

“Dreams are never concerned with trivia.”

—Sigmund Freud, *The Interpretation of Dreams*

“The general function of dreams is to try to restore our psychological balance by producing dream material that re-establishes, in a subtle way, the total psychic equilibrium.”—Carl Jung, *Man and His Symbols*

Dreaming in VR

Key Goals

1. Cohesive Narrative:

Your environment encompasses your surroundings (sides and top). **Pay attention to how the sides relate to one another.** Create one space that makes sense to exist within.

2. Illusion of Depth:

Create the illusion of 3D space.

—**Objects that are closer** naturally draw our attention first.

—The **scale** of an object is determined by placement within the environment and its relationship to other objects.

—Consider creating **foreground and background** imagery to establish a sense of place.

3. Add motion and/or interaction:

Consider using motion to focus the gaze of the user during the experience. Also consider whether or not the viewer can interact with the piece to change the narrative (verbal input, physical contact with the paper, etc.)

4. Add Sound:

Be sure to select sounds that **support your environment** rather than distract from it. (Headphones supplied.)

See link on resources page for **free sound clips:**

<http://www.helenarmstrong.us/frontier-vr-workshop/>

PART ONE: IDEATION

—**Form groups of 4-5. Record all thoughts** & sketches on the whiteboard.

—**Describe your recurring dreams.** These dreams could be an active part of your current dream life or they could have recurred in the past.

—**Each group member should contribute** at least one dream or powerful dream moment to the discussion. Spend 10 minutes. 2 minutes per person

—**Sketch out both images and words** associated with the dreams discussed.

PART TWO: PLANNING

—**Select one dream theme.**

—**Sketch out possibilities** for recreating that dream environment for VR. Spend 15 minutes.

—**Consider:** What story are you telling through the design of your space?

What experiential qualities will your dreamscape convey? How will your VR environment impact the participant with the emotional force that real dreams deliver? Include audio possibilities in this discussion.

PART THREE: MAKING

—Using the materials provided, construct a group dreamscape of your one chosen dream. **Limit yourself to 3 light sources.** (Smart phone flashlights work well.) We have provided a tripod for one stationary light source.

Designate 3-5 objects that move in specific ways and 2-4 objects that are a stationary part of the experience. Spend 45 minutes.

—Keep your idea simple. Use concise images to **create one clear cohesive virtual environment.**

—Take turns **viewing your environment from inside** periodically.

—Pay attention to pacing. How can you create **moments of drama** as your narrative unfolds?

—At the end of the 45 minutes, **we will experience and discuss the prototypes.**

WRAP-UP & NEXT STEPS

To access links from our discussion,

visit <http://www.helenarmstrong.us/vr-workshop-2/>

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