountiful topic with some of you then.