

# Dream Bear

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*My soul, my soul, where are you? Do you hear me? I speak, I call you—are you there?  
I have returned, I am here again. I have shaken the dust of all the lands from my feet,  
and I have come to you, I am with you. After long years of long wandering, I have come to you again....*  
-- C.G.Jung, Black Book Journal, 12 November 1913

## Welcome to the Dream Workshop

You are about to embark on a journey of shared discovery. Exploring your dreams with a group of strangers, connected by curiosity about the wisdom of dreams, and by the shared image of a Bear which appears in each of our dreams.

Remember:

- All shared in the Dream Workshop is confidential. The work here is a sacred trust.
- All said in the Dream Workshop happens in a time outside of time.
- No shame, and no fear is offered or put upon you for what you say or feel or do.
- Respect yourself and others. If anyone says "Stop", be still and silent, immediately. Wait until the work resumes.

We each travel through life. Through dreams we seek to find clues about what our journey means. To better navigate the waypoints of our emotions. Through dark nights of the soul and blinding mid-days of the mind.

## The Work

You form a dream working-group. Each person in the group is seeking greater awareness of their own psyche. Each of us has followed our dreams and found help and meaning in their images. We help one another see the symbols from new directions. We share our dreams, enact them and reflect deeply together.

*Pass out 2 Dreams and 3 Problems per person. Choose one of each to keep. Use the Bear cards during Dream Play.*

*Option: Lay problems face-up. Players remove any they find problematic. Pass out 2 instead.*

## The Bear

This group of dreamers have been visited by the recurring and powerful image of a Bear. The Bear means something different and unique in each dream. We come together to work together to learn about what our own Bear means. And by seeing what form the Bear takes in each other's nightly visions and daily reflections.

## Session

At the start of the session everyone introduces themselves to the group and describes their recurring dream. We may use a 2 minute timer to keep the sharing time equitable and brief.

We describe the Bear. Also, we share what issue is troubling us, what we think the dream relates to in our daily life.

During the Session, we enact our dreams and then talk about them. When all group members' dreams have been enacted, the session ends.

At the end of the Session, we thank the Bear and each other, and take home some new things to think about in our life.

## What is Needed

To do this work, you need 3 to 6 dreamers. A table and chairs at which to sit and talk. An area, clear and open, in which to act out the dreams. Paper and pencils for notes and to share information about the dreams. Cut out and assemble the deck of cards found with these instructions. Optionally, you may use a two-minute timer.

## Dream Play

To enact a dream...

### The Dreamer:

- Casts group members as people, animals, objects or other entities in the dream
- Directs the group to take actions, interact and play out the events of the dream

### The Group:

- Take roles as given by the dreamer
- Listen for the Dreamer's directions and act on them
- Interacts with the other group members
- Does not speak, but make noises as appropriate
- One member plays the Bear
- If the Dreamer is present in the dream, one member plays the Dreamer

### The Bear:

- The Bear will do something out of the control of the Dreamer
- When the Dreamer comes to the end of what they described of the dream, draw a card (or cards) from the Bear deck. This is what the Dreamer had forgotten.
- If there is no Helper, the Dreamer draws one card and hands it to the Bear without looking at it
- If there is an outside Helper, they draw three cards and choose one to use. They direct the Bear

*For example, Akhila is the Dreamer. She describes the following dream:*

*I am driving a car down a country road. The car is made of candy, and the steering wheel is sticky in my hands. A bear is sitting next to me in the car. It is eating the roof, which is made out of licorice. I come to an intersection and want to turn right but the Bear stops me."*

*Akhila casts Marisol as "Akhila" in the dream, Deborah plays the car, Kayefi plays the candy steering wheel, and Chanming plays the Bear.*

*Akhila directs: "Marisol, you open the car door and get inside." (Deborah stands in front of Marisol with arms*

*rounded to represent the door. Marisol "opens" her up and steps inside. Deborah crouches down to be the front of the car. Kayefi stands between them, offering his hands as the steering wheel.)*

*Akhila directs: "I start to drive, and my hands stick to the steering wheel. I'm not sure I can drive" (Marisol pretends to drive. Kayefi grabs her hands, being the sticky steering wheel. Marisol makes engine noises and swerves around out of control. Kayefi and Marisol buck around in response)*

*Akhila directs: "I see the Bear sitting beside me. It starts to eat the roof, which I can now see is made of licorice." (Chanming "gets into" the car, and pretends to greedily eat the roof, Kayefi acts frightened and strains to get away from the Bear)*

*Akhila directs: "I see a turn in the road, and start to turn the car right"*

*The Bear Card: Akhila draws a card from the Bear deck and, without looking at it, hands it to Chanming who is playing the Bear. The card drawn said "The Bear is frightened and needs comforting" (Chanming roars in terror when Marisol goes to turn the steering wheel to the right. The Bear flails until Marisol turns and comforts Chanming.)*

## Talking about the Dream

After the Bear card is drawn, and is played out, the dream ends.

