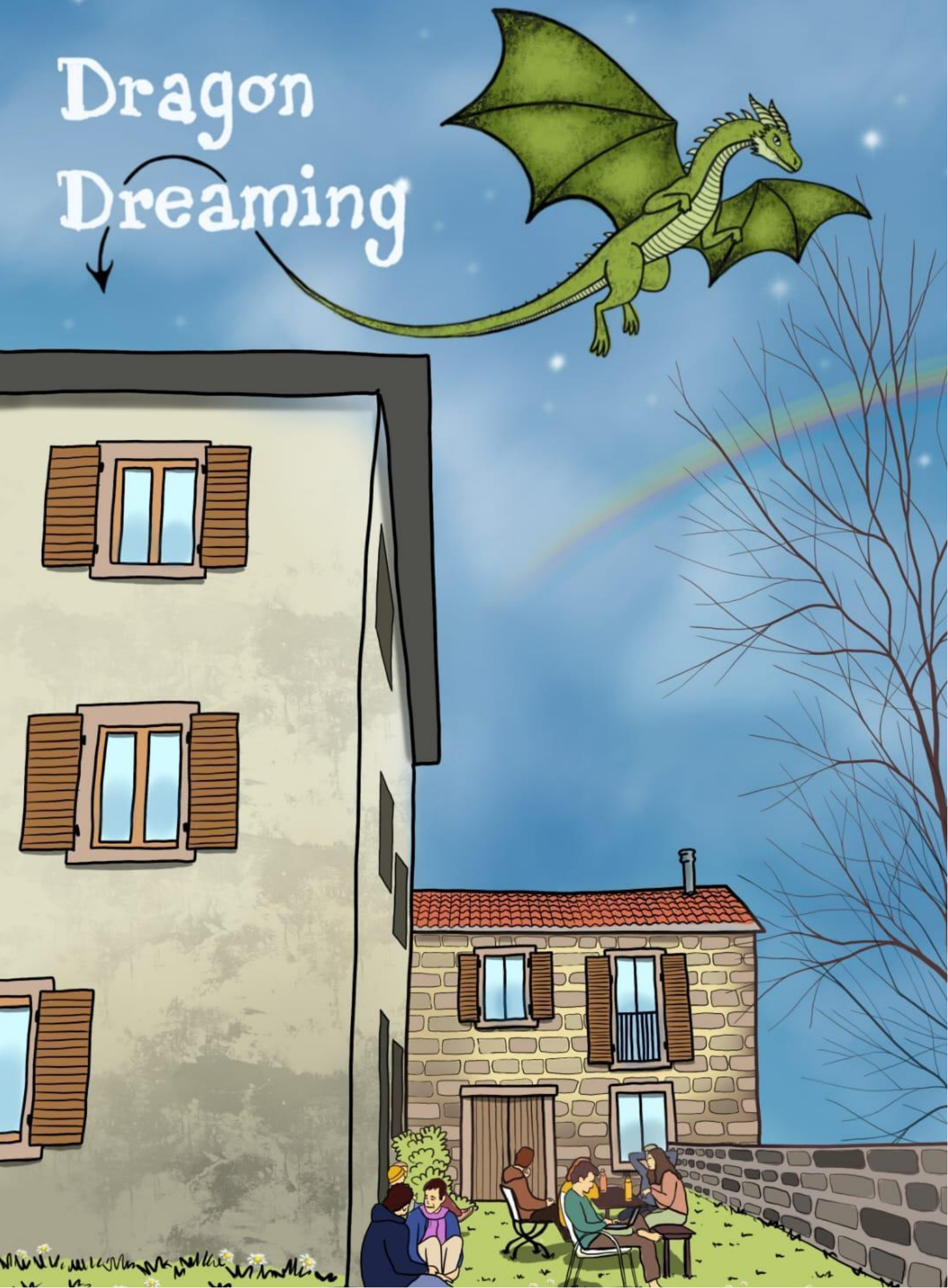


Dragon Dreaming



Dragon Dreaming

TRAINING COURSE - 2026 -

Training Manual
Days 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8

Ecovillage Sunny Hill, Slovenia | 12–19 March 2026
Facilitators: Jošt Kozelj & Petra Jazbec | 27 Participants
Organization: Zavod Veles so.p.
Manual compiled by Gabriele & Rosanna

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Introduction

This Manual captures the learning journey of the Dragon Dreaming Training held at Ecovillage Sunny Hill in Slovenia. Dragon Dreaming is a project design and community facilitation methodology with roots in the dreamtime practices of Aboriginal Australians, developed by John Croft. It offers groups a way to turn shared visions into living projects — ones that serve not only those who build them, but also the wider community and the Earth itself.

Manual — Opening

Collective Intelligence · The Great Turning · Introduction to Dragon Dreaming

1.1 Building a Container: Who Are We?

The first day was oriented around a single foundational question: how do we create the conditions in which real learning and collaboration become possible?

Participants shared their names, countries of origin, and how they hoped to feel by the end of the course. A movement game invited each person to offer a gesture that the whole group mirrored back — a simple act that immediately created a felt sense of being seen and received.

R In Dragon Dreaming, how a group arrives together shapes everything that follows. These opening rituals were not warm-up exercises — they were the real work.

1.2 The Great Turning as Context

Dragon Dreaming sits within a broader vision of transformation, drawing on Joanna Macy's concept of the Great Turning. Three pillars:

- Personal Growth — every project as a vehicle for inner development
- Community Building — every project strengthening the web of relationships
- Service to the Earth — every project ultimately accountable to something larger than human benefit



- 1st dimension : HOLDING ACTIONS (stopping the damage already done)
- 2nd dimension : LIFE SUSTAINING SYSTEMS & PRACTICES (redesigning, finding better solutions ; with our choices we impact the system)
- 3rd dimension : SHIFT IN CONSCIOUSNESS (personal & collective growth ; being connected to the source)

1.3 Culture as a Living Agreement

Open Dream Circle

Each participant passes a talking stick and answers: "What would make this training the best?"

Group Needs (I, We, You)

3 post-its per person for needs at three levels: I, We, You. Each card placed and read aloud without comment. This reveals the GROUP CULTURE.

Activity — Team Formation (numbers)

A sheet with scattered numbers is passed around. Each person lands on a number and forms a group of that many people. The number behind you is your team.

R Culture is not something that simply happens — it is actively designed. By naming needs, the group was creating shared accountability from the very first day.

1.4 Introducing Dragon Dreaming: The Four Phases

The afternoon introduced the cyclical model — four phases in a continuous loop:

1. STIMULUS — receive a stimulus and compare it against your experience
 2. THRESHOLD — the threshold you must reach to produce real change
 3. ACTION — the action that emerges
 4. RESPONSE — the response from the context, which becomes the next stimulus
-
1. DREAMING = the phase of vision, authentic desire, and the dream itself.
 2. PLANNING = making mistakes is part of the process. Iterative learning, not perfect control.
 3. DOING = "All realities were once a Dream" — every reality is a dream that has become concrete.
 4. CELEBRATION = look back, see what happened. Celebration is not a luxury: it is the completion of the cycle.

Participants physically embodied this by placing themselves in the space according to which phase they felt most at home in.

R Most groups are heavily weighted towards Planning and Doing, often skipping Dreaming and Celebrating. Dragon Dreaming insists all four phases are essential.

