

Awakening the Dreamer: Staying Awake

.....DAILY PRACTICE

The invitation: Design a “global citizen” practice for yourself, that has you be in action consistent with creating a sustainable, fulfilling and just human presence on the earth as an idea whose time has come. The name of the game is: engage. Small steps are good. Big steps are good. Have it be a practice that would delight, satisfy and inspire you. You might like to include some of the aspects listed below.

Relationship with Self

- _____
- _____
- _____
- _____
- Designate a daily spiritual practice for this time period - meditation/yoga/prayer/other
- Investigate & be a “register” for examples of interconnectedness everywhere
- Consider & pay attention to dreams, daydreams & visions as possible messages from another dimension of reality. Let the wisdom of the earth speak through me.
- Actively trust my own creative capacity to create solutions and workability
- For this time frame, manage my conversation (internal and external) to be one of possibility and inspiration to myself and others (eg. no “bad guys,” or “it’s hopeless, I give up”)
- Be compassionate & forgiving with myself, even when I don’t do everything I think I should. Be compassionate & forgiving of others even if they don’t either.
- Read one page of something that inspires me each morning or evening
- Areas & topics I intend to educate myself about: _____

Relationship with Others/Community

- _____
- _____
- _____
- _____
- Regularly initiate conversations about a sustainable & just human presence on the planet with friends, family, or the world at large
- Go online & investigate 10 “civil society” groups/initiatives that intrigue me & join at least one
- Investigate the current topics in my local community with regard to politics & environmental/social issues
- Stay connected with participants from the Symposium
- Write/email letters to: _____

Relationship with the Dream/Culture

- _____
- _____
- _____
- _____
- Explore: what is “enough” for me
- Buy only what I need during this time period
- Purchase only items whose
 - Packaging
 - Ingredients
 - method of production
 are sustainable and support life (*note: may require research!*)
- Eat less/more: _____
- Carpool, bicycle, take public transportation or walk _____ times each week in lieu of driving my own internal combustion vehicle
- Begin to investigate “one-earth” methods of transportation, heating, & refrigeration at home & work Keep track of the numbers of time society/the culture relates to me primarily as a consumer
- As a radical act: want less
- Consciously read, listen to, watch, & engage with things & individuals that empower, uplift and/or have me be a more effective agent for Changing the Dream

Relationship with the Earth

- _____
- _____
- _____
- _____
- Spend some aware moments outdoors/in nature every single day
- Plant a tree, a garden
- Clean up a beach, trail, field, path, roadway
- Pay attention to and track the natural cycles of the moon, sun(light), stars, plants and animals
- Identify habits in the way I live that are unsustainable for me or the earth that I intend to do something about: _____

Keep in mind these practices are meant to create an opening in our habitual way of going through life.

- When you notice you have gone to sleep, let go of the self-judgment, awaken, and renew your practice.
- These are guidelines, beacon lights, not sledgehammers. Compassion begins at home.
- Find partner(s) to support you in your practice.
- Have a great time with this!

WANT MORE IDEAS?

Relationship with Self Breathe deeply • Read one page of something that inspires you • Attend a religious or spiritual group that is new to you • Play with crayons • Stretch your body • Write down your dreams • Take a nap • Listen to someone older than you • Hug a tree • Write down three things you are grateful for • Do nothing for one minute • Build a fort with blankets – remember to play • Don't answer the phone • Study shamanic journeying techniques • Display photos that represent the Dream that you want to inspire your life • Write an answer to the statement, "What is the purpose of my life?" • Go to sleep asking the question: "What is the purpose of my life?" • Watch films, programs, and read books that inspire you • Create spaces for authentic rituals in your life, such as giving thanks before meals • Several times during the day stop, relax for a moment, and breathe • Don't read your email for one day • Enjoy what you have • Keep a dream journal • Smile at yourself in the mirror • Take care about what you put in your mind and heart.

Relationship with Others/Community Investigate several organizations that are doing something consistent with the Dream you want to have in your community, and get involved with one of them • Contact your local elementary school and investigate opportunities to volunteer there (e.g., story reading programs) • Mentor a child • Form a support group with other participants in your "Awakening the Dreamer" Symposium that will meet monthly and talk about your daily practices, or take action together • Investigate local churches that might share your spiritual and ecological visions and become involved there • Turn off your television unless it is being actively watched, or give it up altogether for a period • Create authentic rituals in your family-blessings at beginnings of meals, family reflection time, appropriate coming of age rituals or birthday rituals • Establish a "game night" for your family and/or friends on some regular basis • Have a family meeting where your family talks about whether the day-to-day life you create together does or does not support the Dream that each of you want to have, and what you can do about it • Join or create a shamanic group to support all aspects of awakening the dreamer and changing the Dream • Invite your neighbors to have a potluck together 3-4 times a year, with rotating hosts • Investigate a neighborhood project that might bring your neighbors together in a common goal, for example: planting trees on the street, improving a local playground, preparing a list of basic contact information and map of utility cut-offs for all homes as part of earthquake neighborhood preparedness • Smile as you walk down the street • Dream with friends.

Relationship with the Dream Reduce, Reuse, Recycle. Investigate ecological organizations and support or volunteer for at least one of them • Investigate organizations that help preserve and protect indigenous cultures and support them or volunteer for them • Vote • Engage in environmentally conscious policies. During a time period that you choose, buy only things that you truly need. Choose a number of times that each week you will choose to carpool, bicycle, take public transportation or walk instead of driving your own car. Investigate "one earth" methods of transportation, heating, and refrigeration, at home and work • Take a test about your contribution to global carbon dioxide emissions based on your lifestyle and educate yourself about possible changes to your lifestyle • Examine the roles of information technologies in your life • Experiment with establishing a new or different "baseline" in your relationship with food-for instance, fast one day a month, skip lunch one day a week, eat only when you are strongly hungry one day a week, eat no meat one day a week • Read a book about the day-to-day life of a different indigenous culture and consider what it reveals about your culture and its life • Read alternative news sources regularly.

Relationship with the Earth Spend five minutes outside each day • Plant an organic garden • Find a houseplant you like and learn how to nurture it carefully and with awareness. Volunteer with local organizations that clean up the environment • Design, plant, or landscape your yard so that it reflects your appreciation for and awareness of nature • Display pictures or objects from nature that inspire you • Pay attention to the natural measures of time and the movement of the earth and moon • Enroll your neighbors in planting trees in front of the homes on your street • Plan a hike outdoors with your friends, family or some support group • Buy a reusable water bottle • Tell your favorite magazine to use recycled paper • Take public transportation instead of driving • Stop junk mail • Promote local farmers • Make consumption choices that encourage and support good behavior from private industries so they improve their environmental practices • Investigate and get involved in the Fair Trade movement • Investigate local farmer's markets, or other means of using locally-grown food wherever available, and/or using organically-grown food when possible • Remove and safely dispose of toxic cleaning products, paints, carpets, etc. • Read labels on food and household products before purchasing them and purchase biodegradable, toxin-free products • Support your local healthy food store • Reduce your consumption of processed foods • Eliminate spraying of pesticides on lawns, plants and gardens • Learn about energy efficient appliances • Learn about renewable building materials and energy sources (solar, wind, geothermal) • When purchasing furniture find out if it was produced sustainably • Test drive a hybrid car and consider it for your next purchase • Want less