



WORLD DREAM DAY

DREAMING & ACTIVATING THE POSSIBLE

WWW.WORLDDREAM DAY.ORG

#WorldDreamDay



@dayfordreamers



Social Artistry

The Social Artist is the one who presents a model for a constantly learning society. As a paradigm pioneer, the Social Artist is able to see trends and the emergence of new social patterns.

Developing our capacity to create and sustain new visions of the future is key to our ability to recognize and grow such emerging trends. In order to build a deeper and richer vision to guide our steps forward, we will have to do some deep seeing into the future of what is possible for ourselves and for the world at large.



World Dream Day was created by Ozioma Egwuonwu, a Social Artist and Transformational Strategist, to unite the world in achievement and aspiration.

It's mission is to support the narrowing of the *Actualization Gap*—the divide that exists between their aspirations and their ability to achieve them.

Please use World Dream Day to BE the change you want to see in this world.



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Join Social Artists around the world for a global day of activation that explores the Possible Human & Possible Society.

World Dream Day, held September 25th, is an international celebration of turning dreams into action. It is a day that unites the world in achievement and aspiration, by providing an opportunity for creativity, collaboration, contribution and innovation.

World Dream Day events are held by inspired participants who take it upon themselves to create live and/or virtual experiences that not only have global impact, but local application. What these experiences have in common is that they celebrate the power of the dreamer, visionary and innovator in us all by contributing one action that creates change in a life, a family, an organization (private/public sector) and/or a community. All of these actions in concert contribute to the creation of a brand new world, filled with brand new possibilities.

Core to the World Dream Day experience is the declaration of inspired visions for the future, as well as celebratory events and dialogue that take place in key locations all around the world. As "Paradigm Pioneers," Social Artists possess the capacities to support individuals in their local environments as well as all around the world to envision what's possible for themselves, and for the world.

Innovation is essential to creating a better world. World Dream Day provides an open invitation for us to ignite our own capacity to innovate and "be the change" we wish to see in the world. On World Dream Day, Social Artists can unleash a wave of innovation around the world.

The Social Artistry exercises that follow are made available to World Dream Day through the Jean Houston Foundation and the Social Artistry Train the Trainers Program.

*****ANYONE can participate in World Dream Day from ANYWHERE in the world.*****

We hope that Social Artists all around the world will use this day to activate and inspire our global network to serve the world in a BIG way. In addition we invite you to partake in and **SPREAD THE WORD** about other World Dream Day events.

- **Dream Declarations:** Take time out of the day to focus on a dream, a goal, a desire and think of three actions you could take to make this dream real.
- **Dream Dialogues:** Sign up to engage in a 20 min. conversation as either a giver or receiver. Giver helps someone explore a long held dream while the receiver explores one for themselves. Have the conversation in person or over skype/google+.

To participate in this effort, download a toolkit:

<http://bit.ly/activatemydream> or email info@dayfordreamers.com

Go to www.dayfordreamers.com to learn more about World Dream Day.



Directions Part 2: Play energetic music. Let the group work on their banners for approximately 30 minutes, giving ten and five-minute warnings as time grows to a close.



Possible Human Banners

As you work on your banner, you may want to consider these questions...

What new ways of being and doing become available as new possibilities emerge?

What Dream can now be expressed?

What you will need:

Paper for Possible Human banners.

Art supplies: crayons, markers, stickers, etc.

A flip chart if it is a larger group.

Time: Thirty Minutes

Facilitator:

Now, take a few minutes, without drawing materials or conversation, to just look at what you've created. Notice what it is saying to you? What are the core themes? Symbols?

When you've taken this in, will you turn to your workbooks and identify for yourself the nature of the stand you'll take for our possible society.

Pause 5 minutes.

Now we're going to ask you to pick up your banner, and as the music changes, march around the room, carrying it proudly. Notice all the other mythic beings in the room and what they stand for as you march! Here are Possible Humans in the making!

