

PART B ADDITIONAL EXERCISES & MATERIAL

UK REV 1 – US VERSION REFORMATTED BUT OTHERWISE UNEDITED

(THERE MAY BE FURTHER UK EDITS IN DUE COURSE!)

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CHANGES IN V-2

FUNCTIONAL CHANGES

There is approximately 30% new material in V-2. Some “old favorites” have been removed to make room for the new. For your reference a comparison list of the speakers in V-1/V-2 can be found at the beginning of the “Brief Biographies” section in the V-2 Manual **Appendix**.

“Where Do We Go From Here” has been substantially changed, and a new, optional “Getting into Action” section has been added. “Where Do We Go From Here?” now focuses on personal stand and *committing* to actions. Meeting for networking in local groups and community is now part of the *Getting into Action* (GIA) section which comes *after* the Hope video and closing ritual. GIA is meant to be framed like a Question and Answer segment that follows a compelling movie or lecture—interested people stay for the most part. Presenters have the option of determining, when communicating the length of their Symposiums, whether to include the 20-30 minute Getting into Action meeting as part of the Symposium or as an add-on at the end.

MANUAL CHANGES

You’ll notice there are **headers or descriptions, in bold** for each paragraph the Presenter delivers. This serves several functions: it lets a Presenter just glance over the page and see what the major communications are, so that they could be paraphrased if desired; it makes it easier for Presenters to refer to sections they are dividing up between them in planning Symposiums; and it makes it possible to key the “Notes for Presenters” in the Appendix to the appropriate section and paragraph of the manual, rather than having to key them to the pagination, which often changes on different printers. Additionally, tiny numbers identify each paragraph (w.7).

NUMBERING CHANGES

1. **The sections of the manual and videos have been renumbered to correspond with the Four Questions around which the Symposium is oriented.** For seasoned Facilitators it may take a little time to get used to the new numbering (eg. “What’s Possible for the Future?” is no longer Section 5; it is Section 3. This may be disorienting at first. Get used to it!).
2. **The chart below illustrates the changes:**

Current	Previous
V-2	V-1
W. Welcome	I.
I. Where Are We?	II.
II. How Did We Get Here?	III.
NS. A New Story	IV.
III. What’s Possible for the Future?	V.
IV. Where Do Go From Here?	VI.
C. Close	VII.
GIA Getting Into Action	n/a

3. The AV outline (and DVD menu) has also been renumbered this way, with the exception of the video modules themselves. They have retained their original designations (Modules 1-7B) to keep the video team sane. Look over the manual and it should all become clear.

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PREPARATION TO LEAD

With an enhanced emphasis on empowering people to get into action in V-2 there is additional preparation called for in preparing for your Symposium to empower participants in being *change agents in blessed unrest*. Before you start leading V-2, it would be good to reflect on your own sense of yourself as a ‘change agent.’ What goals or outcomes have motivated you to become a Symposium Facilitator, communicating the necessity and opportunity for change? What is *your* purpose? What role do you see yourself playing in the global awakening? Toward what solutions are you personally oriented? Being grounded in those answers will be a powerful place to lead from.

Then, read through the Manual (Part A) familiarizing yourself with the new Getting into Action section, and then, with your team, do the following preparation to maximize effectiveness, prior to your Symposium:

1. Identify the particular community you are delivering to and your *strategic intent* for *this* Symposium. What do you intend to have happen as a result of this Symposium? Consider these possibilities:
 - Is this a *group of people living locally* who could create a project or structure or way of continuing to meet and could take on making something happen in locally? Who can you invite from the community to speak during Getting into Action?
 - Are you leading the Symposium inside an already *established constituency*, such as a church, school, or corporation or business, where people will continue to be in touch with one another? What does the person who hosted this Symposium want to see happen after the Symposium? How can you organize or frame Section IV (Where Do We Go from Here? and/or Getting into Action) so the group gets into momentum on projects? (Check out Victor Bremson’s article on working with churches in the Appendix of this manual.)
 - Is this an *interest-group* Symposium, taking place as part of a conference or gathering of people who are already share a commitment in a particular area? Meet with event organizers in advance to brainstorm what could come out of this Symposium that moves it all forward, and a way that people could stay in touch to carry bring forth and carry out projects.
 - Is this Symposium an element in the implementation of a larger ‘change the dream’ project that you and your fellow- Facilitators have created or are participating in? If so, with your team create a set of intended results that are specific to this Symposium.
 - **Beginning mid-February 2010 always check the www.fouryearsgo.org website to see local groups, actions and events in your local community or area of interest.**

2. Whenever you deliver a Symposium to a local group, have someone on your team (possibly you) research, identify and prepare a *handout listing the local groups and organizations* working in the areas of the environment, social justice, and spiritual fulfillment. Include contact information that makes it easy for participants to know how to get involved. (Check out Sarah Martin’s sample handout, below.) Investigate for yourself post-Symposium networking possibilities that you may be able to steer participants towards. (Note: samples handouts that Facilitators have created are posted online on the Facilitator Network www.atdnet.org).

Elements to consider in creating your handout:

- List local organizations, including brief description and contact information
 - List national and international initiatives, including brief description and contact information
 - List websites and sources directing toward things people can do (eg. 10 things you can do, etc.)
 - List and provide links to ATD and New Dream Next Steps websites, including description
 - List videos, films, books to support learning and forming groups
 - Include some of your favorite quotations from the Symposium or other related poetry
 - Include local ATD contact information and space to write in date of next Symposium and/or Facilitator Training
 - For even higher impact, have representatives from the organizations be present, and have the getting into action section organized around empowering their work
3. Investigate for yourself *post-Symposium engagement and networking* possibilities that you may be able to steer participants towards. Among the rich possibilities available different Facilitators have reported enthusiastically about organizing the following groups or leading people towards them: (add paragraph and contact info for each)
- Transition Town groups (<http://www.transitiontowns.org>)
 - Be the Change Circles (<http://www.bethechangeearthalliance.org>)
 - What's Your Tree groups (<http://www.whatsyourtree.org>)
 - Northwest Institute Study groups (<http://www.nwei.org>)
 - No Impact Project (<http://noimpactproject.org>)
 - *Four Years. Go.* (<http://www.Four.years.Go.org>) [After February 2010]

Always check the Facilitator Network and the Awakening the Dreamer wiki (wiki.awakeningthedreamer.org) for the latest news on the allies and connections that other Facilitators are finding useful.

