

# Southern Arizona Friends of Jung

Rubin Naiman, PhD  
Presentation and two Workshops

Friday, November 4, 7pm;

Presentation Cost: \$15

*Reconsidering Night Consciousness*

Saturday November 5, Workshops

*Mindful Sleep:*

*A Non-Violent Approach*, 9 to 12 am,

Cost \$90

*Remembering REM:*

*The Lost Art of Dreaming*, 1:30 to

4:30pm, cost: 90

**Members' Early Bird Special:**

all three programs for \$160

When you register by November 3  
SAFOJ, PaperWorks, IONS members

Paypal credit card payments at  
<http://www.safoj.org/events.htm>

## Location

Grace St. Paul Episcopal Church  
2331 E. Adams Street, Tucson

Rubin Naiman, PhD, is a psychologist, clinical assistant professor of medicine and the sleep and dream specialist at the University of Arizona's Center for Integrative Medicine, directed by Dr. Andrew Weil. He is also director of Circadian Health Associates, an organization that offers sleep related services, training and consultation internationally. For more than a decade, he served as the sleep and dream specialist at Canyon Ranch and Miraval Resorts. Dr. Naiman is a leader in the development of integrative medicine approaches to sleep and dreams, integrating conventional sleep science with depth psychological and spiritual approaches. He has written groundbreaking works on sleep, including *Healing Night*, *Healthy Sleep* (with Dr. Weil), *To Sleep Tonight*, *The Yoga of Sleep* as well as a number of professional book chapters and articles. See [www.DrNaiman.com](http://www.DrNaiman.com)



## Rubin Naiman: Night Consciousness, Sleep, and Dreams

### Friday Evening Presentation – Reconsidering Night Consciousness

Night consciousness refers to sleep and dreams as well as their boundaries with waking life. Growing evidence suggests that the increasing prevalence of sleep and dream deprivation contributes significantly to clinical depression, weight issues and other serious illnesses. A better understanding of night consciousness is an essential foundation for healing our sleep and dreams. Framed by the loss of Nyx, the mythic goddess of night, this presentation will examine environmental, psychosocial, biomedical and archetypal aspects of the loss of night consciousness.

### Saturday Morning Workshop – Mindful Sleep: A Non-Violent Approach

Sleep problems are among the most prevalent and challenging health concerns in the U.S. today. Deep, rejuvenating sleep is a cornerstone of optimal health, creativity and even spiritual practice. Based on an integrative --body, mind, and spirit-- approach that draws from sleep science, mindfulness and spiritual perspectives, this workshop takes a truly fresh look at sleep and sleeplessness. As an alternative to the overly aggressive approach of sleeping pills, it offers effective practical strategies and guidance to manage symptoms of insomnia. Beyond supporting our physical and mental health, we learn that sleep opens a mysterious portal to our deeper Self. There is a lovely, sacred, and mythic dimension to our slumber that reveals itself when we approach it in a non-violent manner.

### Saturday Afternoon – Remembering REM: The Lost Art of Dreaming

Dreaming is a most critical but overlooked endogenous healing process. Beyond playing a key role in memory formation, research confirms that healthy dreaming regulates mood on a nightly basis and subtly reshapes our sense of self. That is, if we let it. Unfortunately, we are at least as dream deprived as we are sleep deprived. So many aspects of modern lifestyles directly suppress REM sleep/dreaming, leaving us mired in the mundane. This workshop reconsiders dreaming in the light of archetypal and sleep neuroscience views to reveal a new paradigm of the dream as an elemental healing process. It provides basic practical strategies for promoting healthy dreaming and will gently guide you into a more intimate personal relationship with the world of dreams.

For more information, forms, and PayPal internet payment option, see: [www.safoj.org](http://www.safoj.org) or call 520-327-3485.

Or, print out and mail in pre-registration/membership forms and your check to:  
Southern Arizona Friends of Jung, P.O. Box 64267, Tucson, AZ 85728-4267