3 – 5 minutes

And if you'll gather together in a large circle, holding your banners in front of you please. Take a look around the circle. Here are the Possible Humans that make up our Possible Society. I'll invite you to step into the center of the circle, one at a time, and state the words you identified in your workbook:

Each participant will read:

As the Possible Human, I stand with _____ (a Hero or archetype), I embody the qualities of _____ and I take a stand for _____ in creating our Possible Society.

You may wish to offer time for group reflection after this process.

Invite people to commemorate their vision of the Possible Human by taking a photo and either emailing it to dayfordreamer@gmail.com or uploading it directly here: www.dayfordreamers.com/photowall use #WorldDreamDay to follow or share content or tweet: @dayfordreamers to further express your vision!

For additional information on Social Artistry you can visit the Jean Houston Foundation or email jan@jeanhoustonfoundation.org



Stepping Into the Future

We have looked at our own, mythic identities, and taken steps toward re-storying our lives. Can we be as effective in re-storying our culture, our society, or even our place of business? The Possible Human is effective at just this. Let's take a moment to look at the elements of this re-storying from the framework of the three of the four levels we've already worked with.

What you will need:

Paper for jotting down insights from each level of awareness.

A flip chart for harvesting the learnings.

Time: Thirty Minutes

Set up a flipchart (3 if available). You should label 3 pages, one for Sensory Level, one for Psychological and the last for Mythic/Symbolic. Divide the page into two columns.

In the left hand column, solicit examples of the current culture, lensed through each of the levels. Use the right column to brainstorm what the Possible Society in terms of each of the levels.

To help us create this new vision, we'll be taking an imaginal journey into the year 2020.

As we walk into the future, step by step, you may find many images and ideas. Please don't limit yourself. You may journey into the realm of education, technology, the economy, agriculture, conservation, or many other sectors. Just release your creative imagination that will guide your imagination into the realms of the possible.

Instructions:

This exploration can be done individually or with a group/.

Group directions: Everyone will need to find a group of 4, and group your chairs together in a circle. These will be your partners for the journey.

Over the next 2 minutes, each group/ or the individual selects a different area to research in our future journey. You might learn about Education, Conservation, the Arts, Health. Choose an area that is close to your passion if you can. Agree on those areas with your group now.

Feel free to either sit comfortably or stand. You may also want to move your hands to shape the future as you see it, and as much as possible get the sense of stepping into the future in both your real and kinesthetic bodies.

Begin music – instrumental, reflective and evocative.

Guided visualization: Closing your eyes, and getting comfortably relaxed, please focus on the music. Know that we are going to take a journey on that music, a long trip into the future. Begin by getting a sense of walking in rhythm to the music, letting it draw your forward, step by step. Notice now that you are walking in a place of great beauty, along a path bordered by trees, flowers, and small animals. Take a moment to notice all that surrounds you.

As the path unfolds before you, take deep breaths, and really take in that wonderful, fresh air. Breathe it in. Reach out now and touch something that draws you along the path . . . a tree, a flower, a blade of grass or a leaf. Notice it. See it deeply.

You are at peace here, enjoying what your senses take in. You feel warm and comfortable.



Stepping Into the Future

Ahead of you on the path, in an open glade that is full of sunshine, stands your guide, that mythic companion that we are calling the Entelechy.

What you will need:
Paper for jotting down insights from each level of awareness.

A flip chart for harvesting the learnings.

Time: Thirty Minutes

He/She greets you and beckons you forward. Stand and greet each other now. Take a moment now to look deeply into his or her eyes, and know that in doing so your own power to vision and envision is deepened, that indeed, you can see with new eyes, the eyes of your full potential. There are no limits. And knowing this, you continue down the path, together.

Facilitator: pause and allow time between signposts, moving forward sequentially from current year to ten years out (2016, 2017, etc.), stopping at 20__.