1.5 Closing Reflection

The day ended with paired conversations: How was the first day for me? What was as I expected? What was different? What do I need? This closing ritual modelled the importance of regular, structured reflection.

 Closing reflection — Day 1: *Day 1 took us from the inside outward — from personal dreams to collective dreaming, from individual intelligence to collective intelligence, from resistance to transformation.*

Starting

The 4 Dimensions · Art of Facilitation · 3 Ethics · Tools for Facilitators

Day 2 deepened our understanding by exploring the four fundamental dimensions, the three core ethics, and a rich toolkit of facilitation practices.

2.1 Starting From the Body

Day two opened with movement — a playful game of 'sharks' where sudden calls from the facilitators sent participants scrambling to gather on small islands (cushions on the floor). Group formation happened through the body rather than through deliberate choice.

R How a group is gathered matters. Dragon Dreaming uses somatic and playful approaches to bypass social anxieties and create genuine connection quickly. The body knows things the mind hasn't yet named.

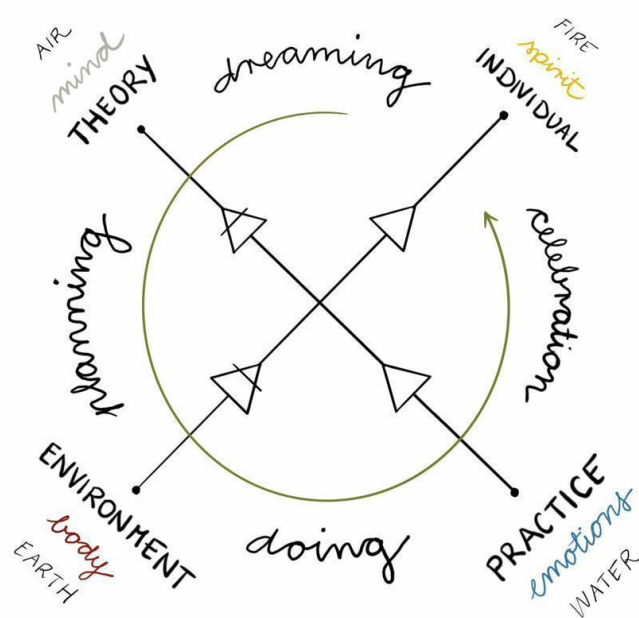
2.2 The 3 Ethics of Dragon Dreaming

Every Dragon Dreaming project is held by three fundamental ethics:

1. **PERSONAL GROWTH** — every project is a vehicle for the growth of the people involved.
2. **COMMUNITY BUILDING** — the project must support and strengthen the communities it touches.
3. **SERVING THE EARTH** — all projects leave a trace on the living world. Does this project leave the Earth more beautiful, more whole?

2.3 The Two Axes

The horizontal axis spans from Individual (Fire / Spirit) to Environment (Earth / Body). The vertical axis spans from Theory (Air / Mind) to Praxis (Water / Emotions). These two axes are strictly connected.



The four dimensions of Dragon Dreaming
— illustration by @masterpeace.up

@masterpeace.up

BODY DOESN'T LIE — BUT IT CAN MISLEAD YOU. The body is a precious compass, but it too carries stories, traumas, and conditionings. Its signals are data, not absolute truth.

2.4 The Toolkit: Key Dragon Dreaming Tools

Pinakarri — Deep Listening. A quality of listening beyond hearing words — a bell is rung whenever the group's attention disperses, inviting everyone back into presence.

Generative Questioning. Questions that open possibility rather than close it.

Talking Object. When holding a talking object, only that person speaks.

Intelligent Hand. A tool for non-verbal, embodied knowing — drawing or writing without deliberate control.

Dream Circle. A structured process for collective visioning where individual dreams are woven into a shared project vision.

AHA Moments. Participants ring a bowl and write down any sudden insight — honouring emergence rather than only planned content.

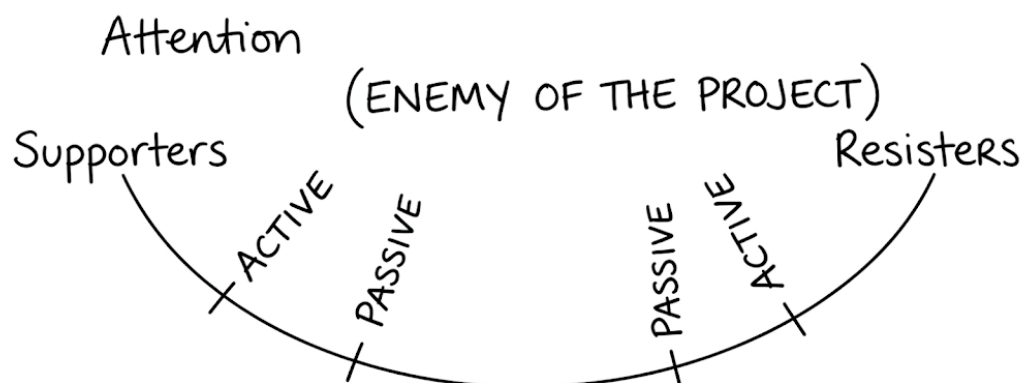
2.5 Win-Win: Rethinking Competition

A simple thumb game revealed something profound. Some groups competed immediately. Others discovered that if each person simply let the other win each round, both could accumulate unlimited points — one group reached 100+.

R We are so conditioned by win-lose thinking that we can miss win-win possibilities even when they are structurally available.

2.6 The Enemy of the Project

Stakeholders are mapped on a spectrum from active supporter to passive supporter, then passive resister to active resister. Most resistance is not personal opposition but a form of unmet need or unclear understanding.



The Resistance Diagram — from active supporters to active resisters

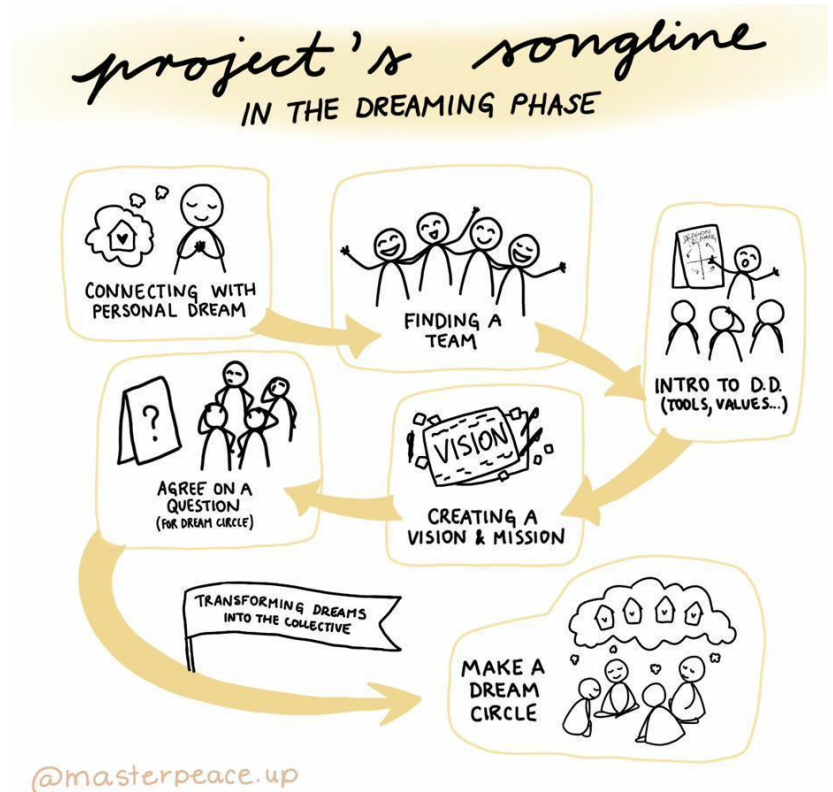
R Effective facilitation means being curious about resistance rather than dismissing it. The person most resistant to a project often holds the information that would make it better.

