



# DREAMS

THE STORY OF YOUR LIFE

## DREAM CIRCLE GUIDEBOOK

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# Dream Circle Guidebook

Welcome to our Dream Circle Guidebook to Help You Host and Monetize (Optional) Dream Circles in Your Home or Community Center with the book [\*Dreams: The Story of Your Life.\* \(available on this Amazon link\)](#)

Chapter One: Vision and Intention

Chapter Two: Choose Your Format

Chapter Three: Prepare the Space

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Bonus Chapter: How to Monetize Hosting a Dream Circle

Sample Email Invitation

Disclaimer

## **Chapter 1 – Vision and Intention**

**“Every dream is a message. When we listen together, we remember who we are.”**

Hosting a Dream Circle begins not with logistics, but with intention. Before inviting others or planning a date, pause to reflect on why you feel called to create this experience. Like a dream itself, the purpose of your circle may come in images, feelings, or phrases. Let it rise gently.

### **Why Host a Dream Circle?**

There are many reasons people feel drawn to gather around dreams:

- To create a sacred space for inner reflection
- To support each other in growth, healing, or spiritual awakening
- To reconnect with intuition, ancestors, or creativity
- To build meaningful community in a fragmented world

Your dream circle doesn't need to be formal or perfect. It needs only one thing: authenticity. When you begin from a place of sincerity, others feel that—and they will come.

### **Write Your Dream Hosting Intention**

Take a moment and write a personal intention statement. Here are some prompts to help:

- What do I hope people will gain from attending?
- What do I want to learn or experience by leading?
- How can dreams help my community feel more connected?

Keep your intention close. You can print it, place it on your altar, or revisit it before each gathering.

View a Sample Flyer on the next page

## 🌙 YOU'RE INVITED TO A DREAM CIRCLE 🌙

Explore Your Inner World – One Dream at a Time

Join us for a powerful and uplifting group experience where we share, reflect on, and learn from our dreams in a warm, supportive setting.

What to Expect:

- A guided format using the book *Dreams: The Story of Your Life*
- A safe space to share dreams (if you choose)
- Group discussion and insights
- Gentle techniques to help recall and understand dreams
- Tea, community, and inspiration

What to Bring:

- A copy of [\*Dreams: The Story of Your Life\*](#), An Interactive Guide and Journal includes a Journal inside the book
- An open heart and mind

When: [Day & Time]

Where: [Location or “in-person address” or “Zoom link upon RSVP”]

Cost: [\$10–\$20 suggested donation or sliding scale]

RSVP: [Your Name, Email/Phone, or Sign-Up Link]

Space is limited. Please reserve your spot in advance.

*“The dream you share may be the one someone else needs to hear.”*

## Chapter 2: Choose Your Format

*“Dreams are universal, and so are the spaces where we gather to explore them.”*

Now that your intention is clear, it's time to decide how you'll host your Dream Circle. This chapter will help you choose the setting, structure, and rhythm that best support your group's needs—and your own comfort level.

### Dream Circles Can Happen Anywhere

The power of a Dream Circle lies not in the setting, but in the sincerity of those who show up. Still, choosing the right format will help you feel confident and grounded.

Common Hosting Locations:

- At Home: Cozy and familiar. Use your living room, porch, or backyard. Great for 4–8 people.
- Community Center or Library: Ideal for reaching new people. Often free or low-cost to reserve.
- Wellness Studio or Yoga Space: Calming energy, often already set up for groups.
- Online via Zoom or Google Meet: Perfect for long-distance friends or broader outreach.

## Choose Your Schedule

A predictable rhythm helps participants commit and keeps the dream momentum going.

Suggested Formats:

- Weekly or Bi-Weekly Series:  
Meet regularly for 60–90 minutes. Consider a 4- or 6-week cycle.
- Monthly Dream Circle:  
Great for long-term consistency. Easy to maintain.

- One-Time Event: Host a pop-up Dream Night to introduce the concept. Use it as a trial or community offering.

#### Sample Series Ideas:

- The Inner Compass: A 4-Week Journey Through Your Dreams
- Dream Medicine Circle: Monthly Reflections on Soul Messages

#### Open vs. Closed Groups

Both structures work—choose what feels best for your goals and community.

