

Are you interested in joining a dream group?

Certified spiritual director and dream coach Sweet Georgia Pam will be facilitating a monthly dream group at The Ignatius House Jesuit Retreat Center in Sandy Springs.

First gathering: Thursday, June 22nd 6:30-8:30pm

A dream group is a gathering where we sit in a circle and explore the natural, symbolic language of dreams as it relates to our waking lives. Dreams present our life struggles in a compensatory way and can be understood as **an inner nudging from God in the direction of wholeness.**

Participation is FREE but donations will be accepted for the use of the Ignatius Retreat Center space. *RSVP requested, but not required*- please email Pam@SweetGeorgiaPam.com to RSVP or inquire about the group.



“Be still and know that I am God.” (Psalms 46:11)

We all access our interior still and quiet space in various ways. We use prayer, meditation, walking, contemplating nature, and even sleeping. When we sleep, that interior quiet space gives us the rich world of dreams. Because dreams exist when we put our conscious, busy, waking mind to sleep, they provide a wonderful glimpse into the unconscious. This is where our body-mind connection is; and it is where our connection to God resides. Jung called this connection, the Self. The self is our source of inner Wisdom and it is always nudging us towards health and wholeness.

Dreams are full of rich, emotionally-charged images and they can be used to explore that inner wisdom. A dream group is a gathering of spiritually minded pilgrims who are seeking to better understand their own inner workings.

Pam is a certified spiritual director and a dream coach. She has more than ten years of experience leading dream groups and working with individuals in dream work. She is trained in the Haden Dream Group Model and is skilled in understanding the patterns of the dreaming mind.

Our gathering will begin with a brief introduction to dream work, the format of the group experience, and to each other. Then we will choose a dream from the group and explore our own ideas about what the dream is showing us.

Everyone comes away from dream group with some connection or guidance which resonated with them on a deep level. We open and close each dream group with prayer, scripture, poetry or silence in an effort to remind us all of God’s grace and loving embrace.

No experience necessary; just a willing spirit and an open mind. ***RSVP requested, but not required*- please email Pam@SweetGeorgiaPam.com to RSVP or inquire about the group.**

The combination of exploring the playful language of dreams while honoring the dignity of a person’s relationship to God is a powerful way to help them make great strides in their spiritual and personal development.

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