

# AMAZE visualization exercise -Traumreise

In everyday life, it is often not so easy to develop visions and ideas for the future. That's why I would like us to take some time to explore the ideas and desires within ourselves. To do this, let's begin with a brief visualization exercise... You will travel to an imaginary world in the future where you live happily. Let your thoughts run free. You live in your own world, you can shape it and imagine it the way you want.

Please sit or lie down comfortably.

-WAIT-

Let's start our journey. Close your eyes (if you want) and focus on your breathing ... without changing the way you breathe.

Take another deep breath and exhale slowly.

Let's travel to the year 2048 ... Humanity has managed to overcome most wars and the main challenges of the climate crisis. It is a positive future.

Imagine flying across the world. Slowly we land at the place where you live. Your home. It's beautiful here. You are welcome and appreciated and you feel comfortable.

It is morning. Take a moment to observe your surroundings. Where do you live? What do you like about your home?

-PAUSE-

Do you live alone or with other people? Who is there for you? Is there someone you take care of?

-PAUSE-

After a quick breakfast, you play a little game as part of your morning routine. What do you play and how do you play?

-PAUSE-

You decide to go for a walk. Leaving your home, you step outside. What do your surroundings look like? What makes the place where you live so liveable?

Who owns this place? Who designed it, and who takes care of it?

-PAUSE-

You notice a group of children playing. How and with what are they playing? Are they using technical devices? And if so, are the devices new or do you recognize them from the year 2024?

-PAUSE-

As you continue walking, you see some people. How do they move around? How do people spend their everyday lives? What do you particularly like?

-PAUSE-

You have plans to meet friends. You want to try out a new game. Where and how do you meet? What is your relationship with the others?

You play the game together. Who developed the game? How did you get it? What emotions arise when you play the game together? Is it cooperative or competitive? Is there a winner?

Take a moment to enjoy the scene around you...

-PAUSE-

Gradually, it's time to return. You swing back into the air and again days, nights and years pass by. Until you are back in the year 2024. It is beautiful here too. You are welcome and appreciated here and I hope you feel comfortable.

Move slowly. Take a few deep breaths. When you are ready, open your eyes. Welcome back!

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