

# Wake Up to the Wisdom of Your Dreams Syllabus

OLLI Spring Term, Wednesdays 9:30-11:30am  
April 3, 10, 17 and 24 and May 1, 8, 15 and 22, 2019

## Instructors

Billie Ortiz

Donna Remmert

## Email & Phone

[billiecortiz@gmail.com](mailto:billiecortiz@gmail.com)  
303-929-6122

[donnaremmert@gmail.com](mailto:donnaremmert@gmail.com)  
720-979-9547

## Class Location

Mountain View United Methodist Church  
355 Ponca Place  
Boulder, 80303

## Description

Each week we begin by reviewing highlights from the assigned text, discussing techniques, such as: how to increase dream recall, universal dream symbolism, the practice of active imagination, how to establish a dream group, etc.

The remainder of the class will offer hands-on experience of exploring the symbols and metaphors of volunteered dreams and offer possible meanings, always remembering that only the dreamer can say with any certainty what meanings his or her dream may have.

## Expectations and Goals

- Learn how to increase dream recall
- Develop deeper appreciation for the language of metaphor
- Gain insight into universal dream symbols

## Required Text

**The Wisdom of Your Dreams**, Author: Jeremy Taylor (please purchase and read chapter one prior to first class)

## Optional Materials

Notebook & Pen, Dreams to share

## Course Schedule

Week I: April 3	Chapter One: Ten Basic Assumptions	Pages 1-9
Week II: April 10	Chapter Two: Basic Assumptions in Action	Pages 10-30
Week III: April 17	Chapter Three: Dreams & Evolution of Consciousness	Pages 31-60
Week IV: April 24	Chapter Six: Working with Dreams in Groups	Pages 115-151
Week V: May 1	Chapter Seven: Recurrent Dreams	Pages 152-179
Week VI: May 8	Chapter Eight: Lucid Dreaming & Shamanism	Pages 180-213
Week VII: May 15	Chapter Nine: Dreaming & Evolution of the Archetypes	Pages 214-230
Week VIII: May 22	Chapter Ten: Dreams & Evolution of Human Consciousness	Pages 231-291

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