2.7 The Songline: Time as a Living Story

Participants created personal 'songlines' — seven post-its representing significant life milestones, followed by two future milestones written in the present tense as if already accomplished. These were shared in pairs and hung on a string across the room.

Project's Songline in the Dreaming Phase
— illustration by @masterpeace.up

R Writing the future in the present tense is not a trick of grammar — it is a shift in relationship to possibility.



2.8 The 56 Laws: Living Principles

The 54 Laws of Dragon Dreaming were laid out on the floor. Each participant chose the one that most resonated, sat with it, discussed its meaning with a partner, and then offered it to the full group.

R The laws function not as rules but as invitations to reflection. They reveal different facets depending on who is holding them and when.

2.9 A Question Worth Sitting With: Cultural Roots and Responsibility

A participant raised the question: how do we hold Dragon Dreaming's Aboriginal roots with integrity? Are we appropriating, or honouring? Jošt and Petra named it as a live and ongoing inquiry.

R A methodology rooted in integrity must also be willing to scrutinise its own roots.

🎉 Closing reflection — Day 2: After two days, the group has moved from strangers to a learning community that has already begun to practise what it is learning.

Theory intro

Science as Celebration · The Fractal Nature of DD · The 16 Steps · Dream Circle

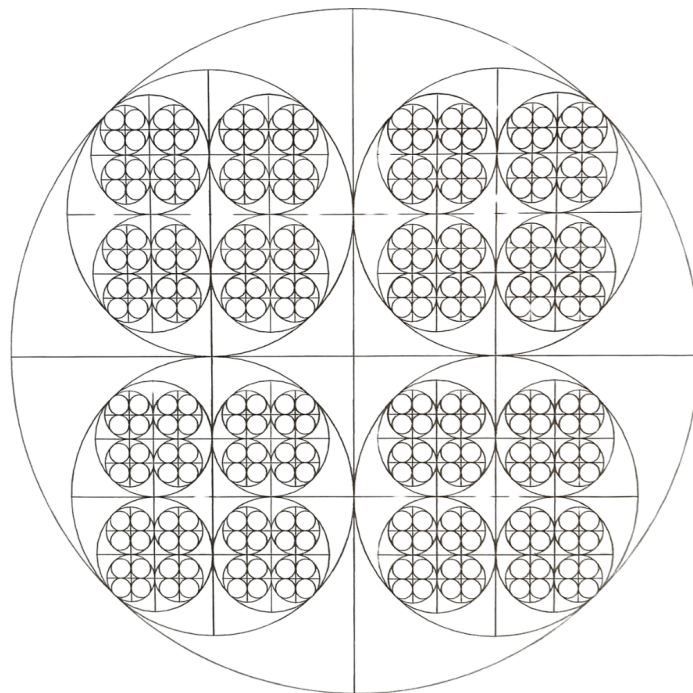
Day 3 opened with the question: who was the day? Science as celebration — the group reflected on what had been generated collectively.

3.1 The Roots: Where Dragon Dreaming Comes From

Dragon Dreaming was started 36 years ago by John Croft. Two guiding questions: Who can remember the dream? Who are the ancestors that inspire us? Three pillars: Test, Inspire, Admission. DD spread through GEN, ecovillages, and permaculture communities.

3.2 The Fractal Nature of Dragon Dreaming

Liliana Bullitto introduced a key insight: Dragon Dreaming is fractal. The four phases repeat inside each phase. Energy needs to be equally distributed — no phase should dominate or collapse.



Theory — Fractal pattern of Dragon Dreaming Source: Zet Happer Coaching

3.3 The 16 Steps Inside the Circle

Inside the Dragon Dreaming circle there are 16 steps — a detailed map from first awareness to a new cycle beginning.

I. Dreaming

1. Awareness
2. Motivation
3. Gathering Information
4. Revision (which feeds back into Awareness)

II. Planning (Grey Quadrant)

5. Considering Alternatives
6. Designing Strategies
7. Testing, Piloting
8. Reconsideration (which feeds back into the Designing process)

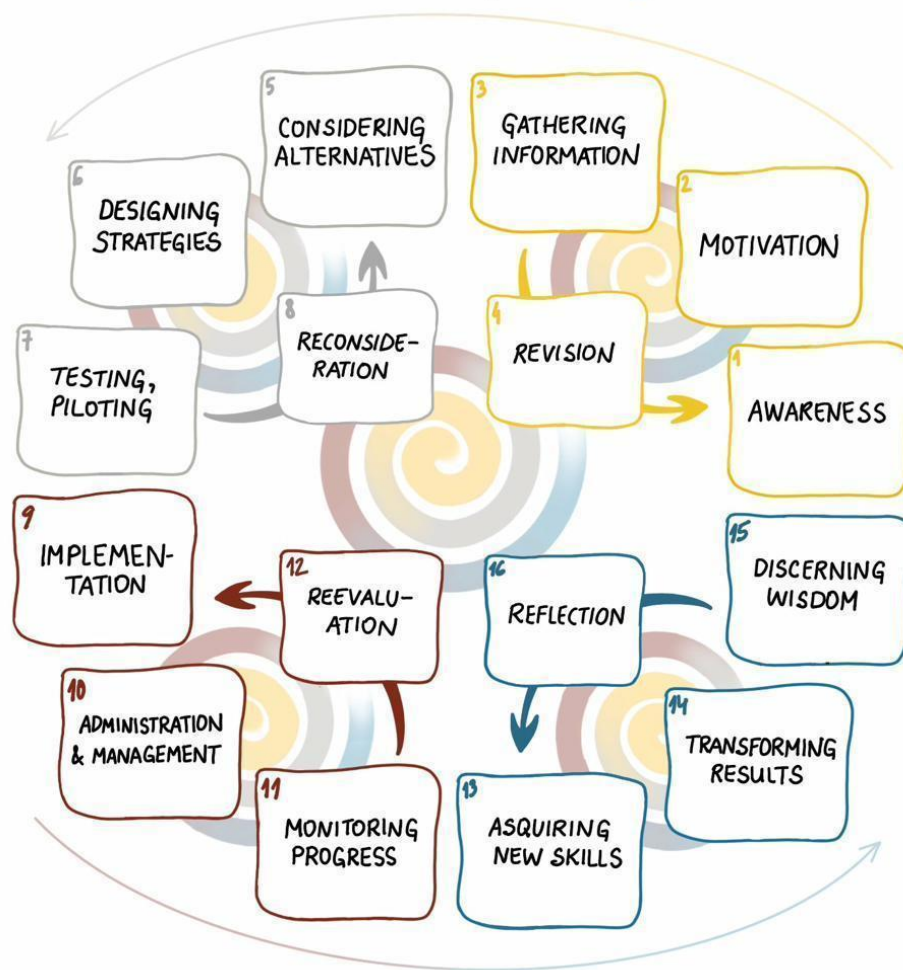
III. Doing

9. Implementation
10. Administration & Management
11. Monitoring Progress
12. Reevaluation (which loops back to the beginning of the Doing stage)

