

THE ART OF SOCIAL DREAMING : NOTES FROM MATRICES APRIL TO AUGUST 2020

MATRIX 24.4.20

Key significant images and associations

- The Cave
- Trees
- Anxiety
- The Virile Red Headed Man-Leader

Lead Dream

A group of about 30 people outside a cave – inside is the ‘personification’ of COVID19.

Decision to go in and overcome the virus

A young, virile man with red hair will be the lead person

But the group can’t find him – then he shows up and leads them into the cave to attack COVID19.

Other Dreams and Associations

A dream of a hallway, a house, a group of people. Stairs, a large black dog – bit the side of the body and the dog’s teeth dissolved and they fell into the dog’s mouth like melting ice

A dream about ghosts – surrounded by ghosts – feel them but can’t touch them. Fear, anxiety.

Haven’t touched anyone for weeks – is the Zoom session full of ghosts?

A dream of being an epidemiologist, trying to track infection rates. But also follow a recipe for lentil and coconut soup. The two tasks/ activities integrated.

A dream, a crowd – trying to get to the top where the leaders are. A small adult human creature wants to come with me – stands on my feet while I walked.

A dream like a Dr Who episode. In a flying transporter with colleagues. Something threatening outside, trying to get in, can’t get the door to close because a colleague is too bulky (clothes or body bulk). Eventually close door, take off, land elsewhere, pick up another colleague, close the doors, feel safe. Final part of dream like a ‘teaser’ the threat has got inside the craft and is sprouting through the upholstery and covering the face of a colleague.

A dream about my hallway - skirting boards ballooning out – terrifying, a nest of spiders, a claw like a crab. Feeling of helplessness.

Association with film ‘Replusion’ with hands coming out of the walls.

A dream of children's playground, a climbing frame, colours, red orange purple. Sunny, children playing, the beauty of the climbing frame.

A supermarket, shelves full of lovely food.

A dream of my partner, that they were here with me, lovely sensuous space, sadness and yearning.

The first party after lockdown I can taste the atmosphere, see the smiles, feel the bass.

Doing prohibited things, entangled, contradictions.

A dozing dream – the energy of dance –the embodiment, feeling a strong image of what it's like to be in a physical space with other bodies dancing.

Family disco – dancing apart - Missing touch

Collective fear – maybe we haven't felt strong collective fear since the war

Memories of the troubles in Ireland – collective fear.

Supermarket, lady in distress, needed to hug. 'hugging is like shooting someone'.

Memories of the day of 9-11 in New York – children at school – heard of attacks and went out and bought canned and dried food. Eerie silence.

A dream about trying to teach – couldn't contact them 'couldn't teach or reach them'

Conspiracy theories – fear but also hope that somebody is controlling events however bad – need to believe there's an order, its not just random.

Trees – hugging p-dep sense of peace and calm, different connection with life. Anxiety about returning to the life we had before

Plants – hope and courage

A dream years ago – the side of a huge building covered in TV monitors, faces on each. Thinking 'what a wonderful way to connect to so many people' - and now we're doing it.

Walking through trees – green, like a dream. Trees are friends. Nature is attacking us but also defending us. Talking to the trees, saying it will be alright.

Memories of the redwood groves – seeing nothing except the tops of trees, can't see the sky. Sit in caves within the trunks, enveloped by the tree. Sense of wonder and awe.

Image – cherry tree, branch pointing vertically down towards the ground. Its skeletal, dark, not yet in bloom.

Going to the park with members of household – felt like a dream, not really happening.

Ted Hughes poem We Are Your True Family – a human child but the heart of a tree.

Trees are like the ocean – time goes a long way back and into the future, we are insignificant in the present moment in the line of time. Missing the ocean.

Feeling like being in a crowd – where's my space?

More time to let feelings rather than words develop – not a verbal process.

Alice Through the Looking Glass

Swirling, waiting for the feelings, not the words, waiting for the dreams

The cave association - stuck at the entrance. The cyclops myth, terrifying dark place.
Fear, not wanting to explore dark recesses

A cave can also be a place of comfort, warmth, sleep, a place to dream and make art – our ancestors lived in caves for millennia and made paintings.

Windowless studio has become claustrophobic, the cave-ness of it.

Finding creativity has become difficult.

Malta – long barrows – round shaped rooms, caves like breasts and womb.

Beautiful, virile Red Haired Man – a saviour? Lost?

Dread, longing, alone. Sometimes calm, sometimes fearful.

A dream of aeroplanes – intending to skydive. Not sure if parachute is working. Everyone is jumping out – why am I so fearful?

A dream, of floating on a raft, hovering, moving through public spaces like a carnival float.
Indoors/ outdoors – calm, permission to be wherever. Feeling of safety and freedom.

A dream – a classroom – a child in a yellow knitted cardigan. Other children in white.
Beyond them the parents. Call out Nichola – they all respond. All the parents have named their children Nichola.

A dream of having the ability to walk on air, 3 or 4 feet above the ground. I know I can do it but also maybe not. Everyone could do this, but they have forgotten how. I want to help everyone walk on air.

POST MATRIX

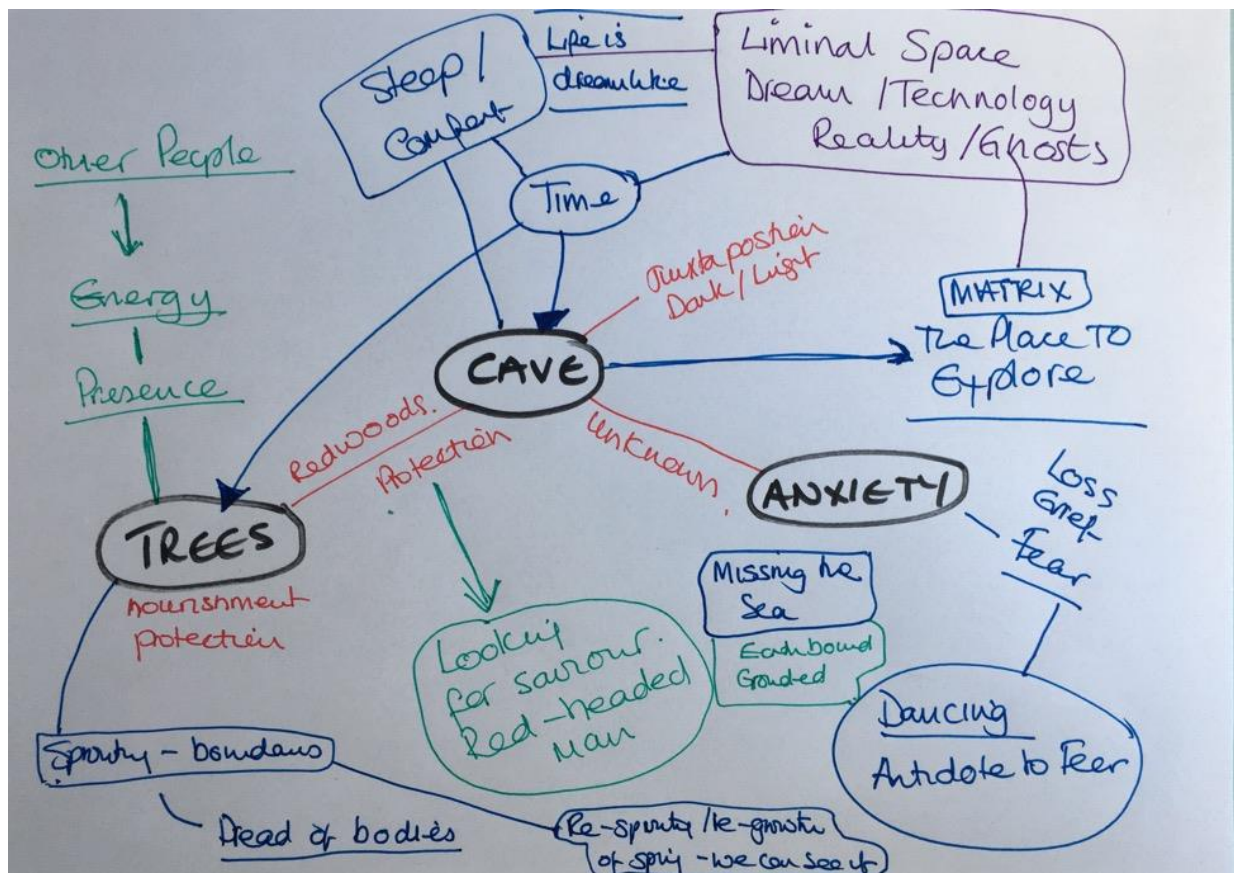
Little mention of the ocean – usually more water imagery. Very earthbound.

What we've lost is the capacity to look forward – but gained the ability to be in the present.

Relief not to have to force each day into a linear narrative – each day is a different narration

Conflicting and dual realities and multiple versions of things – ambiguity is a characteristic of creativity

MATRIX MIND MAP



MATRIX 8/5/20

Lead Dream – Trying to write the words THANK YOU – they come out as THINK SO. Writing with a beautiful pen, green filigree

Dream – trying to devise a scale to measure the intensity of COVID19. Measuring with blue pangolins, intensity of blue, indigo, increases the smaller the pangolins are.

Dream – in a car by my mother's house, I can't stay there I have to move away. Turn, come back, she's talking about sanitary protection. She's 75 and bleeding.

Dream – my partner's parents had moved to a cottage in a wood. No road to it. Examining the back door, I had forgotten to lock it.

Dream – my mother's house, in the back garden was a trolley with flats (theatre scenery) of trellis plants being shifted from the back to the front by somebody very furtive who turned out to be the Prime Minister.

Dream – exploring a house I used to live in, room to room. But I couldn't transition in wakeful state to explore where I'd lived.

Dream - My father's old house, driving in a one way system. Brightly coloured curtains. My daughter was 5 again.

Association with colours – seeing green, bright weed in the river. Emotional response to vibrant green.

Association with weed in the River Ash – long tendrils carried downstream like hair, pulled by the flow of water, attached to rocks. Hawthorne on the banks. River Ash joins the Thames.

Dream – schoolchildren in a theatre, a tall set like a film screen. The tech team are running the whole show off smartphones. There's food – sushi – on a fountain, balancing on a plate, water running over the food. A small green frog, small hands, does a dance. Grins, showing spiky, black teeth.

Reflections of trees in the river – shades of green – shapes of trees, partly dead. Stick-like quality of dead wood. Re-growth. Shocking blue of the bluebells, white garlic flowers, yellow dandelions.

Dandelion clocks – seeds spreading.

Birds singing, colours, walking painting. Colours are extraordinary, rebirth.

The colour pink. At the airport in Mumbai, the air is very clear. Flocks of flamingos on the runway.