4. If you are delivering to an interest group or constituency, there is a good possibility that other Facilitators have may have experience with that constituency already. Look to the Facilitator Network (www.atdnet.org) for groups and discussions that could give you insight about how to most effectively approach this constituency or interest group.
5. In addition to directing participants to go to www.newdreamnextsteps.org to register their interest in participating with Awakening the Dreamer and to offer feedback, encourage people indicate on a “**Pathways to Participation**” type card or on a clipboard that you circulate, their interest in bringing the Symposium to their communities and in being trained to deliver the Symposium. You and your colleagues will want to capture their contact information and be in communication with them directly to support the expansion of your own ATD community and the impact of the Symposium in your community.

Always have a current printout of scheduled Facilitator Trainings (national and international) at the back table as a way to support your intention for the Facilitator community to continue to expand.

“TOGETHER, WE ARE A GENIUS” ADDITIONAL SYMPOSIUM EXERCISES & ACTIVITIES

A collection of Symposium suggestions and wisdom from the greater Facilitator Body. This is a treasure trove of ways Presenters have adapted their Symposiums. The small numbers at the start of each entry direct you to the corresponding paragraph in Part A of the Symposium.

Welcome

W.7 Alternate opening ceremony for a small group

Sit in a large circle, all participants in turn hold a stone and speak their first name, which is repeated by the group, and then speak the phrase “a place on Earth I love is _____ because...” The stone is then passed on to the next person. [ed. Note: could replace this with, “On whose behalf I am here.”]

W.7 Example of opening sacred space that includes the practice of gratitude

Please close your eyes and gently appreciate the deep breath that we take to mark our entering fully into this moment that we are spending with each other, appreciating our bodies and their astonishing wisdom, appreciating the presence of all those in this room who have chosen to spend this day in a common exploration of new possibilities at this unique time in our history.

We respectfully ask the spirits of our ancestors who graced the land centuries ago to join us and support us, and the spirits of our descendants. And we already thank them for their Presence inside of us.

We understand that we do this work not only for ourselves, but for future generations—for the benefit of all children, all species, for all time. [Pause]
Now take a breath ...

W.8 Alternative Ceremonial Opening, Break, and Closing Rituals for Small Symposiums

This replaces the opening of sacred space, and precedes the beginning Eco-Spot—so requires omitting the rainforest sounds, or bringing them into this ritual, in any way you choose. Begin by inviting people to make a big circle around the chairs, not holding hands. Pause just a moment to get settled.

Welcome to the Awakening the Dreamer, Changing the Dream Symposium. The time we have together today will be about looking deeply at where our modern culture is headed, and what we can do about it in a spirit of hopefulness and connection and empowerment.

From the beginning of human culture people have gathered together in circles, perhaps around a fire, or in other sacred places to talk together, to consider how to respond to challenging situations, to arrive at common wisdom, and to celebrate. We are carrying on this tradition today, a tradition that has allowed our species to endure, evolve, to grow. Though we will not be seated in a circle, the circle exists among us because we are creating it now.

“TOGETHER, WE ARE A GENIUS” ADDITIONAL EXERCISES AND ACTIVITIES

So I invite you to take the hands of those standing next to you in recognition of all the circles that have come before and all that will follow. We are linked here today with the past, the future and with each other. No one stands alone. We are in the circle of all people on earth at this moment, together.

We respectfully ask that the spirits of this place, the spirit of the indigenous people that were here before us, the _____ people [Get name of indigenous people from the area], the spirit of the Earth that sustains us, as well as whatever deity or power you may like to call upon, join with us to support and guide our time together today. We have come together today, not only for ourselves, but for the benefit of all children, of all species, for all time.

Though we now let go our hands, the circle remains because we have created it.
[Note: If you use this Ceremonial Circle Beginning, it is advisable to use the Ceremonial Circle Closing as well.]

Ceremonial beginning to lunch break:

Before we eat, let's acknowledge with a moment of silence the beauty and the hard work, commitment and care that brought this food to our meeting today. Let's remember the Earth that gave her nutrients and nurturing waters; the sun's energy; the people who planted the seeds and harvested the vegetables; the people who prepared the meal to help us on our journey today. This will help us cultivate a sense of gratitude, which opens our perception to the gift of life, and the beauty and interconnection around us.

At the closing, reassemble the circle:

Thank everybody and ask people, if so moved, to say out loud one thing they value that they are taking away from the day. At the end give thanks to whatever spirits may have guided us during the day, and ask for their continued support as we all go out from this time together. And say something from the opening circle, such as: Though we now let go our hands, the circle remains unbroken inside ourselves, and in our commitment.

W.8 Alternate Introductions

- If there are fewer than 10 people, have everyone answer all the questions to the whole group
- If there are 10 – 50 people, do only names, where they were born, where they come from
- If the group is larger than 50, do the partner exercise with questions as outlined in the manual

W.8 Additional Introduction Question [UK]

“At this moment in your life, what are you most grateful for?”

W.8 Alternate Introduction Exercise [Kansas City, USA]

One way of looking at our day together is that it is a journey we will go on, and the journey will importantly be shaped by those who share this journey with us. So we want to take a few moments to get to know some of our journey mates, in a unique way. In a moment I'll give you what to say in your introductions; but first I invite you to have some fun with this by trying a different way of introducing yourself: when it's your turn to talk, imagine that what you are saying is a gift you are crafting especially for the people you are speaking with; and when you are listening, imagine that what

“TOGETHER, WE ARE A GENIUS” ADDITIONAL EXERCISES AND ACTIVITIES

is being said to you is a gift especially for you. OK? Just have fun with trying that out. Now here's *what to say*, four things:

- 1) Your name,
- 2) Where you live,
- 3) What brought you here today? and (*with juicy emphasis*),
- 4) What do you LOVE about being alive right now on planet Earth? What makes you come alive? What moves and inspires you?

It may be the way the afternoon sun filters in your living room window, or the sound of your grandchild's voice calling your name, or your favorite spot in the woods...whatever it is, share what is deeply meaningful to you. OK? Everyone clear? (Repeat the four.)

Now find *two or three* others you don't know well and raise your hand if you need another partner or if you need a group. OK, everyone have a group of three or four? You'll each have about one minute; we'll ring the bells when it's time to switch. OK, the person who has the curliest hair begin.

