

FEMINIST PRACTISES OF THE FUTURE

08

VISUALISATION

Hi, it's Róz and Žegluga. *We invite you to feminist visualisation.* At the beginning of the "Feminist Practices of the Future" workshop held during the conference, we've invited participants to do embodied imagination practice. We've invited individuals to imagine the world five years from now, and then share in a chat room the visions, imaginings, and words they felt most clearly on their journey. Duration: *20 minutes*

We would like to invite you to work briefly and individually **with our imaginations**,
We are committed to feeling with each other despite physical distances.

You can turn off the camera if you want.

Sit down comfortably.

If it's comfortable for you, **close your eyes**.

You can also lower your gaze.

You can focus it on something that feels good to you. On something that you associate with safety.

Relax..., take a moment to observe your breathing.

Take a deep breath in through your nose and very slowly let it out through your mouth.

Do it a few more times.

Make sure your exhale is much longer than your inhale.

Gently move different parts of your body. Relax them.

If you feel pain or discomfort in any part of your body, try to let the air into that part of your body.

Imagine your life and our world in 5 years:

What would you like it to look like?

Don't wonder if it's realistic or unrealistic.

Just create your own vision of what "the world will look like in 5 years".

A world in which you would like to **live**, create, work or not work.

A world where you could be part of a **community**.

A world where you would like to pursue personal and shared **goals, passions**.

A world where you could **care** for the human and non-human people important to you.

What does your workplace look like?

What does your home or other **place that feels safe** for you look like?

What is the **community** that surrounds you?

What human and nonhuman people are part of it?

SHORT PAUSE

How are your relationships with people in your **community, family, work, collective**?

SHORT PAUSE

What are your daily rituals?

What do you do for a living?

How do you fulfil yourself?

SHORT PAUSE

What do activists do?

What do politicians do?

What are the most important topics in the media?

What tv series are made, who appears in them?

SHORT PAUSE

How is **education** organised?

Who teaches in schools, kindergartens?

Are there such places in your world? If so, in what setting?

SHORT PAUSE

Who do you meet on the street, on the bus?

What kind of people surround you? What non-human beings?

SHORT PAUSE

What isn't there in this world?

And what is more than a lot?

Now open your eyes, look around the space.

If you can and want to, stand up.

Stand comfortably, move your head gently left to right, in a circle.

Look up, look down, move your shoulders, wiggle your feet, sway your hips.

SHORT PAUSE

Now if you want to and you can, embrace yourself as if you were hugging yourself.

Stay in that hug.

Make your body sway gently.

Think about how your relationship with your body will look like in 5 years?

What will your health be like?

What kind of connection do you have with your belly? Your lungs, your jaw?

What emotions accompany you often and what emotions visit you for a while?

Slowly come back to the here and now.

See how **your body feels today**. What is its temperature?

The texture, is it light or heavy? What does it need?

When you are ready come back in front of the screen, turn on the camera

if you've had it turned off....

SHORT PAUSE

Welcome back.

Just a reminder that it's Sunday, 24 of October 2021, and we're at the

"Feminist Practices of the Future" meeting.

And now we invite you to write down in the chat 3 visions, images,

words that you saw most clearly in your journey.

At the end: The person leading the visualisation reads what appeared in time.