

# Meditation

## Meditation

I teach meditation and energy work according to the teachings of Bob Moore.

## Dreams and Meditation

In my continuing development groups "Dreams and Meditation" we work with a combination of dreams, energy exercises, meditations and healing that I have developed.

These groups are aimed at people who are intent to exploring their inner world in depth, including personal as well as spiritual aspects, and maintaining the necessary grounding in the process. This will eventually lead to joy and harmony as well as increased awareness and higher consciousness.

Group energy is established and growing through a number of joint meditations and dream symbol work.

The development groups are on the one hand directed at each single participant's individual process, their exploration of their unique inner universe. On the other hand an enormous group energy builds up at each group meeting, and intensifies each time, thus adding to the energy level of each person.



# Dreams



# Healing



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# Dreams

## Dream Therapy

Dreams are a unique tool for personal and spiritual development.

In dream therapy problem areas will be pinpointed in order for the dreamer to confront them and try to solve them.

Many dreams will also draw the attention of the dreamer to qualities and resources that lie hidden and blocked ready to be manifested when detected. This will often be expressed in the form of particularly strong or beautiful symbols or colours. Such dreams should not be interpreted, but reinforced, e.g. through painting or drawing of these symbols or meditating on them.

## Dream Groups

I start small, intensive dream groups with 5-6 people. My intention with these groups is to teach the participants how to work with their dreams in groups.

After some time the groups are capable of doing group dream work on their own as far as the "ordinary" dreams are concerned.

In the case of "extraordinary" dreams, they always have the option to have a dream session with me in private.

## Dream Workshops

In my dream workshops I use creative and meditative approaches to dreams in a light and joyous atmosphere.



# Healing

My **dream therapy** includes a special form of **healing** directed at specific areas of the subtle energy system.

This form of healing could be called therapeutic healing. It is for me a very precise, conscious process based on the dreams of the client. The dreams and the work with them supply me with a clear picture of the specific structures and movements of the energy of the clients, which enables me to work quite accurately on the energy level, thus supporting their process.

I supply additional support to further the process of the clients by prompting them to do some **energy exercises** (self-healing exercises) at home. I select these from an immense number that I have been taught and have practiced myself.

Like with healing, the dreams reveal to me which specific exercises will support and further the process of the client in question at the specific point of time.

My approach to healing originates from 20 of teaching by Bob Moore, including private sessions and supervision. Bob Moore is a renowned Irish spiritual teacher and healer, who lives in Denmark and, until a few years ago, taught meditation, energy work, and healing to a large number of people coming from all over the world.

Bob Moore supplied us with a very precise "energy map" of the subtle energy structures of man (chakras, energy points, energy streams, aura).