At the end of introductions, I ask, "Let's hear from two or three of you who notice something from this way of introducing yourself that would benefit the group to hear." (I am especially listening for comments coming from *awareness or an "aha!"*) I make sure, if this hasn't yet been expressed to raise my hand up and ask, "Did anyone have an experience of feeling surprised at how quickly you felt comfortable with the others in your group? Did anyone notice that usually the very last thing we let ourselves be known by what is actually what is most important to us? How did that feel?" (etc.) [this focus came from a group in Milwaukee where they said, "I noticed how the most important thing about us is the last thing we usually share," and "how good it feels to be known for what we care the most about."]

Thank you. Please thank your partners and take your seats.

W.8 Additional Introduction exercise [Seattle, WA]

In longer, smallish Symposiums I like to do a version of a Relational Presence exercise as we do Introductions.

W.1 Additional Welcome exercise – Remember a Time [East Coast, USA]

(Before people can enter the space of compassion necessary to feel grief and despair in “Where Are We?” it can help to have experienced a renewed sense that the planet is worth saving. Beginning the Symposium with “Remember a Time” exercise starts it with awe and gratitude.)

This exercise will give you a skill that will allow you to have a bodily felt sense of a *safe* place inside yourself that is always available to you.

We are going to take a few minutes to tune into ourselves, to simply become aware. If you feel comfortable to do so close your eyes. If not just lower your lids and look down. Now notice the chair or the floor supporting you.

Inhale. Notice or imagine the energy coming up through the Earth into your feet and up your spine. Now exhale allowing the energy to gently flow down your spine and your feet. Notice your breathing and any sounds around you. Try to just be present. Focus on your breath coming in and going out. There's nothing to do. If judgments arise just let them be. If thoughts arise let them go by like clouds in the sky and you be the sky! Allow your emotions to go by like clouds. Allow any physical sensations you are aware of to also float by like clouds. You remain the sky.

Now remember a time when you felt peaceful, or filled with awe and wonder. A time when all seemed in its place. When all seemed right for the moment. You might have been in nature. You might have just awoken from a great dream. Or been with a person or a pet you love. A time when you felt safe and like you belonged. [Pause]

Now if you have a time in mind tune into that moment. If you cannot find a time in your memory then it's fine to use your imagination. Create a scene for yourself and tune into that. Feel what it feels like in your body and your breathing to be back in this moment. Bring it here and notice the details of what you feel pervading your thoughts and your body.

Notice how this feels in your body: is there warmth somewhere or spaciousness or tingling? What does it *feel* like to belong or to feel peace? It might be a warmth in your heart. It might be a spaciousness in your chest, or feel like someone has their arms around you like a hug. Keep noticing where in your body do you feel this. Now take a few deep breaths inhaling and exhaling while focusing on these sensations. [Pause]

Now slowly—when you get ready—open your eyes and bring your awareness back to the room. [Pause]

We are going to take a minute to share your experience with someone next to you. So turn to the person next to you and the person with the longest hair will share first. I will let you know when to switch. You don't need to describe the image unless you want to. But I would like you to describe the specifics you noticed in your body when you remembered or imagined feeling safe and belonging.

W.10 One Issue Not Three Group Exercise

In the unlikely event that you have plenty of time, you may want to break the participants into groups of 4-5 to discover and see for themselves the inter-relatedness of environmental sustainability, social justice and spiritual fulfillment. Take several shares from a group spokesperson, if time permits.

I. Where Are We?

1.1 Context

“One of the ways that I personally deal with the seeming paradox of delivering ‘bad news’ at the beginning of an event that is designed mostly to be transformation into a space of real possibility, is that I remind myself that there is no ‘bad news.’ it is only what is so—what is actually the case right now. If there were no tendency to deny these realities there would be no need to work at ‘letting them in.’ I allow this realization to shape the way I ‘be’ throughout this section.”

1.10 What Have We Already Lost? Exercise [Seattle]

Please form into groups of three or four and take a moment to reflect and share with one another what you have already lost.

“We start the exercise by asking people to sit quietly and think about the answer for a few moments before they start their group work. We might salt the conversation with ideas like not being able to swim in the local lake or eat the fish that we catch there. The audience will list scores of items. It is quite profound how this simple exercise

really brings people to the point of getting what is already happening. It is also interesting to note that people will often see how these changes are impacting them personally.”

1.10 Alternate activity to replace Loss Exercise [Colorado]

Please, if you would, lower or close your eyes for a moment, letting what you have just seen in to your heart. Sitting in this quiet, notice how you’re feeling and where you’re feeling. It might be helpful to place your hand any where in your body you are feeling sensations.

Instead of noticing what you are *thinking about* it or *what needs to be done*—there is time later for that—simply allow your self to feel. Stay with that sensing and with your breath as you let your eyes softly open, keeping them downcast. Now, slowly stand up to feel the earth beneath your feet. Keeping your eyes softly focused, staying with your experience, make your way around the room slowly enough to feel each footprint. When the bell rings in few moments you’ll be finding someone to stand with, someone close by (not necessarily someone you know)—the challenge will be to stay inward with your experience while connecting with your partner. We will take a few moments each to share just what you have been sensing and feeling. You may be feeling a mixture of things (for example—I’m feeling deep sorrow and anger at the same or confusion)—just a few authentic words will do.

[Ring bell] Please find a partner. Okay, will one of you please begin. I will let you know with the bell when it’s time to switch.

[Ring bell] Please switch. Thank you.

1.10 Alternate /replacement of Loss Exercise [California]

Please be with yourself and what you are feeling inside. Opening to the pain, the grief is not easy. You may wonder—Why would we expose you to all this devastating news, much of which you possibly have heard before? Why would you, or any of us, choose to let all this in, much less embrace it?

Remember what Brian Swimme asked in the video earlier, “How do we lament the permanent loss of a mode of life? I think that’s beyond most of us—because we haven’t deepened our hearts in a way that would make possible the grief that is wanting to be felt.”

Right now, we can choose to deepen our hearts together in this way. In a way that it becomes a strength, a power to respond. Grief opens us, frees the energy that has been bound, energizes us for new possibilities, as this Rumi poem describes:

“Midwife”

Every midwife knows that not until a mother’s womb softens from the pain of labor will a way unfold and the infant find that opening to be born.

