

WHY DREAMING?

by Crystal Mason, Wendy Martinez Morroquin, Jason Wyman & **YOU!**

***Dreaming creates dreams. Sharing dreams creates possibilities.
Our collective dreams create new realities.***

STRESS REDUCTION & MOOD BOOST ▶ Engaging in imaginative activities, like dreaming, can be a form of mindfulness, diverting attention from negative thoughts & promoting relaxation. This can lead to reduced stress & anxiety, which can further improve cognitive function & overall well-being.¹

ENHANCED NEUROPLASTICITY ▶ Imagination & dreaming might stimulate the creation of new neural connections & strengthen existing ones, a process known as neuroplasticity. This can lead to improved learning, memory, and cognitive flexibility. Studies suggest engaging in activities like creative writing, visualization, and storytelling can promote neuroplasticity.²

DEEPER CONNECTION TO WORLDVIEWS / COSMOLOGIES / BELIEFS ▶ Imagination & dreaming aid in observing and articulating how individuals view and make meaning of their existence within this reality and world. Through an active imagination / dream practice individuals can listen for the wisdom, knowledge, and memories contained within their bones, connecting them across time and space to something outside, beyond, or within their selves (often called religion, spirituality, cosmology, beliefs).³

BUILDING NEW FROM OLD ▶ Imagination & dreaming lets you time travel (re)discovering impossibilities within histories and histories with possibilities. It is like a kaleidoscope: refracting, folding, & mirroring memories, senses, knowledges, & futures into beautiful, ever-changing forms & patterns. Revealing scenes & scores & structures that can become real.

EMPOWERMENT THROUGH COLLECTIVE BELIEF ▶ Witnessing & experiencing comrades', beloveds', & neighbors' dreams & visions can strengthen one's belief in the potential of possibilities, motivating collective movement & fostering a sense of autonomy. Dreaming reminds Us All of our individual & collective power.

What's your response to "Why dreaming?"

1 Kivity, Yehuda, et al. "Mindfulness-based stress reduction for healthy adults: A systematic review and meta-analysis." *Journal of Clinical Psychology* 68.6 (2012): 599-611

2 Ratey, John J. *Spark: The Revolutionary New Science of Exercise and the Brain*. Little, Brown Spark, 2008.

3 Lake, Osprey Orielle. *The Story Is In Our Bones: How Worldviews and Climate Justice Can Remake a World in Crisis*. 2024.
