

## Adventurous?

**Explore the inner worlds through dream work.**

There are two kinds of intelligence: One acquired, as a child in school memorises fact and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the centre of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.

*Rumi*

# DreamClub



[www.marlenebotha.co.uk](http://www.marlenebotha.co.uk)

Bring your dreams and bring new energy and insight into your life.

# Why dreams and how can we learn from them?

Listening to and understanding your dreams can open up new possibilities for you. Dreams are an expression of the life force in you and as such can offer reassurance or inspiration, help solve problems and aid your personal or spiritual development. Dreams from the most bizarre to the most mundane have meaning and can inform many facets of your life. Working with your dreams can also have a healing effect, improving your health and well-being. Even nightmares can bring valuable information to assist you in your life.

Carl Jung described the guiding nature of dreams: “In each of us there is another whom we do not know. He speaks to us in dreams and tells us how differently he sees us from the way we see ourselves. When, therefore, we find ourselves in a difficult situation to which there is no solution, he can sometimes kindle a light that radically alters our attitude.”

The designer of the sewing machine came up with the design after he realised how the mechanism could work from a dream he had. The dream did not offer a literal interpretation of the sewing machine design but rather a symbolic one. Dreams use symbol and metaphor to communicate their message. Bringing your dreams to a group like the DreamClub offers you an opportunity to understand the multiple layers of messages contained in your dreams. It offers you a foot into your inner world from which the possibilities of developing knowing springs.

The DreamClub offers a confidential space and the support of fellow dreamers together with an experienced dream-worker to guide you through your dreams.

I am a psychotherapist skilled at working with the creative imagination including dreams with individuals and groups. My interest in dreams was nourished by belonging to dream-groups and post-graduate studies in dreams.

Marlene Botha

We meet fortnightly on Monday evenings (5-7) in London at CCPE, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE. Meetings cost £30 - £35 per meeting for the two hours. For more information contact Marlene Botha by e-mail: [marlenebotha@hotmail.co.uk](mailto:marlenebotha@hotmail.co.uk) or phone: 07795694294.