

Presentation Eline: Danced Dream Re-Entry

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Introduction

Dream re-entry is one of the core techniques of Active Dreaming. We can use a remembered dream as the portal for a **conscious journey**. If you have been somewhere in a dream, you can go there again, just as you might revisit a place in the ordinary world.¹ Another word for dream reentry is dream reliving.²

Robert Moss, in one of his blogs, describes how Beethoven re-entered a dream to bring back some music that his dream self had composed, but which eluded him upon waking. He had the dream first on a carriage. The next day, being in a similar carriage again, he could re-enter his dream in a lightly altered state of consciousness, to bring back the music.³

Dream re-entry establishes a **partnership** between the conscious mind, the emotions, the body, and the living world of inner imagery.⁴

Through dream re-entry, our dreams can become a **portal** to past and future selves as well as healing and wisdom about our destiny.⁵

Why would you want to use Dream Re-entry as a technique?

[It surprised me that many of these reasons are the same as the benefits of Lucid Dreaming in general, but it can't hurt to re-iterate them here!]

1. **INFORMATION** Receiving more information and detail about the dream^{6, 7, 8} and about your life⁹
2. **ENHANCE RECALL**¹⁰
3. **CONTINUATION** Continuing a conversation that was unfinished.¹¹
4. **INCREASE CREATIVITY** Finding creative discoveries that you did not manage to bring into waking memory but which you sense may still be there¹²
5. **FEARS** Opportunity to face our fears¹³ // Reencountering something fearful or challenging in a dream, when you want to face and resolve that issue.¹⁴
6. **THERAPEUTIC BENEFITS** have emotional or creative blocks, chronic symptoms, relationship issues, unfinished grief work or trauma¹⁵
7. **CHANGE** the dream, to dream it forward in a new direction¹⁶
8. **CONNECT** to new spiritual allies¹⁷
9. **DEEPEN** powerful or mysterious dream experiences¹⁸

¹ <http://mossdreams.blogspot.com/2016/01/beethoven-practices-dream-reentry.html>

² Scott Sparrow quoted on <https://dreamstudies.org/2009/07/22/dream-re-entry-an-advanced-lucid-dreaming-practice/>

³ <http://mossdreams.blogspot.com/2016/01/beethoven-practices-dream-reentry.html>

⁴ <http://www.dreamgate.com/dream/reentry.htm>

⁵ <https://personaltao.com/dreams/>

⁶ <http://mossdreams.blogspot.com/2016/01/beethoven-practices-dream-reentry.html>

⁷ <https://www.christophersowton.com/event/a-simple-technique-for-re-entering-your-dreams-and-dreaming-them-forward/>

⁸ <https://personaltao.com/dreams/>

⁹ <https://personaltao.com/dreams/>

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¹² <http://mossdreams.blogspot.com/2016/01/beethoven-practices-dream-reentry.html>

¹³ <https://personaltao.com/dreams/>

¹⁴ <http://mossdreams.blogspot.com/2016/01/beethoven-practices-dream-reentry.html>

¹⁵ <http://www.dreamgate.com/dream/reentry.htm>

¹⁶ <https://www.christophersowton.com/event/a-simple-technique-for-re-entering-your-dreams-and-dreaming-them-forward/>

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My personal story, 15.11.16

A few weeks after my diagnosis of an auto-immune disease on the rheumatoid spectrum (Ankylosing Spondylitis), I wrote a letter to my dream self, before going to bed one night. I asked my dreamer: "I wonder what your take on auto-immune disease is from a shamanic perspective, and also if there might perhaps be a chance for a healing?" That night I dreamt... [I summarised this for the presentation]

... I was buying a new car. The car dealers were very helpful, but a bit on the pushy side. When I'd made my choice, they insisted that I would take the car on a 2-day test drive with one of them, all expenses paid, but for a single room that I would have to pay. I didn't have time for a 2-day trip, nor did I think it was necessary. I really wanted to blow the whole deal off, but I felt I had to be polite, so I compromised for a local trip.

Next I knew was that the one car dealer insisted on staying the night with me, saying he'd gone through all this trouble. Although there might have been a romantic interest earlier, I'd seen him kissing another woman just moments before. I did not trust him, and I just wanted him gone.

All of a sudden, he **turned** from a handsome healthy guy (dressed in a black shirt) into a junky with sunken eyes and gaunt face. It appeared he was **homeless**, so he did not have anywhere to stay. I felt compassion, but also firm in my decision that I still wanted him to leave.

My friend gave him a 20-pound note. I insisted he said thank you to her, which he did **mockingly**. He made way to leave, and I was tensely relieved (?). At the door he turned around and grabbed me by the throat. He had a knife and threatened the three of us (there was also another friend).

That was the moment I realised I was dreaming. Wanted to wake up first, because it was scary. Then I remembered firstly that all dream parts reflect ourselves, and secondly Charlie Morley's advise to encounter the dream shadow. So I turned towards him, while still being held at knife-point, and wanted to talk to him.

