



DREAMS AND INNER HEALING

Dreams are a language of the heart, a way that our deeper self speaks to us. They are a language of symbols and metaphors that help us to understand what lies beneath our fears and inner struggles. Every dream is an attempt of our unconscious to center us, balance us, and heal us. Dreams expand our capacity to experience God and our true self. During this program we will ponder:

- What is a dream? Various types of dreams
- The many benefits of dream work
- The physiology of dreams
- Universal symbols found in dreams
- Various dream work techniques
- What is a “Visitation Dream”?
- Dreams and spiritual growth
- How dreams help us to experience God’s presence
- Significant dreams in the Scriptures

Presenter: Maureen Conroy, RSM, D. Min

Co-director of the Upper Room, spiritual director, Practitioner of Holistic Healing Modalities, and author of five books.

Date/Time: Thursday, January 24, 2019 from 7:00 pm – 9:30 pm

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
732-922-0550 or email office@theupper-room.org

Fee: \$25~\$50

Registration with full payment or a deposit required by January 18th

Dreams and Inner Healing Thursday, January 24, 2019
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