
COMMUNIQUÉ TWO

APPENDIX TWO

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**DREAM LOOPS
(A SCORE IN MARGINALIA)**

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COVENTRY BIENNIAL TAKES PLACE
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An invitation to practice collective dreaming of a more loving and socially equitable world.

A host (you?) invites 1-3 others whose wisdom and wonderment you cherish into this dream-speaking session. Use this score as a guide whenever you need.

Find a large enough space that everyone feels comfortable and safe in. Choose a time (perhaps after a shared meal?), when everyone has a spare hour or so. Pencils are needed, and cherished everyday talismans are welcome.

This practice-score requests listening with the whole body, to nudge dreams from the margins onto the main page. Some dreams are entangled with struggle or suffering. Do not try to untether these too quickly. Adding supportive breath may help their forward movement.

Agree to stop when anyone feels bored, overwhelmed, tired, or needs a moment.

(Use this space on the left to draw, write, fold, paste, tear your responses. Bring visibility and welcome to new ideas of tender accompanying, and thriving for all.)

I. ARRIVE + GROUND

~10 min

Prepare by bringing appreciation to the space and sharing to come. Take a pulse on the collective energy, tending to each other's needs.

Arrive together as you bring your bodies and beings into the space. Rootle into a comfortable seat, feeling the support of ground beneath you.

Have a moment to notice each other within this shared space: what do you notice about your gathering that makes you smile?

Take at least three deep belly breaths together, to settle from mind to body.

Choose a sound that captures your current state (a yawn – hum – wail – sigh – or try a vowel sound?). Breathe in together, then release your sound.

Try to sustain this collective sound for about 20 seconds past laughter.

II. WARM WITNESS

20+ min

Recall a time when you felt welcome and held by a friend or loved one. Channel the warmth of this recollection into a bright and warm light that fills up the area where you are gathered.

When everyone feels warm and ready to speak, take turns asking each other (in progression):

“What do you wonder about?”

“What of our world do you love?”

“Tell me about the world you dream of: could you describe how it feels?”

(Bring small variations to the questions. Encourage sensory descriptions, focussing or widening the scope where it feels right.)

Draw or write if images or words desire to emerge on blank pages during this sharing/listening (maybe this helps you feel less nervous sharing?).

When witnessing the responses of your companions, try listening with your whole body. Notice if any sensations may be located in your body

when you listen. Observe if/when you begin mirroring the gestures of the others (in collective effervescence).

Allow the energy of their dreams to move into your body. Let these mingle with the energy of your dreams when you share about what you wonder, love, and dream about.

Affirm each other or chat altogether whenever this interweaving feels welcome, sparked, needed (you are very welcome to ignore this score and flow where you need).

Try to reflect or repeat back what you hear (out loud, in writing/drawing or with an inner voice/vision).

III. A WORD, A SHARED SOUND

5-10 min

After everyone feels complete with their sharing, take a pause together.

Individually select one word from the shared dream-speaking that has nestled in your imagination or body.

Invite energy from the ground to move towards this part of your mind-body (as if a beam of light is shining upon this word).

Imagine the light looping through you and others, as you consider how you might explore this dream-word as a sound you slowly give breath and voice to.

Looking at each other (the eyes are a good signal), sense how you could begin together, to speak your word out loud to each other as **slowly as possible**.

Repeat speaking the same word using as much time as possible.

Sense each syllable or letter escaping from the keyhole of your lips, gently pushed by your breath.

Feel the sounds vibrating in the cavity of your mouth

(against teeth: bared/hidden,
and tongue:
flattened/extended as you
breathe time and voice to your
dream-word).

Try sounding anew, differently
(closing your eyes could help
focus).

(Try: as quickly as possible,
s d r a w k c a b ? b a c k w a r
d s
movngi teh syllablse lsyabels
aronud).

Play with these variations,
over and over, as you listen to
how your companions are
playing, dream-speaking,
breathing.

Continue supporting each
others' joyful sounding until
you come to a gradual, unified
closing.

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Return to your breath, still dwelling on the word, and how all your words fit in this shared dream-speaking space.

Share the word you selected to dream-speak-play with and describe where/how it felt best being sounded.

Collaboratively draw or write out your shared responses.

Thank each other for this shared time, energy, and dream-speaking.

See to it that these dreams reverberate in your actions until you meet them in your lived world.

With inspired appreciation for Pauline Oliveros' *Sonic Meditations*; Rae Johnson's *Elemental Movement*, adrienne marie brown's *Emergent Strategy*, and the practices of Tara Brach, Alexis Pauline Gumbs, Joanna Macy, Sumitra Rajkumar and Marshall Rosenberg.

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