The Dandelion clock is ticking.

Walking early in the woods, birdsong, like nature is having a party and I'm asking permission to be part of it.

We must take from the beautiful thing and love it – stillness, beauty, birds, walking

Finding a secret garden – magnolias and rhododendra – enormous blooms, bright red. So close but we didn't know it existed.

Ancient oak. A host for re-growth. Growth is painful, letting go and cutting away for new growth to come through.

Thinking back to the group on the bus in Holbeck.

Dream – a city – in Spain? Newcastle? I have a long handled tree pruner, a duvet coat and my briefcase. I can't carry all 3 at the same time. A street stall dispensing tea in tiny cups shaped like castles, the Queen of Spain is about to make a visit. But because I couldn't carry everything at the same time, I missed the Queen of Spain.

Dream – a holiday with a group of friends, in a house – but how many in the house? Supermarket, a missing friend. Ferries, toy ships, a blue curry – to teach cooking. There's a fire in the farmhouse – fear, not sure who's in which room. A hot rock scorching the carpet.

Rocks in the valley, ancient slates, formed by volcanic activity, crazy complicated patterns.

Chalked on rocks – smiley faces, rainbows, messages

Association – the vibrant colours we use come from the ground. Chalk from the Chiltern Hills.

Dancing with wolves in the forest

Dancing with squirrels

Green – a hard sell in paintings. Landscape of Green in the Netherlands in Spring. Poisonous colours are the brightest – cadmium red, chrome green
Images of COVID are bright red or bright green

Viruses don't have colours

I need to wear red to feel alive

I used to stand in front of a big abstract painting by C Morey de Morand of green blocks with magenta and yellow flashes, feeling energised and calm. It felt like an abstracted garden working on my mind.

A riot of colour.

VE day – streams of red poppies on facebook.

The virus image, the dandelion clock, my paperweight with a dandelion clock set in resin. In lockdown, can't fly.

We have bees living under the eave. Living with bees, sharing space.

I have 2 tattoos – bees and a dandelion clock

Dream – I'm visiting a care home. Its empty. At the back is a sheer cliff. There's an ancient, clay tablet with words written in strange languages. The words started moving onto my body like tattoos.

Association with "Thank You" 'Think So' – words moving

Words are like spells – written and uttered. Words must be spelled.

Symbols, talisman

A spell can mean a short time. Tattoos have permanence.

Military tattoo – words have different meanings

In Gujarati Tattoo can mean 'idiot' or 'shit'.

Dream – I drop my make-up bag. I'm looking for my lipstick, but I find a mosaic of many colours, more permanence

We hear birdsong in the background – can we mute nature?

Daytime experiences can feel less real than dreams – night time dreams are prosaic, daytime is dreamlike and enhanced.

Green birds in the park – intense, jungle green

Feeling that the waking world is not real – or a dream within someone else's dream.

Recurring Dream as a child – In central Australia in a federation style house. Fires are burning. If we're not there, the fire won't burn the house. A helicopter comes to pick us up and remove us to keep the house safe. The fire is carried by thousands of skeletons, burning to renew the land.

A poem I'm writing, Dancing With The Dead – image of fire and skeletons wearing hats, asking us to account for our time on earth and what we have done to destroy it. Joined by the unborn – future generations and extinct species.

Butterflies = orange tops on wings

Fire and death -lilies 'smells like a morgue'

Chinese divination methods – oracle bones, burned in the fire
Chinese writing based on bone patterns, like a spell.

In India with my father at Holi, the bright colours
Fire – Burn the demons

Jewellery made of bones set in resin, retrieved from owl pellets

Beltane – fires burn the last of the winter away. I couldn't quite join in and celebrate.

DISCUSSION POST MATRIX

Dreams can lose diversity in times of trauma

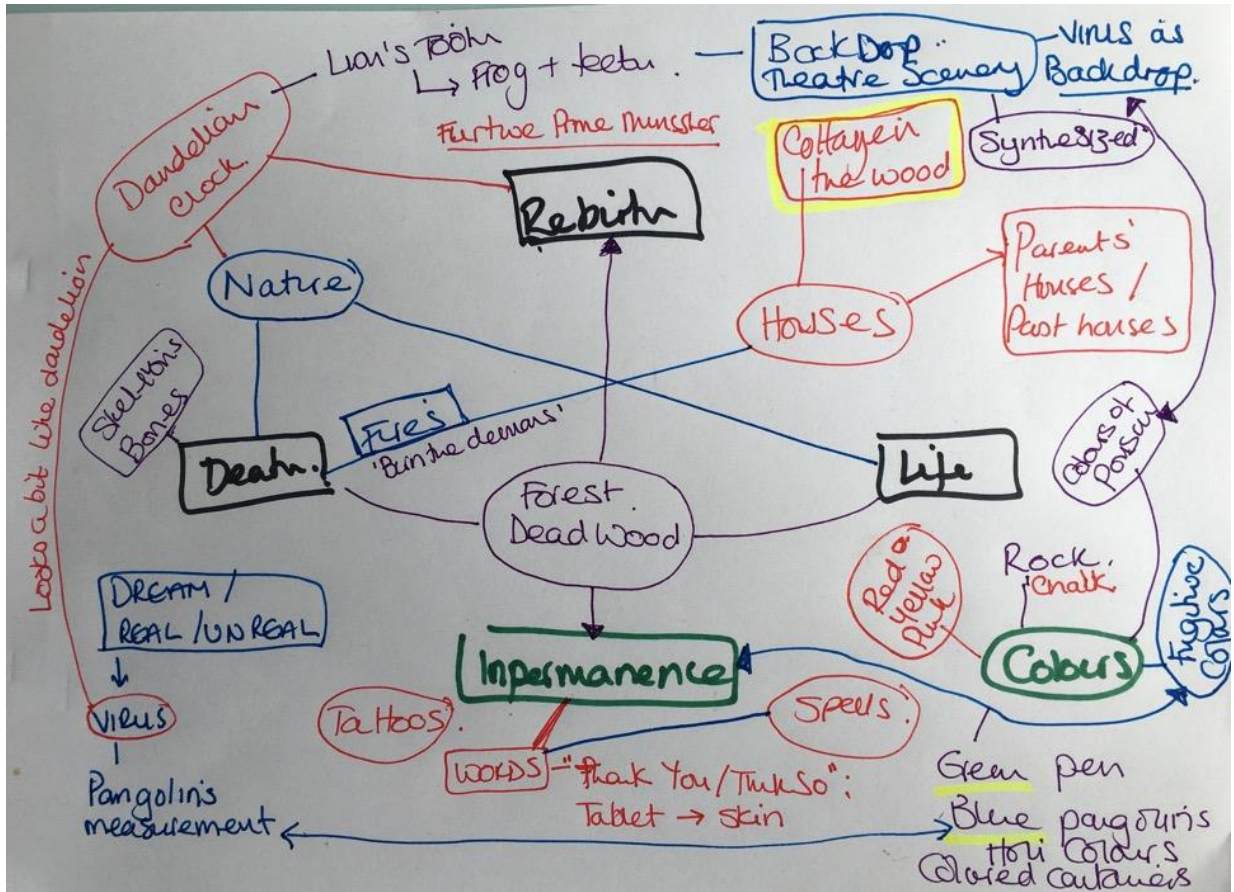
Observation that the colourful rainbow symbol has been adopted for the NHS and a meme for hope and humanity around the COVID crisis.

Death made a very prominent appearance – as an integral part of life and rebirth
The earth – life, blue and green as if seen from space
Also fire and death – orange and reds

The discussion quickly laid out a thematic structure for the Matrix content – Life Death and Rebirth and the Mind Map we drew from this part of the session reflected this.

When I came to write up the content, I found myself drawn to an alternative Mind Map structure, based around the images of Colours, Nature, Words and Houses which emerged prominently. Here are both versions... and a dandelion clock.





MATRIX 22/5/20

Dream – I'm trying to mend something, a wooden construction. Components are supposed to slot together but keep falling apart. I continue until the whole thing collapses. I have a great feeling of sorrow, of brokenness.

Dream – I'm walking in a wood with my friend, Peter. We're talking about anger. I'm struck with sadness.

Dream – I'm trying to put small white balls on a table. They're different sizes, some natural colours, wooden, but mostly white. I put them down too soon and they all fall off. Every time I try to group them they all fall off.

An association with my construction company. A few days ago we re-opened and went to the building site. All the tools had been stolen from the site and we couldn't do any construction.

An association with wood – making shoots

Dream - silence, a beach in Mombasa, Kenya. I'm drawing a pattern with sticks on the sand, but the waves come and the design ebbs away. A great feeling of sadness. Sad music, like the slow movement of Mahler's 5th (Death in Venice).

Dream – I'm making a home-made mug, trying to attach a magnetic noughts and crosses game to it.

Dream – broken toilet in a dilapidated building. I saw another toilet through a broken doorway, but this one is also broken. In the end I had to use the toilet in full view of other people.

Association – my teenage sons wanted to go and gather in a friend's garden keeping social distance. I asked them "how will you use the toilet?"

Dream – I tell a group of children to stop picking on another boy. I'm going to a works' do with my partner. I go to a shop selling high end clothing and see a woman wearing a hat with green feathers. Her daughter had made exactly the same hat. At the venue we have to queue for the toilets. A large shutter is opening and closing in front of the toilets – I have to time it between openings before it slams down. Food is served, I realise I'd been asleep. There is a speech being made about how to protect business "keep the barn door shut so people can't leave". The person also announces that a certain employee hadn't performed well enough to be awarded a rose. She had been nominated by a student because she was nice.

Dream – I was at Edinburgh Festival working on a show – but it was more like an outdoor field festival. At the end I knew we had to do the get-out and in previous years the only access was to drive the van up a steep staircase. I tried to do this, taking a fast run at it but had to stop because there were people in the way. A colleague said that there was another

way. Having collected the key, we drove round to the front entrance and were able to pick up the scenery and equipment easily.

Wood, trees, security, leaves, spring, our relationship with nature, broken

Walking in the woods – trees that seem dead – half dead – but have growth, green. We found decaying wood with holes – put buttercups we had picked into the holes.

A friend told me of a dream – a tall, dark stranger, a man, forbidding. He presented his elbow, on which was a large, green toad.,

Dream – going to an event at a university – walk past a station, on campus no young people are social distancing. An odd guy with blonde hair is following me, there's a scuffle, I have blood on my leg but it's from an older wound.

Social distancing...social dreaming.... Distance is also connection... Social distancing in public places is like a dance...

