



SAVIOR

You are a savior. You are one of the few people known to be able to help guide and heal communities that are at risk of self destruction. You have done it before and been commended for your abilities. You travel from star to star, planet to planet, aiding those who have asked for your help.

★ These places are important because they hold truths, love, and hope.

They wouldn't call you if they didn't have hope.

You travel in a small vessel, designed for you. You have had minor set backs, of course, but never truly failed. There are always moments of learning. And moments of disappointment. But ultimately, you believe in what you do and trust your instincts to be able to find the core of what's happening and offer compassionate solutions.

You know, that above all else, you are a teacher more than a savior.

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### **Limitations and Boundaries**

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Savior tackles the way communities destroy themselves from within, or the way that terrible realities shatter communities in toxic and abusive ways. Because of this content, please do not engage with this experience unless you are able to.

★ The experience is based upon community organizing and restorative practices failing. There is no win condition. You are meant to lose. The experience focuses on the emotions felt when witnessing the fall of a community we are involved in.

If you begin to feel uncomfortable in a bad way, anxious, hurt, upset, or depressed, please stop the experience. If you feel disconnected from yourself, racing heart, numbness, floating, nausea, rapid and racing thoughts, difficulty deep breathing, or suddenly exhausted, please stop the experience.

You have the ability to create your own elements during card creation in set up. Please be careful when choosing these elements, as they will be actively engaged with during the fiction. Do not choose elements that will cause you distress or harm.

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★ Please have your own self care resources ready and trust in how your body, heart, and mind feel during your experience. Savior is not a necessary experience. You will exist just fine without completing or participating in it.

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# ★ SAVIOR

by kate bullock

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Savior is a solo voice recording experience for one traveller. You will journey to a planet, discover and experience its community at strife, and leave once you fail to complete your mission.

This experience is meant to be emotionally heavy, and can potentially engage with triggering content.

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Savior takes an hour to complete.



## Set Up

To save the world, you will need twelve index cards, a handheld light source, a marker, and an audio recorder. For a longer game, increase the number of cards: sixteen, twenty.

Ensure as you write your cards that you carefully choose what you write. The things you write will die, get destroyed, and be broken by the destruction cards you create. Only choose things you are willing and able to safely imagine being destroyed.

On 3 cards write one name on each card.

*Jack, Niall, Tessa, Misha, Calliope, Art, Sen, Harper*

On 3 cards write one thing worth saving on each card.

*Nature, Monuments, Art, Literature, Museums, Children, Animals*

On 3 cards write one way people help heal each other on each card.

*Empathy, Compassion, Kindness, Cooking, Listening, Trust, Love*

On 3 cards write one way people destroy each other on each card.

*War, Weapons, Poverty, Hate, Abuse, Harassment, Ostracism*

Choose your name. Your title is Savior.

Take several breaths, relax your mind and your body, check in with yourself. If you are feeling safe, content, and able, begin the experience.





## Engaging the Experience



You are hovering in your craft above the planet you have failed. Look at it. Consider how its surface has changed since you first arrived. Think about what came before you, and what remains after. Remember why you will never return.

Speak these words aloud to yourself and to your recorder. Look at a light, if you can. Imagine what you couldn't save.

*My name is \_\_\_\_\_. I am the Savior.*

*I came here to save them. They were waiting for me.*

*They needed me. They were going to tear each other apart. Not because of hate, but because of pain. Because of trauma. They hurt so much all they could see were enemies even if it was a friend they were looking at.*

*I saw what they couldn't.*

*I had everything I needed. The skills, the knowledge, the power, the empathy, the ability to change things.*

*But they wouldn't listen. Or see. I don't think they could even hear me.*

*And I was just one person. I couldn't save them. ★*

*I failed.*

Seclude yourself somewhere dark. Dark enough it feels hollow, cold if possible. But away from the light. Away from the windows where your failure sits, barren. Can you remember the smell of burnt flesh? Can you remember the sound of silence? Can you still feel the ash on your dewy skin?

Ignite your light source and shuffle twelve cards, keeping the Destruction Cards aside. Hold your breath as long as you can and draw two. Consider the card references below, then when you are ready, record your feelings on those moments.

Draw and record five times before shuffling in your Destruction Cards. Then resume the experience. Each time a Destruction Card is pulled, ★ rip apart the card it is paired with and follow the directions below.





### Healing Cards

If there are any Healing Cards (and no Destruction Cards), they help heal and create bonds with whatever they are paired with. Think about how the healing force is used to help what it is paired with.



If it is a person, think about who they are, how you love them, and how you've helped heal them.

If it is a thing, think about why it is threatened, why you want to protect it, and how you've helped recover it.

**When you are ready, record your thoughts and feelings on these moments.**

### Worth Saving Cards

If you draw two Worth Saving cards, consider them and what they mean to you. Think about how you found them broken or wounded. Think about what they brought to your life and what they taught you about this place.

If they are people, think about how you met them, how they are impacted by the painful world, and why you admire them.

If they are things, think about how it has become corrupted, why it's at risk, and why you admire it.

**When you are ready, record your thoughts and feelings on these moments.**



### Destruction Cards

If there are any Destruction Cards, they destroy whatever they are paired with. Think about how the destructive force destroyed what it is paired with.

If it is two Destruction Cards, create a new card by writing Despair on a card and adding it to the deck. Consider how it has changed your view on your work.

If it is a person, think about who that person was, why you loved them, and how you lost them.

If it is a thing, talk about how you tried to save it, why you fought so hard, and how it was lost.

If it was a force for healing, talk about how you used it, how it was turned against you, and how you lost faith in it.

**When you are ready, record that moment in your story.**

### Despair Cards

When you pull a Despair Card, you have fled the planet. If you have any remaining people or things worth saving in your deck, choose one to take with you. If you have any healing skills left, choose one, but change it in some way.

**When you are ready, record your message of how you cultivated despair, what you saved (if anything), and what about you has changed.**

Then record your **Final Message.**



### **The Final Message**

Decide if you give up your role of Savior, or if you will try again. Decide if you still believe in the power of what you're doing, or if this has shattered you completely.

If you give up, think of why, where you will go next, and what you will do instead. End your narration with: My name is \_\_\_\_\_. And I am not the Saviour.

If you don't give up, think of why, what still gives you hope, and what you learned so you can do better next time. End your narration with: My name is \_\_\_\_\_. And I am the Savior.

**When you are ready, turn your light out and record your final message.**

### **After the Light Goes Out**

You sit in the dark. Turn your light out. Reflect on what you have witnessed. Recall who has died, what you have lost, and what the universe has lost. Allow yourself to feel the sadness, grief, and loss of your situation. Truly move through these emotions; do not hide them or tuck them away for later.

Thank yourself for trying, for doing the work even though it failed. Recall what you have learned from this experience, and welcome your newfound feelings of despair. Invite it to be productive, consider how it may change how you approach conflict or your community. Ponder how it may change your perceptions on engaging in discourse or community conversations.

When you are ready, turn the lights on. Take a drink of water. Take a deep breath or three.

Write in a document of your choosing (paper, electronic) your thoughts and feelings on the experience, and what you have learned about yourself and the world.

Put your recording and journalling aside. Return to it in a day or seven. Listen to your recording, if you are able to. Read your journal entry. Add one final entry on how you feel about your experience now that you have heard it and looked back on it from some distance.

Thank yourself for your participation. Do what you will with your artifacts (cards, journals, recording). Engage in the experience again at your leisure, knowing what you know now. Continue engagement throughout your future days until you retire as Savior.