Oh friend!

There is treasure in your heart,

It is heavy with child

Listen

All the awakened ones, like trusted midwives are saying

Welcome this pain

It opens the dark passage of grace.

Now take a couple of deep breaths and feel into the spirit that brought you here today, the spirit that brought us all here today and the spirit that allows us to be the deeply feeling and caring humans that we are. Listen to these words from His Holiness the Dalai Lama:

Spirituality I take to be concerned with those qualities of the human spirit—such as love and compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility, a sense of harmony—which bring happiness to both self and others.

Okay, we have completed this part of our journey. We have a good sense where we are. Thank you for being willing to let it all in so deeply. We are setting the foundation for what comes next. Remember we won't leave you here; we are in process and it's a precious and empowering part of the process to feel so deeply.

1.10 Alternate Loss Exercise

I'm going to ask you, if you would, to please close your eyes once again.

[Presenter: deliver gently and matter-of-factly, without your own emotions at play. Don't rush. Be spacious without being significant.]

Relax and take a deep breath ... [Pause.]

Breathe out. Let go of any tension you may be holding.

I want to invite each of us to become aware of our internal reaction to the profound awareness of what is going on externally, in the world around us.

Please allow yourself to notice what you are feeling... [Pause].

Notice any sensations that you have in your body ... [Pause].

You've just been given a very daunting medical report on the condition of our fellow human family, our beautiful home, the Earth, and our companions, the others species who share this special place with us ... [Pause].

What feelings does this bring up in you? ... [Pause].

There is no right or wrong, just open your heart and let whatever comes up, come up [Long Pause].

In a moment, I am going to ask you to open your eyes. As you do, please keep in mind that the whole point of opening and deepening our hearts and paying attention to what's happening is so that we can respond powerfully and authentically and create the world we want.

Okay, thank you. Please take a breath, and open your eyes and return to this room.

A/B Share: Please silently turn to a partner, if you're willing. Just turn to somebody.

1.10 Loss Exercise for Conservative Group

“It's a challenge in a public setting to get people to feel so quickly. It needs a bit more time and more support for accessing emotions. A few thoughts to help with this:

- * Begin simply by having people feel and soften into their heart

- * Have some beautiful, soft music playing

- * The best way I know to have people feel is to have them picture the face of someone they love. You might consider having them imagine such a person, see their face in front of them, and allow their connection with this person to help them access their heart—it happens naturally and powerfully. Then invite people to tell this person they love what they are feeling right now about what they have seen and heard in the Symposium.

- * And/or have people go back to a specific moment(s) in the presentation that had the deepest impact on them. People may numb out on the totality of information, but may have an easier time feeling by focusing on one specific picture.” Symposium advisor

1.13 Breathing and Movement activity [Tal R., California]

Note to Facilitators: By the end of the “Where Are We?” section of the Symposium, participants are going through a variety of responses and reactions to the material.

Among these may be: rage, numbness, sadness, helplessness, hopelessness, guilt,

“TOGETHER, WE ARE A GENIUS” ADDITIONAL EXERCISES AND ACTIVITIES

shame, anger, frustration, shutdown, paralysis, panic, grief, emptiness, and a whole host of associated feelings and emotions. And this is perfectly natural and understandable—as Joanna Macy says in V-2, "This is totally normal." In fact, it is by going deeper into these feelings that participants can find the inspiration and strength to embody the change they wish to see in the world.

To that end, here is a simple somatic exercise to help participants engage with the feelings they are having. Please read it through carefully and try it for yourself before offering it to participants. Make sure it feels good to you, and modify as you see fit so it resonates for you in the moment you offer it.

Facilitator instructions:

Dim the lights or keep them off so that participants can stay somewhat internal after seeing the three sections of *Where Are We*. Some light is good, but not so bright that it takes people out of themselves.

“I’d like to invite you all to put down anything you may be holding, push your chairs back, and stand up where you are. Take a few moments to let whatever energies are moving through you move you, quite literally—perhaps you’d like to shake your arms and legs, hop up and down a little bit, massage your head or heart or belly or legs or arms or anywhere you feel called...[Give some time here.]

[Optional: Let’s all take our hands to the space below our collarbones on either side of the ribcage, and see if you can find a spot on either side that is a little more tender. That’s a good spot to gently massage now as you breathe, giving those spots some attention and letting your breathe move in there.]

Let’s all take a few deep breaths in together and let out a loud sigh as we exhale—just let your breath out fully with as much sound as feels good to you—don’t hold back—just let it go. Inhale.....and....AHHHHH....exhale....two more times....Inhale...and exhale... AHHHH!.....Inhale...and exhale....AHHHH! Good!

Now, doing any last shaking or shimmying or jiggling you feel you need to do, begin to settle down: feel your feet solidly on the ground, ensuring that your feet are at least hip-width apart for stability. Bend your knees just slightly so you can feel the ground a little more fully. Let your hands rest at your sides, and simply allow yourself to feel whatever it is you are feeling right now...if you want to draw your hands to a certain part of your body, whether that’s your belly or your heart or your head, please do. And then simply draw your attention to your breath for a few moments...inhaling...and exhaling...notice any change in your body as you breathe. Try not to change your breath to become how you think it 'should' be. Simply let it be what it is, just as you are letting whatever feelings you are having be what they are. How do your feelings manifest in your body...allow these feelings to actually shape your body...don’t be afraid to exaggerate...simply allow yourself to be shaped by whatever feeling is most present for you.

Now, staying aware of your inhale and exhale, begin to feel into how each inhale is, quite literally, an 'inspiration', you are getting filled up with life force by the universe. And each exhale is a gift from you back to the universe, the universe is inhaling your exhale. And when the universe exhales, that’s your inhale. You could even imagine that first breath when you were born as the universe breathing life into you...Feel into that for a moment.

Now, I invite you to use your hands and arms to reach out at the beginning of the inhale and draw your arms towards you as you breathe in, feeling how you literally

need the breath, you might even say to yourself, as you inhale, "I need." And with each exhale, which is your offering back to the world, feel how you are giving back, and you may say, "I give." Continue to do this for several breaths, drawing your arms towards you as you breathe in, feeling, "I need", and then extending your arms outward as you exhale, feeling, "I give." I give, I need. I need, I give. Feel into what it is you need right now, and what it is you are giving. Feeling into whatever it is you are feeling, notice that even if that feeling seems static, it is part of a larger flow, part of a larger movement of unfolding and enfolding that has been taking place since long, long ago. So, whatever it is you feel like you need to feel into and acknowledge your feeling state right now, know that it is out there and you can take it in on your inhale. And whatever it is that you would like to offer to the world on your exhale, know that you offer it forth and give it freely.

