



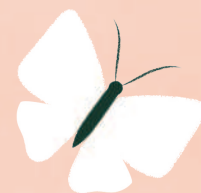
How to CHANGE THE WORLD

...or at least how to start reimagining its
potential – the rest is up to you

What kind of world would you like to live in, if you could make any changes you wanted and anything was possible? Reading the news or hearing about what's going on across the globe can be dispiriting and get you down. You might wonder (and sometimes worry) about what the future holds for the planet and its billions of people. And you wouldn't be alone. Many people – of all ages – feel the same.

The thing is there's a human tendency to focus on the negative, the things that are wrong – and the news often does the same. It concentrates on what's going wrong in the world, mostly overlooking all the things that are going well (which is quite a lot actually). Ignoring problems, however, isn't going to fix them, so what's to be done?

Perhaps one answer is to think up some fresh, exciting and positive visions, ideas and initiatives, ones that are healing and encourage kindness and harmony. This can be done at any time, but can be helpful when the world looks bleak. After all, change and progress have to start somewhere, with an idea, a spark, an impetus. And consider how much more we could achieve if everyone got together and used their collective imagination to reflect on how they'd like things to be. Go on, think big – use our exercises (right and overleaf) to visualise the best world you'd like everyone to live in...



What to take into the future

Imagine you're a time traveller making a journey to the future, perhaps 20 or 30 years from now. What would you take with you from your current life? Think about friendships you value, books, games or music you love, activities or sports you enjoy – anything that brings you pleasure. Make a list, writing down anything that pops into your head about the joys of your current life.

Now, broaden out the exercise to the wider community. What things would you keep for the benefit of everyone on the planet? Maybe its wildlife, oceans and rainforests? You might want to have certain styles of music, various forms of literature or genres of artwork. Equally, you might want lots of different languages and dialects and thriving and exciting cities. Add them all to your list.

What to leave behind

Now repeat the activity, listing what you'd like to leave behind. There might be some aspects of your current life, but in a wider sense, you might like to see an end to poverty, prejudice and pollution. Begin each line with 'goodbye' and then note down the thing you'd like to let go of. If you use loose paper, you could even symbolically throw it away when you've finished your list.

