

# Sharing Guidelines

## 01 "If it were my dream..."

Only the dreamer truly understands their dream. That's why, when speaking about someone else's dream, we always begin with "If it were my dream...". This way we offer our reflections as personal perspectives, leaving the dreamer free to decide what feels meaningful for them.

## 02 Sharing is a choice

You are always free to pass, and no one will ask you to explain. Sharing is an invitation, never an obligation. At the same time, the more detail you give, the more meaningful and focused reflections you may receive.

## 03 Share with care

Dreams can touch on trauma, health, or fears. Share only what you feel comfortable with. Remember that while this circle is supportive, it is not therapy. Please seek professional help if needed.

## 04 Respect each others' dreams

Remember that every dream shared deserves to be met with respect. Criticism, mocking, or dismissing someone's experience has no place here.

## 05 Receive with gratitude

Every dream insight shared is a gift. When you receive input, simply say "thank you." You can later reflect on it privately, choose what resonates, and leave the rest.

## 06 Honor each other's privacy

What is told in the circle stays in the circle. Do not share anyone's story outside without their full consent. Never use someone's private contact details or approach them without permission. Harassment of any kind is not tolerated.

## 07 Show up for yourself

By joining, you commit to yourself and the group to practice with intention. This means keeping a dream journal, doing small exercises before and after sleep, and showing up as best you can. The more present you are, the deeper your growth will be.

## 08 Honor your path

Dream work can be approached differently across traditions. Some encourage it, while others do not. We invite you to check within your own spiritual or religious framework to ensure this practice feels aligned and supportive for you.

Mind Your Dreams