Continue in this way for the next few breaths, and you can allow your hands to extend in all directions—up to the skies, down the earth, to your sides, anywhere you feel moved. Simply give and offer up, and also receive with your breath.

[Give participants some time to breathe and move in this way]

I'd like to invite you all to lift you gaze and your arms up toward the sky and become as receptive as you can to whatever it is you need...open yourself up and inhale whatever it is you are needing right now...take this in with you hands and bring your hands to your heart, allowing this energy and this life-force to stream through you, to nourish you, to heal you. And know that with every exhale you are sharing this essential life-force with everyone else in the room, and all the other beings on this planet.

Take a moment to stand now and breathe and feel, and when you are feeling ready, please take your seats again and we will continue.”

1.18 Justice Exercise

Let's begin by looking at the idea of justice.

Please organize yourselves into groups of 4-5 people. [Help groups form; make sure no one is left 'observing' the process.]

As a group, please come up with two or three elements of a **socially just** world. Please have one person serve as a scribe who will capture the group's findings. You'll have five minutes for this discussion; we'll ring the bell when you have one minute remaining.

Group Shares

[Ring bell after four minutes and then at five]

[Take one example from each group, write on flipchart]

Thank you. Now please turn your attention to the screen to see what others have to say about social justice.

II. How Did We Get Here?

2.1 Optional at start of How Did We Get Here? [Texas]

We're ready to look at the next question: How Did We Get Here? Before we start the next video I want to share the definition of a word that tripped me up the first time I saw this. The word is cosmology, which is the quantitative study of the universe in its totality, and by extension, humanity's place in it. It's the study of the large-scale structure of the universe and is concerned with fundamental questions about its formation and evolution. A cosmologist is one who studies these topics.

2.5 **Alternative Unexamined Assumptions Exercise** [Colorado]

- 1) Have them articulate all the assumptions they heard in the video— Facilitator writes on large paper taped to wall
- 2) Have them get into groups of four at least, and come up with and scribe assumptions from their own lives. Facilitator writes on paper on wall leaving room underneath each one
- 3) Then, the same group examines three aspects of a couple of their personal assumptions, addressing the question: What is the result of this assumption on environmental sustainability, social justice, and spiritual life?
- 4) Taking group shares, write up on board under ones already up there
- 5) Notice patterns on the board, especially circling the spiritual “results” to get at the primary underlying inaccurate world view: separation = isolation

2.7 **Additional “One Issue, not Three” Exercise** [Texas]

“In section How Did We Get Here, I draw a large triangle on the whiteboard or flipchart with one of the three themes in each corner. During Section II, I ask people to share the names of groups they knew of in our local area that are working on any one, or preferably two or three of the issues, and to tell us which one/two/three of the areas they address. I then place the name between whichever points are appropriate. Then I ask everyone to think about the organizations *they work with* and see if they are firmly rooted in one area or more than one, and to see if it would be possible to expand the scope/strategy/mission of the organization to incorporate all three aspects.”

2.7 **“Upstream/downstream” Exercise**

If this is a break activity, ask the participants to form themselves into informal groups during the break and to choose something in someone’s purse or pocket—any object will do—and to have a conversation to identify, first, what is the likely future of the object, and second, what was involved in creating it in the first place. Encourage as much specificity as possible both "upstream" and "downstream."

A New Story

NS.1 **Set up** [California]

Set up the universe story piece by acknowledging the diversity of cosmologies people may have, and by asking attendees to view the video in the way that best aligns with their belief system.

NS.1 **Alternate Transition from Unexamined Assumptions** [Missouri]

“Welcome back from your break. Let's hear from a couple of people who did the Upstream/Downstream exercise on break. What did you notice? What did you discover?

[Take shares]

Now, let's look at how those examples tie in to the last exercise we did exploring unexamined assumptions and their consequences...

[Make a summary comment that ties it all together, like: Are you seeing how much of the "mess" we are in comes from our unexamined assumptions? And can you see how bringing the assumptions and their consequences to light, then applying some creativity to shifting those assumptions, how that could actually produce different

“TOGETHER, WE ARE A GENIUS” ADDITIONAL EXERCISES AND ACTIVITIES

results? Have example on hand: e.g. Rachel Carson bringing to light the unintended consequences of synthetic pesticide—once people came to agree on the hidden impacts, we began to change laws and practices to create different results. Notice that it took effort and attention and time.]

Now that we see the link between unexamined assumptions and unintended consequences, we can begin to see new possibilities for our future. So we're transitioning in our day to look at, "What is Possible for the Future?" The first step is to look at what is already emerging, so we begin with what is already shifting regarding that fundamental assumption that everything is separate.”

NS.3 Alternative to the Milling Exercise [Mexico]

When it is too cold and there is no physical space to do Milling, I have people close their eyes and imagine it, feeling it in their body, then do the paired sharing. Not as good as the real thing, but it worked.

NS.3 Additional to the Milling Exercise

Intention: To experience in the body and mind the modern worldview and possibility of a shift from isolation to connectedness.

Sharing in pairs afterwards:

- 1) When I see social injustice, and lack of fulfillment in people, and when I see all the destruction—what do I feel?
- 2) The ways I handle these feelings:
- 3) We have sat with difficult feelings about the planet. Now I ask you to sit with the beauty, the joy, the interconnectedness of it. Take it in, the bird song. Sit in appreciation, in gratitude, in the wonder, the reverence, the mystery, the awe...

NS.3 Additional exercise - Connecting with the Universe [Colorado]

[This presupposes using the Milling exercise at another point in the Symposium. Optimal to take a (lunch) break after this exercise.]

Take several long breaths. As you breathe in, realize that in the air you are breathing you are receiving a contribution from every single plant on the entire planet. Every blade of grass, every tree, all the bacteria in the ocean, every leaf. Every one has contributed something to that breath that you are now holding in your lungs. Not only are you breathing air given by all of the plants on the planet, but you are taking in air from all of the beings that have ever lived since the beginning of life itself. It is all there as you hold it in your lungs.