I had a COVID test – it felt surreal, driving in the car, told to keep the windows shut by people in PPE, felt like a safari park. Somebody talking to me on my phone, standing in front of the car giving me instructions. I had to post the plastic bag into a bin. One employee playfully teased me but it made me feel more anxious.

This week in the supermarket I was on the opposite side of the aisle to keep a 2m space between me and another woman. A third woman came right between us with headphones on.

Dream – a fashion show, an app, music a skeleton of a body with a piece of cloth on it. Teeth stuck inside the mask. There was a shoe box from which I could create my own fashion. A room with the Guardians in it – the app would play music made of what they were thinking.

Association - when my son was born we had no crib. We placed him in a large shoe box and now Shoe Box is his nickname.

Going to buy school shoes – I had broad feet. The shop assistant made a joke they were so wide I'd have to wear the shoe box.

I remember having my feet measured at the Clarke's shoe shop. As a child I always had unfashionable shoes. I coveted the fashion boots worn by one of the other girls in the class, I longed for them.

My daughter needed new shoes – we had to go to ASDA – she was very anxious about going into the shop

Walking, measurement, distances. how far is 2 metres? – 2 spaniels

In Australia – 1 adult crocodile, 1 mature kangaroo

When we were living in Surrey, the health visitor came to monitor my son's progress. Asked him to explain a series of simple, everyday words. One was 'crocodile' – in Surrey?

The process of assessment by which somebody is given a treatment is called a 'Quali' – used to measure quality of life against other considerations

Like Pangolins being used to measure COVID

Dream – my youngest son was a small child. I realised that he had been taken over by something evil and meant us harm. I felt great fear, was trying to warn others of the danger whilst trying to expel the evil from him.

My grandson is learning about measurements and distances. He thinks coronavirus is like dandelion clock pollen "Look, the virus is flying through the air" he says and uses a net to catch it. Fascination

'Stay Alert' - but we can't see it

The Nervous system can't stay alert for long

My daughter - monsters and superheroes

A priest spraying holy water from water pistols on members of the congregation – would also work for vampires?

Dream – a parcel arrives, I'm concerned that it has come from the 'outside' – its full of baking equipment from a stranger called Margaret in Russia... a scar appeared on my hairline... a group were trying to get away from Germany, New York, Blackpool. Curries. The letter about it hadn't been clear.

I saw a documentary about the Chelsea Hotel in New York, eminent artists invited for dinner – William Burroughs, Andy Warhol... Andy Warhol turned up with headphones on. I felt sadness and empathy – showed he was scared, he'd come to a dinner party with headphones on.

Dream – showing up in rooms... something different happening in each room

Association with Zoom – virtual break-out rooms. You get put in a room and wait to see who else is there... sense of interest and suspense...

Association – interview with the mother of a daughter who's been raped by a paedophile (uncle) – wants to go stay in the house of the paedophile. A sort of black magic... Peter Pan

Pan-demic. Peter Pandemic. Friend in the woods ... Peter.

Peter Pan – the Lost Boys... the lost generation of students 2020. Isolated as a generation... tension in Peter Pan's Lost Boys. Wendy is the woman leader they've been waiting for.

There's also a crocodile in Peter Pan. And a clock.

People are posting lists of things they want to do when it's over. Makes me feel sad.

Peter Pan-demic

Abuse – parents, older people

Lost generations... anger towards baby Boomers

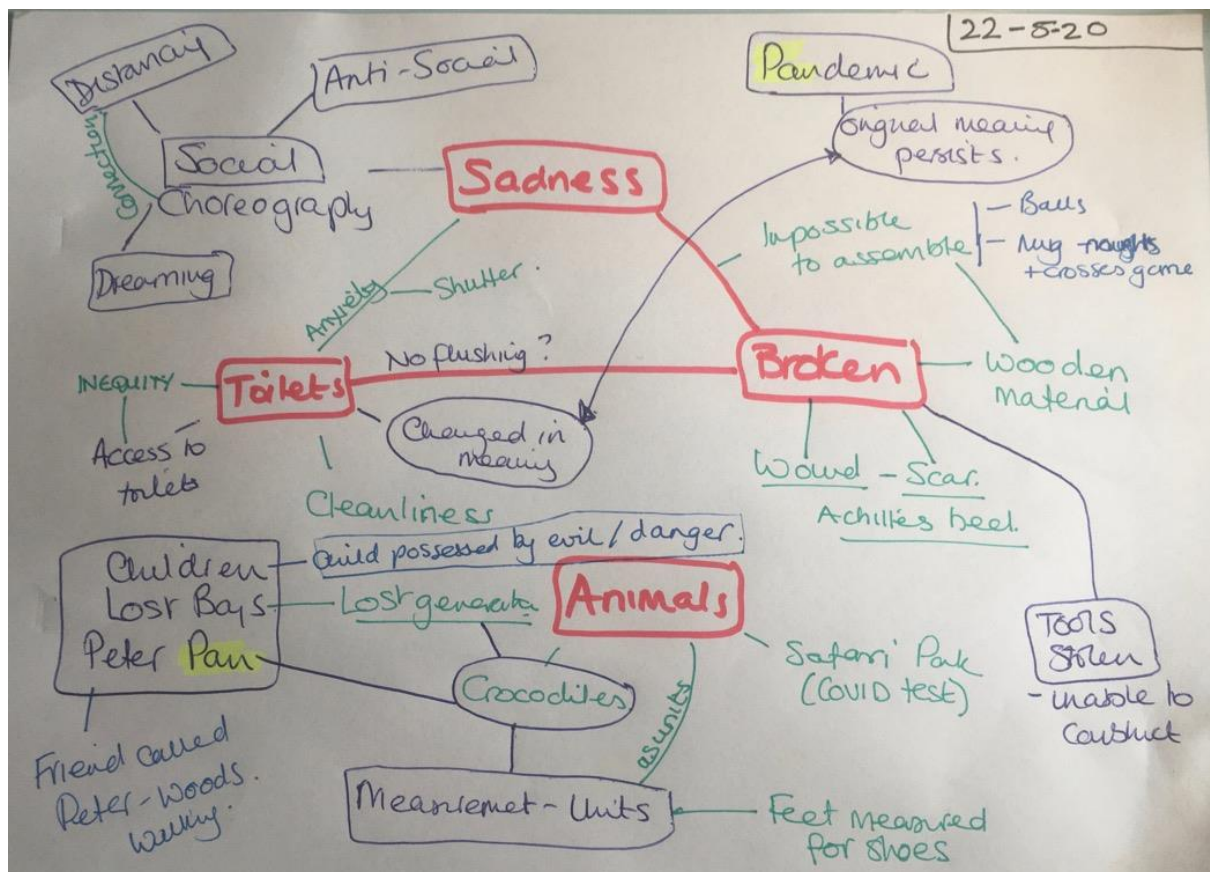
Absence of leadership on climate and the future...

Dream – Toilets – looking down on a bright blue porcelain toilet from above. There's a highly coloured brown shit in it.

Dream – Jewish family. Ritual bath, clear blue water – a huge breakfast buffet. Togetherness, community. I left the bath, walking through the city. I saw a fox.

Wild animals on the street in town

Llamas delivering food parcels to people self-isolating in Wales



MATRIX 5.6.20

Key significant images and associations:

- ⇒ Crying in an adjacent/ unseen space
- ⇒ Boundaries and barriers
- ⇒ Water
- ⇒ Screens

Lead Dream: A large, dark, cluttered room. I'm loading a dishwasher with things that are cluttering the room, grimy, glass objects. In the next room I can hear a woman crying because she's being hurt.

Dream – I'm going to a party wearing an amazing purple floor length gown, with a high futuristic collar like Star Wars. I'm wearing purple shoes with very high heels which are comfortable. At the party there's something going on with a man who has another woman (but she's not jealous). The bar is busy, my shoes are becoming uncomfortable, I go to the loo and hear a woman crying in the next cubicle.

Association with Cinderella and the glass slipper... has to leave the ball

Association – Diane Abbot ridiculed for crying in a toilet about abuse on social media

Association – people in tiny flats, like a cubicle. We now have our own virtual cubicle, a 2 square meter space from which we stand and have shouted conversations

Association – the body as private space, invasion by the virus

Association – forced myself to watch film of Gorge Floyd murder and aware of extreme acts of violence against people of colour. These people are 'crying in the next cubicle' – want to reach out and help but can't.

Dream – I'm wanted by the police and I am caught by uniformed officers in Philharmonic Hall in Liverpool. I slip away but they don't pursue me, they just needed to know where I was... in the street there's a display, people in a stone model of a dugout canoe, the crowd are in exuberant carnival mode, there are red, white and blue flags referencing the end of empire but in a tragic way.

Association – red, white and blue are the Anglo-US colours ... also French tricolour, Belgium, Australia

Dream – a row of terraced houses, a strip of bright red spiky bushes like a decoration. Someone is having medical treatment. A pipe is leaking clear fluid and I'm trying to hold the edges together to stop the liquid leaking out.

Association – sometimes people plant hedges in regular patterns of different colours, red, green gold stripes

Association – beginning of lockdown, shopping in Morrisons, an elderly lady was crying. I gave her a hug, but she looked at me as if I had killed her with the virus.

Dream – I'd made some round, colourful gifts palm sized, of fabric, ceramics and sweets. The friends to whom I was going to give them came before I'd wrapped them, then I couldn't find the gifts. But I found some food and stuff I forgot I had. Rising ground, a building site, looking out for bike riders. There's a steep, rocky path, some young people hanging out at the top. My partner's wedding ring sliced through, inflates into a large play horse. I'm looking down the steep drop, there's some yellow liquid underfoot, a young Asian boy with me is barefoot and has a disgust response to the liquid I tell him it's OK because it's the dust of blossom.

Dream – I am going to a stately home with large gardens to meet with a colleague who is working there for the day. She has told me and my other colleague to come to The Garden Centre to meet her. We can't find The Garden Centre, so we take a seat among some visitors who are waiting to get directions from the guide. He asks is there is anyone else he can help, and I say I'm looking for the Garden Centre. This is it, he says.

Association – we went to find a maze in France, advertised as the largest in France, made of pot plants. We followed signs to where it should be and asked where it was. We were told 'you're in it' but there was no sign of it.

Association – I went walking on the moorland near Howarth with a dear friend. Beautiful Yorkshire landscape. I twisted my ankle and sat in a ditch feeling panic about what if I have to go to hospital and can't function?

Association – my 100 year old mother is in hospital with a broken arm. I feel she's slipping away.

Association – I have anxiety I never had before about walking along, in case I fall on an unsecure path

Dream – I was at a theatre show which started in a theatre. But then we got onto a bus which drove through Bradford. The windows had some special filter which made the city landscape look magical and theatrical. The bus stopped at the first point and we got out – but it went without me and I had to flag it down. Eventually It stopped but I was stuck in a ditch and couldn't get out.

