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Proposal for Waking Life Festival

Creative writing & reflection workshop: Which are the limits of our fantasies?

This **workshop seeks** to generate a space for introspection to investigate and ask ourselves questions about our desires, our fantasies and their limits. We will use creative writing as a tool to discover and communicate.

Taking this opportunity that we are in a Festival, a parenthesis in time and space where fantasy and reality touch more than ever in modern life, we want to accompany the participants to explore and deepen the fantasies that each one of us lives.

Participants don't need to have experience writing to take part of the workshop, just the desire to re-inhabit and think about their fantasies. In the process, poetry, fiction, collective writing and individual and collective reflection will emerge.

Through individual and collective playful writing exercises, we will reflect on these topics. Some of the questions we will ask ourselves are:

How do we identify our fantasies? Can we transform them? Can writing break the limit of the "forbidden" and continue developing the fantasy? What fantasies have appeared in this festival? What is holding us back? Have you ever felt a particular desire and repressed it? How did you repress it and why? How would you have continued to develop that desire? Can writing reveal the limits that hold us from approaching the realization of our desires?

At the end of the workshop participants can voluntarily share in groups the reflections and texts that have emerged and then we will also leave some exercises so that they can continue to explore the theme during the festival. Furthermore, we will invite participants and everyone at the Festival **to intervene** with their fantasies by depositing them anonymously **in a space** in the festival.

The workshop will **last** two hours (but if you think is better less time we can adapt it)