<u>Open Group</u>	<u>Closed Series</u>
New attendees welcome each time	Same group for full duration
Flexible, low-commitment	Builds deep trust and continuity
Great for beginners	Best for themed or deeper journeys

#### In-Person vs. Virtual

If you're comfortable with technology, virtual Dream Circles can be just as potent.

#### Virtual Tips:

- Use Zoom or Google Meet (free and easy)
- Encourage participants to find a quiet, private space
- Use breakout rooms for smaller discussions
- Mail or email PDF journal prompts in advance

#### ✨ Recap – Choosing Your Format:

1. Pick your setting: home, community space, online
2. Decide your frequency: weekly, monthly, or one-time
3. Choose your group style: open to all or closed group
4. Prepare your tools: book, journal, sharing guidelines

Remember: The best format is the one you're most likely to follow through on. Keep it simple to start—and grow from there.

## Chapter 3: Prepare the Space

“When the space feels sacred, the soul feels safe.”

Dreams speak in symbols, feelings, and energy. The space you create for your Dream Circle doesn't need to be fancy—but it should be intentional. With just a few thoughtful touches, you can turn an ordinary room into a container for deep insight, trust, and connection.

### Set the Tone

The mood of your environment sends a clear message: you are welcome here, and your inner life matters.

Whether you're meeting in your living room, a rented space, or online, the way you prepare signals to others that this is more than a casual gathering—it's a meaningful circle.

### Elements of a Dream-Ready Space

Here are some elements that help participants feel grounded, safe, and open:

#### Lighting:

- Use soft, warm lighting (lamps, candles, string lights)
- Avoid harsh overhead lights

#### Ambience:

- Consider playing gentle instrumental music as guests arrive
- Use incense or essential oils (lavender, frankincense, or sage) if desired

#### Seating:

- Arrange seats in a circle to support equality and intimacy
- Use cushions, chairs, blankets—whatever brings comfort

## Dream Altar (Optional but Powerful):

- A central table or tray with symbolic items:
  - A candle or lantern (inner light)
  - A feather or shell (soul & spirit)
  - A bowl of water or stone (reflection & grounding)
  - A copy of *Dreams: The Story of Your Life*
  - An item from nature or a meaningful photo
- Invite participants to place a small item on the altar when they arrive

## Creature Comforts

Help guests settle in and feel nourished:

- Offer herbal tea or warm water
- Have tissues and water available
- Invite participants to remove shoes if at home
- If online: invite participants to light a candle or bring a comfort item

## If Hosting Online:

Sacred space can absolutely be created virtually—just invite everyone to prepare their space with care.

Suggestions for Online Attendees:

- Sit in a quiet room with no interruptions
- Use headphones for better sound and privacy
- Bring a candle, journal, and any symbolic item
- Turn off notifications to fully arrive

## Opening and Closing the Space

Start and end with a ritual that marks this as a sacred time. Ritual doesn't need to be religious or complex—it simply signals, “Now we're stepping into something meaningful.”



### Sample Opening:

- Light a candle in silence
- Read a brief quote from *Dreams: The Story of Your Life*
- Invite everyone to speak one word for how they feel

### Sample Closing:

- Gratitude round: one insight or image you're taking with you
  - Blow out the candle or play a closing chime
  - Remind the group to journal that night or pay attention to upcoming dreams
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### Checklist: Is Your Space Ready?

- ✓ Soft lighting
- ✓ Comfortable seating in a circle
- ✓ A focal point or altar
- ✓ Journals and pens
- ✓ A welcoming scent or sound
- ✓ Water or tea
- ✓ Opening/closing moment planned
- ✓ A copy of [Dreams: The Story of Your Life](#) on hand

## Chapter 4: Invite Your Circle

“Your dream circle begins the moment you say yes—and invite others to join you.”

Once your space is ready and your intention is clear, it’s time to open the circle. You don’t need a large group to begin—a few curious, open-hearted people are enough to create something powerful.

This chapter walks you through how to invite others, what to say, and how to share the purpose of your gathering.



### Start with Personal Invitations

The most meaningful circles often begin with friends, neighbors, or acquaintances who trust you.