Dream – I'd moved to a house, but it was the wrong house, I regretted it, I shouldn't have moved. I felt tremendous anxiety.

Dream – returning to a house I live, there's a workshop outdoors. Water is coming over the limestone pavement up to the door. By the garden wall is a neighbour with a backpack and a red hat. They wanted to warn me of something, but I couldn't find out what.

Association with dreams collected by Charlotte Beradt in the Third Reich – about walls falling away, barriers having ears... walls and barriers becoming unpredictable
The dream conference in Berlin: 'The Walls Within, Working with Defences against Otherness'

Dream – at the conference, a man took my arm and told me he was my new boyfriend and would never leave my side. He was charming and I felt attraction to him. I warned him about the demands of my work role at the conference. Also, that I was older - he shrugged this off. I was feeling guilty about enjoying the sensation from his attentions... I wasn't allowed to think about new beginnings.

Dream, - a large room, open to the elements, a breeze, a giant screen. I couldn't operate the buttons on the remote control to synchronise. I was (driving?) a bus, two women wanted to travel, and the fare was £72 or £60 concession. One woman only had £10 and wanted me to make an exception. I was worried that the other passengers on the bus would object. I didn't know the destination, but the prices were very specific.

Association – connecting sound and vision – 72/60 the size of the screen? A maximum of 25 people on a single zoom screen.

Association – stately homes – many in UK built using compensation funds from the abolition of slavery.

Dream – I was taking part in a live dream Matrix – it was bright, well-lit I was walking around (I was clear in some way this was the future). I was walking around with the dream about the dishwasher and the crying, talking to people but nobody was interested in the dream. They wanted to talk to somebody else, as though my dream had ceased to exist.

Association – The Tempest and As You Like it –... address the audience directly about what is real and what is performed or dreamed, break the 4th wall

Prospero –

*Our revels now are ended. These our actors,
As I foretold you, were all spirits, and
Are melted into air, into thin air:
And like the baseless fabric of this vision,
The cloud-capp'd tow'rs, the gorgeous palaces,
The solemn temples, the great globe itself,
Yea, all which it inherit, shall dissolve,
And, like this insubstantial pageant faded,
Leave not a rack behind. We are such stuff
As dreams are made on; and our little life
Is rounded with a sleep.*

Association – Gordon Lawrence – technology and social dreaming developments have reached the point of connection... part of a singularity

Screen and dream touch each other

Dream – being in a group, lessons, spelling tests. The words are easy but hard to write. Water falling on a book. Artwork based on game shows and playing cards. I'm walking barefoot outside a hospital, there are puddles... a social area has a large screen. A man grabs a boy and slaps him. I hold the boy in a hug.

Association – man who advertises 'Free Hugs' in the square in Hebden Bridge. I find this creepy. As if hugs are otherwise monetarised?

Consent and boundaries 0- give a hug, have a hug, share a hug

Lockdown 0- shame put onto others for breaking lockdown rules – against the law? Like stealing? Or like a traffic offence? We're not allowed to think about new beginnings. What we're allowed/ not allowed to do.

Change in society – biggest since the mobile phone. Nostalgia – another defining time?

Hypnotised by screens... drive in cinemas... their world is smaller

Touch.; touch screens, 'In touch'... 'lost touch'... touching – with social distancing has the issue of sexual harassment receded?

I watch young people and they can't help touching each other, it's deep in their behaviour like grooming.

POST MATRIX

Process and content indicated an increase in anxiety - - less space less silence

World Environment Day – dishwasher – the technology to clean up all the stuff we need fixing?

Tensions in lockdown often spark around how to stack a dishwasher

Crying in the next room at the core of the Matrix

Barriers – hedges, cubicles – damage or violence being done somewhere else out of sight

Dreams about dreams – are not generally focussed on in the SD community

Dramatic content of dreams - relationships. Intimacy, boyfriend. This feeling was not associated to in the Matrix.

Discussion about how we decide how to express dreams in the Matrix... Matrix is a bit like a state of delirium. Or magic realism. The shift between banality and the profound (as in dreams) can be like delirium or dementia or a fever state – lack of boundaries or inhibitions.

Fear of whether the dream would be told or valued – fear of judgement? Or of being ignored in the future?

Perspective – people over 65 systematically ignored or eradicated... older people are unnoticed, invisible

Invasion of private space. cubicle, boundaries transgressed, beauty spots 'overrun';

Crying... George Floyd calling for his mother

No animals in the Matrix this time

Water and liquids are described as threatening, toxic, yucky – not flowing water

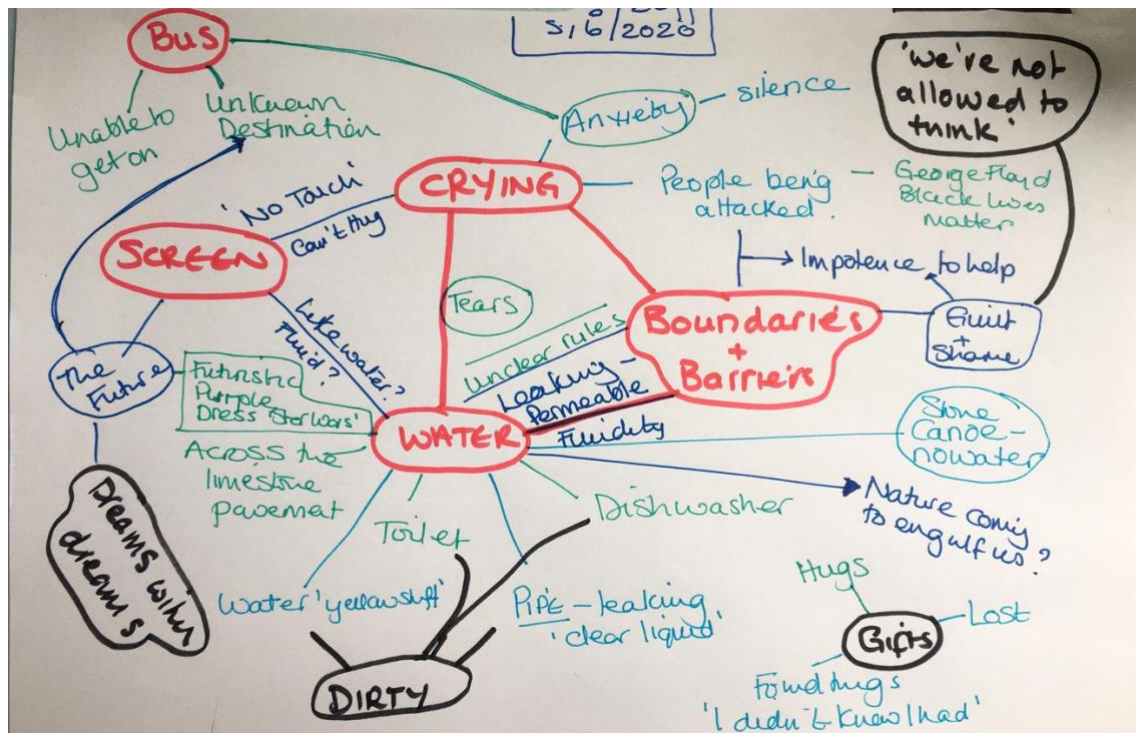
Touch... Naomi Klein essay – the 'NO Touch Society' – big tech firms

Stone boat – during the Cuban missile crisis, everyone was trying to get a boat

Colours - very clear and signalled – purple, red white and blue, red hat, yellow liquid

The future is starting to weigh on us – we don't know where the bus is going. But we are on it with other people – it is a communal bus, not a private car

Specific fare amounts: 60 and 72 are multiples of 12 – map onto the day? 2 metres in imperial is 6ft or 72 inches



MATRIX 19.6.20

Key significant images and associations:

- ⇒ EXPOSURE
- ⇒ PROTECTION
- ⇒ INCOMPLETE INFORMATION
- ⇒ MOVING ON
- ⇒ STABILITY/ FRAGILITY

Lead Dream: I had applied for a job. The interview process was a group zoom engagement, all candidates simultaneously. I'd only just realised it was on and had not prepared. There were some PowerPoint images we were supposed to have looked at in advance. I was the furthest away in location. I was winging it, a lot of information to process.

Dream: We were finding out policies at government, national, group level that we wanted to know about. Tessa was uncovering policies, lifting off the top of something to reveal something beneath.

Dream: I wanted to show my painting from the last matrix (dishwasher) to my friend Rebecca who is a film producer. I thought it would be much bigger. I had imagined it as a mural.

Association: a collage made of a number of images – all making a bigger collage.

Dream: I was trying to find out more about a person I'd encountered. On the table she had an agenda written on pink sugar paper. It didn't say what the meeting was about, or who the organisation was. The timings were very short, unrealistic, insufficient to cover the items. I was puzzled about the meeting. I picked up a book, it was blue sugar paper, muted colours, the text in black and blue. I was trying to find the author, title, publishers but there were none of these details.

Dream: I was moving to a new house, looking at various yellow stone Georgian ton houses in places like Bath or Cheltenham. I ended up in a tiny house. On the first day there were a man and small child there. I wondered whether they were my husband and child. I asked what was wrong with the child, "There's something wrong with his hands" the man answered. I said I didn't want to live in this house forever. "No, me neither" said the man. I looked out of the window at the industrial estate outside, where diggers were digging up the earth.

Association: Pink Book of construction regulations, blue book of regulations on sanitary ware.

Dream: relating to dream shared in earlier Matrix of trying to build a structure which kept falling apart. This time I was building a long, shapeless structure, helped by a child. When it was finished the child pointed to it and said "There. That's the truth".

Dream: I was on a train in Germany with 2 suitcases and 2 backpacks. I'd been visiting somebody and was intending to go back to their place. I was separated from my luggage, I couldn't get through the crowds of people on the train to get my suitcases in time, the train was moving off again. I didn't know where it was going. I got off at the next stop, but I didn't know where to go back to. Koblenz? I asked for help from a lady the cafe. She was very helpful and kept talking about Koblenz.

Association: I had a real-life experience on a train almost identical in detail. I was with my two sons setting off on a train from Nuremberg, but my husband was in another part of the train which was going to divide. We had all the luggage, he had the itinerary and tickets, so I didn't know where we were going. We communicated, trying to find each other till my phone battery died. It was very crowded, when the train arrived at the station, I thought was right, we had to fight our way to our luggage, and I had to throw it over the heads of passengers to the boys on the platform. Luckily, we were reunited with my husband at that point. The whole incident was dream like in its unfolding challenges.

Association: trains to concentration camps; Nuremberg – rallies and trials.

