



MOVEMENT BUILDING PRACTICE:

Leading with
Vision & Purpose



Developed in conjunction with the Transformative Movement Building Webinar Series. For further exploration, including more movement building practice guides and the archived webinars, visit <http://movementstrategy.org/publications-tools/>.

GUIDED VISUALIZATION

Introduction

The following practice will begin with a guided visualization. The visualization can be followed by either Exercise A, the Vision Wheel or Exercise B, the Letters from the Future. Before doing the visualization, choose which of these exercises you will use. Be familiar with the exercise before entering the visualization, as each version has a unique framing and introduction.

Guided Visualization (5 min)

Be sure to allow spaciousness as you move through the visualization; read it slowly, with pauses.

First, get comfortable in your seat, with your weight distributed evenly. Close your eyes, or soften your gaze, and turn your awareness inward by connecting with your sensations, and your breath.

Think of a young child today who is near and dear to you.

Then imagine that child's child,
and that child's child,
and that child's child.

Imagine that it is 100 years from now and the movement work you are connected with today has been part of bringing about a profound transition in this future world. Imagine that the shifts we began to make, in ourselves and in the world, took root and brought about a world that this child now lives in, a world of love, care, and beloved community, that recognizes the interdependence of all life. Imagine we have won, and transitioned to a resilient, regenerative way of life.



(Continued on next page).

GUIDED VISUALIZATION

Imagine you are that child, 100 years in the future at 12 years old.
Take three deep breaths and sink into your 12 year old self.
Wiggle your 12 year old toes.

Be in the life your 12 year old self is living: what do you see, hear, smell?

What does it feel like in this resilient, regenerative, loving future world?

What do you see around you?

How does your home look and feel?

Who is part of your family?

Who is part of your community?

What kinds of food do you see?

What kind of music do you hear?

What art and dance do you see?

What kinds of work do you see?

How is work organized? Is it paid? Is it not?

What kinds of transit do you see?

What kinds of learning and education do you see?

How are decisions made?

How is conflict resolved?

How do people relate to one another?

What role does ritual and ceremony have in your community?

VISION WHEEL

EXERCISE A: VISION WHEEL

This activity can be done individually, and/or it can be used with others to create a collective vision.

In order to get past real and perceived obstacles that can make it hard for us to dream, it can be helpful to take ourselves into the future and look backwards. We will be using guided visualization to do this. You will be invited to turn inward and relax as you do this. Trust whatever pictures, senses, feelings and thoughts arise.

Now do the Guided Visualization above.

Individual Visions (5-10 minutes)

Option 1 - On Your Own

Open your eyes. From the perspective of the future you imagined, think about the transformative movement building work you have been doing in current time and its future success.

Consider the following:

- *The work you are doing and its success*
- *The impact you/your community are having on the world*
- *The breakthroughs that bring us to a resilient, regenerative, loving world*

Now you will collect the most salient parts of this future vision on paper. On a sheet of drawing paper, express the core elements of your vision. You can use words or illustrations; they do not need to be polished or sophisticated. If desired, you can take 5 minutes to journal before drawing/writing keywords of your vision. The point of the exercise is to do it quickly – to get the big vision and most important elements of your horizon.

VISION WHEEL

Option 2 - In Pairs

Open your eyes. Without talking, find a partner. You will have a conversation, imagining you are in the future that you imagined in the visualization; it is 100 years in the future. Each of you interviews the other about your visions. Remember you are in the future – talk in present tense. Ask your partner:

How did we get to the the resilient, loving world we live in today?

What were the movement breakthroughs that made this possible?

Stay in character; after 5 min switch roles

Now you will collect the most salient parts of this future vision on paper. On a sheet of drawing paper, express the core elements of your vision. You can use words or illustrations; they do not need to be polished or sophisticated. If desired, you can take 5 minutes to journal before drawing/writing keywords of your vision. The point of the exercise is to do it quickly – to get the big vision and most important elements of your horizon.

Triad/Quad Visions (Optional, 30 minutes)

In this stage, you can take a step towards collective vision by finding the resonance between your vision and others.

