

# Recurring Dream Workshop

Offered by  
Kathleen Sullivan

Fascinated, irritated, amused or befuddled by your recurring dreams?  
This workshop is designed to resolve all (or at least some) confusion about  
your repeating symbols, feelings, situations, or places.

Kathleen Sullivan is particularly prepared to help you investigate your recurring dreams. Her two books, *Recurring Dreams: A Journey to Wholeness*, and *Recurring Dream Symbols: A Map to Healing Your Past*, are the only books written on this topic. In these two outstanding books, Sullivan has pulled her research from one particular dream character, her own dream pal of 41 years duration (first book), and the individual studies of 14 men and women (second book).

During this 6-hour workshop you will have the opportunity to examine common universal recurring themes such as:

- 🌀 Naked in public
- 🌀 Unprepared for the exam
- 🌀 Lost purse or wallet
- 🌀 Car out of control or lost
- 🌀 Tidal wave coming!

- You will learn how Sullivan's research participants worked with recurring symbols spanning (in the extreme) 25 years of dreams.
- You will discover the transformative value of studying recurring dreams.
- You will be inspired by profound proof that recurring dream symbols provide maps to healing your past while creating your authentic future.
- You will learn specific tools to undertake your own study of recurring dream symbols.
- And more!

**DATE:** October 9, 2004 (Saturday)

**TIME:** 10:00 a.m. - 5:00 p.m.

**PLACE:** Unitarian Universalist Church, 6401 Freedom Blvd, Aptos, CA

**COST:** \$85 before **September 23**. \$95 thereafter.

Send checks to: Kathleen Sullivan, 221 Pine Garden Lane, Pacific Grove, CA 93950

For 24 years, Kathleen taught adults and students in Monterey public schools. She was trained as an Organization Development specialist and worked as a crisis control manager in California schools from 1976 to 1980. In 1980, Sullivan's focus was drawn inward by one life-altering dream. The complete story of that experience can be read in the first chapter of her book, *Recurring Dreams: A Journey to Wholeness* (Freedom, California: Crossing Press, 1998). Overwhelmed by chronic illness and emotional distress, Sullivan surrendered to the dream and has followed it to an entirely new career as a full-time dreamworker, counselor, talk show host (a weekly one hour show on public radio from 1990-2002) and author. Her work is firmly rooted in foundations established by Carl Gustav Jung.

Following the publication of her first book, *Recurring Dreams: A Journey to Wholeness*, Kathleen was interviewed for ABC Television's "20/20." The segment highlighted a unique aspect of Kathleen's life--that she lives her dreams rather than simply studying them.

Sullivan's second book, *Recurring Dream Symbols: A Map to Healing Your Past*, reveals the multiple types of recurring dreams and the healing purpose of each. The 14 case studies are presented as fascinating short stories from psyche and the highlight the value of each study to the dreamer. Part three of the book describes useful processes for conducting your own transformative recurring dream study.

“Kathleen Sullivan has written a masterful survey of the types of recurrent dreams that trouble us all and leave us baffled about their possible meaning. By following her clearly described suggestions for the kind of questions to ask, readers are taught how to become a successful nocturnal Sherlock Holmes and reap the rich benefits of self-understanding that follow from their successful sleuthing efforts.” **Robert L. Van de Castle, Former President of the Association for the Study of Dreams.**



“In this remarkable book, Kathleen describes how working with dreams can foster self-healing and personal development.” **Stanley Krippner, PhD. President of Saybrook Institute**

“Kathleen Sullivan has written an outstanding book that is filled with practical wisdom and friendly guidance.” **Kelly Bulkeley, PhD. Author of *The Wilderness of Dreams* and 7 other outstanding dream books.**

#### Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Registration \_\_\_\_\_ Amount \_\_\_\_\_

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