



THE DREAMING CIRCLE

INTENTION METHOD

The Dreaming Circle is part of "Dragon Dreaming Project Development". It is a powerful tool that serves to transform a project from being the project of the founder(s) to being the project of the whole group. It is used at the very beginning of a project cycle and yields a shared dream that can easily be used as the basis for formulating the vision, mission, and goals of a project.



Aims and Objectives

The purpose of this method is to develop a shared dream of the whole group where everyone contributes what is most important for them.



Time

Around 1 hour.



Materials Preparation

Papers and markers and a talking stick.



Target audience

Groups at the beginning of a common project.



Number of Participants

Minimum 3 – maximum 20.
A larger group can be divided into smaller groups and work separately and unify their dreams at the end.



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METHODS**



5' INTRODUCTION

25-45 DREAMING CIRCLE

10' CELEBRATING THE SHARED DREAM

INTRODUCTION

FRAMING- 5 MINUTES

The Dreaming Circle method is part of the toolbox of Dragon Dreaming, an inspiring project development model, created by John Croft, an Australian community consultant. It is inspired by the philosophy of Australian aborigines. John Croft calls the dreaming circle "the Easter of the project". It is the moment in which a project *dies* as the project of the founder and *resurrects* as the project of the whole group. It is an important step to overcome the "founders' syndrome", that projects are often pretty much only projects of the founder and some people that assist him or her. With the dreaming-circle, everyone is invited to complete the dream in a way that it becomes really a shared dream - and later a reality!

THE DREAMING CIRCLE

INSTRUCTION - INTRODUCE THE DREAMING CIRCLE 5 MINUTES

The founder(s) welcomes the people invited to the meeting and presents his/her dream very shortly. Then he asks a Generative Question such as: "What would this project have to be like so that afterward you can say: this was the best possible way to spend my time?"

People are then invited to share their dreams in a circle, using a talking stick or another "talking object". Only the person who has the talking stick in her/his hand is allowed to speak and to add one element of her/his personal dream to the common dream.

Invite people to add what is most important to them - and to add only one aspect at a time. There will be many rounds, enough time to complete the whole dream. What is important in this step is that we are in a dreaming stage. In a dreaming stage, there are no contradictions, there is no need to argue about different dreams. Just add your part of the dream.

One person takes notes on a big flipchart paper, summarizing the essence of each person's dream, noting down as well whose dream it was.

DREAMING CIRCLE 25 - 45 MINUTES

Following the instructions mentioned below, the dreaming circle starts unfolding.

The facilitator has an important role for creating the magic of the Dreaming-Circle:

Make sure that no discussions start - they have their time later!

Assure that the circle comes into some kind of flow. This usually implies that the parts of the dream are added fast enough to develop a flow and slow enough that it doesn't feel like a hurry. If someone has no idea, they are invited to pass the talking stick to the next person. The stick will come back.

If the facilitator has the impression that the circle is either too fast or too slow, it is important to intervene and to encourage the participants to change the speed.



THE DREAMING CIRCLE

Remember, to make the most out of your Dreaming Circle:

- Use a talking piece.
- When writing, write the essence of the dream, not all the words.
- Each person adds one dream at a time.
- Neither be too rational nor too abstract.
- Relate the dream to real-life.
- Write the dream in positive form, and as it were already real.

CELEBRATING THE SHARED DREAM- 10 MINUTES

After finishing the Dreaming Circle the group reads aloud all the dreams written on the flipchart and celebrates them as their shared dream.

HOW TO CONTINUE?

The document of the Dreaming Circle can be seen like a quarry to be used for all "intention documents". It can be used to write a flyer with a description of the desired project, it can be used as an inspiration to formulate a clear vision and mission of the project. At the next meeting, the group should have a look at the dreaming document and see if there are any contradictions: someone wants to have a vegan project, the others want to have animals for milk and meat...

If there are contradictions, this needs to be looked at with the focus on the question:

Is there a possibility for a shared dream, because many aspects of the dream are so similar that the contradiction can melt into a shared dream? Or is this the point for a multiplication of the project: to start two projects out of one dreaming circle?

This is as well success and not a failure!

Some groups are desperately trying to integrate all dreams into one project - this is not always helpful and often leads to the fact that no dream is realized. That's why it is important to introduce the idea that the multiplication of projects can sometimes be a good solution.

