

# Dreams: Messages from your Subconscious

July 31 - August 2, 2009

Friday 7:00 - Sunday 2:00 p.m.

Sacred Grove Retreat Center

Gold Hill, NC 28071

## Dreaming

You dream. You awaken. You begin your day. You forget your dreams or simply think of them as a nighttime diversion from the day's concerns. Not giving your dreams another thought, you miss the messages your dreams bring you from your subconscious.

## Insights

Your dreams are a part of you wanting to be recognized and understood. Your soul calls to you through your dreams. Will you listen and respond?

Partnering with your dream state allows it to assist you more actively in your everyday life. Will you accept these gifts of insight and self-illumination?

Say YES to your dreams! Join us for our seminar & discover soul dream messages.

## Creativity

As part of our dream seminar, you will create your own dream catcher as a portal to your subconscious. The weaving of your dream catcher signifies the interweaving of different levels of your existence. It will give birth to your unique quest for reflection and insight.

Frames, beads and weaving material will be provided. Please bring anything you want to weave into your dream catcher—gems, feathers, sticks, something special to you.

At this workshop you will also learn creative ways of dream recording so you can recognize recurring themes. You will learn how to heal the energy of disturbing dreams. You will realize how dreams can actually help you change your future.

A secluded retreat center, Sacred Grove gives you respite from the busy city life. The center's mission is to provide sacred space for individuals or groups to heal, renew, learn and evolve in unimaginable ways. Its eleven acres offers you scenic hiking trails, a meditative labyrinth, and the beauty of a butterfly garden.

Workshop attendees will stay in the Log Home and have all the comforts and living space of home. Gift yourself with a weekend of rest, relaxation, and re-discovery of your own self through your dreams.

**Dream workshop & meals is \$150. Semi-private room lodging is \$55/night. Private room is \$85/night.**

For lodging information, contact Ellen at 704-463-0768. For workshop information contact Mary at 704-422-4039 or cell phone 704-984-1099 or email [marylemons@healingwholeself.net](mailto:marylemons@healingwholeself.net).