



Dreams & Seams

With Tenneson Woolf

An Invitation to Becoming & Belonging Practice

What is *Dreams & Seams*?

Dreams & Seams is 75-minutes, online. For groups 2–8 in size. Come to one, or come to many. We meet in light structure of Circle, and share dreams — the night time kind. Whether from last night, or from recent days or weeks. Sometimes the shares are in epic detail. Most often they are in the tiniest fragments of images. We listen to the dream-sharer(s). And then in Circle, use a phrase something like this — "If that were my dream, in my waking life, this is what it makes me wonder about." We use the dream as material to spark insight and intuition in our waking lives. If you don't have a recent dream, you draft off of others. It's not analysis. It's not imposed meaning. It's not dream therapy. It is witness. It is associative curiosity, call and response, listening and learning.

Why *Dreams & Seams*?

Many of us seek to better understand ourselves, each other, our communities, and our circumstances. We want to blend what we know and need to know in the external with what we feel and need to feel in the internal. We want to connect with others connecting. We want to experience life more fully, not more narrowly. *Dreams & Seams*, is a simple way to touch this kind of complexity in our lives, and to be in deliberate relationship with it.

Dreams — because we have them (or we want them again). Because dreams have invitations. Because dreams are expressed through the sub-conscious, and perhaps the super-conscious world (sometimes we dream for the community).

Seams — because sometimes we need some stitching together of our life experiences. Sometimes for repair. Sometimes for fortitude and strength. Sometimes to further breathe hope to our inspirations.

Who is *Dreams & Seams* for?

Seekers. Adventurers. People with a hunch that the night time dreams bring information and invitation. People that want to grow dream practice. People that want to play. People that want to practice intuitive intelligence and aha reality.

Inspiration

"Many people think that night time is for rest, to prepare for the next day.

No, no — it's the opposite.

The day time prepares us for the active learning of night time dreams."

Thomas Moore, Care of the Soul



Dreams & Seams Format

A welcome. A little setting of context. A check-in. An invitation to listen, to notice well. To be simple, and complex, to wonder and wander associatively. Sharing of dreams for those who have them. For each of those, a round of Circle, using the dream material to connect to each of our waking circumstances — “If that were my dream, I’d be paying attention to ____.” And then we integrate until we are done. Or until we move on to a next dream offered. When it’s time, a check-out. To witness together. And to send each other well.

What’s Needed to Participate

You — in a protected 75 minutes of attention (no other meetings or tasks).

Curiosity — of how life and learning works.

A private space — for confidential sharing and hearing from others.

A digital device to access shared Zoom room (video on).

A notebook or sketchbook (physical or digital) — for your insights.

Yearning — to wonder together

Cost

All B&B offerings are complimentary. Transactional payment isn’t required. [And I welcome contributions and gifts as able and as inspired.](#)

About Me As A *Dreams & Seams* Host

For any of the dream work I’ve done, I owe my beginnings to my buddy, Roq Gareau. In our many conversations over a now 20-year friendship, he’s the one that taught me the phrase, “If that were my dream...” We shared and continue to share many. He showed me the power of relating and listening rather than interpreting and analyzing. Also important in my dream practices is a group of men who meet twice annually when able for four days together in Circle and Men’s Retreat (Soultime). There too, dreams are a regular and often moving part of learning.

About Wander School and the *Becoming & Belonging* Series

At this phase of my life, I recognize the need to get to the core of things. Beneath facilitation that so often points to learning and accomplishment, lives in most of us a hunger for more fulfilling life and story. Lives hunger for robust and meaningful inner and outer life. Lives hunger for becoming and belonging. Becoming more of what society so often wishes us to mask. Belonging to life and to community and to shared passion. Most of my work these days grows from this core. Most of my heart lives in invitation to explore and practice together. Most of my hope lays in going together with people to get to such life changes and clarities.

Participate in Dreams & Seams or Other B & B Offerings

