

Social Dreaming Matrix 2020

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United States

The Social Dreaming Matrix reflects an archetypal process of being with dreams in community, historically used in indigenous communities, emerging in the psychoanalytic tradition during the rise of the Third Reich. Diverging from the common approach of understanding dreams as only pertaining to the inner life of the dreamer, the intention of a Social Dreaming Matrix is to bring attention to bear on the enormous effect of cultural and political forces on the individual and the collective. In the midst of the intense immediacy of these forces and the pressures they exert on the psyche, the Social Dreaming Matrix allows us to gain access to the creative, collective and cultural unconscious to that which is otherwise difficult to bring to language, to feel or to even think clearly about regarding the social context in which we live.

Typically, in a Social Dreaming Matrix what is emerging in the collective unconscious of the group as expressed in dreams forms the focus of attention. In our approach, we attend to the intention to *connect* to ourselves and each other with the purpose of cultivating a conscious collective and from there explore our dreams so as to glean the mutual influence we have upon each other from this intentional state. At the Analyst and Activism Conference, 2020, because of COVID-19, we were not able to meet in-person. It was instead, held on-line. In the face of its absence, we were especially aware of the profundity of human connection that typically unfolds in such a conference. Through the on-line medium we were able to connect, unbound by space and time, which synchronistically, is also intrinsic in our dreaming life. In this historically unprecedented time, with the web as our portal, in addition to the ongoing sharing and dialogue that unfolded in the conference, we fostered a palpable sense of connection by intentionally breathing together and taking time in silence to acknowledge each other visually.

In this vivified intersubjective field of contemplative silence, dreams were shared without interpretation. Dreamers titled their dreams, and these titles were strung together forming a group poem. The dreams carried the emotion, images and associations of the dreamer. As a group our listening perspective tuned to hear how these gave voice to what was unfolding, reflecting our individual diversity, the group-as-a whole, the conference content and process, and our global political experience as well. The dream poems became a tangible reflection of the mutual influence we have upon each other. Through their poetics, one can glean the effects the outer political reality exerts on us individually and collectively. Perspective, insight and a felt-sense of the feeling of connection arose for those who participated in the Social Dreaming Matrix.

What follows are the Social Dreaming Matrix Poems from the conference:

Holding the Opposites: Toward healing

Saturday October 17, 2020

Fight with Robert DeNiro

I offer you small hope...

At the Criterion Theatre no one wearing masks.

Three Biblical Fathers standing on a western sky.

Healing water.

I accidentally kill an ancient African horse.

The whale and the dog

Dumb patches

Upside down, feet warmed in the sun.

My brothers are listening...

Let's fix dad an impossible burger.

Little boy in the park,

Dread and hope.
The weight of the world!
Sad memory...
The changing blue Earth.
Unexpected reciprocity from the boy spirit child. He provides
nourishment just when we think we have to leave nature, the wild.
No time for tomatoes
We need to be there for each other!

Sunday October 18, 2020

The glass house of flowers
Pool surprises
Barack, Michelle and the baby chick
The importance of my grandparents.
Assaulted.
Before completion, hearing the call to so many tasks, we are the strong spear;
is now a good time?
We may have to go to hell.
Must we all stay awake? We must all stay awake.
The conversation in the clearing
mind and body evaluation.
I feel a lot of feelings, tradition and the new life; need to integrate empathy and
sensitivity, overcome fear and etiquette.
Catastrophe
The caterpillar is coming
Infant time
The stolen water of Palestine
The Tree of light
She wants it and they laugh.

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