

Stellar Dreams: Astrology and Dreamwork

course outline

Class 1: March 19

- Introduction + course overview
- The connection between astrology and dreams
- The historical context of the healing power of dreams
- Traditional uses of astrology in interpreting dreams
- Overview of the techniques that we'll explore in this course: dreams and the lunar cycle, the *kairos*, and the natal chart (including transits)
- Techniques for remembering and recording your dreams
- Dream incubation, the process of intentionally seeding your dreams
- Discuss between-class exercise/s
 - Journaling observations
 - Tap into the *kairos*: Mercury retrograde

Class 2: March 26

- Review several students' dreams: group coaching style
- Using dreams for insight into transits and/or natal chart
- Review archetypal symbology of planets and signs
- Overview of example client work
- Discuss between-class exercise/s
 - Dreaming into a transit
 - Dreaming into the full moon

Class 3: April 2

- Review several students' dreams: group coaching style
- Daydreaming: imaginative exercises + astrology
- Dreams and the lunar cycle
- Finding themes woven through a series of dreams
- Moving forward: ways to continue your practice