

Learning activity

Dream Journey Exercise & Guided Visualisation

TIME: 3 hours

LEARNING AIMS:

- Strengthen capacity to radically imagine
- Bring people together to share about their futures enabling trust, vulnerability and togetherness,
- Allow participants to have a collective experience with their peers

NUMBER OF PARTICIPANTS: 10-20

PREPARATION AND MATERIALS: Set up a cozy room, with a seating space and or a space for laying down. You can use this activity to kick off another visioning exercise or a strategic discussion. The activity can be useful to allow for a moment of collective imagination and visioning and is also for people to decompose and relax, while discovering a powerful tool to see the world (differently).

The exercise can be adjusted to better complement the experiences, positionality and roles of the participants. The conclusion will not be a definite one but allow people to think for themselves and dare to imagine another world.

FRAMING:

We're going to do a radical imagination exercise and I'm going to take you through a guided visualization of our transformed future. Find a comfortable seat where you can feel safe and comfortable, but also where you'll stay awake and alert. I invite you to close your eyes if that feels comfortable for you. Otherwise, cast your gaze downward. Can you imagine beyond borders?

FACILITATION:

Step 1. Introduction

Introduce that we're going to do a radical imagination exercise and I'm going to take you through a guided visualization of our transformed future.

Step 2. Guided visualisation

Find a comfortable seat where you can feel safe and comfortable, but also where you'll stay awake and alert. I invite you to close your eyes if that feels comfortable for you. Otherwise, cast your gaze downward

It's the future and we've won that transformative change. You've just woken up. Take a look around, take a walk. Take in the sights, the sounds, the smells, how it feels. What does the world look like? What do you **see, hear, feel**? What's present & what's not present? What's the headline on your newspaper or social media feed? How are people relating to one another? How are you relating? What's your role in this transformative changed future/place? Take in what you see, hear, and feel.

Step 3. Debrief

Radical imagination and visioning is so important as part of this work. Imagining our future/visioning the future is as important as learning about the histories and racialized structures that built the world we have today. Never stop imagining and dreaming and visioning the future world you want to see with justice and equity and belonging for all. Slowly come back, and open your eyes.

Conclusion and takeaways

The conclusion will not be a definite one but allow people to think for themselves and dare to imagine another world.

SOURCE: Adapted from content from Daniele Fogel