

# How would we like to have lived?

## Dream journey into the future II

### Explanation of the method

I'd like to go on a dream journey with you. We are going to travel into the future in an imaginary world, where we lead a happy and contented life. I will guide you through this journey with a few questions. The questions are just to support you, you do not have to answer them all. It is your journey, and therefore it is up to you to decide how far you want to let yourself go. You can decide whether to let my questions guide you, or simply lie there and let your thoughts roam. Give free reign to your imagination. You are in your own world: you can shape it and imagine it as you like.

The dream journey is a voluntary activity. If you would prefer not to take part, you can wait quietly outside or at the edge of the room. If you do take part but then realise that it is not working, please quietly stay where you are to avoid disturbing the others in their dream journey. Are there any questions?

### Dream journey

Find a place in the room and make yourself comfortable on the floor. What else can you do to make sure you are really comfortable? Close your eyes if you like. You can decide whether to let your thoughts roam, to daydream, or to follow my voice and all the thoughts it provokes.

Notice your position on the floor and your breathing, without changing it. Notice how your stomach rises and falls with each breath. As you breathe out, relax your body further. Let the floor take your weight; it will hold you. Feel the position of your legs, how they touch the floor. Your legs are becoming soft and heavy. With each breath, you loosen and relax them a little further. Let your body surrender its weight to the floor. Feel the position of your arms. They too are becoming softer, heavier, looser; with each breath, their weight sinks into the floor. Feel the points where your back touches the floor. Relax every muscle you can, and let your back sink deeper into the floor. Your head is also relaxing, becoming heavier, letting the floor take its weight. Let go of everything you want to let go of.

As your body becomes more and more relaxed, look inside yourself and seek out the point which is most peaceful and relaxed. When you have found it, let this peace, this profound relaxation flow out and fill your body, along with all that is a part of it – warmth, light, a feeling of oneness, until your entire body is filled with relaxation, well-being and peace.

While your body is lying here, you have time to go on a journey into the future. Imagine you can rise up into the air, playing with the wind and letting it carry you like a feather floating on the breeze. As you fly through the air, fast-forward your life all the way up to your final days. Imagine you have led a long and fulfilled life, and are now very old. You float carefully back down to the ground and land gently on a comfortable chair in front of your house. Imagine what you look like and how you sit there as an old person. This is where you feel at home, loved, safe. The evening sun's last rays are shining gently on your face. Do you feel them? You take a deep breath, contentedly savouring the air around you. Perhaps there is a particular smell here? What would you like to see right now? Allow yourself to be surprised by whatever is around you. What do you see? What colours are there? Is anyone else there, or are you alone? Is it quiet, or can you hear noises close by or in the distance? What does your comfortable chair feel like? Make yourself comfortable, and locate this feeling of peace, security and satisfaction in your body. Feel it radiate throughout your body like a wave, all the way to the tips of your fingers, toes and hair. What does it feel like? Is it a flowing, streaming, prickling or pulsing sensation? What is it about this place that creates such a special atmosphere? Open your senses to everything that is around you: the colours, shapes and sounds, perhaps a particular smell or taste, a touch or a movement.

The longer you listen to me, the more alertly you can follow my words. Look around you with curiosity. Here, everything is how you wish it to be. See who lives in your neighbourhood. Who is important to you? Who are the people you live with? What is your relationship with those around you? What made the place where you live worth living in? When you hear the words “Good Life”, what is the first thing that comes to mind? What do you think makes a “Good Life”? What sounds can you hear? How fast or how slowly is life passing by? How much do the people in your world work? What do they do in their free time?

Do you go shopping, or produce things yourselves? Does money still exist? Are there other forms of exchange? Who decides what your life is like, how you work, what kind of place you live in? Are there decisions which you take as a community?

Lean back in your comfortable chair again. As you sit there, totally relaxed, you feel a powerful connection with your surroundings. You know that you are happy here.

Now look back over your entire life. You can remember a time when you felt full of energy, when you put your limits to the test, explored new paths, created something new for yourself. Remember which values were important to you, whether there was joy or love, trust, security or adventure, what captivates or motivates you, what spurs you into action. What helps you to understand your needs and live accordingly? Perhaps you have the joy of knowing you are not alone, that you are connected to others – others with whom you can pursue goals; that you do not have to do everything alone, but that there are others who do their part too. Open your mind to ideas about what your contribution might have been in the long life you are looking back on. Your contribution to a peaceful, lively community, your contribution to improving the quality of life of others. Open your mind to ideas about how you enjoyed using your time and energy to achieve things in cooperation with others. Let yourself be surprised by whatever comes into your mind. You are probably on exactly the right track. Over the course of your life, you gave what you wanted and were able to. Every day a little more. As a very old person, what are you happiest about? What will people remember when they think of you after you are gone?

If you like, as an old woman or old man, you can look back on your current situation from this place in the future. You are looking back from the future at your current self, as if at another person. Try to help this other person from the perspective of your older, more experienced future self. What advice can you give yourself? Feel the empathy, and imagine what advice it might be.

Enjoy this wisdom for a moment, what a “good life” means to you and how you might like to have lived. And what opportunities you have to make it happen.

In your own time, let these thoughts run their course and return your full attention to this room. Feel which body part you want to move first, perhaps your hands or feet. Return to the present by opening your eyes and looking around to see who else is here. Move slowly, stretch your arms and legs. Take a few deep breaths. Imagine that each breath is filling you with freshness and energy, and feel this state of wakefulness spreading throughout your body. Slowly roll over onto one side. Bring your body up to a sitting position.