



Temple of Truth and Dreams

Melissa King

A collective dreaming sphere where memory, image and meaning ripple through shared resonance and return.

This immersive experiential workshop invites participants into a multi-layered process of dream sharing, image-making and reflection, inspired by the ancient dream temples once found along coastal sanctuaries.

We begin with a grounding meditation to connect with the body, followed by a guided visualisation to enter an ancient dream temple by the sea. Within this imagined space, participants sit in a snowflake-shaped configuration with eyes closed and take turns to speak their dreams aloud in the first person. One dream follows another in a stream of collective consciousness. As each is shared, others offer spontaneous associations, impressions, memories or fragments of inner imagery that arise in response. Spoken without interpretation or discussion, these layers of expression weave together into a collective tapestry of dream material and psychological resonance.

The group then shifts into image-making, allowing what has surfaced to settle more deeply. Using simple materials and staying close to the mood, feeling or form of what emerged, participants explore the visual echoes of their experience. Artworks are placed within the group space before entering a final shared reflection and return. Participants speak to what stayed with them, what shifted, or what found form. The process values personal truth, symbolic listening and the ways in which inner material moves through and between us when held in a contained, imaginative frame.

Drawing on Jungian thought, collective resonance, and ancient practices of dream incubation, this workshop holds space for the symbolic to rise through connection, creative response and shared presence.



Biography

Melissa King is Senior Lecturer and Course Leader for the MA Art Therapy at the University of Chester and serves on the Board of Directors for the British Association of Art Therapists. Her work integrates embodied and nature-based approaches, symbolism, dreams, visualisation, photo art therapy, and immersive experiences. As a shamanic practitioner, Melissa facilitates work exploring realms of consciousness, imagination, and creative reflection, supporting participants in deepening self-awareness, creative expression, and the integration of different aspects of the self.

Conference Presentations

King, M. (2025). Guest speaker - The International Biophilia Summit.

King, M. (2023). Guest speaker - International Forum for Art Therapy Education, China.

King, M. (2020). Guest speaker - European Federation of Art Therapists (EFAT) International Conference, Latvia, 2020.