I woke up nevertheless. I re-entered the dream whilst I was still in bed. Now there are two crooks. They temporarily left my flat, but dominated it nevertheless. I snatch up my phone before they can take it. They have the keys so I can't go anywhere anyway. I now hear them bullying the neighbours, pushing past a protesting lady who says 'but the cleaners have already been'.

I try dial 112/911/999 to ask for help – but am confused about the numbers. My friend says I have to contact them through a website that starts with **health** (and safety?). I can't work the phone - haven't done 'letters' on it before. I angrily throw the phone aside. I wake up.

That morning I was unable to re-enter the dream again; but I felt there were still unresolved issues. I happened to be on a dance workshop while this happened, so I took the dream residue into the dance with me in the morning. On the dance floor, I encountered the crook as my shadow. I felt the knife first at my throat, then down in my lower back, stabbing, stabbing, stabbing where the back pain is. I felt such fear in my body. I was able to turn around carefully avoiding the knife, and hug my shadow-crook. This act, in my imagination, but also in movement on the dance floor dissolved the hatred and stabbing. I understood my anger towards the establishment, toward people who have made it (including those with PhDs who earn lots of money) while I (as the dream shadow) 'have nothing and am nothing', anger for having to work so hard (as a car dealer) and especially to **conceal** parts of myself to fit in (with a neat shirt and a shaven face). I had a dialogue in the dance, with the shadow as my dance partner. I asked what I could do to love it better, to integrate it. It asked to not be left behind. To take it with me consciously into whatever situations I would go. To slow down if life was overwhelming, so it could stay with me (at a slower pace), instead of being separate(d) again. I am still learning how to do this, and the times I get it 'right' are so healing, so wholesome, so compassionate... that I am slowly able to make this the status quo, even though I still forget...

Anyway, this experience was so powerful that I thought to make a step-by-step inquiry of danced re-entry, combining my dance work with several techniques on dream re-entry through for example visualisation.

Combination of several techniques

1. Recall a dream you want to work with, and focus your intention on revisiting that world.¹⁹
2. Choose a technique of re-entry:
 - Any of the lucid dreaming techniques, including WILD or WBTB technique
 - Through visualisation of a dream image, an emotional residue or even a physical sensation²⁰
 - With a partner
 - With shamanic drumming
 - Through dance/movement (see below)
3. Re-enter the dream with self-control and courage, staying grounded in a sense of support and guidance. Can you change your responses to the dream?^{21, 22}
 - Explore the dream scene and see what is possible.²³
 - Allow the elements of the dream to move and shift;²⁴
 - Can you change anything in the dream?²⁵
 - Can you communicate in some way?²⁶
 - Allow new insights, perspectives and interactions;²⁷
 - Participate with openness, courage, and a willingness to be present to whatever emerges.²⁸

Dance your re-entry

- Make sure you are in a safe space where you can work undisturbed. Switch off your phone.
- You can do this without music, or you can choose a piece that has a 'dream like quality' to it. In the CPD training I either played "All Melody" by Nils Frahm or "An analogue guy in a digital world" by Martin Roth (sorry, can't remember anymore).
- Gently warm up your body.
- Recall the dream you want to work with, especially focusing your intention on a dream character or element that you would like to re-encounter.
- Visualise the dream landscape in as much detail as you can remember. Where were you? Who were you with? Location and setting is really important.
- How were you moving? What was your posture?
- In the distance you make out the dream character you would like to dance with. See it come closer. Let it become your dance partner. Maybe you mimic its movements. Maybe you move as opposites. Maybe you dance around each other, or next to each other.
- Is there anything you would like to express to it, in words or in movement?
- You can, if you like, step into the character, and move as it. How does it change what you know? How does it change your inquiry? If you do this, make sure you consciously step OUT of the character again and back into yourself.
- Take as much time as you need for this danced dialogue inquiry. You can step backwards and forwards as often as you like.
- When you feel complete, ask if there is anything you can do for it.
- If appropriate, you can do it in the dance, otherwise you can choose to do this at another moment in time.
- Make a gesture of acknowledgement or, if appropriate, gratitude to the dream character as you complete.
- Consciously and fully come back to your body, feeling your feet on the floor, being aware of your breath.
- You can 'seal' the experience into your body by rubbing your legs, your torso, your arms, your hands.
- Write down as much as you can remember from the experience, and if take the action you promised it in the inquiry if appropriate.

You can adapt this to work with another person as well, representing the dream character for each other. This technique makes use of the theory of Family Constellations, which is used a lot in the way we work in Movement Medicine, the dance approach I've trained in.

¹⁹ Scott Sparrow quoted on <https://dreamstudies.org/2009/07/22/dream-re-entry-an-advanced-lucid-dreaming-practice/>

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²¹ Scott Sparrow quoted on <https://dreamstudies.org/2009/07/22/dream-re-entry-an-advanced-lucid-dreaming-practice/>

²² <https://www.patheos.com/blogs/aboveandbeyondthe5senses/2014/11/8-basic-steps-of-dream-re-entry/>

²³ <https://personaltao.com/dreams/>

²⁴ <https://www.patheos.com/blogs/aboveandbeyondthe5senses/2014/11/8-basic-steps-of-dream-re-entry/>

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