

Neutrality as Reverie: A Social Dreaming Matrix

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Abstract Content (EN)

Social Dreaming provides a space where the deep meanings of dreams can emerge, not at an individual level but at a social collective one. Participants are invited to offer dreams and associations without interpretation, allowing neutrality and reverie to guide the process. Dreams engage, not the dreamers, opening new perspectives, unthought knowns, and fresh meaning that illuminate both conference life and wider society.

Social Dreaming is a way of working with dreams and associations and not on the person who brings it. The meaning of a dream reaches beyond the individual psyche into the broader world in which we live. All dreams and dream fragments are welcome, whether playful, serious, frightening, or surprising. Dreams are received neutrally, without judgement or interpretation, as equal contributions from the associative unconscious.

At the EPF Conference in Oslo, the dreams offered to the matrices may illuminate unconscious processes within the conference itself but also extend outward into our contemporary world. By approaching dreams in a stance of neutrality - neither imposing interpretations nor privileging individual ownership - participants can enter a reverie in which new insights emerge. In this way, Social Dreaming embodies the very tensions and possibilities contained in the conference taking place.