**EMERGING FROM LOCKDOWN**

**FACING THE SHADOW, EMBRACE THE JOY ...**

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***A TRANSFORMATIVE JOURNEY INTO CO CREATING WITH YOUR UNCONSCIOUS***

**Fancy JOINING A WEEKLY ZOOM ONLINE DREAM GROUP?**

**~ DISCOVERING + PRACTISING SELF HELP DREAMWORK METHODS ~**

**As we slowly prepare to emerge from lockdown, why not really” go inside”**

**to explore the mystery, fears, creativity and meaning of your own dream symbols?**

**As we imagine into the coming year, why not bring your dreams to life by exploring each**

**week some helpful shamanic methods......using the dream ego, dialogue, artwork,**

**key questions, working with nightmares, “dream tasks”+ inner work between sessions**

**: 7 weekly sessions run from Forres, with Gelda MacGregor**

**Group three : evening 7- 9pm from Feb 24th - 7th April : max 5 folk**

Gelda is an experienced therapist and counsellor who trained intensively in Edinburgh

for 3 years in Jungian Senoi Dreamwork, led by Hilary Scaife and Strephon Kaplan

Williams, author of the “Dreamwork Manual” and “Transforming Childhood.”

She initially learned about dreams in groups led by Dr.Winifred Rushforth, who was trained

as Carl Gustav Jung`s first psychotherapist in Scotland,and worked with dreams till she was 93!

Gelda has run Jungian Senoi dream groups for many years, in Edinburgh then Forres,Moray.

For the first time she is taking them online, as a creative lockdown opportunity...this work

may help with anxiety and fears of loss and disempowerment, due to current outer restrictions.

Meeting online, with commitment + confidentiality, cost £15 per session or £10 concession

**Contact Gelda** on **01309 694826** or [swallow.flight@zen.co.uk](mailto:swallow.flight@zen.co.uk) or discuss free via Zoom

**Recent testimonial from client B.B. Dec 2020: “it has been wonderful and challenging**

**to go to that place of insight, revelation and understanding”**