When you breathe back out, realize you are giving a gift back to all of the plants on the planet, and all of the animals that are alive. Your gift will not only be received by all those living now, but by all life that will ever live on this Earth. It is a constant cycle of gratitude and giving. Gratitude from the receiving from all that has ever come before you, and is in you now, and giving in that you will be felt in all future life that will ever exist. And all the while of breathing in and out you are loved, and you are held closely to everything else. This has been and is happening always, at every moment of your life. (Optional: And all this time, you are being held by everyone and everything on this planet.)

Take a few moments to continue breathing, and when you are ready please open your eyes and return to the room.

III. What's Possible For the Future?

3.3 After sharing from “What you have noticed is emerging” Exercise [UK]

“In the What's Possible bit, we've added in a bit where we capture all the things happening locally that people in the room are involved in/know about/approve of, and put them on a flipchart and then send it round to everyone afterwards.”

3.5 Alternate visioning [East Coast, USA]

Imagine the world XX years into the future...if we all succeed at accomplishing everything we're setting out to do, beyond our own expectations, what do you see? ...[Give prompts perhaps like “Where do you live?” “How are people interacting?” “Where is our food coming from?” “How do we transport ourselves?” “What's our relationship with the natural world?” etc.]

Now, you pick up a newspaper, and you see on the front page, an article that's explaining what you and your friends and peers did over the past XX years to bring the world to this place. What is the headline? What does the article report? They actually interview people, and ask them, 'What did you do to bring about all these changes?' Now, you read what they say...what did they do? What did you do?

3.5 Alternate visioning [East Coast, USA, Joanna Macy-inspired]

By the power of our imagination, let's move forward through time—100 [or insert other number] years. We can make the sound of time passing swiftly. Now we've arrived at [Give date and year in the future].

See yourself having come back into the world, sitting in a circle with your great great-grandchildren, on an open field of lush green grass. The morning air is fresh, the sky overhead a bright blue. Close by you hear a melodious stream gurgling through the cool, green forest. Don't worry about figuring out how the world has changed. Just know that the major crises that threatened life on Earth have been averted, the weapons have been dismantled, as have the technologies and institutions that polluted and decimated life. We have a human presence on the planet is environmentally sustainable... spiritually fulfilling... and socially just.

As you sit, you see approaching you a child of about eight or nine. She's eager and timid, for she has heard in songs and stories what you and your friends did back then to save the world from disaster. You listen to the questions she wants to ask you. The first is this: “Is it true what they say about life back then? Were there really millions and millions of sick and hungry people? And pollution that threatened the very existence of human civilization? Could that be so?” She clearly finds it hard to believe. Listen now, as you answer her...

[Allow enough time for participants to imagine their response.]

Now she asks you a second question. “What was it like for you to live in a world like that? Weren't you sad and scared all the time?” Hear your own reply...

[Allow enough time for participants to imagine their response.]

The child listens carefully; there is one more thing she wants to ask. “Where did you and your friends find the strength to do what you did? How did you keep on going?” Hear within yourself how you answer her now...

[Allow enough time for participants to imagine their response.]

The child is ready now to go back to her friends. As she starts to run off, she turns back, looks up at you, and says, “Thank you.”

You watch her go. Now it is time to return to 2010. We go back now to that period when there was still so much to be done, though the Great Turning had already begun and may have been further along than we thought. So let's make sounds of time flowing backwards... until... here we are again, back in [present place and time].

3.5 Alternate Visioning Exercises

Visioning Exercise A (Emphasis: wisdom from others):

Please lower or close your eyes ... and allow yourself to go out into the future 50 or 75 years. See yourself having come back into the world ... Look around ... and notice that it's all working. An environmentally sustainable, spiritually fulfilling and socially just human presence has come to be. Everywhere you look you see evidence of it ... Gaze around, let it in ... Now find someone, some being—maybe an elder or even your own great-grandchild, who can tell you what happened. What were the hurdles ... the milestones ... the unexpected events that turned the situation around? [Long Pause]

In a moment I'm going to ask you to open your eyes. And as you do please take a deep breath and just notice what's there for you in the moment.

Okay, thank you. Please take a breath and then open your eyes and return to this room.

Visioning Exercise B (Emphasis: pure vision):

I'm going to ask you, if you would, to lower or close your eyes again. [Pause]

Please see before you an image of our blue and green planet Earth spinning in space.

See and feel the air moving... clear and fresh.

Look at the oceans and rivers ... clean, cool and life-giving. [Pause]

And as you look at this precious planet we call home, see if you can sense an invisible web of interconnectedness and interdependence. [Pause]

Now, come in closer and sense and feel how everything is pulsating... vibrantly alive. All plant and all animal species thriving and evolving in creative, dynamic balance [Pause]

And now notice the people on Earth...living in peace and harmony.

All citizens are vital, valued and equally appreciated for their unique contribution. [Pause]

Now see the children: They're loved and cared for. They know that they're important and that they matter. Their magnificent voices are heard, and they inspire all with their wonder and joy. [Pause]

All of life is full of boundless exploration, purpose, interconnection and joy. [Pause]

See if you can let your heart deepen and open to the simple glory of it all. [Long Pause]

In a moment I'm going to ask you to open your eyes. And as you do, please take a deep breath and just notice what's there for you in the moment.

OK, thank you. Please take a breath and then open your eyes and return to this room.

IV. Where Do We Go From Here?

4.5 Additional Exercise: Needs vs. Wants [California]

Please take out a piece of paper and fold it or draw a line down the middle.

At the top of left side of the paper write the word: Need. At the top of the right side please write the word Want. Please take a few moments to fill in both columns.

Share in groups of four afterward.

4.13 Personal Reflection + Commitment [Colorado]

Take a moment to reflect silently. Remember a time when you started something—something you helped begin out of a passion you had, and how you helped make something better over time. Contemplate a time in the past when you were part of some group or some seed of an idea that really did make a difference in the physical world over time. Now see how this happened just like Imaginal cells + cooperating in colonies, small groups gathering to give birth and nurture new ideas and ways of doing and being in our world. People can then share some of these examples in the large group. Notice how, right now, this group is a clumping of Imaginal cells. We are part of forming a radical new response. Share other Imaginal cell projects and initiatives in which you currently participate.

