

# Ritual: Daring to Dream the Undreamable

## Presencing:

Sit across from your partner, as close as you possibly can, with open hands, arms unfolded, and establish eye contact. Keep breathing regularly, maintaining eye contact, and continue sitting quietly until both of you feel you have arrived and all the internal voices have quieted down. When you both feel internal silence and connected, one of you crosses the bridge for a 'Visit'.

**Allow the proactive, out-of-the-box, pushing-the-envelope, wildest possibilities kind of dreaming to draw you into a reality you never thought possible.**

**Visitor** Tell me about three visions for our future?

**Host** (Tells vision 1)

**Visitor** (Repeat)

Tell me more.

**Host** (Tells vision 2)

**Visitor** (Repeat)

Tell me more.

**Host** (Tells vision 3)

**Visitor** (Repeat)

**Visitor** (Summarise all three visions)

(Take 10 minutes and then switch)

**Visitor** Look into the future. We've achieved the most extraordinary and life-giving things we can imagine for our relationship. What do people see when they look at us?

(Repeat)

Tell me more.

(Take 10 minutes and then switch)