IV. Celebrating

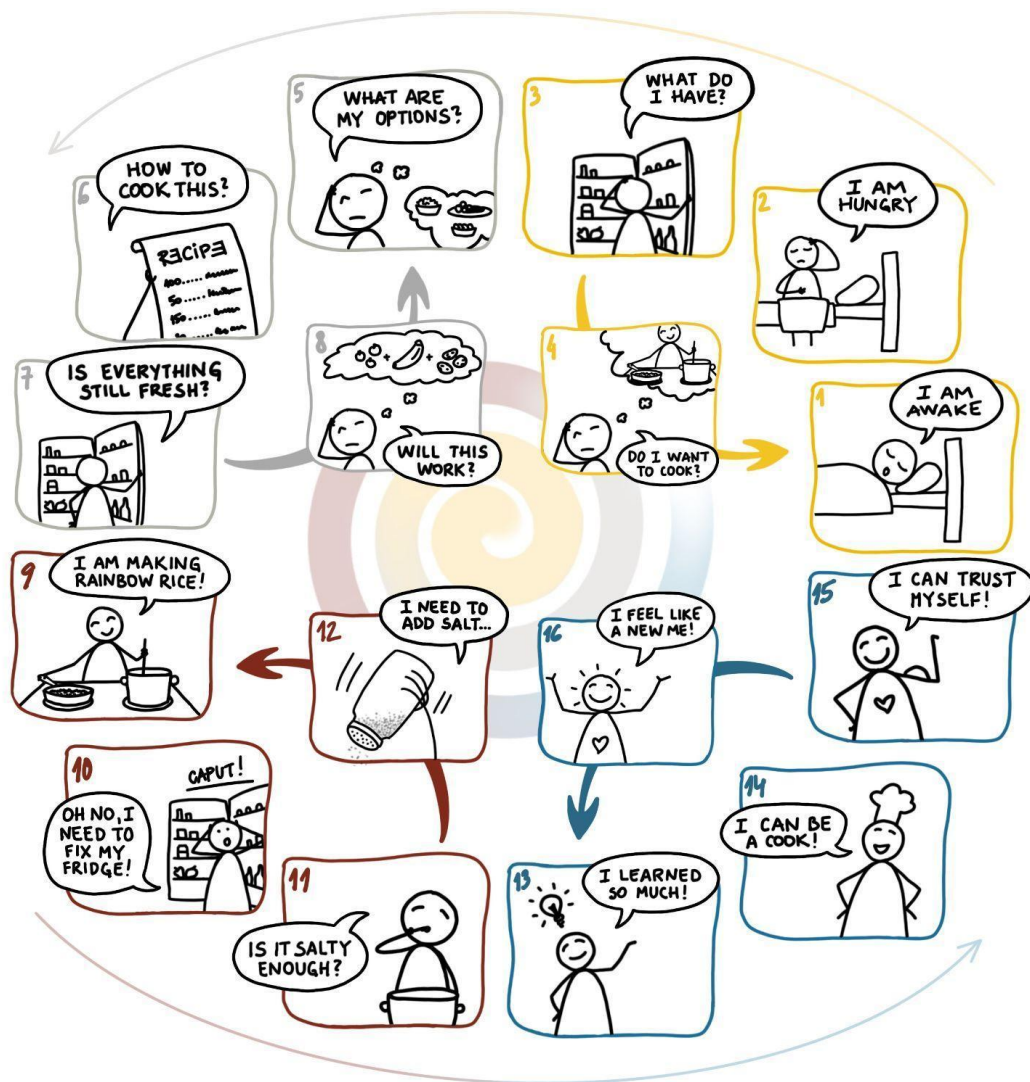
13. Acquiring New Skills
14. Transforming Results
15. Discerning Wisdom
16. Reflection (the final stage that completes the loop of the whole project, enabling a new dream to begin)

This is a map: you don't need it at every moment — it becomes visible when you are lost



The 16-step spiral of Dragon Dreaming — each project creates us. Illustration by @[masterpeace.up](#)

Here is an example of what this map could look like for a project



3.4 The Audition Tool

Each participant was invited to seat themselves in their project and express it in 9 minutes open — speaking it aloud without notes, from the body.

Circle of questions: questions are expressed but not answered. The group holds them in the air — unanswered — allowing them to work on the dreamer over time.

R Speaking a project aloud is not a presentation — it is an act of materialisation.

3.5 Transgenerational Communication

Communicate what needs to be said as a co-manifestation of a common Dream. Seat yourself in the project in 30–60 seconds to speak to its very core. The essence of our actions is connected to the dream of the group.

3.6 The Dream Circle: Rules and Practice

The Dream Circle is the central ritual of Dragon Dreaming — the place where individual dreams become collective vision. Maximum 8 people.

Each person speaks their dream aloud into the circle. A talking stick is passed. The group witnesses in silence. No comments during sharing.

1. Express your dream as belonging to the group, not to yourself alone
2. No negatives — turn all negatives into positives
3. No right or wrong — all dreams are valid
4. Short course turns clear — be concise
5. In touch with reality — ground the dream in the possible
6. Do not repeat the dreams of others
7. Do not comment on the dreams of others
8. Talking stick: each person holds it until everyone has spoken — end in silence and celebration

| *Your dream is not a mental project — it is a co-manifestation of a common Dream.*

3.7 The Generative Question

The day closed with the Generative Question — a single question to carry into every project:

"What would this project have to be like so that afterwards you can say — this was the best possible way to have spent your time?"

Closing reflection — Day 3: *Day 3 gave us the mechanics and the mystery simultaneously — the 16 steps as a living map, the Dream Circle as a sacred technology, and the Regenerative Question as a compass that never stops pointing home.*

Proceeding

Dream Together · Be Grateful · Take Care of People Around You

Day 4 moved into the living heart of the Planning phase: transforming dreams into structure without losing their soul.

4.1 Opening — Dreaming Together

Activity — AHA Moments: Reading the Bowl

All AHA moments collected during the previous days were passed around and read aloud to the group. The bowl became a living record of the group's collective intelligence.

Activity — Starting the Dream Circle

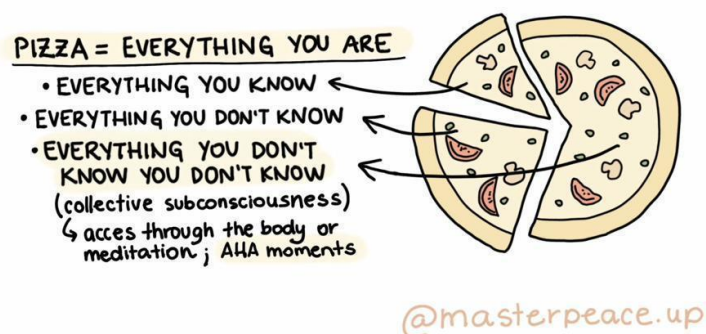
The Dream Circle was initiated following a precise sequence:

- Meet — arrive in the space together
- Pinakarri — a moment of deep collective silence to settle
- Same vision — re-anchor to the shared dream
- 3–5 records — each person voices a dream in condensed form
- Share Real dreams — no wishful abstractions, only what is genuinely felt

4.2 The Project Hourglass

The Project Hourglass maps the full journey of a project. The narrowest point — the neck — is where the Goal is defined.

