



Nature Care College

Revealing & Understanding Your Dreams

DESCRIPTION:

Dreams have a long history both as a subject of conjecture and as a source of inspiration. Throughout their history, people have sought meaning in dreams. Tibetan Buddhists use Dreams to achieve a more awakened state of consciousness. In the Dream temples of ancient Greece the ill would perform a sacred ritual and sleep in a specialized healing temple. A Native American tribe the Ojibwa would send young adults to embark upon a Dream or a vision quest as a rite of passage.

By the end of this workshop students will be able to:

1. Explore various cultural approaches to dreams
2. Understand the importance of dreaming and the unconscious
3. Explore the meaning of dreams

This one day workshop explores the role that dreams play in Art, Religion and Psychology and our lives with Marcea Klein, Counsellor, Psychotherapist and Dream Analyst.

ABOUT MARCEA KLEIN:



Marcea is a warm, compassionate and qualified Dream Analyst, Registered Counsellor, Psychotherapist (Traditional and Tibetan Buddhist), and Nutritional Counsellor, Wholefood Cooking teacher and Coach. She also holds qualifications in Oriental Nutrition and Meditation with over 25 years experience in U.S. Japan and Australia. "For over 25 years I have been exploring and pioneering different therapies in the field of integrative wellness. My passion is empowering individuals to attain their highest potential, both personally and professionally. I have published 7 books on Health and Healing, appeared on many TV shows, lecture at colleges and I run my own unique Wellness seminars and cooking classes which integrates Holistic Eastern and Western wellness concepts based on the Traditional Chinese 5 element theory."

DURATION:

7 hours (1 day workshop)

WHAT TO BRING:

Please bring a notebook and pen.

AFTER THIS COURSE:

You might like to consider the following related courses, some of which can be used as part a professional training program (listed in brackets)

- An Introduction to Transpersonal Psychology (Diploma of Counselling)
- Introduction to the Holistic Perspective (Certificate of Transformational Coaching and Diploma of Transpersonal Coaching)
- Meditation 1 (Meditation Facilitator's Certificate and Diploma of Energetic Healing)
- Introduction to Energetic & Spiritual Healing (Diploma of Energetic Healing)
- Reiki I (Diploma of Energetic Healing)
- Astrology I (Certificate of Astrology)

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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