

2. Inclusion

Etymology: ‘To include’: early 15th c., ‘to shut (someone or something) in materially, enclose, imprison, confine’, also ‘to have (something) as a constituent part’, from Latin *includere* ‘to shut in, enclose, imprison, insert’, from *in-* ‘in’ (from PIE root ‘en’ ‘in’) + *cludere* ‘to shut’ (see close (v)). The alleged Sam Goldwyn-ism ‘*Include me out*’ is attested from 1937. Related: ‘*Included, including*’.¹

Suggestions for value-specific questions in VISION dialogues

- Where does inclusion come from?
- How do you know if inclusion has been there?
- What does truth say to inclusion?
- How is inclusion related to autonomy?
- Is inclusion for everybody (no matter their values)?
- Can inclusion imprison someone/something?
- What happens between inclusion and openness?
- How is inclusion related to freedom?
- What would inclusion and justice say to each other?
- How is inclusion related to the stars or the moon?

Suggestions for exercises and creative activities to inspire a VISION reflection

The nautilus

Duration: 10–15 minutes

Description: Participants sit or stand in a circle, holding hands whilst maintaining an approximate equal distance from one another. Create an opening in the circle between two individuals, guiding one participant to step forward and the other to step back, thereby forming a nautilus shape. Instruct participants to adjust their positions to establish a configuration for the newly formed opening allowing them to sense one another’s presence. This arrangement should enable individuals to turn and address any other member of the group if they wish to contribute, whilst also providing the option for discretion as needed.

Clarify that the purpose of this formation is to facilitate group dialogue, allowing for the possibility for anyone to step away, if necessary, without disrupting the integrity of the circle. Engage in a discussion regarding how this structure may influence the dynamics of a group dialogue.

You can continue by having a verbal VISION dialogue (about inclusion or related topics) in this nautilus-shaped formation, extending the duration of the exercise.

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¹ Extracts compiled from <https://www.etymonline.com/word/inclusion>, last accessed 1 May 2026.