

EXPERIENCE THE FUTURE NOW

Written script for Sonia Randhawa's guide

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*Including additional prompts for preparing and visioning (if required)***

An invitation to imagine and experience the Future now.

“Hello. There is so much about today's world that is inspiring. We are in a time of great transformation. We know more about the ways life works, more about the depths of the universe, and have technologies that make life easier. But often our ways of living don't seem to serve our humanity, our quality of life, or the quality of other lives. The future is up for grabs. If we don't imagine the future we want, we'll get stuck with one someone else has set for us.

Over the next few minutes, I'm going to invite you into a visioning exercise. I won't be guiding you through the whole exercise, but just helping you to set up the time and space to drop in and get the most out of the invitation.

Before you start, gather what you might need to record your vision: pen and paper, things to draw with, maybe a camera to record your experience, whatever you think will help you to capture your vision of the future. Find a quiet place where you can drop in to the exercise without distractions - put your phone in another room!

To begin, take a moment to acknowledge the Country you are on, perhaps thinking about the different ways of being, the different ways of seeing that are part of the history of where you are today, and different ways of defining the good life. Where we are today has meant that certain stories and ways of being have been championed, privileged and normalised. It's brought us the technology I'm reaching you through - but normalised the serpentine supply chains that include slavery and environmental degradation to bring that technology to both of us.

There is both a bright side and an underbelly to where we are now.

If you have time, pause this recording now and spend a few minutes thinking about what you value and cherish about your life, your world today; and a few more minutes thinking about that underbelly, about what worries or fears you have about today's world.

<pause>

Reconnecting with and igniting our imaginations can guide us through our present and what is unfolding, but we need to feel and sense the future, not just 'vision' or see it.

Now, I found it helpful to move, to stand from my desk and shake my body around a bit, just to unblock the creativity - do what you need to allow the creativity to flow. It could be a bit of a shake, a dance, putting on a piece of music or spending a couple of minutes looking out the window.

<pause>

It might help with the visioning exercise to think to a point in time - I looked twenty years into the future, which also helped me drop into the role of an older woman and view the world through different eyes. But don't stick with twenty years, choose a time that sits well with you and allow yourself to focus on your life at that time. Let's drop in.

<breathe slowly>

Imagine you are waking on a typical day in your ideal world, the world you want. A world you want for yourself, your loved ones, your community. Before you open your eyes, what do you hear, what do you feel, touch, smell? What do you see as you open your eyes? As you arise and start walking about the world what form does it take? Every goal you had what this world be like has been achieved: the best and highest hopes that you had for the future back in 2020 have ALL been realised. The future is just what you hoped it would be. As you go about your life, what do you see? What do you hear? What do you smell? What do you feel? What do you sense? You walk further into this new world. What is a day in your ideal world like?

**ADDITIONAL TIPS FOR VISIONING

You may use the following prompts to help spark your vision (or feel free to ignore if you prefer):

What are people doing?
What activities are people engaged in?
Where are the children, elderly?
What are they wearing?
What are the living arrangements?
How are people interacting with one another?
How do people get the material resources they need (e.g., food, water, clothing, shelter)
What does leadership look like? Who has the power to make things happen? How are decisions made?
What values are being demonstrated through the way people think, be and do?
Where is life around you?
How are people in relationships with each other?
How are people in relationship with other life?
What does work look like?
What is the news of the day?

<breathe>

Soon this recording will end. Capture your vision, in your own way. Take your time. Draw something, write something, record something. Dance it! Then if you can, leave it a few days and come back to it, and refine it. And if you can, we'd love for you to upload and share it with us.

Capturing & developing your vision

Capture

To capture your vision, draw, write, speak, or do whatever feels most natural. The idea is to spend approximately 30 minutes getting your vision out. Don't think too hard, just let it flow... Capture everything that you sense, see, hear, feel and smell.

Develop

Take some time to develop your vision. What stands out to you? What parts of your vision are you most excited by? What parts of your vision do you want to share? Invite us into this world.

Here are some different ways you may choose to develop your vision:

- Write a few dot points or a brief description (approx 50 words)
- Write a longer narrative piece (300-500 words)
- Make an audio or video recording (2-4 mins)

- Draw or paint your vision (with or without a written accompaniment)
 - Take a photograph that describes your vision
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Sharing your vision

Now that you have captured your vision, sit with it for a little bit of time, refine it. Once you are happy to have it shared on the Futurenow website send it through to visions@thefuturenowproject.com

Don't forget to include a photo of yourself; portrait not landscape or square works best, and at a minimum 600 pixels in height.

Please send via Wetransfer if large file.

Invite your friends

The more people who get to experience this, the better. We really hope you enjoyed the experience, can you think of other people you know, friends, colleagues, family, who might also enjoy it?

Invite them to thefuturenowproject.com

Interested in forming a group visioning experience?

We are working on releasing a guide to help groups do this as a shared experience, either virtual or in person. You might have a school, community, business, a bunch of friends, or any other kind of group in mind. Register your interest by sending us an email at hello@thefuturenowproject.com and we'll get back to you as soon as they're ready.

Support the project

We think everyone deserves to be able to experience the Futurenow, consider helping this project grow with a donation to pay it forward.

**Proceeds will help pay for the website development and [1% pays the rent](#)*

Feedback?

We'd love to know how you found the experience, what you enjoyed, what you think we could improve upon. Please email hello@thefuturenowproject.com if you have any questions or feedback.

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