- Dreaming phase → Dream → Probability Analysis
- Planning phase → Force Field Analysis → Objectives
- KARABIRRD → Goal Designing → SMART criteria
- Doing phase → Strategic plan and action
- Celebration phase → Reflection, gratitude, new cycle



Project hourglass



The Project Hourglass and the Pizza model of knowledge — illustration by @masterpeace.up

The SMART framework structures the Goal: Specific, Achievable, Realistic, Time-bound.

Practical Steps of the Dreaming Phase

1. My personal dream
2. Sharing with others
3. Creating a team
4. Vision & Mission
5. Dragon Dreaming introduction to the team
6. Dream Circle

4.3 Creating Objectives

An Objective is Limited & Achievable, Future Oriented, Action Oriented.

| "What needs to happen for 100% success of the dream?"

Activity — Post-it Objectives

30 post-its, one idea each. Arrange in 6–8 thematic columns, identify key words, nominate priorities based on "What should happen first?", vote with 3 dots each.

4.4 Vision, Mission and the Goal

R The vision is very long term. While we — the dream circle — will try to keep to an 18-month time frame. If the time frame is too big and too long, we could feel frustrated.

R DREAM TEAM HAS SAME VALUES. Also the vision needs to be created by the team — it is more a direction, a long-term orientation, than a fixed endpoint.

A well-crafted Goal is: Concise, Inclusive, Inspirational, Memorable. In this way, a good Goal attracts other people into the project.

Building the Goal — Group Process

A structured group process for co-creating a shared Goal:

1. Read again the dreams and objectives together
2. Each member writes down their own goal on an A4 sheet — freely, without discussion
3. Choose one and modify it together — change, merge, delete, until the group recognises it as its own



Closing reflection — Day 4: *Day 4 gave the group its first complete toolkit for the Planning phase. The dream is acquiring bones. The project is becoming real.*

Designing

Be Grateful · As Normal Process · Relationships in the Project · From Hierarchy to Support

Day 5 continued the exploration of the Planning phase, moving from individual dream into collective structure.

5.1 The Natural Process: From Dream to Community

Dragon Dreaming describes a six-step organic process by which a dream naturally finds its people and creates its own support structure:

1. Materialise your Dream — give it form, write it, speak it, draw it
2. Share the dream — the dream finds its first witnesses
3. Initiate / Create connections — you are still in the centre, but connection begins to spread
4. We become equal: we share the same dream (empty centre organisation) — the dream no longer belongs to one person but to all
5. There are more groups connected and self-organised — the dream is held by a network, not a hierarchy
6. Create an infrastructure which supports all the groups — structure emerges to serve the collective

5.2 From Pyramid to Inverted Structure

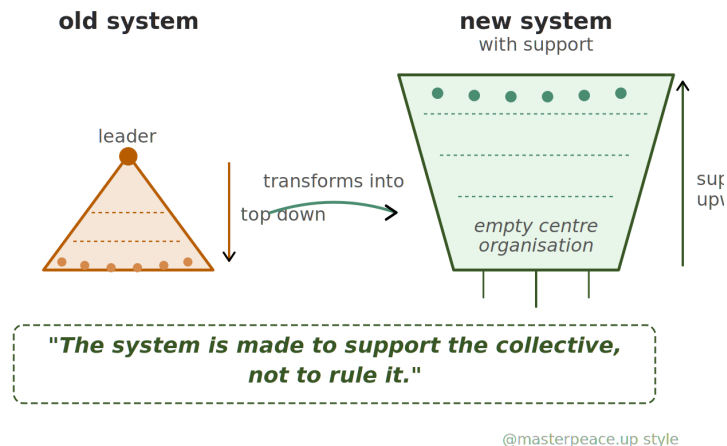
This process is visualised through the transformation from the old system to the new system with support.

Old System: the pyramid. A leader sits at the top, with people arranged below in hierarchical layers. Power flows downward.

New System with Support: the inverted trapezoid. Wide at the top — where the people are — and supported from below. An empty centre organisation where power is distributed and the structure serves upward.

Dragon Dreaming

from hierarchy to support



From hierarchy to support: the transformation at the heart of Dragon Dreaming. Illustration in the style of @masterpeace.up

"The system is made to support the collective, not to rule it."

R The shift from pyramid to inverted structure is not only organisational — it is a shift in consciousness. When the system exists to serve the dream rather than to manage the dreamers, something fundamentally different becomes possible.

5.3 Relationships in the Project

The number of relationships in a group increases exponentially with the number of members: $\text{relationships} = 2^n - 1$.

$$\text{relationships} = 2^n - 1$$

People	Relationships
1	1
2	3
3	7
6	63
7	127
8	255

This is why Dragon Dreaming recommends small, intentional teams and why the Dream Circle is kept to a maximum of 8 people.

R Keep your organisation close to Kaos so people are used to it and do not rely on a false order. True resilience comes from navigating real complexity, not from imposing a false sense of control.

5.4 The Energy of the Project: Flow Theory

Two poles must be held in tension: excitement and control. Flow Theory describes the optimal zone where sustainable performance and fast response become possible:

- High challenge + low skill → Anxiety
- High challenge + high skill → Flow / Excitement
- Low challenge + high skill → Relaxation / Boredom
- Low challenge + low skill → Apathy

R Keep the energy of the project between excitement and control. Flow is not a fixed state — it requires constant recalibration as the project evolves and the team grows.

5.5 Power Distribution and Team Roles

Every person has a natural home in one of the four phases. Recognising where you live most naturally is the first step towards conscious participation.

R In each team we need to find dreamers, planners, doers, celebrators. You can spot them with the technique "Which type am I?" — to have a glimpse of the project. If you understand in which phase you are the right person, you could step up.

 Closing reflection — Day 5: *Day 5 completed the arc from personal dream to collective infrastructure. Every time we choose to support rather than control, to distribute rather than concentrate, to serve the dream rather than own it, we are building something genuinely new.*

Creating

KARABIRRDY — Building the Spider's Web · Tasks, Songlines & Responsibilities

Day 6 entered the heart of Dragon Dreaming's planning tool: the Karabirrdy. The name comes from the Aboriginal language — Kara meaning spider, birrdy meaning web or net. This is not a conventional to-do list: it is a living, interconnected map of the project's tasks and the songlines that run between them.

6.1 What is the Karabirrdy?

The Karabirrdy refers to the next 6 months — making the project tangible, concrete, alive. It is the most important tool of the Planning phase in Dragon Dreaming. Unlike conventional project management, which speaks of milestones and to-do lists, the Karabirrdy is like a children's board game: there are various obstacles to overcome as one passes from the start to the finish.

Dragon Dreaming places great emphasis on the lines between the points — the Songlines — along which information, resources, people, money and decisions flow. The path is more important than the destination; the process is in some ways more important than the outcome.

The Karabirrdt is built with tasks distributed across the four phases and 12 steps vertically. It has three columns:

- Left — tasks that maintain the project group (internal)
- Centre — tasks that are ambivalent (both internal and external)
- Right — tasks that take the project out to a wider community (external)

The ebook recommends between 24 and 48 tasks, with 36 as a good number to aim at. Tasks must contain verbs and actions — they make the objectives happen.

