

May 2010

Creating a Dreaming Society

I just returned from Prague, Vienna and Budapest and it was a wonderful and complex trip of political, cultural and religious history as well as current events. Among the highlights was a visit to Trebic in the Moravian part of the Czech Republic. In 2003 its Jewish Quarter was designated as a UNESCO World Heritage site and represents the oldest Jewish ruins outside of Israel. The first references to Jewish life in Trebic were found, dating from 1338! But in the "new" synagogue, built in 1837, we found this amazing testament to a dreaming society. The prayer painted on the wall of the synagogue for all to see and to use reads, in part,

"Master of the Universe: I am yours and my dreams are yours.
I dreamed a dream and do not know what it means.
May it be Your will my God and God of my ancestors that all my dreams and
the dreams of the people Israel be for good, whether they be dreams
regarding me or my friends or my dreams about others..."

(Anyone interested in the full translation can email me.)

I am both in awe and saddened by this practice that once was, and that we've become so distant from a practice that takes our dreams so seriously. So here's what I'm working to create: a society that treasures and values dreams, teaches dreaming to their children, works with their dreams, and through their dream work, finds Spirit and the connection to their Creator in all their dreams. And this can be done one dream at a time, one dreamer at a time. Start tonight! "I dreamed a dream....."

The Body Connection

In my work as a practitioner of the **Rubinfeld Synergy Method®**, I help people open up a dialogue between what they feel physically and what they are experiencing emotionally. Before long, my clients learn the language of their body's aches, pains or chronic ways of holding tension. Towards what end? They work towards having a choice. You can't change what you are not aware of, so by getting to know your body, mind, and emotions (and when a non-judgmental witness is present, your spirit can be accessed and touched), you realize that you have choices in how you want to be and live. You have the freedom to change and an integration of all aspects of Self begins.

Done with hands-on touch, in person, it is hard to do this work over the phone! So for those who would like to get to know their body and can't get into my office, I want to bring a new book to your attention. **Unlock the Secret Messages of Your Body**, by Denise Linn is her new 28-day Soul Coaching program that focuses on health and the body. It's chock full of affirmations, wisdom and exercises to get to know yourself and your body. I'll be running Body Soul Coaching groups this fall, but in the meantime, it's the next best thing to being in my office! Be sure to come to the I Can Do It Conference, May 27-30 and meet Denise (and me!) in person..