

Rezension zu

Ulrike Quast

"Fantasy Journeys"

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Fantasy Journeys is a collection of guided fantasies designed for use by teachers, counsellors, therapists and other professionals interested in affective learning and self-development. The core concept is the power of imagery to give insight into our lives, potentialities and aspirations. Learners/clients are taken on an intriguing journey deep into their own selves. The script of the journey varies, perhaps an exotic coastline, or a vibrant rustic scene, while the language (German and English variants) is rich and evocative, challenging the reader/ listener to live and interpret the journey. Each fantasy is easy to use and exploit: the group leader reads the journey, a short text, to the group, perhaps to the accompaniment of music. The group listens and then reflects on the experience, privately or with the reader and other participants. Group members can draw their own individual interpretations from their journeys or share with the other participants. The role of the reader is left open – it could be that of guide, counsellor or just a passive observer of the group's reaction. Clearly the procedure is very flexible and furthermore the texts lend themselves well to warmer and follow-up activities.

I thoroughly recommend Fantasy Journeys. Each journey is a carefully controlled and beautifully written passage of self-discovery. Learners/clients will feel confident and fulfilled as they follow the individual rhythm of each journey and the experience is both up-lifting and significant. You will want to listen to and experience your favourite journeys again and again.

Rezendent

Wayne Rimmer, Stevens English Training