



## BODYMIND THERAPY

### EXERCISE

## The Transformation of Dreams into Concrete Visions

This exercise helps you transform your dreams into concrete visions. At the moment, it is not yet time to transform these visions into concrete actions or desires. Instead, now is the time to let these visions take effect on your imagination. Try to live in these visions and to dream about them both during the day and at night. This way, you take the first step towards making your dreams come true. This process is essential to establish an internal connection with your visions and anchor them in your subconscious, before moving on to the next phase and formulating concrete actions.

### *Step 1:* REPETITION

Retrieve your list of 10 individual and 10 worldly dreams. Each dream represents something you want to achieve for yourself or for the world. Reread the list and let the dreams take effect on you.

### *Step 2:* TRANSFORM EACH DREAM INTO THREE VISIONS

For each of the 20 dreams, you now need to develop three concrete visions. A vision is a concrete expression of a dream, it is detailed and clearly defined. Use the **"W-Questions"** and, if necessary, think of new questions to further concretize your visions. Examples of W-Questions could be:

- What exactly happens in this vision?
- Who is involved?
- When and where does this vision take place?
- What resources are needed?
- What does this vision lead to?
- Who or what does it influence?
- Who does it serve or who needs it?



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And so on... It is important that you formulate your visions as detailed as possible, even if they may seem unrealistic or unachievable at first glance. They should have internal coherence and be comprehensible, just like the fantastic worlds in animated or science fiction movies.

### *Step 3:* VISUALIZATION

Imagine what it would be like if this vision became reality. What would you see, hear, touch, smell, taste? How would you feel if this dream came true?

### *Step 4:* LIVE IN YOUR VISIONS

Now that you have clearly defined your visions, it's time to lose yourself in them. Let them take effect on your imagination, live in these worlds, and try to dream about them both day and night.