

BEGINNING DreamOpening® | Cantonese | Course | 21 Weeks | Oct 26, 2023 – May 23, 2024

開啓夢境® 初階 | 廣東話 | 課程 | 21 週 | 2023 年 10 月 26 日 - 2024 年 5 月 23 日

DreamOpening® is a unique approach to open your dreams and to developing skill in navigating the four levels of this process: clarification, pattern, opening, and the secret. Developed by Catherine Shainberg, Founder of the School of Images®, **Beginning DreamOpening®** guides you through the dream state to a deeper understanding of your dreams' images and subconscious messages. This course is open to all levels and is taught in Cantonese.

October 26, 2023 – May 23, 2024 | Thursdays | 9:30 PM – 11:00 PM HKT (GMT + 8) | 9:30 AM – 11:00 AM EST (US)* | in Cantonese | Schedule details in description

開啓夢境®是一門獨特的學問來了解您的夢境，並培養學員能夠掌握開啓夢境過程的四個層次的技考：澄清·模式·開啓和秘密。由視覺心像學院®創辦人凱薩琳·仙伯格博士 (Catherine Shainberg) 編寫，**開啓夢境® 初階**將引導您通過夢境狀態，更深入地瞭解夢境的圖像和潛意識的資訊。本課程開放給所有級別的學員參加，並以廣東話授課。

2023 年 10 月 26 日 - 2024 年 5 月 23 日 | 逢星期四 | 香港時間晚上 9 : 30 - 晚上 11 : 00 (GMT + 8) | 美國東岸時間上午 9 : 30 - 上午 11 : 00* | 廣東話 | 詳情請看內文

Cantonese Beginning DreamOpening will meet each Thursday for 21 weeks from **October 26, 2023 – May 23, 2024 | 9:30 PM – 11:00 PM HKT (GMT + 8) / 9:30 AM – 11:00 AM EDT (US)**

Millicent Lai, Certified Practitioner & Teacher of SOI will be teaching the breakthrough techniques of the SOI's founder and world-renowned author and teacher, Dr. Catherine Shainberg.

DreamOpening® is a simple, four-level process of “reading” that teaches you the language of dreams and of your subconscious images. After learning SOI's DreamOpening® method and distinguishing four levels of opening—**the story, the pattern, the question and the secret**--you will gain access to the meaning of your dreams and images. Dreams are messages from the subconscious. Not opening them is akin to not reading a letter that was sent to you. It might contain information that could change your life.

You will develop an in-depth understanding of what the night dream is and discover exactly:

- **Why** you have dreams
- **How** to decipher and clearly understand your dreams
- **What** your dreams are trying to tell you
- **How** to use your dreams to gain valuable answers to your questions and manifest your life

The Dream Circle method unique to SOI will encourage participants in each session to present a dream and if the dream is chosen (through a dreaming technique which all participate in), that dream becomes the focus of the session's activities in a process called "opening up" the dream.

DreamOpening® an integral part of the SOI training. In each class, a dream presented by a student is opened by the group. There is no analysis or interpretation of the dream, and no opinions or judgments about the dream are offered by members of the group; they are secondary dreamers, giving insight about the images in your dreams to consider. Dreams are opened to reveal their necessity—that is, guidance for action on the highest level—unique to each dreamer. Because the language of dreams is universally applicable, dreams contain revelation and guidance for each one according to one's needs.

Through this technique, we will work to answer the following questions:

- What is the dreaming state?
- How do we plunge into our dreams to discover what is really happening in the depths of our being?
- Do we have to wait for night to roll in to tap into this cornucopia of wisdom?
- Can we become conscious in our dreamtime that we are dreaming?
- Can we meet others at will in the dream state?
- Can we prove (verify) that we have actually met them?

Over the 21 weeks of this course, we will:

- Explore different types of dreams and the ladder of transformation they offer us
- Discover the true question of the dream
- Respond to the necessity of the dream and why it is a crucial part of your dream work
- Learn to work with dream partners, exchanging messages and dream objects and meeting in dream locations
- Learn to dream awake
- Explore lucid dreaming and out-of-body experiences and how to develop them
- Post dreams to a secure, online portal (students will receive credentials by the first day) for use in course discussion

During our studies, we will actively engage in many short and dynamic DreamOpening®

exercises based on the Sapphire® Imagery method as taught by the School of Images®

At the end of this course you will be able to immediately understand the message of a dream. Through this inner gazing process, you will learn to dialogue with your subconscious through dreams and images. The more you practice inner gazing the more you create light within and attain the true alignment your soul craves. This is a true path to enlightenment.