The group moves to the table, and talks about how the events of the dream may relate to the problems the Dreamer is having in their daily life. Talk about how the dream felt and ask questions. The Dreamer may ask to act out parts of the dream again.

*For example: Akhila tells the group that she is afraid of losing her job, due to layoffs at her company.*

*Marisol: "When I was driving, I felt like I was out of control. Do you feel overwhelmed at work?"*

*Akhila: "Yes, and I feel as though I'm not sure what I'm doing."*

*Kayefi: "The Bear got loud and made trouble, but only because it was scared."*

*Deborah: "But it was doing damage earlier, by eating the car. And why candy? Is there something at your job that feels too much of a treat, Akhila?"*

*Akhila: "The stickiness I understand, but the candy part...? Can I try that?" (Kayefi pretends to be the steering wheel again, with Akhila driving this time.)*

## Helpers

There is a role for people who are not part of the Dream Working-Group to play. They may observe the enacted dreams. This play is out of context and can be both humorous and thought-provoking for independent observers.

Please let them know they are watching people work with their dreams, and ask them not to ask any questions about what the dream “means” or issues of confidence that the dreamer may have shared with the group.

Helpers who wish to be involved can be asked to play the role of the Bear in the dream. To do so:

- Have them watch and listen from the start of the dream play
- They draw three cards from the Bear deck.
- Observe the dream and when appropriate choose one Bear card that they feel relates to the events of the dream
- Direct the player of the Bear to take the action on the card chosen

After play of the dream ends, remove the Bear card that was used and shuffle the other two back into the Bear deck.

If there is no outside Helper, the player of the Bear randomly pulls a card from the deck and follows the direction given by the card.

## Ending the Session

At the end of the Session, we thank each other, and the Bear.

- Going around, each dreamer thanks the person to the left of them for something they said or did during the session that was memorable or particularly helpful.
- Each person says something they learned from the Bear, in their own dream or someone else's.

DREAM BEAR by Emily Care Boss  
[blackgreengames.com](http://blackgreengames.com)

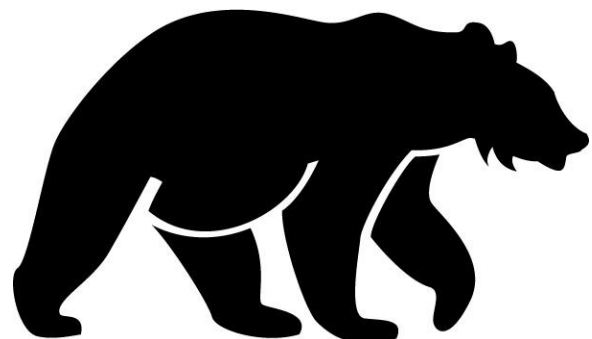
Illustration from Vector Portals  
[www.freevectors.net](http://www.freevectors.net)

Problem weeding rule inspired by Lizzie Stark's *In Residency*.

For the **Golden Cobra** Challenge  
October 2014  
[goldencobra.org](http://goldencobra.org)

Not entered for judging.

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CGJ, KKB, LGB, CCK, SLB and WB.



