

ORYKL

NEW MOON

FUTURE VISIONS

Practitioner Guide

A collective visualisation of humanity's future

Imagining the future we want to create — together.

Hosted monthly on the Orykl Facebook page.

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Welcome

Thank you for hosting a New Moon Future Visions meditation. You are creating something genuinely meaningful.

Each month, one Orykl practitioner guides a free, live visualisation on our Facebook page. Together, participants close their eyes and imagine a possible future for humanity — not as prediction, but as collective dreaming.

The new moon is a natural moment of stillness and new beginnings. Hosting on or close to this date gives the series a rhythm that participants quickly come to rely on.

Your role is simple. You don't need to be an expert or have all the answers. You just need to be present, warm, and willing to guide people gently into their own imagination. The meditation will do the rest.

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Why Host a Future Vision

Hosting a New Moon Future Vision is also a beautiful opportunity for you as a practitioner.

When you guide a session:

- Your meditation is featured on the Orykl Future Visions page.
- The recording remains available on the Orykl Facebook page.
- The event may be highlighted in the Orykl newsletter, which introduces practitioners to our wider audience.
- Participants who resonate with your work may discover your Orykl profile and sessions.

Most importantly, you become part of a growing collective practice — helping people imagine the future we want to create.

Even a small group fully present can create a powerful experience.

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What This Meditation Is

New Moon Future Visions is a guided visualisation. Participants close their eyes and are led into a vivid, sensory experience of a possible future world.

The focus is **collective** — the future of the world, not personal goals. What does our planet look like in 100 years? How do humans live together? What has been healed, rebuilt, reimagined?

When we allow ourselves to *feel* a desired future — with our senses, in our bodies — something shifts. We stop waiting for change and start moving toward it. That is the gift you are offering.

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Session Structure

The total session is **20–30 minutes**. Here is the shape:

Phase	Time	What to Do
Welcome	2–3 min	Greet people warmly. Briefly introduce today's theme. Invite them to get comfortable and close their eyes.
Guided Visualisation	~20 min	Lead participants into a relaxed state using breath, then guide them through a vivid future world — sensory, slow, and full of possibility.
Return & Reflection	2–3 min	Gently bring people back. Invite a breath, a moment of quiet, and a gentle return to the room.
Comments & Sharing	2–3 min	Invite participants to share what they saw or felt in the Facebook comments. Read a few aloud. Close warmly.

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Theme Ideas

Most themes should focus on the future of our world rather than personal goals. We are collectively imagining what life on Earth might look like in 10, 100, or even 1,000 years.

- The Future of Our Natural World
- Cities in 100 Years
- Education in the Future
- Food and Agriculture in the Future
- A Regenerative Planet
- Human Communities in 200 Years
- Technology and Humanity in the Future
- Governance and Cooperation in the Future
- Life on Earth in 1,000 Years
- The Future of Human Interaction

Optional personal themes

Occasionally you may choose a more personal theme, but the focus of this series is collective futures.

- Your Most Alive and Purposeful Work
- The Home and Community That Holds You

You are warmly encouraged to invent your own themes. If a theme excites you, it will excite your audience.

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Facebook Page Access

Before you can host a session, you need to be added as an **Editor** on the Orykl Facebook page. This allows you to start a Facebook Live session directly from the page, without giving access to anything unnecessary.

How this works

1. Huenu will invite you as an **Editor** on the Orykl Facebook page.
2. You will receive a Facebook notification asking you to accept the invitation.
3. Click **Accept**.
4. Once accepted, you will be able to go live on the Orykl page.

If you cannot see the invitation, check:

- your Facebook notifications
- your email linked to Facebook

If you are unsure whether you have access, simply message Huenu and we will confirm together.

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How to Host

Before the session

- Find a quiet, comfortable space.
- Make sure your internet connection is stable.
- Place your device where your face is clearly visible.
- Have a few notes nearby if you need them.

That's all you need.

How to go live on Facebook

The meditation is hosted as a Facebook Live on the Orykl page. Here are the only steps you need:

- 1 Go to the **Orykl Facebook page**.
- 2 Click **Live Video**.
- 3 Add the **title** of your meditation — for example: *New Moon Future Visions — The Future of Our Natural World*.
- 4 Click **Go Live**.

When the session ends, click **End Live Video**. Facebook automatically saves the recording on the page — there is nothing else you need to do.

Optional test run

If this is your first time hosting a Facebook Live, you are welcome to do a short test before the event:

1. Start a Facebook Live from the Orykl page.
2. Set the privacy to **Only Me**.
3. Speak for 1–2 minutes to test your sound and camera.
4. End the live video.

If you would like help testing, you can also arrange a 5-minute tech check with Huenu before the event.

Facilitation tips

- Speak **slowly** — slower than feels natural. Pauses are where the magic happens.
- Use **sensory details**: light, textures, sounds, temperature, the feeling of the air.
- Use **inviting language**: *'You might notice...'*, *'Perhaps you sense...'*
- Remind participants: **there is no right or wrong vision**. Whatever arises is perfect.
- Speak to the camera as though speaking to **one warm, open person**.

Sharing your event

- Share the Facebook Event link with your audience a few days before.

- Send a few personal invites — a short message goes a long way.
- Post a note about the theme you've chosen and why it matters to you.

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After the Meditation

Invite participants to share one sentence in the Facebook comments about what they saw or felt.

Orykl collects these visions over time to build a shared picture of the futures people imagine.

You are also welcome to respond to comments after the session — it helps build connection with participants.

*Every meditation you host is an invitation for people
to imagine a more beautiful future.*

Thank you for helping create this space with us.

With gratitude — Huenu & the Orykl team

orykl.com/future-visions | [Orykl Facebook page](#)

Future Visions is an evolving series. Over time, we will collect the visions shared by participants to build a collective archive of imagined futures.