



Spirit of the Land – Vilnius 2025

A Body – Oh, I Have

Dreaming Body: Dreaming While Awake

- 1) Describe a symptom/body experience that you experience as problematic to your health and/or "normal" being. Note it and put it aside.
- 2) Describe how you would be if you were your healthy/"normal" being.
- 3) Find a gate/walking style how a person like that would walk, and continue to walk now until you get a sense of who that person is, and how they walk through life. Take a note.
- 4) Your body is dreaming: Notice the "symptom"/disturbing way of being – How do you notice it?
- 5) Now notice it and make space for it. Allow it to be and facilitate it by inviting it to go further.
- 6) Notice mood changes – a sense of joy, or an "aha", or a "wow"! You found the elixir!
- 7) Continue with it until you have a sense of the essence, the meaning. What kind of life would your *dreaming self* lead?
- 8) Integration: Make a conscious choice about how much of any of it in your present situation you would like to integrate. Write down your intent of this integration, and say it outloud to your dyad partner.