<p><b>Bear</b></p> <p>Attacks and strikes wildly, lashing out at the Dreamer and anything nearby</p>	<p><b>Bear</b></p> <p>Whimpers and hides, terrified trying to get away</p>	<p><b>Bear</b></p> <p>Reaches out for love and affection</p>	<p><b>Bear</b></p> <p>Roars angrily and pursues</p>
<p><b>Bear</b></p> <p>Playfully brings the Dreamer or others into a joyful dance</p>	<p><b>Bear</b></p> <p>Gives a cry full of sorrow and loss, then mournfully walks away</p>	<p><b>Bear</b></p> <p>Beckons the Dreamer or others to follow and takes some secret way</p>	<p><b>Bear</b></p> <p>Begins to fly and takes the Dreamer or others with it into the sky</p>
<p><b>Dream</b></p> <p>Driving a car made out of candy, the candy-cane steering wheel sticks to the Dreamer's hands. The Bear is in the car and eats the licorice roof. The road comes to a turn to the right. The Dreamer tries to steer but the Bear intervenes.</p>	<p><b>Dream</b></p> <p>Swimming beneath the ocean, the Dreamer finds their equipment from work in a treasure chest in a sunken ship shaped like a Bear. Drowned children start singing, and the Bear-ship wakes...</p>	<p><b>Dream</b></p> <p>A bright blue sun rises in a golden sky. Birds fly around the Dreamer, and a great Bear takes them across the fields on its back. In the distance the Dreamer can see a burning building. It is the Dreamer's childhood home.</p>	<p><b>Dream</b></p> <p>The Dreamer is opening bills in their home. In a mirror, the Dreamer sees their reflection as a Bear. The letter opener slips and they slice a great cut up their arm. The blood flows, and the Bear steps out of the mirror...</p>
<p><b>Dream</b></p> <p>A dark night is full of stars. The Dreamer looks through a telescope. Seven stars make the constellation of the Great Bear. The stars move and the Dreamer is propelled through space to the feet of a giant Bear at the dawn of Time.</p>	<p><b>Dream</b></p> <p>The Dreamer is a child, playing ball with their brother and a Bear cub. Their Mother comes to the door and talks to them, but the words fly out her mouth as bats and dead leaves. The Bear grow larger and larger and the brother disappears.</p>	<p><b>Dream</b></p> <p>The Dreamer wakes in a tent pitched on a snowy mountain. Their lover is making a fire and a Bear lumbers toward them. It steps into the fire, which engulfs it and lights the sky on fire. The stars begin to fall.</p>	<p><b>Dream</b></p> <p>Children start a multi-colored top spinning. Voices sing from a doorway beyond. Shadow from the doorway turns into a Bear. The children run way from the Bear, screaming in fear.</p>
<p><b>Dream</b></p> <p>A party is raging and people are dancing. A Bear is painfully chained to the leg of a massive table. The Dreamer tries to release it, but others laugh and pull them away.</p>	<p><b>Dream</b></p> <p>A child and a Bear tumble together down a hill. They come to the stump of a tree and a giant mushroom unfurls itself from it. The child and the Bear see tiny people on the mushroom. They are crying and shivering.</p>	<p><b>Dream</b></p> <p>A plane lands on a runway. The Bear walks down the steps, and a man with a flashlight starts blowing his whistle. People come from everywhere and start tearing at the Bear.</p>	<p><b>Dream</b></p> <p>A cat purrs and plays on a Bear rug on a hearth before a fire. The Bear gets up and the cat turns into the Dreamer as a teen-ager. The Bear keeps growing and pushes the Dreamer closer and closer to the ceiling of the room.</p>

<p><b>Problem</b></p> <p>I am waking up in the middle of the night, worrying about my job being cut at the newspaper.</p>	<p><b>Problem</b></p> <p>Intense headaches that hit when I get stressed out about work.</p>	<p><b>Problem</b></p> <p>Grieving the death of my father, from whom I was estranged.</p>	<p><b>Problem</b></p> <p>Writers block is keeping me from being able to finish the memoir of my time spent in China. Deadline is looming.</p>
<p><b>Problem</b></p> <p>Arguing with my Mother, who I feel looks down at me for becoming a painter.</p>	<p><b>Problem</b></p> <p>Being hit on by my senior partner at my law firm. I'm afraid to rock the boat and speak up about it.</p>	<p><b>Problem</b></p> <p>Have never had a relationship go longer than 6 months. I'm anxious and afraid I'll never find love.</p>	<p><b>Problem</b></p> <p>Failing my classes at college and think I should drop out of my engineering program.</p>
<p><b>Problem</b></p> <p>Drinking too much since my partner broke off our engagement.</p>	<p><b>Problem</b></p> <p>Getting used to my gender-reassignment and feeling anxious about seeing my family over the holidays.</p>	<p><b>Problem</b></p> <p>Want to quit my job and start my own video game start-up business. Worrying about it all the time.</p>	<p><b>Problem</b></p> <p>Have fallen in love with my best friend's wife. Am afraid of ruining my friendships.</p>
<p><b>Problem</b></p> <p>Am spending too much time and money playing a browser game called Twinkle Wars.</p>	<p><b>Problem</b></p> <p>My partner and I are trying to have a child, but it's been over a year and nothing yet.</p>	<p><b>Problem</b></p> <p>Working at a department store. Feeling lost and wonder if I can do better.</p>	<p><b>Problem</b></p> <p>My child is being bullied at school. Trying to decide whether to move to another district.</p>
<p><b>Problem</b></p> <p>Got a cut in my hours at the grocery store. Starting to rack up debt.</p>	<p><b>Problem</b></p> <p>Going to introduce my parents to my partner, but they never like anyone I bring home.</p>	<p><b>Problem</b></p> <p>Getting burnt out, though I believe in work I do at the homeless shelter.</p>	<p><b>Problem</b></p> <p>Having extreme anxiety since I almost got into a car accident.</p>