

Visions, ideals and goals

by Karen Johne

The aim of this unit is to reflect on our visions and the existing myths regarding the current crisis

Procedure:

- Connection round: How do you feel now? How did you feel when developing your vision? Which thoughts came up?
- Starting point of the session: Define your goal and recapitulate the reason for the general need for visions in processes of political change.
- Presentation of the visions: The moderator starts with uploading his/her painting or reading his/her letter from the future. Afterwards, all participants are welcome to introduce their paintings or letters. Please make sure that the participants include themselves in their visions. Otherwise, the visions would be empty/without direct connection to the participants. The connection is essential for the responsibilities deriving from their visions.
- Reflection: After the presentation of the visions, the participants have the opportunity to have a dialogue about their feelings regarding the presented visions. It is possible to ask the following questions: What are uniting elements and feelings? Which differences become visible? What felt alien to me? What can I (emotionally) affirm or deny? Were visions ideal or connected to dilemmas?
- In the end: Please let the participants know that the next tasks are more in quantity:
 - o Please hear the podcast about the myths and reflect on the following questions: Which myths appear currently? Which myths do you believe in? Which myths support which injustices? Which archetypes are connected to the myths (e.g. heroes, saviors, perpetrators)?
 - o Read the worksheet CAT 4 on Visions, ideals and goals and do the preparation mentioned on the last page.
 - o Listen to the podcast on Power and Powerlessness

Please give a brief outlook for the upcoming session (make an appointment) and close the meeting with a final round:

What is your current feeling and which thoughts accompany you when finishing this CAT-session?