

How would we like to have lived?

Dream journey into the future II

Overview

The dream journey is a guided daydream intended to stimulate the imagination and develop new perspectives on the meaning of “good living”. Participants travel into the future in order to look back on life as they might wish to have lived it. In the course of this dream journey, they allow ideas to form in their minds about various different aspects of this life. They then create a picture depicting their visions, which is presented in a shared gallery.

Instructions





Preparation

Space is cleared in the room, which should be well ventilated and warm. If possible, blankets are placed on the floor throughout the room. The music and sound system are prepared, and the volume adjusted to match the voice of the person who will read the text. Lighting should be subdued. The materials for the follow-up stage (A3 paper and colouring pens) are set out.

Before the dream journey, physical exercise is recommended, e.g. a vigorous energising exercise, dancing or shaking each part of the body to allow greater muscle relaxation and ensure proper circulation.

Execution

1. The procedure is briefly explained to the participants. They then choose a spot in the room, and find a comfortable position in which to lie quietly on the floor. The facilitator waits for the group to settle, and then reads out the dream journey text (see Materials: dream journey). For this stage, it is important for the reader to be quiet and focussed, and to speak slowly in a gentle, warm voice. There should be plenty of pauses between the words to provide enough time for the associations to develop. The dream journey should not be interrupted. Background music is recommended. The music should be peaceful, relaxing and purely instrumental, and should be played as low as possible.
2. After the dream journey has ended, the facilitator should make sure that all the participants have fully returned from the journey, checking whether everyone is OK or whether they need a little time to complete the process. If necessary, a short break can be taken at this point.
3. After the dream journey, the participants draw a picture of their future vision of a “good life” and their ideas about how to implement this vision. When all the pictures are finished, they can either be presented briefly by the artist, or taken home. Another option is to display the pictures throughout the room as in a gallery, for the participants to wander around freely and look at them in their own time.

	6-30
	45 minutes
	Blankets, 1 sheet of A3 paper per participant, colouring pens, music, sound system; Downloadable materials (< www.endlich-wachstum.de >): Dream journey text
	A dream journey should always be undertaken voluntarily. It should be made clear to the participants that their involvement is optional. Those not wishing to participate should wait quietly at the edge of the room or outside. The room should be large enough for all the participants to lie down with some space between them. It should also be warm enough for the participants to feel comfortable. Ideally, each person should have a blanket which they can lie on or cover themselves with.

Evaluation

Variation 1

- › What particularly appealed to you in the other participants' pictures?
- › What confused you?
- › What similarities and differences do you see?
- › Which social issues feature in the pictures (e.g. food, housing, family, relationships, mobility, energy production, politics, welfare, distribution of wealth, environment, economy, work, free time...)?
- › What might you do to start making your vision reality right now?
- › What do you still need in order for your vision to become reality?
- › Six months from now, how might you be able to tell whether you have come a step closer to your vision?

Variation 2

The pictures are presented by their creators on a voluntary basis, and the dream journey is discussed as part of the daily evaluation. The journey into the future should support the process of transfer from the seminar/workshop to the participants' everyday lives, developing ideas about how they can shape their own future.

Variations	Instead of drawing pictures, participants can use other creative methods to illustrate their visions (plasticine, natural materials, etc.).
Tips for facilitators	Any disturbances can be addressed and if appropriate used by the facilitator. Sounds coming from outside can be dealt with by saying something like: "You can use everything that you hear to help you on your journey. As the outside world drifts further and further away, you can feel yourself relaxing and letting go."
Suggestions for follow-up	This activity can be followed by the "Exit cards", the "Building another world" circuit training activity, or the "Letter to myself" (all in chapter 5).