

Make yourself comfortable: lie down or sit comfortably. Assume a position that will allow your body to be at rest while you're off travelling to different possible futures, in your mind's eye. It is a kind of mental time travel guided by a series of questions. I'll invite you to observe what bubbles up in your thoughts, emotions and bodily sensations in response to these questions. We won't share what you saw, so just relax and see what emerges - it doesn't matter how incoherent, nonsensical or even embarrassing things you might encounter. They'll be just passing thoughts. They don't reflect on 'you' or your personality. Just observe them come and go as reactions to my questions. Enjoy!

Take a few deep breaths. With each breath you travel a year into the future. In and out, in and out, further and further into the future. When you're ready, open your mind's eye... you're in lalaland. In a resort of radical fairies. In a new age world filled with profitable feminine values. The world of the triple bottom line and compassionate capitalism. Where you can do well by doing good. The friendly universe provides. We have found ways to collaborate with Gaia, the mother goddess of the planet. Where we breathe clean air and eat life-giving foods. Where we heal ourselves and heal the Earth of the toxic fear and pride. Imagine waking up in this world. Look around. What does your bedroom look like? What do you see outside? Imagine getting up and getting ready for the day. What does your morning ritual look like? What do you have for breakfast? Who is around you? Who do you collaborate with? What are you doing?

With your next breath, let go of Lalaland. Let it dissolve into the background. Just focus on your breath. In and out... in and out... With the next breath another world comes into view. You sailed into pirate bay. The federated anarcho-capitalist republic. You can feel the buzz of innovation crackling in the air. The taste of freedom and infinite possibilities. New forms of sociality emerging from human-computer interactions. In co-working spaces, in hackathons and augmented reality meetups. Through blockchain co-operatives. You are in a hyperconnected megacity, surrounded by rewilded landscapes tended to by environmental AI. Machine wilderness. On the horizon, the first exobiology expedition to Mars takes off in a generational space ship. Where are you in this world? What does your life look like? Where do you live? What technologies are you using? How do you communicate in this world? What do you do? How do you collaborate?

And then, when you are ready, let go of this world. Focus on your breathing and let each breath take you away from the Pirate Bay... And then breathe in and open the gates to a different future. Above the gates the world welcomes you with their motto. We have it harder. We imposed hierarchies, rules and regulations to cap unlimited growth. There is growth, for sure, but only for those of us who can handle it. We get rich while becoming more sustainable. We meet in exclusive clubs and share the wealth of knowledge and resources amongst our brethren. We create rules for others to follow. We impose the rules through an intricate system of surveillance and harsh consequences. We keep the world in check through competition. Yet it isn't easy. We cannot get rid of an annoying itch. The collaborative underground that keeps exciting the masses with possibilities of social change... Imagine your life in this world. What kind of person are you? Are you a member of a club, or the underground? Or both? Are you devising and implementing the rules, or breaking them? How do you live? Where do you live? What does your work look like in this world? How do you collaborate and how do you compete? How could you thrive in this world?

We're about to leave all those who think they Have it Harder... so take a deep breath and one last big push towards the Care Core. A world where many things are different from the world in which you live today. A world where feminine values and federated media transformed society into a place that is open and participatory. Where rhysomatic governance has superseded rigid hierarchies and ineffective horizontal structures. The strength of our society comes acknowledging interdependence, between everything and everything else. We thrive in multispecies kinship networks that organically grow and dissolve, evolving through collaboration. We understand that we are hydrogen ripped from its context, mixed with the dust of dead stars. That we are endlessly recycled water and crystalising cyclones. That we are teeming civilisational hosts. Most importantly, that we are capable of care. To care for humans and to care for the earth. To care for the earth without humans and for humans without the earth. We know that *There's work to do. Star-work, but earthbound all the same.*” What does Care Core look like? What does it feel like? What can you smell, taste, hear, touch? Look at yourself? What do you look like? Where do you live? What do you do as a member of Care Core? What do you care about? Who do you care for?

Finally, take one deep breath and close the portal to Care Core. Focus on breathing and with every breath travel one year backward. Take as long as you need to come back to the present... And when you arrive, slowly open your eyes, stretch out and make sure that all your bits have returned safely to the here and now. Welcome back.