

23 - 28 November, 2020

10.00 - 11.30 am IST

DREAMWORK AND CREATIVITY



NAMAH

The Journal of Integral Health

In this 6-day workshop we will meet every day and do exercises that will open up our creative potentials. There will be some theory and visuals, but the emphasis will be on practice. These thinking-outside-the-box and imagination exercises will be done using writing skills. Active imagination will be explored as a healing, meditation and visualisation tool. Dream-analysis techniques will be discussed to shed light on our dreams and enhance dreaming. The dream personality is spontaneously creative, and if we can solicit its co-operation, it can be a great help in our growth.

Here are some benefits of creativity:

- Creativity heals limitations, stagnation, depression
- Gives 'positive reframing' ideas to cope
- Helps to think outside the box to solve problems/lateral thinking skills
- Stimulate positive feelings of self-esteem, contentment, progress, optimism
- Helps one see the humorous side of things— another coping mechanism
- One can get better dreams/recall better/work on dream guidance
- One can better visualise and create stories
- Communicate succinctly and engagingly
- Stimulate other artistic skills, such as poetry, drawing, dance, drama

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Lopa Mukherjee is a psycho-spiritual counsellor, writer, and documentary maker. She studied psychology at the California Institute of Integral Studies, San Francisco. She did her schooling at the Sri Aurobindo International Centre of Education in Pondicherry. She has published four books and has made several documentaries on cultural, social and spiritual subjects.

Workshop fee : Rs. 1800.

The fee is non-refundable

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REGISTRATION DETAILS

Google Meet session : Link after Registration

International payment : <https://rzp.io//8SnvYFDd>

Domestic payment : <https://rzp.io//qNMIEM4u7g>

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