Association – Nuremberg: We were driving towards Nuremberg but there were many untoward events on the road. First an accident at the side of the road, then a big thunderstorm, we had to shelter in motorway services. We could see emergency services going to accidents – as if. Accidents and chaos were getting closer. Further on a lorry had shed a load of pallets.

Dream: I was in Kings Cross station getting on a train. The driver was in fancy dress, a batman costume. He seemed to be in festival mode and driving a bit carelessly. There was another woman in fancy dress who was not who. She seemed to be.

Association: Nuremberg: Writings of Hannah Arendt – loneliness and isolation and tools of totalitarianism and fascism, whilst solitude and contemplation tools of creativity.

Association: Many philosophers did their major works in prison

Dream: before I got on the train of my earlier dream, I'd been visiting someone, who served an elegant meal. It looked like uncooked eggs. I wasn't sure whether they had just come out of the microwave and needed whisking up. Other people started to eat. They confirmed that the eggs were cooked.

Association: when I was working as an au pair for a Spanish family, I was serving the kids breakfast which the mother was cooking. The smallest boy, Hector, pushed his eggs away saying "No me gusta, tiene mocas" – 'I don't like them, they're like snot' I could remember saying exactly the same thing to my parents about undercooked eggs.

Dream: I was at a conference, sitting on a toilet in the middle of the conference room. There were lots of important people – men – so I finished and pulled up my trousers, but there was paper trailing from my trousers. I ran to another toilet, it was tiny like a

honeycomb, hidden and dirty. The toilet in the open space had been clean. I couldn't shut the door against my knees, so it was open, all very unpleasant. Then I was in an open building, cubicles gone, a glass building totally exposed. Two women from HR were talking about an employee who was bad at his job but very attractive. They were talking about my company and as I was eavesdropping, I needed to make them aware that it was my company.

Dream: a Victorian house I rented – had a bathroom but no sanitaryware or plumbing

Association: story by Sandi Toksvig in a loo in a public building – no paper – asked person in next cubicle to pass some through. Person recognised her voice and asked for her autograph. ST was about to say she had no paper, but the person was passing her toilet paper as she said it!

Dream: I was setting off from home to walk to town and I decided it would be very daring and liberated if I went out without any clothes, so set off naked. The closer I got to town the more I started to lose confidence in this decision and by the time I got to town I was very embarrassed and awkward to be on the street naked.

Association: staying on a homestead farm – mostly nudist. A notice at the exit 'Have you remembered your clothes?'

Association: New York club in the 80's – 2 toilets but no partition.

Association: at a LGBT party in Washington DC. Notice said 'Only 1 person in the stall at a time'. At the time I wondered why the notice was necessary. Dr's office - has an adult and child sized toilet in the same cubicle.

Association: Trainspotting film, scene where Spud goes down the toilet

Association: Ratatouille film - descended into sewers

Association: working in a smart publisher's offices. Toilet led straight off the office. I was just finishing when the door was flung open by a woman. She told me off about it as if I'd done it on purpose.

Association: A lab in Newcastle where I worked. Colleague fell asleep reading a newspaper on the toilet, fell off and broke his nose, brought successful claim for compensation against the employer for work-based injury.

Association: A lot of people end their lives in toilets – falling over in hospitals, dying in toilet.

Association: decree in India that there should be proper toilets – woman get raped having to go in the open. Toilet 'The Love Story'

Dream: I was travelling and needed some protection. A man in our group gave me a raincoat. I needed help zipping it up because of the complicated zip system. Once zipped up I was safe

Association: strait jacket – zipped into it for safety of self and others

Association: Friend, 92 was in hospital strapped to bed, panicked. Felt Victorian but restraint was also safety

Association: a straitjacket forces you to hug yourself

Association: going to meet my daughters – can't hug each other, but will hug within parties so everyone gets a hug

Association: my mother lost a sense of who she was and started hitting my stepfather and accusing him of being an intruder. Police and ambulance called. There was a moment when they were saying they'd have to take her to hospital by force. I had the image of my mother in restraint.

Association: mother in hospital – had a Deprivation of Liberty order, she was in a state of delirium, had to be assessed over the telephone.

Association: restraint – George Floyd held down by 3 cops. Couldn't move, asphyxiated.

Dreams: I have dreams where I can't breathe, there's a pressing weight or I'm going over Niagara Falls in a barrel 'I can't breathe'.

Association: in China and Japan - 'suffocating ghosts'

Suffocating ghost. -does it touch?

People dancing in the painting – seemed like ghosts

Mondrian's cut out paintings – dancing figures in red and blue

Dream: In a vet's surgery – a sick dog was brought in. he had 2 amputated legs but they were both on the same side – how can he walk or stand?

Dream: huge party, I have to take the winning pony to be slaughtered, I go through the kitchen and walk through the fields to the motorway. Somebody stops, asks to take a photo of the pony, feeds it a carrot. The pony becomes a rabbit, the fields and mountains are beautiful. There's a woman in the field in pain all the time. She talks about eating rabbit bones.

Post Matrix discussion

Colours - like last time, no green. Red and blue

The Matrix has leaked into our dreams – things from previous matrices appearing in our dreams

Animals come in late – until last couple of dreams, no animals

Nuremberg – associations of past but also reconciliation and moving forward

Strong sense of the future - but also puzzlement in present moment

Restraint – mothers, friends. We are the witnesses, not the agents of restraint\

Exposing/ uncovering the truth

Anxieties about going out – moving forward – media/ political characterisation of caution as fear, lack of caution as bravery

Lots of procedural stuff – policies, agendas, pink and blue books. In COVID times - procedures, washing, sanitising, not touching

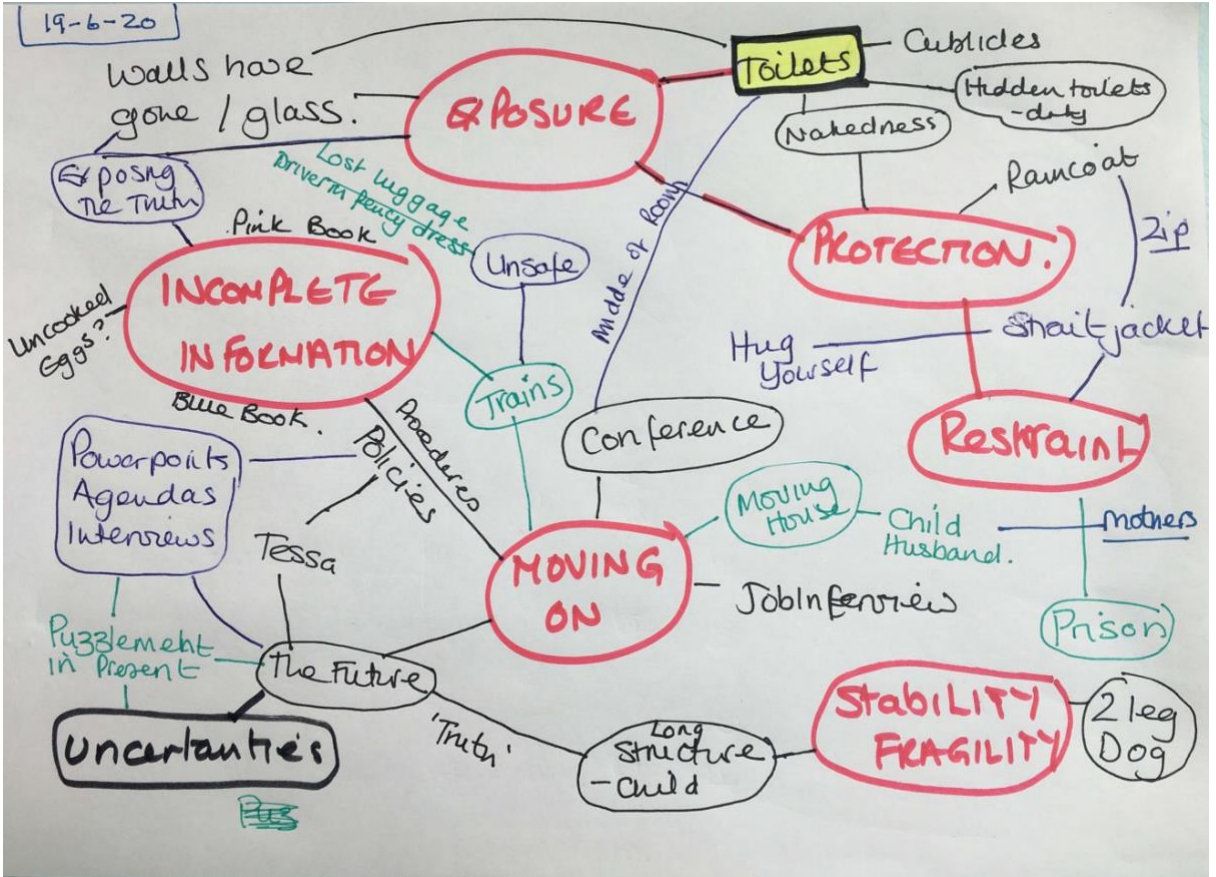
Not much of beauty - apart from last dream, beautiful mountains

Our dreams started embedded in nature but have now almost abandoned nature

Dreams are peopled, not elemental

What we are learning about how statistics and data respond to the real world... relativity of numerical truth

We can experience the affect of the virus in the Matrix fear, anxiety, incomplete information



MATRIX 3/7.20

Key significant images and associations:

- ⇒ **BLUE**
- ⇒ **PARALYSIS**
- ⇒ **TERROR/FEAR**

- **Religion**
- **Lifts**
- **Sky**
- **Daughters/ children**

Dream: A dry stone wall on my property had collapsed... I was worried about security, that a cordon sanitaire had been breached and the virus had come in and was all over the fallen stones. I didn't know what to do or where it was.

Dream: I'm in another country with people I'm close to – I'm trying to pack a bag to get out of the place quickly. An Irish friend had done something serious and let me down. I couldn't pack the bags, couldn't leave.

Dream: I had done two terrible things. I had poisoned my grandmother with some wine. I had also aided in a rape. In the dream I was both mystified and fearful – why had I done these dreadful things? And what would happen if these deeds were made public?

Dream: Something terrible I had done was about to be made public. I was fearful that a letter would reveal it.

Dream: I'm riding a horse near some houses – a police officer stops me and asks me to dismount. She wants some information about an incident. I can't talk because my mouth is full of a light blue viscous liquid. Two men are shot. I felt their bodies fall. I listen to their breathing as they died.