As you continue walking, you see now where the path bends, a signpost for the year 20__, in which we now walk, and then a bit further in the distance, 20__. Keep walking slowly, enjoying, using your eyes, listening and smelling.

Now pass the signpost for 20__ as the path dips gently down into a valley. Now walking past a signpost for 20__, continuing the descent deeper and deeper into the valley. Now you see 20__, still gently walking down and down, and past 20__, walking through the years on this path, until you find yourself passing 20__. Continuing down and around, winding down and around on the path past 20__. 20__. Taking deep breaths, step by step, further down the path, passing now 20__, and further down and around, breathing even deeper and deeper, feeling full and rich and peaceful past 20__ to 20__.

And here, your guide beckons you to leave the path for a moment, and savor the place and time that is 20__.

Walk around; take your time, in the incredible place that is (name the geographic location of the group) in 2020. Wander the streets, the parks. Converse with those you meet around you and ask them questions. Let yourself be guided by whatever impulse draws you, whatever sparks your interest here in 2020. For there is much to see! Walk around and visit, visit schools, families, centers, businesses, natural places. You look at the world in its optimal possibility, in the year 2020. Walking with your guide, you will have several minutes of time to wander, and see what you will see! Interact with this amazing world, using all your senses, remembering as you do so that you, in 20__, have had a part in creating it, have seeded it. Explore it now!

Pause 3–4 minutes

And your guide takes you now to a beautiful, open setting. You feel the music drawing you forward, and see that there is a celebration in progress. Singing, dancing, talking . . . and as you approach the edges of this gathering, you see familiar faces, your fellow workers and friends, all celebrating what they have created. Join them now, and take the next few minutes to share their stories, the stories of how it came to be, and to share your own story.



Stepping Into the Future

What you will need:
Paper for jotting down insights from each level of awareness.

A flip chart for harvesting the learnings.

Time: Thirty Minutes

Pause 3 minutes

And notice that there is a giant scrapbook or photo album at the center of one of the gathering tables. You are curious, so go open the book now. Inside you find newspaper cuttings, photographs, letters, sketches . . . all the bits and pieces of the intervening years, connecting the dots from where you are in 2026 back to where you began. Notice the images now. Notice what YOU contributed to those pages! What did you begin to do back in 20__, the small steps and large that came together to make the difference that you see now in 2020? Turn to your special pages in the book. Notice, acknowledge and celebrate your contribution. Find out now what it was that you did. Your guide points out what it is that you did back in 20__ and 20__ (first two years), to make this new world come to be!

Pause 3 minutes.

And now your Guide smiles gently, and you know it is time to move on. Walking with your guide, you head back up the path through the valley, pausing once from high above the valley's edge to look back and smile on all that is.

Pause

Back up the winding path, climbing now, past the sign for 201_, 201_. Winding up and around. 201_. 201_. Watching the signs of the years, breathing, and peacefully returning to your own time. 201_. 201_. And as you pass the signs it is with renewed hope and deepened confidence you walk, ready to take on the tasks before you. 201_. And here, at a bend in the path, the Guide bids you good-bye for the moment, but you know that he or she never really leaves you, and that the knowledge of this journey is ever available. So, thanking your guide, you move back up the forest path, seeing the signpost for 20__(current year) beckon, walking forward, and stepping back into this room. Relaxed. Opening your eyes when you are ready, and stepping into the present moment.

Harvesting the Learning:

Have the group share what they saw in their groups, looking for synergies between their observations. Each group should be prepared to present two minutes of their key findings to the whole group, beginning with the words . . . "We envisioned a Possible Society that is . . ."

General Discussion Questions:

What did you see?

What surprised you?

How does your vision of 2026 leave you feeling about your work today?

Now let's take our visions of the Possible Society, and move them to a place of action!

Take a photo of your visions for the possible society and share them here:

www.dayfordreamers.com/photowall use #WorldDreamDay and share throughout our Social Artistry community.