

**What's needed now is a huge groundswell of informed, generative, optimistic people with a commitment to bring about a real transformation, and a stake in creating the future-people in a state that could be called 'Blessed Unrest.'**  
**This is the opportunity of our time.**

For more information and inspiration visit:

[www.bethechange.org.uk](http://www.bethechange.org.uk)  
[www.awakeningthedreamer.org](http://www.awakeningthedreamer.org)

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[www.globalfootprint.org](http://www.globalfootprint.org)  
[wiserearth.org](http://wiserearth.org)

[www.earthcharter.org](http://www.earthcharter.org)  
[www.un.org/millenniumgoals](http://www.un.org/millenniumgoals)

[ellabakercenter.org](http://ellabakercenter.org)  
[www.greenforall.org](http://www.greenforall.org)

[www.kiva.org](http://www.kiva.org)  
[www.nwei.org](http://www.nwei.org)

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[www.brianswimme.org](http://www.brianswimme.org)  
[www.oneearth.org](http://www.oneearth.org)

[www.gapminder.org](http://www.gapminder.org)  
[www.storyofstuff.com](http://www.storyofstuff.com)

[www.globalcommunity.org/flash/wombat.shtml](http://www.globalcommunity.org/flash/wombat.shtml)  
[www.global-mindshift.org](http://www.global-mindshift.org)

# Be The Change

## Staying Awake



## Daily Practices



## The Invitation

Each of us has the opportunity to make new choices in our daily lives, to create new practices that we take on each and every day. Our invitation is for you to design practices for yourself that have you be 'in action' consistent with creating a sustainable, fulfilling and just human presence on Earth as the guiding principle of our time.

The name of the game is: engage.

Small steps are good. Big steps are good.

Have it be a practice that delights, satisfies and inspires you.

You might like to include some of the aspects listed below: Keep in mind these practices are meant to create an opening in our habitual way of going through life. These are guidelines, beacon lights, not sledgehammers. Compassion begins at home. When you notice you have gone to sleep, let go of the self-judgment, awaken, and renew your practice. Find partner(s) to support you in your practice.

And of course, have a great time with this!

## Relationship with Self: Spiritual Fulfillment

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### Practice Ideas:

Designate a regular daily practice such as meditation, prayer or yoga • Investigate and watch for examples of interconnectedness everywhere • Consider and pay attention to dreams, daydreams and visions as possible messages from other dimensions or reality - let the wisdom of the Earth speak through you • Change your conversations to be of possibility and inspiration to others • Be compassionate and forgiving with yourself • As a radical act: want less, buy less, use less • Consciously read, listen, watch and engage with things that inspire you to Change the Dream • 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 3 things that you are grateful for • Do nothing for one minute • Build a fort with blankets • Remember to play • Don't answer the phone • Investigate a Shamanic practice • Write an answer to the question: " What is the purpose of my life?" • Watch or read something that inspires you everyday • Create spaces for authentic rituals in your life such as giving thanks for a new day • Don't read your mail for one day • Smile at yourself in the mirror • Take care about what you put in your mind and heart • Turn off your TV • Dream with friends • Smile as you walk down the street.

## Relationship with the Earth: Environmental/Sustainability

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### Practice Ideas:

Only purchase items whose packaging, ingredients and production are sustainable • Spend some moments of awareness in Nature each day • Identify habits in your life that are unsustainable for you or for the Earth and change them • Take reusable canvas bags when you shop • Reduce, Reuse, Recycle • 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 • Display pictures and objects that inspire you • Plan a hike with friends or family • Buy a reusable water bottle • Tell your favorite magazine to use recycled paper • Take public transportation, start car pooling, bike, or walk • Stop junk mail • Support local farmers • Learn about plants and animals native to your community • Buy Fair Trade products • Reduce your consumption of processed food • Turn off lights when not in use • Learn about energy efficient appliances • Learn about renewable building resources and energy • Want less • Engage in environmentally conscious practices • Eat less and eat responsibly • Plant a tree or a garden • Clean up a beach, track, field, path or roadway • Pay attention to the natural cycles of the moon, sun, stars, plants and animals • Identify a local pro-environment ordinance or regulation that is being considered and actively support it • Reduce or eliminate consumption of meat.

## Relationship with Others: Community & Social Justice

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### Practice Ideas:

Get involved with an organization working to achieve social justice • Initiate conversations about being a sustainable and just human presence on the planet • Go online and investigate some "Civil Society" groups or initiatives and join one • Investigate local community issues • Buy only what you need for a certain period of time - invite others to participate • Join a church or group with people from another culture to listen and learn • Notice when society relates to you as a consumer • Loan money to a third world entrepreneur • Educate yourself about oppression vs privilege • Learn a language • Invite neighbors for a pot-luck dinner • Involve your neighbors in a community activity you can do together • Investigate organizations that help preserve indigenous cultures and support or volunteer for them • Vote for politicians who promote social justice • Read a book about an indigenous culture and consider what it reveals about your own life • Regularly read alternative news sources that present the world as other cultures see it • Volunteer at your local elementary school • Mentor a child from another social or racial community • Volunteer to help the homeless • Read books about social justice movements that succeeded and reflect on what that means to you • Stay connected with those you have met at the Symposium.