Dream: I was walking in the hills. I wanted to paint the misty day... I visualised the pictures. The sun had come out. The space which had been empty was now full of children dressed in blue. I couldn't get back to the hills because I was surrounded by children. When I woke, I decided I'd paint in blue (I have been painting in red and green but was struggling to paint in these colours – I felt that blue was a colour of hope)

Association: Blue birds over the white cliffs of dover

Association: painting the rocks and desert in blue

Association: Yves Klein – he covered his naked body with blue paint and rolled on paper

I've been painting trees – blue with a white tip.

Dream: many decades ago, asleep on a hot morning in my room at University. I had a dream, the only images I can remember were the sound of a gunshot and a falling to the ground. A few days later I had a letter from my parents saying that my horse had been destroyed, shot. It had happened the morning of the dream, at about the same time.

Dream of the collapsed wall... the next day I was (awake) walking in the field where the wall is. A tree leaning right over the road, we called the tree surgeon to cut it down. It was an old cherry tree full of cherries which, like drops of blood fell on the wall where it had been breached in the dream.

Dream: My daughter (24 years) asked me whether we told her the truth when she was a child. When?" 2005? We were being playful back then. Yes, of course I did, I said. I knew I was lying.

Dream: Wirth my 9 year old daughter trying to escape something maze like – indoors. I was protecting her from danger, there was something macabre and grotesque which I was keeping her from seeing.

Dream: I'm in an office, a friend I hadn't seen for a long time is there, her daughter arrives, I feel emotional, she's such a lovely young woman. I want to show a picture of my son, but I can't find it on my phone, they're in a hurry, they have to go. Now I'm in a building where a man has been working as a carer for a woman and a dog. There's a collection of small ceramic items in a tin with a sliding lid, different styles and textures there is pleasure in handling and arranging them.

Dream, I'm at a party upstairs in a Victorian house. Someone is painting the blue ceiling white, using a ladder. I'm sitting on some sofas next to my father.

Dream: My partner and I are doing something at the local library, I finished and went downstairs I couldn't remember where the car was parked. I sat on the stair huddled in a sheet, feeling weak and clutching a notebook and pieces of paper. I realised I could free up one hand by putting the paper into the notebook. I couldn't use my phone. I find the cart, went to another official place chatting to a young man on the desk. A female friend comes in and announces she's pregnant. She is my contemporary (70's). I say, "This changes everything". I woke up feeling – what a relief! The end of winter! (it was June 22nd)

Dream: I was at university heading into a flat to the second floor to find the room I'm staying in. I'm working out where everything is. Can other people see into my space? There's a lift ladder and a space above with crockery. I don't go up. I can hear two men talking so I close the hatch. Now I'm in a communal space, a woman follows me into my space I don't want her there. I'm looking for food ingredients' difficult because of Corona – I'm missing things from my own kitchen. Looking at myself in the lift mirror, I'm wearing a grey skirt with leather buckles and fishnet tights with a hole. At the firepit a woman offers me a joint – I say no because I don't have any with which to reciprocate.

Association: I went for an interview at Birmingham university in the 70's -they had those paternoster lifts that constantly moved, and you had to step on and off. When I came out of

the interview, I was standing by the lift trying to summon up the courage to jump in. One of the interviewers came out of the room so I fled down the stairs. I used to wonder if you stayed in after the top floor whether you came down the other side upside down?

Association: when I worked in a lab – had a paternoster lift. Worried I might not get out in time. Why are they called paternoster? Like rosary beads? Or shaped like an archway in a cloister? Paternoster means 'Our Father' – lovely word, rhythmic.

Association: I had a fear of escalators as a kid – if I didn't get off it might crush me in like a cheese grater.

Association: a crush at the top of an escalator. A family got off and stopped moving – there was a pile up behind

Association: fear of stepping on the yellow lines at the edges... fear of walking on the cracks in the pavement.

I like travelling at airports – everyone's rushing but you can go slowly

People who clean dust off the escalators and handrails on London Underground are called 'fluffers'.

Escalators and lifts are dangerous... we believe they are safe. Kings Cross escalator fire.

Dreams: often I dream I'm in a lift, when it gets to the top of the building it goes along the top of the roof like a cable car. I always feel anxious in these lifts.

Association: I was getting the lift to my friend's place on the 5th floor. I had to get in the lift with another person, very close

A friend reckoned he caught the Corona virus in a lift

Dream: getting in a lift, emerging somewhere completely different. Trusting I know what I'm going to find on the 4th floor, but door opens and I'm in a different city.

In Hong Kong I had to go to the 40th floor. Took a long time for the lift to go up.

There are street escalators in Hong Kong – open air, they feel safe, take you from one street to another

In lifts in Hong Kong when somebody gets in they immediately press 'close doors' button, even though it has no effect. Europeans don't do this.

It can be socially awkward when you're facing the wrong door – it's the other door that opens

In ASDA they have escalator slopes you can take trolleys on – worried my trolley would run away

Dream: A man with a trolley covered in mud. I was calling to my wife, he thought I was calling him. I helped him take the muddy trolley to the supermarket. People were having barbecues outside, raising money for charity. Not very successful today.

Dream: I'm on a long run in the countryside, the sea to my left. I run past a car boot sale. I realise I'm coming into Blackpool. I'm trying to go through a gate without damaging a plant. The landscape has disappeared into a plastic, mineral material. Back in town a man is working with a scalpel cutting out images from a magazine, making scratches on the desk. He's doing a presentation at work, there's a table of black women apologised for swearing. I realise I'm in a room with religious people and think it's time to go now.

Dream: Wooden church painted light green. It's about to be disassembled and moved. Somebody is running up and down the aisle in an irreverent way.

Association: in the novel Oscar and Lucinda – Oscar has to take a glass church to be assembled in a remote Australian village upriver, to replace a wooden hut. It doesn't work out well.

Association: My window looked out over a wooden church. It had belonged to Christadelphians, taken over by a used furniture dealer, Mr Cox, who had fires outside the church. Inside the church there was judo class going on, the white figures looked like angels. The Christadelphians had left the church but missed the second coming of Christ!

Association: I heard the sound like heavy rainfall, but it was the pub across the road on fire, crackling.

Association: Bob Dylan song lyric 'they said you're not him' – second coming, we wouldn't recognise it

Patti Smith – 'Jesus died for somebody's sins but not mine'

Dream, with a woman in a house – we left and went to the beach... there's thunderclouds. Out from the clouds came flying swans. Fog rolling in, we must leave. Everyone started packing up. My legs weren't working, I couldn't move properly. I wasn't scared, just didn't know why my legs wouldn't move.

Association: The first time I wined myself – I fell off a swing on my back – I thought I was dying.

Association: The idea of a glass church in a hot country – horrible! Like schools with big glass windows, too hot.

Association; heat of anxious fear... I see blue and white light when I'm in that state

Association: colour -healing with colour. Mid to pale blue... soothing, gentle

POST MATRIX

Blue – ‘Blue Remembered Hills’ – AE Housman, A Shropshire Lad ‘I cannot go again’.

Blue ‘First there is nothing, then there is deep, then there is deep blue

Rhyme of the Ancient Mariner – about somebody having a life changing experience – gripped and trapped to continue to narrate the terrors

Yves Klein: Jump into the Void – he staged his own jump as a performance artist
‘The void within;’ – pure energy

Blue – regulation royalty, stability. Blue passports!

The blues – feeling sad

Lifts – going up and down like levels of consciousness (Jung)

Shame – fear of being publicly shamed – a lot of public shaming – racism, COVID. A powerful self-policing tool.

Connections to religion – rosary beads being vaunted... ritual, comfort

Sin – terrible deeds. Feeling we’ve sinned against nature?

‘Dreams are like jumping into a void – sunk into a thick silence’

Thanks to Isabelle who added by email:

I just thought that we had a lot of poets and poems today too and painters

- Shropshire lad
- ancient mariner
- the green paintings that need to be blue
- the Belgian artist who paints blue rocks in the desert
- the blue period - Michaels and Picasso

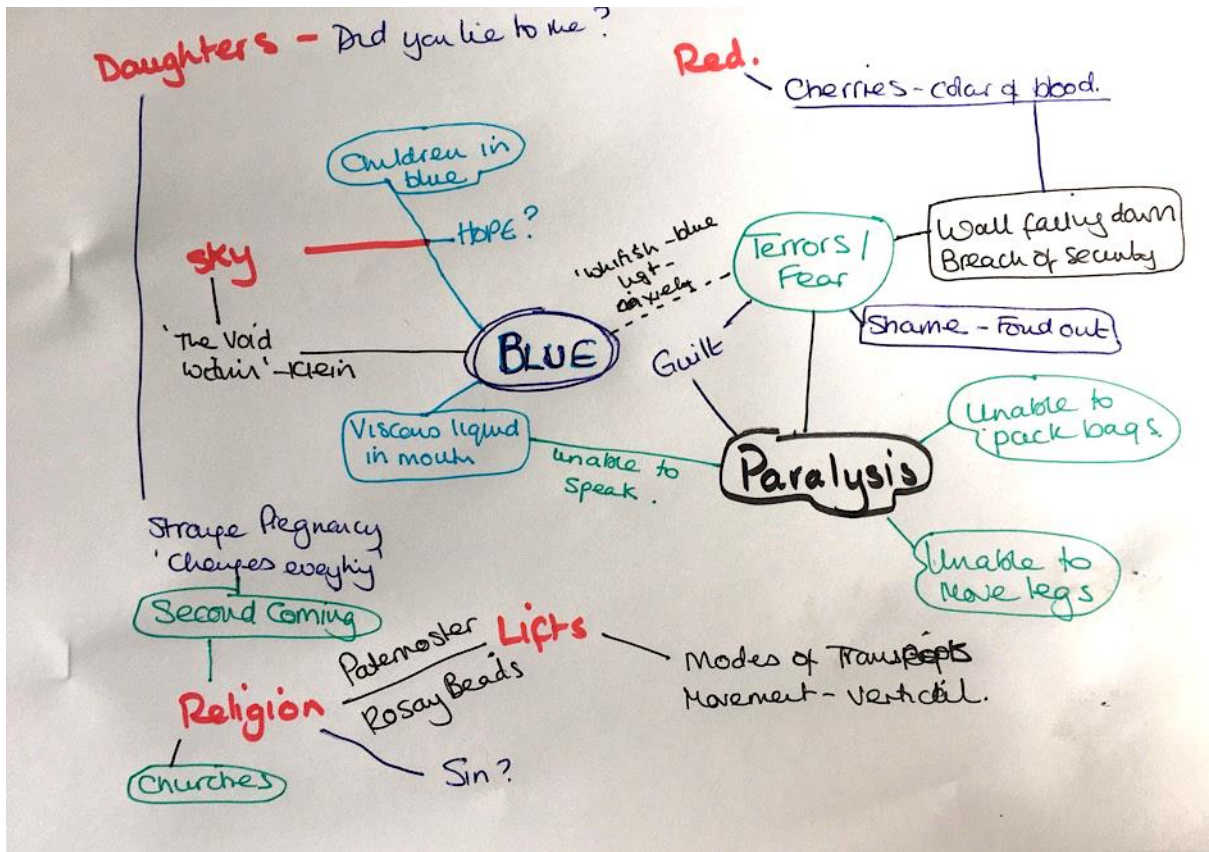
Also, poetic images/metaphors

The tree - felled - cherries droplets
The burning Inn and associations with raindrops