4.13 Handout or Conversation: Questions to leave the Symposium with [California + UK]

- *After the Symposium, now what?*
- What does a society look like that has a commitment to the health and sustainability of its community rather than to economic growth?
- *What if...* We are in the midst of a crisis of imagination?
- And *What if...* What hurts us most is our disconnection—from each other—from nature—and from our own true nature—our creativity?
- And *What if...* We—as creative Facilitators—hold the key to reconnecting people with what it is they most need at this time?

4.13 Daily Reflection [California]

- Do my actions, thoughts and conversations contribute to a sustainable human presence – one that is just for the whole Earth community, and cultivates a deep spiritual satisfaction for me and everybody else?
- What am I called to do that is uniquely mine?
- How can I change my lifestyle to decrease my carbon footprint?
- What food choices reflect my commitment to sustainability, health, and justice?
- How important is it to me to buy products that do not harm the environment or people?
- What actions will I take to support local, national, and international policies for change?
- What groups or organizations do I want to support and participate with?
- How can my conversations assist others in joining the movement for change?
- How can I remain open to spiritual guidance in navigating the future?
- How can I contribute to harmony in my home, work, and community?

4.10 “Snapshot” Process

I’m going to ask you to take a look at your own life over the last decade and notice the progress in your own life. For me, for example, 10 yrs ago it was unthinkable that I would be ... [Presenter: provide personal example.]

So please take a mental snapshot of yourself ten years ago on [Today’s date] or thereabouts.

See if you can remember what your priorities were. What were your concerns? What was your focus then? Who were you listening to? [Pause]

Now take another little snapshot of you this morning and notice who you’ve become; what’s speaking through you now; what—if we use the image of The Universe Story from earlier—what’s emerging from the cosmos through your heart, your mind, your mouth? Just take a look at that. [Pause] Thank you.

Consider this: Maybe these changes, in our culture and in our individual lives, are not just a serendipitous happenstance of events but rather, they’re the sum effect of the Earth’s immune system kicking in through us. Could it be that you and I are the Earth becoming conscious, and that we’re starting to self-reflect on behalf of all species?

4.10 Global Citizen Exercise

Please find a partner nearby and turn to face each other.

Please look at the eyes of the person across from you.

I’m going to read a few statements, and I’d like you to just reflect on what I’m saying while you look at your partner:

You’re looking at a person who is a “Global Citizen,” not just a consumer.

- Someone who stands for the global commons (those wonders upon which all of life depends and which belong to no one: the waters, the air, the animals)
- Someone who stands for all children of all species, for all time
- Someone who sees the world as a you and me world, and other human beings vital and vibrant partners with whom to connect and create a new future
- Someone who has separated her/himself enough from the “dream of the modern world” to be able to see and distinguish it, and to live life mindfully, more and more outside of its thrall
- Someone who sees life as a wondrous gift, and who treasures the beauty and wonder of the Earth’s diversity
- Someone for whom these words of George Bernard Shaw resonate:
- “This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no brief candle to me; it is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

You are looking at a person who is just like YOU.

Please thank your partner, and turn back this way.

MISCELLANEOUS IDEAS:

“We are all born at this time with a calling that is waiting for us. Reflecting on the age-old question ‘Who Am I?’ has never been more important than at this moment.”

“People today are seeking meaning in their lives amidst the world turmoil around them. They want to get more deeply connected, and I talk about this in ‘Where Do We Go From Here?’”

“Summarize frequently what has been covered so far and what follows, all during the Symposium (regardless of length). Whenever possible, continually make links to the particular culture of the participants.”

“Have lots of movement breaks throughout the Symposium.”

Alternate room set up [Seattle, Washington]

Have chairs set into groups or at tables at the start of the Symposium and use the sharing groups throughout the Symposium.

In a moment we will open our eyes, and, sitting at your tables, take a moment to share with your circle what came up for you. Again, keep it brief so everyone has an opportunity to share their feelings and perceptions.

Thank everyone (at your table) whether they shared or not. We are all sharing this journey together and it’s challenging. So let that somehow be acknowledged too.

Feeling, breathing exercise [California]

Let’s take a moment to be still. Please lower or close your eyes. Feel your feet being supported by the floor...your rear end supported by the chair. Now turn your attention to your breathing. Follow your breath in....and out. You do not need to alter or control it in any way. Just bring your awareness to your breath as it flows in and out, and pay attention to where you are most clearly aware of it in your body. Your abdomen? Your chest? Your nose? Just place your awareness on your breath.

[Pause a minute or so.]

When you are ready, gently open your eyes. Thank you.

Ancestors & Descendants Process (adapted from Joanna Macy Exercise)

[Soft music, or outside]

Stand, close eyes, face North.

Imagine your parents looking at you, behind them your grandparents, and theirs, all the way back, all looking at you.

You are the fulfillment of their hopes and their dreams, the carrier of the lineage.

You are bringing to fruition things they couldn’t have imagined; you are living at a time when humans have the opportunity to change the direction of the future...

Sway (to the music) as they acknowledge you and thank you for bringing to fruition what they couldn’t do in their lifetimes.

[Music still, eyes closed]

Please turn 180 degrees, toward South.

See in front of you your children or the children you love, and behind them their children and children’s children, off into the future.

As you look into their faces, as they look at you, let your body sway and listen as they thank you for the life you led, as they appreciate you for the way you live that makes their life possible, for completing expressions of humanity that were not longer

useful, so they didn't need to do that work.

“Forgiveness Across Generations” Exercise [Zo Tobi, East Coast, USA] [\[\] get better description](#)

“Forgiveness is an emotional space we have to guide people through in order for them to be really effective in Where Do We Go From Here... In this exercise I stress that every generation and every person does the best they can, with what they know and what they have.”

1. Find a partner, and through the power of imagination, start by forgiving your ancestors for having inadvertently gotten us into the crisis we're in.
2. Then go on to ask forgiveness of future generations for not leaving them the world they deserve.
3. Finally close eyes and forgive yourself and your generation.

Getting Into Action

No suggestions yet, since this is a brand new section.

WISDOM FROM AND TO FACILITATORS

Dave Ergo - On Spheres of Change

Al Gore eluded to this idea of spheres of change his acceptance speech for the Nobel Prize. In it, he said, “We must abandon the conceit that individual, isolated, private actions are the answer. They can and do help. But they will not take us far enough without collective action.”