6.2 Building the Karabirrdt: The Process

The whole process is designed to use intuition and collective intelligence instead of overthinking. The flow:

7. ROAD DREAMS — re-read the dreams and objectives
8. PREPARE MAP — draw the basic Karabirrdt board (four quadrants, 12 steps, three columns)
9. BRAINSTORM TASKS — collect tasks quickly and creatively in a brainstorming session. Keep discussion to a minimum
10. REWRITE TASKS TO POST-ITS — transfer each task onto a post-it, placing it in the correct quadrant and column
11. DESIGN STATIONS / NEW CONNECTIONS — all team members gather in front of the Karabirrdt and intuitively connect the circles with straight lines (the Songlines)
12. TAKE THE RESPONSIBILITIES — delegate tasks using the colour-coded system

Once post-its are placed, the group begins to move them around without talking too much — just letting each other know intuitively, using collective intelligence. They number the tasks to help communication and start to connect them. Important: do not jump phases in the connection — the Songline must follow the natural order.

R End and start are the same — the Karabirrdt is a living cycle, not a linear road. The Songline shows one of the many ways through. Distribute the tasks equally.

6.3 Connecting the Tasks — Songlines

Each task is connected to the tasks it depends on and the tasks that depend on it. Every task connects to both the beginning and the end of the project. A good Karabirrdt has tasks evenly distributed — no large empty spots or accumulations.

Key checks from the ebook:

- Are there about as many lines going into each circle as out of it? If not, connections or tasks may be missing
- Tasks with an unusually high number of lines going in and out may be milestones — mark them
- Highlight tasks already started or completed — you may be surprised to find between 1/4 and 1/3 of the project is already underway

6.4 Delegating Tasks and Responsibilities

In Dragon Dreaming, it is the person who is most enthusiastic about a task who becomes responsible for it — not the person who is technically best. The colour-coded system works as follows:

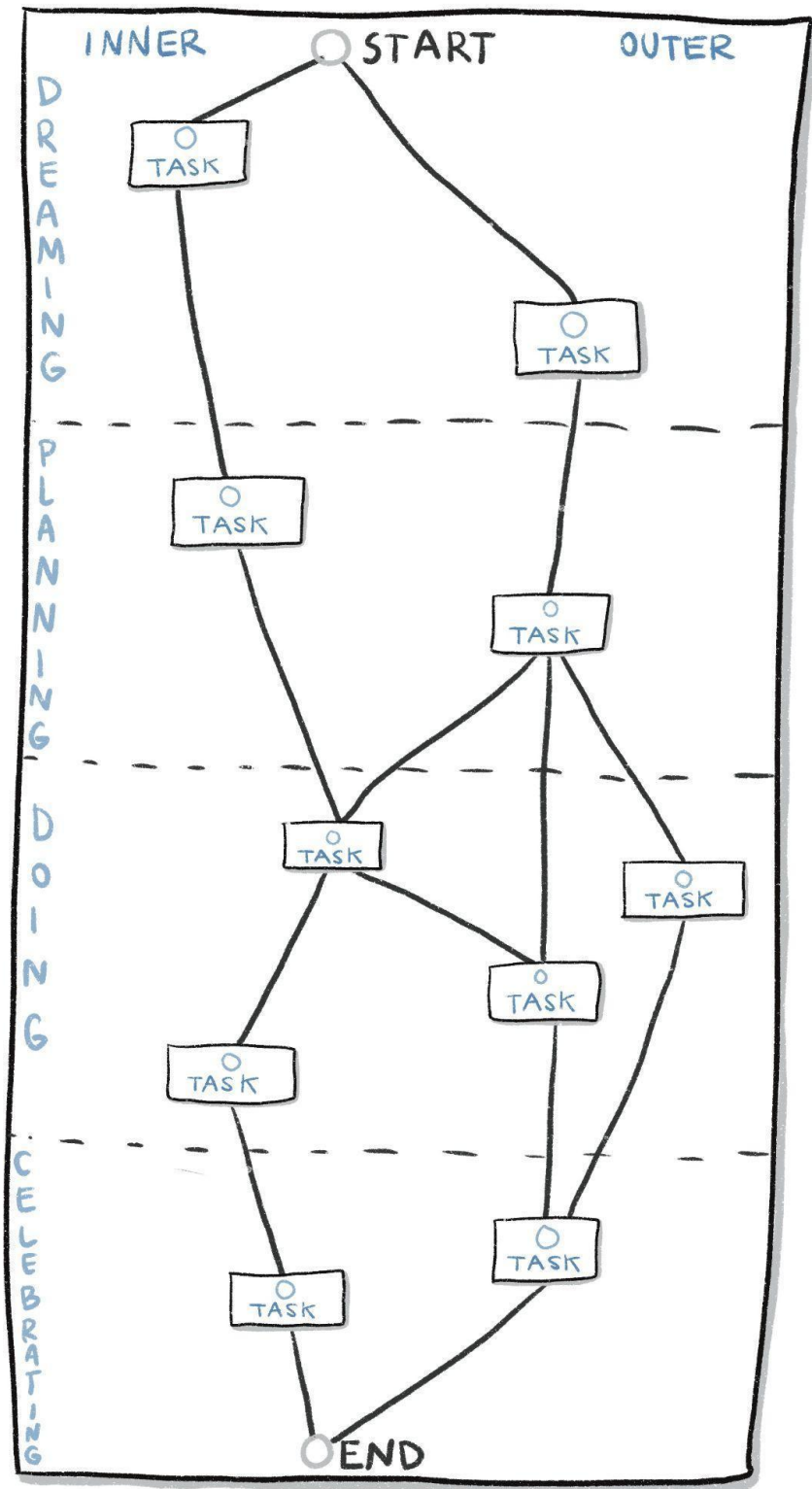
Green (Enthusiast): you really want to do it and be responsible. You are the task leader.

Red (Trainee): you want to follow and understand. You are a learner in relation to this task.

Black (Mentor): you know this already and would be bored if asked to do it again. You offer advice, information, training or support when needed.

You do not have to put your name to all tasks. Tasks with no names may require a decision of all in the project — write "all" in green against that task. The ebook notes: tasks with holes in delegation can be supported by the people upstream or downstream along the Songline.

R The whole process is to use intuition and collective intelligence instead of overthinking. Every task needs a connection. Confusion is the gateway to practice.



The Doing Phase — example of Karabirrdt. Source: Zet Happer Coaching

Dragon Dreaming



doing phase

...where dragons wait to dance with us.

- ➔ THINGS ARE BECOMING REAL
- ➔ THE RISK IS BIGGER



★ *note*
We are opening
a fractal of
planning here*
*not going back

★
also be aware
of the collective
blockages

doing requires
QUESTIONING

regular meetings!
(whole group or within
working groups)



12 supervision
questions in
the book

we question each other
within the team

@masterpeace.up

Closing reflection — Day 6: The Karabirrdt is not a plan — it is a living web. When you step back and look at it, you can see the dream made visible in its interconnections. The Songlines are the living veins of the project: they carry energy, meaning, and possibility from one task to the next. Keep it playful. Keep it alive.

Manifesting

Keep the Rhythm · Money · Commitment · The Doing Phase

Day 7 addressed two of the most challenging threshold moments in any Dragon Dreaming project: money and commitment. Both are treated not as administrative necessities but as expressions of the dream itself — and as opportunities for genuine transformation.

7.1 Money: A Collective Dream

The session opened with a question: how did money exist? What was the dream behind it? Money was born from a collective dream — people wanted to exchange more and more easily. This origin is often forgotten in the current economic system.