Smaller units of a whole - the rosary, the lift cabins, the ocean and raindrops

And I cannot remember something Ruth said when she finished her dream

It was beautiful and like a poem, but I cannot remember the words now



Isabelle sent this image of Kokoshka's 'Bride of the Wind'



MATRIX 17/7/20

Key significant images and associations:

- ⇒ **DRIVING**
- ⇒ **TOUCH**
- ⇒ **POLYTUNNELS AMND BUBBLES**
 - **Sadness**
 - **Dogs**
 - **Chest**
 - **Movies**

It was agreed we would in particular focus on the affect of dreams – emotions, feelings associated with the dreams' events or images

Dream: We were driving (I, my sons, maybe some friends) to a place of safety. We arrived at a friend's place, it was an enormous polytunnel where as well as growing plants, people slept in it. We found some comfortable spots to bed down. At one end of the polytunnel was a festival style stage for bands and DJ's. It was connected to the backstage area of the Pyramid Stage at Glastonbury. Somebody said how lucky we were to have this. We felt safe. Then my friend said that the authorities or some agency was coming to find us so we must leave. We started packing up, I was anxious about getting everything together, especially all my makeup. We were sad to leave this place of safety, friendship and kindness.

Association: Grow Heathrow a protest camp, located in a former scrapyard which had also been a garden centre. The young people of the protest turned it back into a garden.

Association: 'The Girl With All the Gifts' – book and film – humanity infected with fungus, those not infected were cannibalised by the infected. A group were escaping.

Association: the last worker at The Eden Project in Cornwall – working 8 hours a day alone in the bubbles

Association: a friend whose partner lived in a polytunnel, sleeps on a sofa. He's an old hoppy, strong, practical.

Association: Yoga in semi-circular, isolated units. New civilisation – in personal polytunnels

Association: 8 people who went to live in a polytunnel, bubble environment – growing their own food, isolated atmosphere. They all suffered mental health disorders.

Dreamlike Association: 'Silent Running' film. Biospheres in outer space worked by teams. My memory of it is vague, I spoke with a friend about it as if it was a dream.

Dream: driving in my car, there was something wrong with it. I was trying to find somewhere, or someone called Curtis. I turned right and drove through a desolate industrial

zone. I parked the car, two men were squatting in the centre of the road. I leaned out of the window and said, 'Excuse me', they took no notice. I said it again, one looked up and said, 'I'm talking with somebody' and went back to the conversation. I felt unsettled by this.

Association: We became lost on a walk in France and came across some men squatting in a ditch, shitting. Walking by a pool of water we found a live fish on the bank. We put it back in the water, it did a flourish and vanished. There was a sense of relief when we found out where we were. The experience had a dreamlike quality.

Association: Mad Max movie – new world order.

Association: Bladerunner movie from 'Do Androids Dream of Electric Sheep' by Philip K Dick

Dream: I had adopted a new Labrador puppy – it was a wonderful feeling – it put its paws around my neck, happy to be adopted. I was sad that the dream wasn't real.

Dream image: a chocolate dog full of alcohol

Association: my son got a puppy in January, they've been living with me during lockdown as she grew up. I feel intense love for this little dog, like a grandchild. I have a deep emotional need to touch and hug and kiss her.

Association: dogs in public spaces become more like wild creatures and have to be restrained. Lots of people walking by the lake near my house, sound of yapping dogs.

Association: dogs are the only living thing I've touched during lockdown, a neighbour's dog, dogs walking on the riverbank. I can touch them. Touching dogs is a big part of having them.

Association: I was attacked by a dog at the age of 2 and have had a terror of them all my life. But now I feel I'd like to stroke a dog.

Association: During the fear of total lockdown in Switzerland, a friend's dog bit me. Also, I borrowed the other dog as a reason to go out.

Association: Chocolate is poisonous for dogs. There's a book called The Chocolate Dog.

Association: I go for a walk every morning in the park without a dog. Everyone else has a dog.

Association: I wouldn't touch an animal. COVID can be transmitted via dogs.

Dream: I found a small girl on the street abandoned, took her to a centre for abandoned kids. A strict matronly psychologist told the girl she must go to the toilet and get washed. The girl sinks into the toilet and disappears round the U bend. I pull her out. She comes out wrapped in cellophane. I felt a very disturbed affect from the dream.

Association: Packaging and the proliferation of plastic wrapping in lockdown.

In Switzerland people buy things unwrapped, take their own bags.

Association: Baby in cellophane, Moses in the basket.

Dream: there was young woman with a Dutch mother and an afro-Caribbean father. They had 'too much seasoning' and the child was born with lots of babies inside her. They all died except the last baby, which was sitting inside her chest, causing her problems.

Dream: Looking at my shoulders, the veins are all visible, large and tangled like thick wire. Later I was at the beach, my partner had a job as a DJ, we were driving home through narrow streets with steps. I was unsure whether we should be driving down them. I was on my partner's shoulders, hanging onto a branch which would bend and get me to the ground without falling.

Dream: I was driving out of a city with others, across a little river to a village. The road passed through a narrow arcade, with shops with things outside and fairy lights. I could only just get down the street and wondered whether we should be driving here. I looked at the map. The village seemed to be on an island, there was no road out of it apart from going back into the city.

Dream: I went into the dry cleaners, the woman behind the counter smiled asked if she would help. I had empty hands, nothing to hand over. I ask her if she has many coming into the shop who don't have anything? Don't worry, she says, it happens all the time. I left and looked back through the window. Behind the shop was a restaurant, people laughing and drinking red wine. I felt sad and excluded because I had to leave, having come with nothing.

Associations: funeral text 'we come into the world with nothing and leave with nothing'. It makes me feel sad but also joyful.

Association: Film – My beautiful launderette

Assertion: empty handed – a condition of lockdown

Association: Islands, mazes of roads – the Minotaur, representing the mind

I'm trying to empty my mind and get rid of lots of books – simplify my life. I had a dream where the police turned up on the doorstep and accused me of dumping books into the brook which was clogging up downstream. "I don't remember any notices" I said. "Notices have been sent" they said, "from a company called Social Dreaming Limited.

Brook – has a double meaning, to ford or cross or s stream.
'booked for brooking the brook with books'

Association: Samuel Beckett play 'Breath', about 1 minute long. There's a cry and an intake of breath, the lights come up slowly on a stage full of rubbish, scattered and lying 'no verticals'. Damien Hurst did a version on YouTube using medical waste.

Association: I can't read books physically – I can't focus. I have a pile of unread books.

Dream: My purple rucksack – I emptied it out on the floor, and somebody is going through the things. "I don't want this" they said and threw it away. They pulled out a pillow "I don't want this" and threw it away. I felt a bit sad and silly.

Association: "there's no such place as Away'. You can't throw something away. But you can tell someone to put it away – then there is a specific place.

Association: I put lots of things away – paintings- in a big bag. My son found them, the paintings were rediscovered.

Association: I have a painting, its semi abstract, looks like a library full of books. The signature is Mary Garton. I can't find any reference to her on Google, she's disappeared.

Association: I inherited from my parents a set of small drawings, blue shaded, signed in the name of Caras. I did some research and found that he had been a Czech artist imprisoned by the Nazis in a concentration camp where there were many artists (later taken to Auschwitz). The drawings were from the edge of the camp on the outskirts of the town. I travelled there and found the place, the view if of a Jewish cemetery. Someone had smuggled pieces of art out of the camp. I gave the pieces to the holocaust museum in Grantham. I felt both sadness that the artist had died in Auschwitz, but also triumph that his work had survived.

Association: a film of black power 68-75. A clip of Martin Luther King saying I don't care if I die tomorrow, what matters is the quality of the life I am living now. He was assassinated the next day. I'm still alive, I never expected to be here. I was sure the world would be over lo9ng ago.

Association: The Boy in The Striped Pyjamas movie.

Dream: I was following a boy running through a concentration camp. We arrived at a square where he was witnessing prisoners being taken out of a lorry. They were dressed as clowns. They took a whisk or some wire object and stuck it in their chests. Colours came out of their chests.

POST MATRIX

Affect identified by members:

Tristesse – lonely sadness
Reverie – floating – quite emotionally protected
Silence – around 3 dreams
Fear – loss of safety
Feeling of unreality
Embodiedness – longing for/need to touch
Empty handedness
Fear
Safety
Claustrophobia – toilet, cellophane

Themes...

Rebirth ... difficulty at the beginning
Wrapping – comfort or constriction? – swaddling (echo of earlier matrix, straitjacket)
Chest and breath

Hypotheses...

We have arrived at the outer limits of the imagination of science fiction writers/ movie makers (lots of Sci-Fi films) – they're no longer ahead of us. SF is often about things going wrong with nature.

In Science Fiction 'The Collapse' is a past event – history. But it is a process. Are we already in it? We are inside the narrative – we have lost the perception that we control the narrative, sit outside it.

Mazes and maps – entrapment, like a straitjacket.