Who to Invite:

- Friends who are curious about dreams or spirituality
- Writers, artists, or healers
- People seeking inner clarity or meaningful connection
- Anyone who’s ever said, “I had the weirdest dream...”

Sample Message (Text, Email, or In Person): See page 21 Dream Circle Invitation



### Promote with Heart, Not Hype

If you’re opening the circle to your broader community, share it with sincerity.

Where to Share:

- Local Facebook or Meetup groups
- Yoga or wellness studios
- Library or coffee shop bulletin boards
- Instagram or personal newsletters
- Church groups or intentional living communities

## Be Clear About Details

In every invite or post, include:

- Time, date, and location
- What to bring:
  - Dreams: The Story of Your Life
  - A recent dream or dream journal
  - Openness and curiosity
- Whether it's one-time or recurring
- How to RSVP or sign u

## Managing Responses

- Limit group size to 6–10 people for comfort and sharing time
- Send a reminder a few days before
- Create a waitlist if you have extra interest—you can always open a second group

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## What to Say to the Nervous or Unsure

Many people are intrigued by dreams but unsure what a Dream Circle really is.

Tip: Host a “Dream Night” First

If people are hesitant to commit, host a one-night dream event as an introduction. Make it fun, welcoming, and simple. Then invite guests to join your full circle afterward.


You're Ready. The invitations you send out are the seeds of transformation—not only for your guests, but for yourself. Trust that the right people will feel the call.

Next Up: In Chapter 5, we'll dive into what materials you need and how to prepare for your first session—including copies of the book, journals, and simple handouts.

## Chapter 5: Materials & Preparation

“Dreams need a landing place—and so do the people who carry them.”

The magic of your Dream Circle lies in the people who show up, the dreams they share, and the care you give to holding space. In this chapter, you'll learn what to prepare ahead of time so that the first gathering flows smoothly, with all the tools in place. This isn't about perfection—it's about presence.

 **Core Materials Checklist** These are the essentials you'll want for yourself and your participants:

For Each Participant:

- ✓ A copy of [\*Dreams: The Story of Your Life\* \(Order from Amazon\)](#)
- ✓ A pen or pencil
- ✓ A written dream (or memory of a recent dream)
- ✓ Optional: a comfort item (pillow, blanket, mug)

For the Host (You):

- ✓ Extra pens and paper
- ✓ Copies of your group guidelines or sharing agreements
- ✓ A brief agenda or outline for the meeting
- ✓ A timer (for dream sharing or reading segments)
- ✓ Tea, water, or snacks (for in-person circles)
- ✓ Music, incense, candle, or dream altar items (if desired)
- ✓ Consider having the group watch Dr. Marilyn Powers Live on You Tube <https://youtube.com/live/irbl18QYYp8>

## Prepare Your Circle Agreements

A few simple group agreements help everyone feel safe and respected. Consider printing or reading them aloud at your first gathering.

### Sample Dream Circle Agreements:

- We honor confidentiality—what’s shared here stays here.
- We listen without interrupting or analyzing others’ experiences.
- We speak from the “I” perspective.
- We share dreams only with permission.
- We offer reflections using “If it were my dream...”
- We respect silence and pauses as part of the process.

## Choose a Passage to Read Aloud

Each Dream Circle can begin with a short reading from [Dreams: The Story of Your Life](#). Choose a passage that reflects the theme you want to explore that night.

### Sample Opening Passages:

- “Your dreams are not random. They are part of your story—just written in the language of the soul.”
- “When you honor a dream, you honor your inner world.”
- “Dreams help us remember the parts of ourselves we’ve forgotten.”

## Dream Sharing Format

Having a clear structure for sharing dreams ensures that everyone feels heard and respected.

### Suggested Format:

1. One person reads or tells a dream (3–5 minutes).
2. Others reflect with:
  - “If it were my dream, I might feel...”
  - “That reminds me of a time when...”
  - “A symbol that stands out to me is...”
3. The dreamer listens quietly, then shares final thoughts if desired.
4. Thank the dreamer for coming, and move to the next person.