Hold your posters facing outwards so that others can see it. Walk around the room silently to take in what others have depicted. Find two to three other people whose posters you connect with so that you cluster into a group of 3-4 people total. If you are working with a large group, you will have multiple smaller clusters within the group.

In your cluster, share your personal visions. Small groups then co-create one visual image to represent the emerging future they envision (the image can include words). It is up to the group to interpret how they want to represent their vision.

If done in a large group, have each small group hang their image on the wall and share the story of their vision in preparation for a large group vision wheel (see *next page*).

VISION WHEEL

Large Group Visions (Optional, 40 minutes)

In this stage, the whole group comes together to create the shared vision for a world with a robust movement

Instructions:

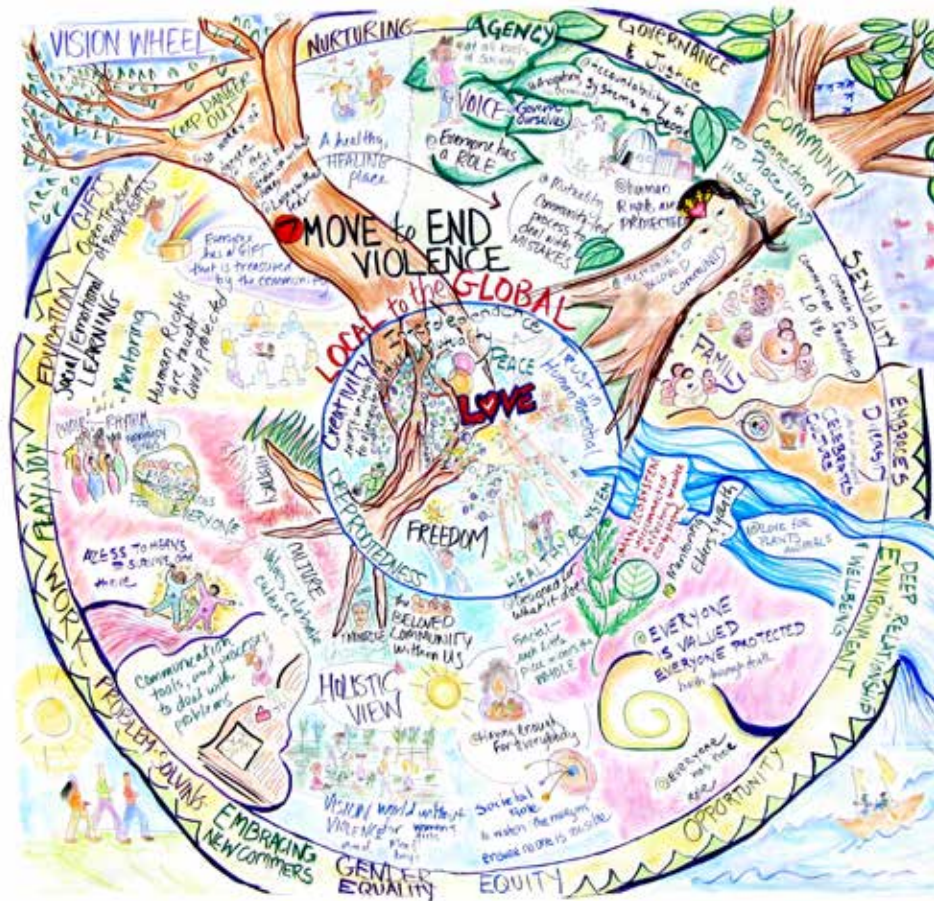
Invite the whole group to come up and look at the small-group images.

Ask: What do you notice as you look at the images?

Note places of resonance, surprises, and curiosity.

Remind the group that the intention is: to weave our shared vision for a world where movements have helped bring a transformation of society and people.

On large chart paper, create a wheel that has three rings:
Around the outer ring of the circle, leave space to name different areas of social organization or activity. For example: education and learning, health and healing, commerce and exchange, governance and decision-making, etc. In the middle ring, depict what is happening in these areas. In the center ring, make space to show how they come together through core values that emanate out through all social activity.