Money in Dragon Dreaming is understood as:

- A tool for exchange, which supports doing and celebrating
- Something that stores value from the future — it represents commitment to the dream
- A means to support the Dream — never a goal in itself

The ebook notes that Dragon Dreaming projects, even when budgeted tightly, usually make a small surplus. This surplus is never divided among the risk-takers — instead, it is given as an unsolicited and unexpected gift to another project that meets the principles of Dragon Dreaming.

Key insights about the current economic system:

- Money is not a goal but a tool (underlined in the notes)
- Scarcity mindset creates fear and competition
- We have a debt-based economy which creates psychosis in communities and organisations
- Profit is prioritised over humans and environment

"There is enough money. Abundance is not always good." — the dream orients us towards sufficiency, not excess.

7.2 The Money Flow — Budgeting by Rhythm

In Dragon Dreaming, budgeting is done in a radically unconventional way — not by one or two people over many hours, but through the collective intuition of the whole group, with rhythm.

Activity — The Money Flow

The group stands in front of the Karabirrdt. One person acts as speaker and asks for each task: "How much money is needed?" With slow tempo music and a rhythm created by clapping or drumming, members shout the first figure that comes to mind — money and time wise — along with the rhythm. The speaker writes down the figures. The whole thing takes 20 minutes, no longer.

The rhythm and time pressure help to prevent overthinking. People answer from their gut feeling. The ebook suggests adding an extra 15% in time and money to whatever result you get — because another Dragon Dreaming law says: everything takes longer.

The first budget is merely an orientation, and an invitation to start manifesting the dream. It can always be adapted.

R Build reliability, commit yourself. Commitment is in the edge of planning — it is actually the threshold. It marks the passage from dreaming and planning into real action.

7.3 The Commitment Test

After the budget is prepared, Dragon Dreaming poses the central test of the Planning phase — a single Generative Question that can only be answered yes or no:

*"If this project were to run at a loss, and not raise the money needed, would you be prepared to be one of a team of not less than 4 people, who would be prepared, out of their own pocket, to equally share the expense of any loss?
Yes, or No?"*

This question is the threshold between planning and doing. It is designed to test genuine commitment — not enthusiasm or optimism, but readiness to put your reputation, your time, and your reliability at stake.

Rules for the commitment test:

- The question must be asked genuinely — the person must be free to say yes or no
- A conditional answer ("yes, if...") counts as a no
- If fewer than 4 people say yes, the plan likely needs revision — less ambitious objectives, a different approach

- The reason for requiring 4 people is to ensure balance across all four phases: at least one Dreamer, one Planner, one Doer, one Celebrator
- The risk team — those who say yes — are the only ones who can ultimately make decisions over tasks that involve money
- All decisions of the risk team are by consensus

It is important to celebrate equally either a yes or a no. If the no's are celebrated less than the yes's, the project is becoming manipulative.

R Emotional labour is commitment: put your reputation at stake, your time and reliability. Commitment is not just saying yes — it is a transformation of your relationship with the project. You are no longer a participant; you are a co-creator.

The surplus should go to support new projects — to new Dreamers, because the participants are already getting paid through their participation.

7.4 Celebration at the Threshold

Coming through the circle and trying to understand with your body intelligence what is alive in you and your heart. Start 3 people in the planning phase and two overpass the threshold of commitment.

We all celebrate when somebody passes the threshold, even if we don't step, equally. The yes and the no are both celebrated because they are both honest responses to a genuine question.



7.5 The Fishbowl Method

The Fishbowl is a facilitation method introduced for working within the Doing phase with mixed groups of planners and doers.

Activity — Fishbowl

Divide the team in two: planners and doers. Let them talk about how they feel. One seat is always available — the empty seat. Somebody can add, someone can leave; there should always be an extra seat. Pinakarri is called whenever needed.

The facilitator lets the people evolve in the conversation and may add questions like "Something is wrong here" — which disturbs the energy of the group and invites deeper honesty. Observe the deep listening: listen and wait.

R If you have less energy at the end of a meeting than before, try to change it. If you cannot change it, then leave it. Energy is the primary signal of whether a process is alive or merely going through the motions.

 Closing reflection — Day 7: Day 7 completed the arc of the Planning phase and stood at the threshold of Doing. Money is a dream. Commitment is a threshold. The Fishbowl is a mirror. The training has given us not just tools but a way of seeing — a way of navigating the full journey from the first spark of a dream to the moment it touches the world. The Dragon is ready to dance.

Closing

Celebration · Gratitude · Public Commitment

Day 8 was the completion of the cycle. After seven days of theory, practice, dreaming, planning, and standing at thresholds, the final day belonged entirely to the fourth phase: Celebration. In Dragon Dreaming, celebration is not a reward for work done well — it is a structural necessity. It closes the loop, integrates learning, and makes the dream ready to spiral into its next iteration.

8.1 Opening: Arrival and Collective Reading

The last time that AHA Moments that were collected in the last days were read aloud to the group in popcorn style — anyone could pick up the bowl and read the next insight, without order or hierarchy. The bowl travelled through the room.

R The AHA bowl is a record of everything the group didn't plan to learn. Reading it together at the end was a way of seeing the full shape of what had happened — not just the curriculum, but the alive, unscheduled layer underneath it.

Announcements for the day were shared: the structure of the final sessions, logistics for departure, and the closing ceremony in the afternoon.

8.2 Networking and Project Presentations

The morning included a dedicated networking session for participants to make connections, exchange contacts, and begin conversations about future collaboration.

Project Presentation: each person was invited to share about a project — current, dreamed, or seeking partnership — and 1 minute to deliver it to the full group.

The constraint of one minute forced a different kind of clarity than any planning process can produce. The project had to be spoken from the heart, not from its plan.

R A charismatic presentation is not a pitch — it is a materialisation. Speaking a project into a room of witnesses is one of the most powerful acts of the Dreaming phase. In Dragon Dreaming, the moment you say it aloud, something shifts.

Guided Visualisation Meditation: the group was led through a guided visualisation — a structured inner journey to meet the dream, to see it already accomplished, and to feel the quality of that future from the inside.

8.3 Seeds and Commitments

What are the seeds I'm taking from this training? Each person reflected individually, then shared in plenary. The room held a long, unhurried sequence of voices.

Commitment Setting

Participants moved through a structured commitment process:

- 1. Purpose identification — naming the deeper reason behind the project or intention*
- 2. Agreeing in pairs or trios to support each other: naming when and where they would next meet to hold each other accountable*

R Commitment in Dragon Dreaming is always relational. A commitment made alone is a wish. A commitment made to another person, with a date and a place, is a threshold crossed.

Recipe to Create an Agent of Change

The morning closed with a distilled recipe — a five-step orientation for carrying the work forward:

1. Take away business as usual
2. Give yourself a place to reflect the past
3. Open to the dreams
4. Share an emotional experience
5. Follow up

R The recipe is deceptively simple. Each step is a lifetime's practice. Together they describe not a technique but a way of moving through the world.

8.4 Closing the Space: Dance, Clean, Speak

The afternoon belonged to the fourth phase in its fullest expression.

Collective Dance-Cleaning of the Space: the group cleaned the venue together — sweeping, stacking, folding, returning the space to the earth — with music playing and bodies moving. Cleaning became dancing. Tidying became a ritual.