## Sample Agenda for a 75-Minute Session

<u>Time</u>	<u>Activity</u>
5 mins	Welcome, settle in, opening intention or breath
10 mins	Read passage from Dreams: The Story of Your Life
40 mins	Dream sharing (2–3 dreams shared)
10 mins	Group reflection / theme discussion
5 mins	Closing circle: one insight or symbol remembered
5 mins	Announcements or next meeting reminder

## Final Preparation Thoughts:

Hosting a Dream Circle isn't about having all the answers—it's about creating a container where others can listen to their own inner knowing. When you prepare with care, your guests will feel it. And they'll come back.

## Chapter 6: Circle Structure

“When we gather in a circle, we remember we belong.”

Once your guests have arrived, your role as the host is to guide the rhythm of the circle with presence and clarity. You don’t need to be a dream expert—you just need to create a safe and spacious environment where dreams can speak.

This chapter provides a simple structure for your sessions. You can adapt this to your own style, but having a rhythm helps participants feel comfortable and know what to expect.

### Overview of a Dream Circle Session

Most circles last 60 to 90 minutes and follow this basic flow:

Time	Segment
5–10 min	Opening Ritual & Welcome
30–45 min	Dream Sharing & Group Reflection
10–15 min	Discussion or Themed Exploration
5–10 min	Closing Ritual & Takeaways

Suggestion for group activity and discussion: Watch Dr. Marilyn Powers Live on You Tube <https://youtube.com/live/irbl18QYYp8>

## Chapter 7: Follow-Up & Growth

“A dream circle is a seed. What you nurture after the gathering allows it to bloom.”

Hosting a Dream Circle doesn't end when people leave the room or log off the call. In fact, some of the most powerful transformations happen in the quiet days after a session—when someone journals a new dream, rethinks a symbol, or feels more seen because of the community you created.

This chapter helps you stay connected, grow your circle, and sustain the magic over time.



### Stay Connected with Your Group

After each session, send a short follow-up message. It doesn't have to be formal—just a warm reminder that the space is still alive.

Optional Add-Ons:

- A quote from *Dreams: The Story of Your Life*
- A reflection question or dream prompt
- Announce the date of your next session



### Create a Private Group Space

A simple group message or private online space can keep the dream conversation flowing between sessions.

Ideas:

- WhatsApp or Signal group
- Private Facebook or Instagram group
- Email thread or Substack for reflections



Encourage members to:

- Share dreams (with consent)
- Post dream-related quotes, images, or symbols
- Ask questions or share breakthroughs

### Offer Next Steps

As your group gains confidence, you may sense a natural next step. Trust the rhythm of growth.

Next-Level Ideas:

- Host a 6-week themed Dream Circle (e.g., “Healing Dreams,” “Ancestral Dreams”)
- Offer one-on-one dream reflections
- Organize a dream retreat or daylong mini-retreat
- Co-lead with a trusted friend or guest guide
- Teach others to host their own circles using this guide

You’re not just holding circles—you’re growing a dreaming movement.

### Encourage Dream Practice Beyond the Circle

Offer gentle ways participants can deepen their dream connection:

- Morning dream journaling (keep the journal by the bed)
- Dream incubation: write a question before sleep
- Dream altar: place a symbolic object by the bed
- Artistic expression: draw, write, or move a dream

Reflect on Your Role as a Host. After every gathering—or every few—you might ask yourself:

- What did I learn by holding this space?
- What dream themes are showing up across the group?
- What surprised me, delighted me, or challenged me?
- What’s the next expression of this dream work?

Your work as a host is also a path of self-discovery.

## Final Encouragement

You've planted something ancient and beautiful. In a time when so much is noisy and disconnected, you've offered people a quiet way back to their own wisdom.

Every circle you host is a ripple. Every dream you hold sacred is a mirror for someone else to remember who they are.

Thank you for doing this work.

## Bonus Chapter: How to Monetize Hosting a Dream Circle

“When you share your gifts with care and integrity, abundance follows.”

Hosting Dream Circles is a heart-centered act of service—but it can also be a source of income, energy exchange, and sustainability for your time. This chapter gives you simple, ethical, and inspiring ways to turn your Dream Circle offering into a revenue stream that supports your purpose.