VISION WHEEL

Now the group will co-create one image (using the chart paper) to capture their collective emerging vision. Each person will get an opportunity to name one to two aspects of their personal vision that are most compelling to them, and one value for the center ring.

- First go-around (20 min)
- Each participant puts up stickies with their 1-2 aspects of their personal vision, with a Brief explanation.
- Second go-around (10 min)
- Participants have the option to add another sticky to the chart if something critical is missing.
- Group Reflection (10 min)

Once the vision aspects are named and sorted, the group can collectively turn them into visuals, through a combination of words and images. Alternately, one person can interpret the concepts named on the sticky notes into a visual.

REFLECTION & DRAWING PAGE

LETTERS FROM THE FUTURE

EXERCISE B: LETTERS FROM THE FUTURE

Envisioning a new future, and new pathways to it, is crucial right now as we seek to navigate and lead into the unknown. Cultural workers are helping to give movements courage and tools to do this.

One example is the speculative fiction movement which is rewriting the future. Below is an excerpt from a piece in *Octavia's Brood*, which is an anthology of visionary science fiction and speculative fiction written by organizers and activists. This piece, called "Evidence", is a letter written by a 12 year old five generations from now. The piece was written by Alexis Pauline Gumbs.

Read the excerpt below slowly:

Ancestor Alexis: I've heard about you. I've even read some of your writing. Everyone says I have an old soul, and I'm really interested in what it was like back when you lived. It seems like people were afraid a lot. Maybe every day? It's hard to imagine, but it seems that way from the writing. I have to remember that no one knew that things would get better, and that even people who were working to make it happen had to live with oppression every day. I read your writing and the writing of your other comrades from that time and I feel grateful. It seems like maybe you knew about us. It feels like you loved us already. Thank you for being brave.

How do you feel hearing these words from a child in the future? Now we will take those feelings and do some envisioning of our own to explore what we see emerging on the horizon.

Now do the Guided Visualization above.

LETTERS FROM THE FUTURE

Letter (20 min)

Carry that child and that vision with you as you begin writing your letter. Continue to feel that child and that vision inside of you. You are going to write a letter from that child to your present day self. Use the template below to guide you. You can write, or illustrate, what the future world looks like from the eyes of this child 100 years in the future. Write freely, letting your intuition guide you. Don't worry about spelling, grammar, or punctuation - the intention is to let the core content of the vision to come through, however it shows up.

DEAR __[YOUR NAME]__,

I AM WRITING YOU NOW, IN 2116, ONE HUNDRED YEARS IN THE FUTURE. I AM WRITING TO THANK YOU FOR EVERYTHING YOUR GENERATION DID TO MAKE MY WORLD ONE OF BELOVED COMMUNITY. I WANT TO TELL YOU WHAT MY WORLD LOOKS LIKE AND SHARE WHAT I KNOW ABOUT WHAT YOUR GENERATION DID TO MAKE THIS WORLD POSSIBLE. I KNOW THAT BACK IN 2016 SOME BELIEVED THE SITUATION WAS HOPELESS, THAT THEY SHOULD GIVE UP TRYING. I KNOW THAT YOU, AND OTHERS, DID NOT GIVE UP, AND THAT YOUR FAITH IN THE FUTURE INSPIRED OTHERS AND SHIFTED AN ENTIRE GENERATION.

THANK YOU FOR BRINGING MY WORLD INTO BEING. LET ME DESCRIBE THAT WORLD TO YOU...

THANK YOU FOR WHAT YOUR GENERATION DID TO BRING THIS WORLD INTO BEING. HERE IS WHAT I KNOW THAT YOU DID TO BRING US HERE...

LETTERS FROM THE FUTURE

Share Key Ideas from the Letters

If you were visioning in a group, take time to share some of the content of your letters. The time required for sharing depends on group size; the amount shared can be adjusted based on how much time is available / how many people are in the group.

Look back through the letter you wrote. Find a few words or phrases, or a key image, that really stand out to you.

_____	_____
_____	_____
_____	_____

In a circle, one by one, share key phrases or images from your letter.

After you've completed sharing, stand and take several deep, low, slow breaths together, breathing in the qualities of the visions you have shared.