

Facilitator's VISUALISATION GUIDE

Dreaming & Worldbuilding

A game inspired and seeded by and
with girls and young feminists



OUR
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PRACTICE





Dearest Facilitator,



Thank you for your generosity of time and for holding this space. By now, the players must have already picked their World Cards. If they haven't already, use this moment to let them choose.

As the facilitator, you will be guiding the group as they imagine their new worlds.

The following guide is a suggested flow to help players meditate and visualize their new worlds. Feel free to adapt and make it your own! And remember to move through it slowly so people have time for ideas and images to emerge.

Begin by making players feel comfortable and more relaxed. To help lead them away from the “real world”.

You can start with:

“Hi. I’m so excited to help guide you into a new world. You have each selected these WORLD cards to help create this new world, and now we are going to visualise it! What you imagine might seem absurd, and maybe even impossible. Don’t worry about that. Just try to let your imagination run free.

Remember, we are no longer thinking about the world that you currently live in, but a new one that does not yet exist. Close your eyes, or lower them to block out any distractions. Breathe in, and breathe out. Try to focus just on your breath for now.”



Once the group indicates that they are ready, or they seem to be settling in and less distracted, continue with your guidance...moving at a slow pace.

“You’ve picked a few cards that have given you clues or rules about this new world. Some of these clues might be strange, some might be exciting, and some might be confusing.

In your mind, repeat the words on any one of the cards you’ve picked.

Whichever card you felt most drawn to...and keep repeating those words. Do this several times until you've memorized the card. Feel free to paraphrase the words, translate them, add your own context to them, or define them.”

Offer enough silence so they can dive deep in their world. Check their body language to see if you're giving them enough time.

If people seem to be distracted, invite them to come back to their breath.
Continue to guide...

"Ask yourself: If this card is true, what else might be true?"

Try to live in the world you are starting to imagine with these new cues fully.

Take a deep breath in, and breathe out.

Allow yourself to leave our present reality and this 'real' world and come fully into this new world in your imagination."

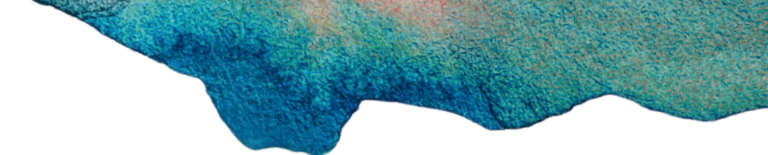
"Begin to imagine that you are already living in this world that you are imagining and dreaming of. **If this is true, what else might be true?**

Imagine specific details of this new world and allow any images or thoughts about this new world come...even if they seem wild. There is no need to try to make sense of what you are imagining right now. Just try to be present with it.

Remember: you're *happy* to be in this world.

How does that feel in your body to be happy here?

What about this world makes you happy? How does the air in this imagined world feel on your skin?"



“Where are you? What time of day is it?

Is it bright, or is it dark? Are you inside or outside?

If you can, wiggle your toes. What's beneath your feet?” What do you smell?

Are you wearing shoes, no shoes?

Is the place where you are a building? If so, who built it?

What is it made out of? What is it used for?

Are there other people (or beings) with you?

Who or what are they?”

“Is there something nearby you can touch?

What is it? What does it feel like? Can you pick it up? Focus your attention on it for a moment.

Think about your card again. Keep asking yourself. **If this is true, what else might be true?**

Now you're approaching a group of girls. What are they doing together?

Ask one of them why they like living in this world. What do they say?

Have a conversation.”

Pause to let them have a short chat.



“Can you hold on to the sensations, sights, and sounds that you are feeling?

Engage in all of the sense you have access to. For example touch, taste, sight, smell, and sound.

These feelings will form the basis of your imagined world.

Hold on to these feelings.

Silently, in your mind, form *one sentence* about this world.

If you think that’s a bit difficult, chat with one of the teenage girls about it.

What’s a sentence you both come up with about this world you’re both in?”

Pause to let them arrive at this...

“Now be ready to share back with your group.

Breathe in...Breathe out...In...Out...

Hold on to that sentence, or fragments, or keywords.

Think about the words on your card again.
If this is true, what else might be true?

Keep exploring, and I'll call you back when it's time”.



Offer them at least 10-15 minutes of silence to let them explore their imagination.

Finally, gently call them back to our reality.



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Building narrative, knowledge,
and power with and for girls