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SOI Hong Kong 2023-24 Calendar

October 23, 2023 - May 23, 2024

First Semester

October 23, 2023 – December 21, 2024

Second Semester

Part 1: January 22 – February 01, 2024

Part 2: February 19– March 28, 2024

Part 3: April 29 – May 23, 2024

Breaks - no classes

December 22, 2023 – January 21, 2024

February 02 – February 18, 2024

March 29 – April 28, 2024

Please note that between **November 05, 2023 to March 09, 2024, the US time of this course changes to **10:30 AM - 12:00 PM EDT**.*

(廣東話) 開啓夢境[®] 初階將於 2023 年 10 月 26 日至 2024 年 5 月 23 日上課，逢星期四 | 香港時間晚上 9 : 30 - 晚上 11 : 00 (GMT + 8) / 美國東岸時間上午 9 : 30 - 上午 11 : 00

SOI 認證諮詢師及導師 Millicent Lai，將教授 SOI 視覺心像學院[®] 創辦人凱薩琳·仙伯格博士的突破性技考。

開啓夢境[®] 是一個簡單的四個層次的“閱讀”過程，它教您如何了解夢的語言和您的潛意識圖像。當學習了 SOI 的**開啓夢境[®]** 方法並學會區分夢境的四個層次 - **故事·模式·問題和秘密** - 您將接觸到您的夢境和圖像的意義。夢是來自潛意識的資訊。沒有開啓的夢境就如同沒有讀一封寄給您的信，它卻可能包含了能夠改變您生活的資訊。

您將深入瞭解夜夢是什麼，並確切地理解：

- **為什麼**您會發夢
- **如何**破譯並清楚地瞭解您的夢境
- **有什麼**是夢境在試圖告訴您的
- **如何**利用您的夢境來獲得有價值的答案，並將它顯化到生活中

SOI 獨有的 Dream Circle 方法將鼓勵每個課堂中的參與者呈交一個夢，如果該夢被選擇 (通過所有學員都參與的夢行技考)，該夢將成為課堂中的焦點，這個過程稱為「開啓」夢境。

開啓夢境[®] 是 SOI 培訓計劃的一個重要組成部分。在每個課堂中，學員都會開啓由其中一位同學呈交的夢境。不會對夢分析或解釋，也沒有學員對夢提供任何意見或批判，每位學員都是次級的夢行者，可以深入瞭解您夢中的圖像。夢境被開啓來揭示它的必要性——即最高層次的行動指導——對每個夢行者來說都是獨一無二的。因為夢的語言是普世適用，所以夢包含了對每一個人的不同需要作出啟示和指導。

通過學習這門學問，我們將會回應以下課題：

- 什麼是夢行？
- 如何投進夢中去發現自己存在的深處真正在發生的事情？

- 難道必須等到夜晚入睡時才能進入這個智慧的聚寶盆嗎？
- 我們能在夢中意識到我們在做夢嗎？
- 我們可以在夢境中隨意遇見別人嗎？
- 我們能證明 (驗證) 我們真的見過這些人嗎？

在本課程的 21 周內，我們將：

- 探索不同類型的夢以及它們為我們提供轉化的階梯
- 探索夢真正問我們的問題
- 回應夢的必要性，及了解為何它是你夢行修煉的關鍵部分
- 學習與夢行夥伴合作，在夢中交換訊息和物件，並在夢中的特定地方見面
- 學會清醒地發夢
- 探索清明夢和靈魂出竅的體驗以及如何鍛鍊它們
- 將夢境呈交到一個安全的線上網站 (學員將在開學第一天收到登入資料)，以便在課堂中使用

在課程中，學員將體驗到視覺心像學院教授的 Sapphire[®] 不同的簡短而動態的「開啓夢境[®]」練習。

在本課程結束時，您將能夠立即理解夢的訊息。通過這種內在的凝視過程，您將學會通過夢境和圖像與您的潛意識對話。當您練習內在凝視越多，您就越能在內在創造光明，達到您的靈魂所渴望的真正一致性。這是一條通往覺悟的真正道路。

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SOI (香港) 2023-24 時間表 :

上課期間 : 2023 年 10 月 23 日 - 2024 年 5 月 23 日

第一學期

2023 年 10 月 23 日 - 12 月 21 日

第二學期

第一部分 : 2024 年 1 月 22 日 - 2 月 1 日

第二部分 : 2024 年 2 月 19 日 - 3 月 28 日

第三部分 : 2024 年 4 月 29 日 - 5 月 23 日

休假 - 沒有課堂

2023 年 12 月 22 日 - 2024 年 1 月 21 日

2024 年 2 月 21 日 - 2 月 18 日 (農曆新年假期)

2024 年 3 月 29 日 - 4 月 28 日

** 請注意 , 在 2023 年 11 月 5 日至 2024 年 3 月 9 日 , 本課程的美國時間將更改為美國東岸冬令時間上午 10 : 30 - 中午 12 : 00 。*