

Spiritual Frontiers Fellowship International - Raleigh Chapter
presents

In Your Wildest Dreams

We all dream – even as babies in the womb. Why do we dream? Why are our dreams so wacky? What messages are embedded in our wildest dreams? Join us as dream expert Michael French explores how and why we dream.

Michael French is one of the nation's leading experts on dreams. Since he last spoke at SFF seven years ago, he has written a thesis on the field of dreams at Princeton University, where he majored in psychology and religion, and has lectured locally and nationally on the subject. His orientation to interpreting dreams is clearly a spiritual one.

"We all dream four or five times every night in approximately 90-minute intervals," Michael says, "and we've all been doing it — both as a species and as individuals — quite literally since the beginning of time. Not only has every culture throughout history made reference to dreams, but we now have the scientific instrumentation to show that even as babies in the womb, we all experience REM, or the rapid eye movement state in which dreams occur, as our minds develop. Since nothing survives without a purpose in the evolution of a species, the questions that get begged here are why do we dream, and what in the world is a fetus in the womb dreaming about?"

Michael will answer these questions and more at our February 2nd meeting. He'll use a graph to show the physiological aspects of how we dream, and he will share a philosophy for why we dream that has emerged from his work with hundreds of clients and thousands of dreams over the years. Along with these "how and why" looks at the subject, Michael will cite examples of some of the common dream symbols that regularly show up in everyone's dreams and will show us how these common symbols take on great specificity for each individual dreamer. He'll explain why the various people who populate our dreams are there, and he will give tips and techniques for improving dream recall for those of us who have difficulty remembering dreams at all.

If we have enough time, Michael will draw on dreams from the audience to demonstrate how to break a dream down into three distinct parts and how to put these parts back together again into a coherent whole with a meaning that is entirely different from the seemingly wacky story line of the original.

"If I were to sum dreams up in a single sentence," Michael says, "they are nothing more than a running commentary on the shenanigans of our egos." We are hardwired as human beings to have these experiences we all know and refer to as our dreams, and their purpose is to give us insights about the way in which we are choosing to live our lives. There is a method to the madness of why our dreams seem so wacky, and this is what Michael will be revealing based on his careful study of the subject for more than 30 years now. Join us on February 2nd and discover the messages that are embedded "In Your Wildest Dreams."

Michael conducts dream study groups and private dreamwork sessions with individuals and couples committed to one another. There will be a sign-up sheet available for those interested in exploring dreams in a group context. You can contact Michael by phone at 788-7600 or by e-mail at michael.french@earthlink.net.



Michael French

Thurs., February 2, 2006

Unitarian Universalist Fellowship
of Raleigh
3313 Wade Avenue, Raleigh, NC

Admission: \$10, \$8 seniors/students
Doors Open - 6:45 PM
Meeting - 7:15 PM
Early Meditation - 6:30 PM (free)

Find us online at: <http://www.spiritual-frontiers.com/>

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Raleigh Area Chapter
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Raleigh, NC 27605-2773

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Our Mission

At the Raleigh Chapter of Spiritual Frontiers Fellowship International, our mission is to enhance the spiritual, mystical and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

Audio Tapes

Most SFF programs are available on audio tape – a tape catalog is available at the Thursday lectures. To order, send \$10 for each copy with your mailing address to:

SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773

Exceptions: The cost is \$15 for longer programs recorded on two tapes. Most Workshop recordings fit this category.

SFF Raleigh

When: First Thursday of each month (except July)
Where: Unitarian Universalist Fellowship of Raleigh
3313 Wade Ave, Raleigh, NC 27607
Cost: \$10.00 for lecture, early meditation is free
Time: Early meditation - 6:30 pm, Lecture - 7:15 pm

Healing Meditation

Sound Healing Meditation with Suzette Foster Anicetti

Come early for the Healing Meditation and experience an opportunity to get centered and release stress. Deepen your understanding of the body as energy and allow the wonderful world of sound to open up the innate healing capacity of your body/mind/spirit.

Gifted Energetic/Sound Healer, Spiritual Medium and Life Coach/Mentor Suzette Foster Anicetti will guide you directly into higher vibrational fields using sound and toning. Science recognizes the value in sound vibrations in balancing and healing the body. Sound Healing Meditation releases both physical pain and emotional blocks. Come willing to release emotional stress and physical issues.

You may learn more about Suzette and her work at her website www.suzettefoster.com or by emailing her at sanicetti@aol.com.

The early meditation is held from 6:30 P.M. to 7:00 P.M. in the Ralph Waldo Emerson room of the Unitarian Universalist Fellowship of Raleigh (on the lower level of Peace Hall). Please be on time.

Upcoming Events

March 2, 2006 - **Susan Reintjes**
Accessing Past Lives
April 6, 2006 - TBA
May 4, 2006 - **M. Temple Richmond**
Harry Potter: Herald of the New Age