Authorities – people hunting us, Nazis – distrust in our system of government

Disturbing the social boundaries – in so many dimensions – touch visibility, assembly – groping towards new ways, also putting in place new boundaries

Boundaries are not always dividing – also places to meet (good fences make good neighbours)

We are creating our own bounded spaces – polytunnels – but humans are living in huge polytunnel like spaces – big cities

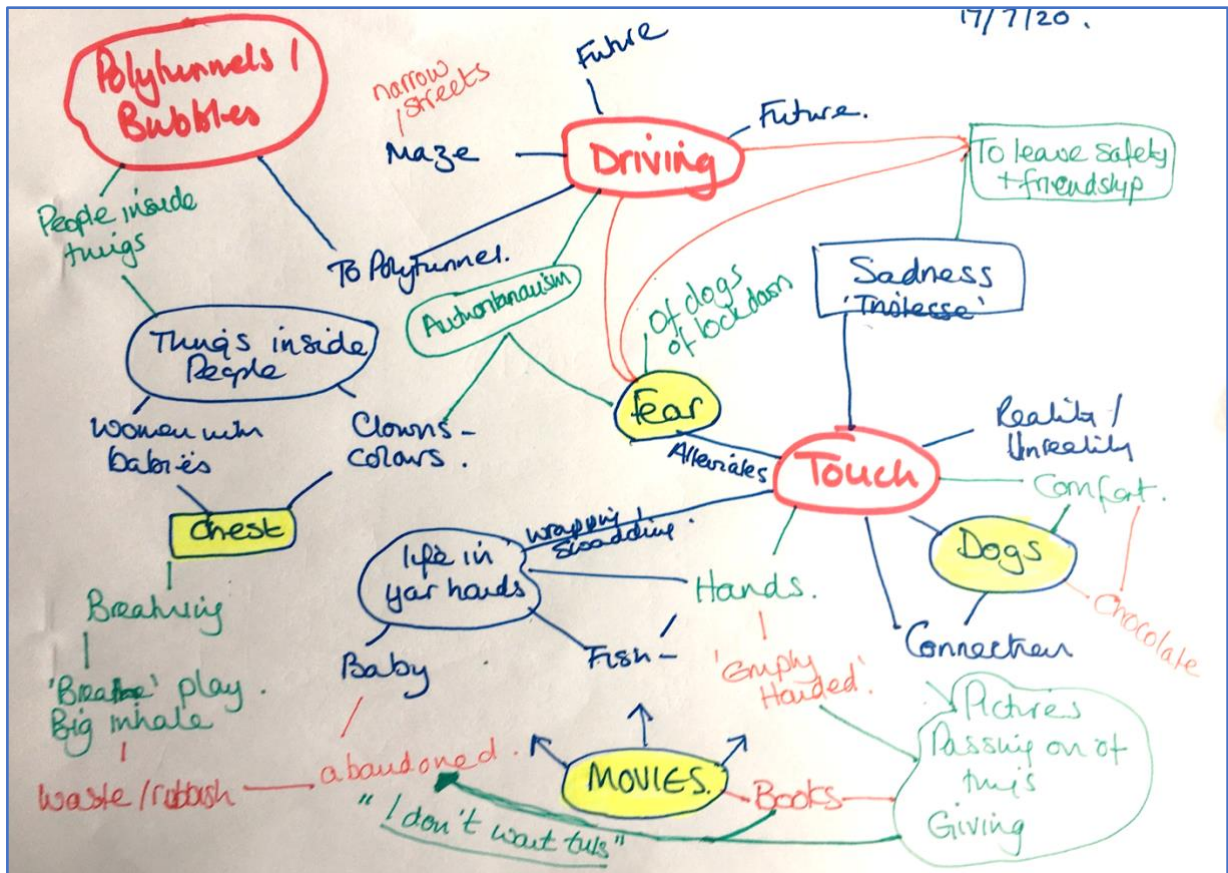
Eden – bubbles, polytunnel – paradise or prison? Transparent boundaries.

Moving into a world of greater transparency? Corruption is clear. Hiding in plain sight. Using the Emergency as pretext.

The woman with multiple babies – imagining we have multitudes inside us?

Complex ambivalence – happiness/sadness co existing
Everything has two meanings: brook/ brook

Need to declutter – children, clowns – need to become childlike?



MATRIX 14/8/20

Key significant images and associations:

- ⇒ **ANIMALS**
 - ⇒ **EDUCATION/ SCHOOLING**
 - ⇒ **ATTACK**
 - ⇒ **MYSTERIOUS MEN**
 - ⇒ **GOLD/ORANGE**
- **Water**
 - **Blue/Green**
 - **Brown**
 - **Liminal Spaces**

Dream: A red headed, bearded man was going to cut my hair. He didn't. It was unclear whether he was going to cut my hair or the diminutive Head Boy of the school in France top which had been invited. All the students were small. When I was leaving, the Headmistress said goodbye casually, we exchanged words to the sense that it was a delight to be in one accord about schooling.

Dream: I was some kind of teacher. When the girls stopped being willing to learn, I was using coercive techniques to teach, punishment by exclusion or withdrawal of privileges. I was distressed that I would use these methods.

Dream: I was playing roughly with my black Labrador called Rose, the dog had large white teeth which were bared but never bit me. Then it was the funeral of my dog, lying in a coffin. She had been put down because she had bitten a girl. A man turned to me and said Thank You.

Dream: I was at a University or College. I was doing a course, but had done no work or assignments. I was asked to mentor a 6th form student doing A levels for 3 years. "She's terribly disadvantaged" they said to me.

Dream: in the same dream as the visit to the school in France, I was eating e delicious, yellow curry.

Association: microwaved banana – previous matrix

Dream: I was in a room in a house I didn't recognise. There was a terracotta pot, water, golden carp. I gave the remains of my lunch to the fish – it climbed out of the pot and became a marmalade coloured cat with a short, stubby tail.

Association: My first ever pet was a goldfish called Goldie. It went down the drain.

Association: I was sitting by a fire enjoying the colours of the flames – orange, gold – feelings of transition, moving on

Association: I was sitting beside a fire in a field in Scotland. The sparks rose and as I looked upwards, they blended with the stars in the clear night sky. We saw shooting stars and a satellite moving quickly.

(Trail of the comet – a lot of shooting stars right now)

Dream: Travelling to a conference where I'm presenting something, a hotel and outdoor pool, lights, warnings about swimming. In the auditorium I'm at a table with somebody called George. I realise I can't go on stage as I'm not wearing any clothes. I wrap myself in a tablecloth, and announced I was doing it as a charity fundraiser. George offered to present my slides or me - I refused. Now the auditorium is empty of people. There are a few figures left, fighting alien creatures who had eaten the audience.

Dream: Staying overseas in a hotel, which is in the process of being refurbished. There's somebody in the group we refer to as Grandpa. He's in a market, wants to sell his medal, sends me back to the hotel to get it. I can't find it – I wondered whether I should stop him selling his medal. In the hotel lobby there's a spray liquid on the floor. There's a beach, its dark, boats are coming in, one pulling inflatable ride-ons with people on them. Later, I had beetles in my ears, I'm picking black, shining domes out of my ears to get to something underneath.

Dream: I'm walking across a field. I'm attacked by a single cow who wants to kill me. The cow keeps coming at me, it has shocking teeth and is behaving in a very un-cow like fashion.

Association: I was in Ireland and walked into a field to look at a Celtic cross – a herd of cows charged me. I climbed into the enclosure with the cross. A lady came and helped get the cows away so I could come out.

Association: My sister was trampled and almost killed by cows with calves. She had a dog and they came over and attacked her. She was sure she was going to die, but with a final burst of strength, managed to get up and stagger to the fence to the next field where some people were having a picnic and called an ambulance. She was badly injured.

Association: A field with sheep by the lake. Two sheep were having a go at one another, one seeing the other one off.

Association: walking through a field of cows having a conversation about the dangers. There were beautiful thistle plants with bumble bees.

Dream: the lake had turned completely turquoise blue, more like a picture of a lake. A man called Brown said – "its not blue at all, its green". But it was a huge expanse of blue.

Association: In Wales – quarry ponds have blue dye put in them to stop people swimming in them.

Blue can become green and vice versa. I painted a painting, trees and grass in green watercolours. When it dried it became blue?

Blue and green – colours of the planet

Association: I remember the glacial lakes of Switzerland – the water has a strong blue colour.

Association: brown, peaty water. I used to joke with my son, they were rivers of apple juice.

A stream near me is a ginger/ orange colour

It's hard to paint streams when they're brown. It doesn't look right.

Dream: A gift-wrapped house with ribbon and polka dots all over. I was going next door to try to find out about the person who lived there. There were parcels on the doorstep, we were checking labels. There were people inside they asked if anything was missing from the postal delivery. I say no, but I'm lying. I'm trying to climb over a fence, pursued by authorities. I say "I'm doing all this for him" – an older man, a cross between Gabriel Byrne and Robert de Niro. I'm hugging him as he's going to die soon. He says he's 'the wrong man' but I say, "When have you ever been the wrong man?" It's like a movie with a soundtrack melody. I woke up. I hummed the melody into my phone. I had a headache. Waking, I was looking at a thing hanging in the Velux, it looked like a kite, but I realise it's a trick of the light, a hallucination. I felt like something extraordinary had passed through me.

Dream: It was unclear whether a dream or film in black and white. A young teenage boy in a punt with a large, grey punting pole. There is some sort of danger ahead – a waterfall? It was in the dream but watching like a film. The action was interrupted by a lack of clarity and perspective – switching between dream and film

Dream: I was restaging a show that I had previously produced and directed. I hadn't rehearsed my bit enough, there were two pages of a tattered script from the previous version which was all I had to go on. My character was a yummy mummy on the beach with her daughter who was building a sandcastle. There was a dungeon at the centre which imploded. I said something improvised about the sandcastle and how I used to build them as a child. There was a dance number with hip hop dancers which hadn't been in the previous version – lots of applause and then that was the end, although there were scenes that hadn't happened. It hadn't been the same show, but somehow I had to accept that this was the new version, as I climbed out of the dream slowly from the places and people I had known in the dream, back to waking state.

The Matrix Finished on a long silence.

POST MATRIX

DOMINANT EMOTIONS/ AFFECT

Disturbance, fear
Groping, struggling, puzzling
Occasional awe
Confusion, disorientation
Dark undertones – profound sadness, stillness
Alien quality of darkness like an ocean trench
Dissonance, state of flux
Curiosity, fascination
Shock

There were layers from different matrix sessions - animals (domestic, with teeth)
Colours – red haired man, blue and green
Movies and theatres
Fires
Dogs
Blue – comforting, sky, sea

Disruption – in the dream, not in the dream – transition from dreaming to waking and film/
dream?

Schooling, teachers, authorities

HYPOTHESES

Reflecting ambivalence about authority – unsettled, unclear how to view things?

Schools – awareness of kids returning to schools, education ibn news (exam results)
arbitrary shifting of goalposts – agreement about schooling? Or disagreement?
Compliance – enforcement?
Role of students diminished – very small, eaten by aliens

Liminal spaces – dream/wake – lack of agency?

Attacks by domestic animals (dog, cows) under attack by nature close to home?

Mysterious men – George, a man called Brown, Red haired man. Is this about a failure of
leadership/ authority? Red haired man didn't cut hair (could have been Head Boy)
Ambivalence about dominance?

Acceptance of things now in the past:

Dog funeral
Grandpa selling medal
Theatre show was not the same show

Knowing the 'saviour' man was dying

Sense of agency in the moment:

Getting the tablecloth and cover story

Saying goodbye to the dying man

Feeding leftovers to the fish – transformation into cat

(Manx cats with stubby tails can swim)

Coercive teaching methods

Being aware of taking decisions in the dream – harnessing capacity to respond to a changing environment