### Why Monetize?

- You're giving your time, space, and energy
- You're creating value through structure, wisdom, and leadership
- You're holding sacred space for transformation
- Fair exchange keeps the work sustainable long-term

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### Simple Ways to Monetize Your Dream Circle

1. Charge a Nominal Fee per Session. Keep it affordable, accessible, and aligned with your audience.

Suggested Rates (sliding scale):

- \$10–\$25 per person per session
- \$60–\$120 for a 6-week series
- “Pay what you can” donation box or link
- (Optional) As a suggestion to you as a Host: You might consider packaging the Dream Circle workshop price in with the book price of \$14.95 plus tax and have the books on hand. For example, \$35.00 includes the Dream Circle Workshop and a copy of [\*Dreams: The Story of Your Life\*](#), An Interactive Guide and Journal

Tip: Offer one scholarship spot per circle to maintain inclusivity.  
“Includes your own copy of the book + all materials” sounds more valuable than “just” a class.

### Stay Aligned with Your Integrity

- Be clear about what people receive
- Keep your pricing transparent and respectful
- Offer value beyond the fee: presence, transformation, care

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“You are not just selling a seat—you are offering a sacred space for insight, belonging, and soul connection.”

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### How to Talk About Pricing (Example Script)

“To help support the time and energy that goes into hosting, there’s a suggested contribution of \$15 per person. This includes the circle, materials, and ongoing support.

(Optional) As a suggestion to you as a Host: You might consider packaging the Dream Circle workshop price in with the book price of \$14.95 plus tax and have the books on hand. For example, \$35.00 includes the Dream Circle Workshop and a copy of [\*Dreams: The Story of Your Life\*](#), An Interactive Guide and Journal

Final Thought:

Monetizing your Dream Circle allows you to keep showing up, creating, and expanding your impact. Money is one form of energy. When exchanged with intention, it supports the dream itself.

# Sample Dream Circle Email Invitation

Subject: You're Invited to a Dream Circle Workshop ✨

Dear [Name],

Have you ever had a dream that felt like more than just a dream—like it was trying to tell you something important?

You're invited to join us for a Dream Circle Workshop, an inspiring and supportive gathering where we explore the hidden messages and guidance found in our dreams.

This intimate workshop is based on the book

[\*Dreams: The Story of Your Life\*](#) by Marilyn Powers, Ph.D. and Steve Viglione [Available now on Amazon](#)

What to Expect:

- 🌙 Learn simple techniques for remembering and understanding your dreams
- 🌙 Share meaningful dreams in a safe, respectful circle
- 🌙 Discover how dreams can guide your life, relationships, and purpose
- 🌙 Enjoy guided reflections, discussion, and connection

Workshop Details:

📍 Location: [Insert address or "hosted via Zoom"]

📅 Date & Time: [Insert date/time]

💡 Suggested Contribution: [Insert amount or "Free"]

📖 Book Required: Please bring your copy of [\*Dreams: The Story of Your Life\*](#) by Marilyn Powers, Ph.D. and Steve Viglione

[Available now on Amazon](#)

Whether you're brand new to dreamwork or have been exploring your dreams for years, this workshop will offer fresh insight, community, and inspiration.

Space is limited, so please RSVP by [insert deadline]

Reply to this email or text [your phone number] to reserve your spot.

Looking forward to dreaming together,

[Your Name]

Dream Circle Host

[Optional: Instagram or YouTube handle like @dreamcentralnow

Watch Dr. Marilyn Powers Live on You Tube

<https://youtube.com/live/irbl18QYYp8>

## **Disclaimer for Hosting a Dream Circle**

*Dreams: The Story of Your Life* and the *How to Host a Dream Circle Guidebook* are intended to inspire personal reflection, creative exploration, and community connection through the sharing of dreams.

The authors, Steve Viglione and Marilyn Powers and publisher MPowers,LTD, make no claims regarding psychological diagnosis, therapeutic outcomes, or spiritual authority. We are not responsible for the choices, experiences, or results of any individual or group that uses this material to host or participate in a Dream Circle.

Each host is fully responsible for creating a safe, respectful, and inclusive environment for their participants. The use of these materials does not constitute an endorsement, certification, or affiliation with the authors or publishers.

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