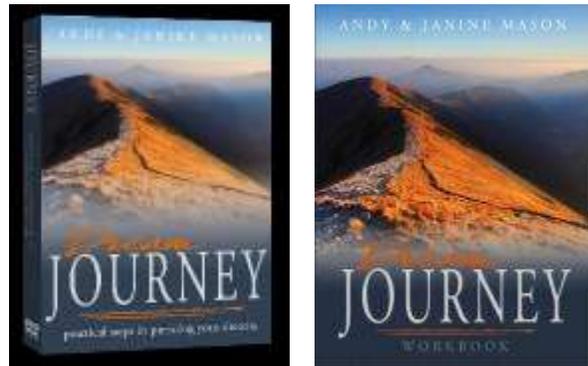


Dream Journey DVD and Workbook

By Andy & Janine Mason

★★★★★ (5 stars)

Buy this DVD and workbook if you:



- *Coach people around dreams and dream obstacles,*
- *Want to facilitate dream discovery in a workshop setting,*
- *Are looking for dream exercises to employ in your coaching.*

The *Dream Journey DVD and Workbook* builds on Andy and Janine Mason's earlier book, the *Dream Culture* and its core message of bringing dreams to life. The DVD and Workbook deliver that core message in a professionally produced multimedia format that can be utilized in either a workshop setting on an individual basis.

From the first DVD session, Andy and Janine invite the participant on a journey, "an adventure with Father God where you experience more of Him and uncover the greatness He has placed inside you." Sharing personal stories, teaching, demonstrations and activation exercises, the Mason's equip the participant with the tools to not only discover the dreams and desires of their heart, but practical tools to turn their dreams into actions.

The participant in this series will understand the importance of their dreams in God's plan for their life and how to activate those dreams into practical action steps; how to overcoming the obstacles: disappointment, discouragement and disillusionment that are a part of the journey; how to identify beliefs and mindsets that do not reflect the heart of God for their life, and, the importance of motivation and need for support in accomplishing dreams.

The Dream Journey Tools

1. **Six DVD series**, produced by Bethel Media. Filmed in a professional studio setting and on location. Easy to watch, conversational and personal in style. Includes the occasional notes on screen for the viewer's reference.
2. **Workbook**, including the main teaching points and activation exercises from the DVD presentations. All left-side pages in the

- workbook are lined and blank for notes. Ample space is also provided after demonstrations and activation exercises for participant reflections.
3. **A soon to be released, Facilitator's Guide**, including all the material in the participant's workbook plus directions for the facilitator on presentation of the workshop and facilitating the activation exercises.

What You'll Learn

Divided into six sessions, the Dream Journey DVDs and Workbook covers the following topics:

1. **Session One, Ready, Set... Go!**: Going After a Dream is like Going on a Journey.
2. **Session Two, Building Momentum**: Every Dream Journey builds momentum by taking simple action steps.
3. **Session Three, Overcoming Setbacks**: Each Dream comes with challenges or obstacles to overcome along the way.
4. **Session Four, Overcoming Mindsets**: What you believe determines how you experience your Dream Journey.
5. **Session Five, Staying motivated**: Staying motivated is the key to finishing your Dream Journey.
6. **Session Six, Going Further**: No dream is accomplished in isolation.

Summary

Delivered in a warm and personal communication style, Andy and Janine have taken the core of their excellent book, *Dream Culture*, formatted it in a professionally produced multimedia format suitable for a seminar or personal growth.

I highly recommend *Dream Journey* for not only covering the basic components involved in pursuing dreams, but also for the demonstrations and activation exercises that turn the information presented into a potentially life-transforming experience for the workshop participant.

Reviewed by Tony Stoltzfus