In Dragon Dreaming, caring for the physical space at the end of a gathering is not domestic maintenance — it is part of the Celebration phase. You return what was given. You leave the place more whole than you found it.

R There is something that happens when a group cleans together after something real has taken place. The quality of attention is different. People move with care. The space holds the memory of what happened in it, and the cleaning honours that.

Words of gratitude: the final circle of the training. Each person spoke — without notes, without performance — what was genuinely alive in them at the close of the eight days. Gratitude, unresolved questions, things named for the first time, commitments spoken aloud in front of witnesses.

The circle held everything that was brought to it. No comment, no response. Only listening.

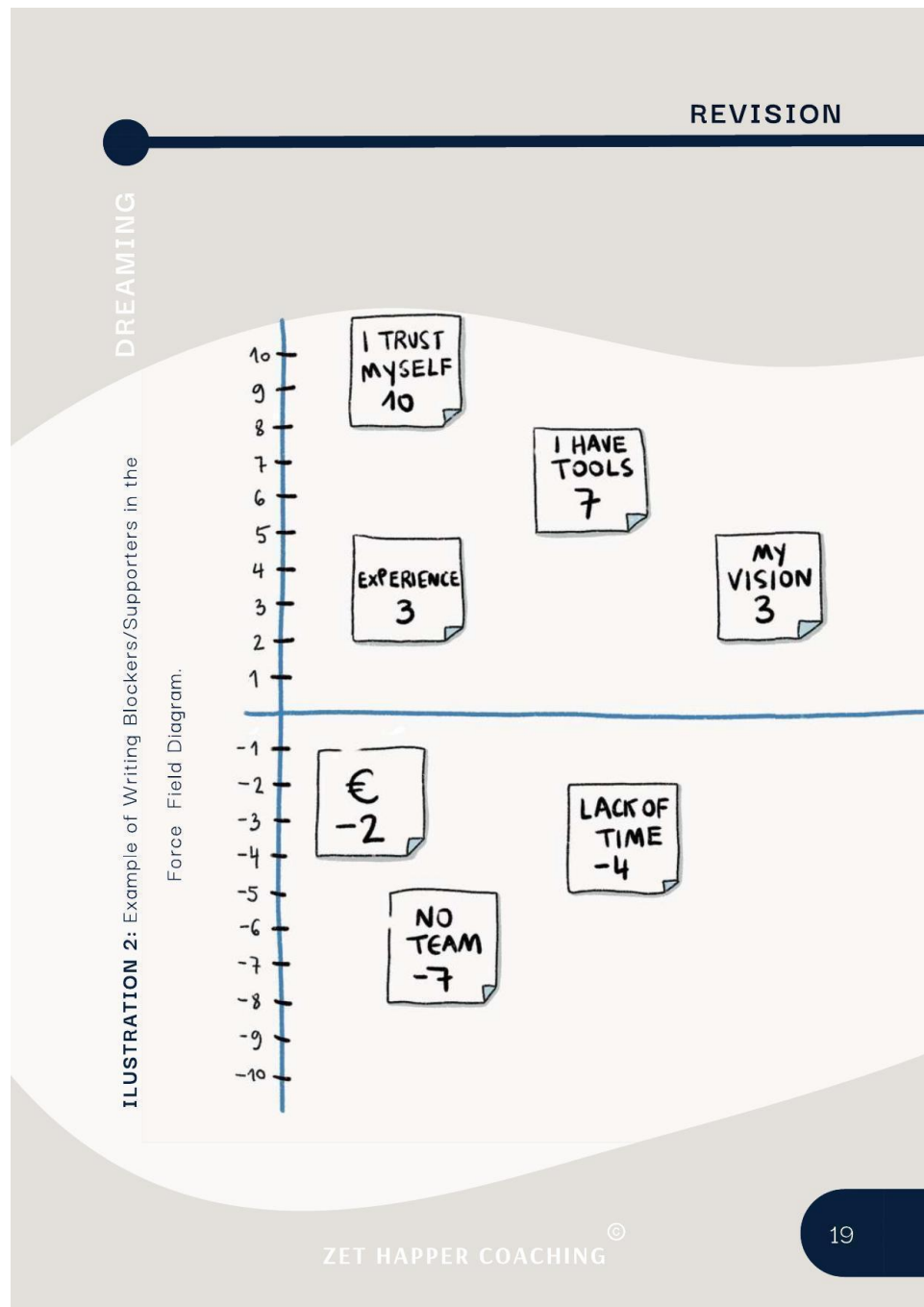
R Speaking your truth at the end of a container is not a summary of what you learned — it is the final act of the learning itself. What you say into the circle is what you take with you. What is left unsaid stays behind.

 Closing reflection — Day 8: Day 8 closed the cycle that began eight days earlier with a single question: how do we create aunity, with honesty. The Dragon Dreaming circle does not end. It spirals. Every celebration is also a new stimulus. Every closing is also an opening. The dream continues.

Appendix — Force Field Analysis

A tool for the Dreaming / Revision phase · Source: Zet Happer Coaching — Visionary Pathways

The Force Field Analysis is used in the Dreaming phase — specifically at the Revision step — to assess whether a dream is achievable. It maps forces that support a project (supporters) against forces that block it (blockers), assigning a numerical weight to each.



Force Field Diagram — supporters and blockers scored on a vertical axis. Source: Zet Happer Coaching

How to use it:

1. List supporters and assign each a positive score (+1 to +10)
2. List blockers and assign each a negative score (-1 to -10)
3. Add up all supporter scores (SUM+) and all blocker scores (SUM-)
4. Compare the two totals: = (equal), > (supporters greater), or < (blockers greater)

DREAMING

REVISION

Calculation: Once you have listed all the blockers and supporters, add up all the blocker items (all negatives) and all the supporter items (all positives), and write these totals in the box below.

Then, between the boxes, insert one of the symbols:
= (equals), > (is greater than), or < (is less than).

SUM -	<, >, =	SUM +
-73	<	+101

RESULT ANALYSIS

If the absolute total of blockers is greater than the absolute total of supporters, then you will need to work hard on overcoming the blockers to release your project. You will also need to find more support, or it is likely that your dreams are not sufficiently in touch with reality.

If the absolute total of blockers is less than the absolute total of supporters, then your dreams are achievable.

✓

TASK: Reflect on how to increase the value of support and how to reduce or eliminate the value of blockers. For each blocker, find specific actions you plan to take to overcome them.

ZET HAPPER COACHING

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Calculation: SUM- vs SUM+ with comparison. Source: Zet Happer Coaching

If blockers > supporters: the project needs significant work. You may also need to find more support, or your dreams are not sufficiently in touch with reality.

If supporters > blockers: your dreams are achievable. The conditions exist for forward movement.

TASK: Reflect on how to increase support and reduce or eliminate blockers. For each blocker, find specific actions you plan to take to overcome them.

The Force Field Analysis is not a judgement — it is a mirror. Its purpose is to bring honesty into the dreaming process, so that the project that emerges is truly alive and truly possible.

A note on the Force Field Analysis: In Dragon Dreaming, this tool is never used to kill a dream — it is used to make it stronger. Every blocker is a Dragon waiting to be named. Name it, weigh it, and then decide: is this a Dragon to dance with, or a Dragon that tells you the dream needs to grow before it can fly?

— Manual compiled by Gabriele & Rosanna, March 2026



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