What this means is this: if we’re talking about reducing greenhouse gasses, I, as an *individual* can ride a bike. My *family* can drive less for daily trips and forego air travel for vacations. My *community* can create bike lanes. All of these are important, but if we’re looking at ultimately *changing_the_system* that creates greenhouse gasses, the change has to go even further. It has also to happen on the *institutional* scale (i.e. the government implements a carbon tax, bans the emissions of CO₂ from coal-fired electrical plants, etc.) as well as on a “*social norms*” scale (“Of course you ride your bike to run errands; of course you take public transit... that’s just what people do!”).

It’s not to say that everyone should be lobbying for policy change, but to look for opportunities for change with these spheres in mind, knowing that change needs to happen across the entire spectrum. The task here is to find where your passions, your joys, what calls to your heart intersects with what needs to be done in the world on the personal, family, community, and institutional scales.

Jon Love [Awakening the Dreamer director]:

Changing the dream requires having conversations that question what we used to think was important and what would work out for everyone and asking: What does it really mean to turn out well?

These are the key questions: How and where is the Great Turning turning in *me*?

What do I really care about? What is my life, our lives directed toward? The Symposium gives the opportunity to peel away enough of the programming that has gone into having human beings generate economic value as the central value in life, so that we actually have the space to look at what is important in life. It’s not so much: what do we need to *do* now, but rather, who do we need to *be*?

Jon Love - On what gives you hope? (in view of hard facts of climate change):

Paul Hawken said pretty much the same thing that Sharon Begley (Newsweek) says, in a meeting we had a couple of weeks ago. I’ve recognized this scenario since about 1998. There is no known alternative to fossil carbons to feed the energy addiction that our society has developed.

The key element in all of this is how much energy will be "needed." Of course there is enough energy arriving every moment from the sun to fuel the biological miracle of life on earth. The question is what 'niche' do humans occupy in the communion of beings that comprise "life on earth." What actually fulfills us as beings, as a species?

If the answer to that is a car in every garage and a closet full of shoes and fresh tomatoes year-round in every climate, and everyone a parent of two or more children and a "growth economy" that feeds surplus capital into an elite class who hold power over the rest... Well, that's a recipe for collapse, it's just that running out of energy is one possible trigger, but it could be any limit that hits hard enough to ripple through this unsustainable system.

If we focus only on one issue at a time, the job looks undoable. Only by stepping

back and seeing the whole can we see a way through: Whole-scale transformation of the entire "system", starting with our beliefs about what it means to be a happy, productive, fulfilled human being living in step with the world around us-- the human world and the ecological world that surrounds the human.

There are no guarantees. But something deep inside of us, coming from life itself is calling for this transformation.

Basically I am saying what is required is changing the dream of the modern world. This is why I do the work I do. This is why you are called to this work. This is what it means to be born for now.

Karl Steyaert - On importance of group activities in the Symposium

“Maximize the experiential and small group work, even while putting in all of the video. That means keeping our Facilitator comments brief but heartfelt, to establish connection and report between ourselves and the audience.”

Noelle Poncelet - On importance of pausing

“...a major way Facilitators can embody the spiritual aspect of the Symposium is to **pause** when there are moments of sacred emotions, understanding, insights, communion, and pausing again and again to mark a special moment lived together.”

Steve Chase - On waiting instead of getting into action

“In my research, it seems clear that Gandhi wanted to organize the Indian people into a mass movement to kick the British imperialists out of their country as soon as possible. He encouraged and fostered spiritual growth in the midst of this movement, of course, but he didn't counsel people to become Hindu or Muslim saints before they took part in the nonviolent Indian liberation movement. He urged people to join the movement now and transform themselves and their country in the process of being active, engaged citizens taking targeted collective action together... Many of us have developed what I call the ‘perfect’ standard: Before we will allow ourselves to take action on an issue, we must be convinced not only that the issue is the world’s most important, but that we have perfect understanding of it, perfect moral consistency in our character, and that we will be able to express our views with perfect eloquence... Whatever the issue, whatever the approach, we never feel we have enough knowledge or standing. If we do speak out, someone might challenge us, might find an error in our thinking or an inconsistency—what they might call hypocrisy—in our lives... One of the biggest problems with this holding back until one reaches the perfect standard is that this approach has never once led to a successful social movement. Time and time again, ordinary people create effective social movements only when they do not wait on sainthood, but just get active--by hook or crook—regardless of whether they feel courageous or fully-embodiment inner peace.”

Victor Bremson - On Facilitators’ spiritual practice

“As Facilitators we should see ourselves as spiritual teachers... we need to be feeling this and becoming role models for change. To do this we need a spiritual practice. To my knowledge there is no other way to accomplish this. Just waking people up is not enough when the clock is ticking quickly. Every major religion in the world started as a *way* to live one’s life. For example this is why Muslims pray five times a day or Jews try to follow all 613 commandments. They needed a practice to help them remember what is most important to them.”

Youth Facilitator (name lost):

“When facilitating just be yourself, don't try to be ‘cool’ and use lingo you think they'll resonate with, just be yourself’. Your authenticity is powerful. Show up as

a leader- gentle, strong, humble, with large presence—and embody joy!/having fun. “

Zo Tobi - On a theory of change

A theory of change is “the single largest omission from the Symposium.” Change comes from people acting within civil societies, politics and commerce.

Joanna Macy identifies these components of change, which she calls elements of the Great Turning:

1. Holding actions (to slow the destruction) These are the many forms of legal, political, legislative, and regulatory activities by which we are slowing down the destruction caused by the industrial growth society.
2. Creation of structural alternatives (eg. community-supported agriculture, alternative economic arrangements, local currencies, etc.) These are the new structures, institutions, agreements, and ways of doing things.
(The way Lynne Twist refers to these is—*hospicing* the death of the old unsustainable structures that are dying anyway and *midwifing* the birth of new, Earth-honoring structures and ways of being.)
3. Spiritual/cognitive shifts in perception. This includes not only finding new ways of thinking, but re-encountering very ancient ones.

What you do on an individual scale *does* matter...and are the first steps towards the deep transition of the Great Turning.

EXERCISES FROM YOUTH SYMPOSIUMS

The following exercises have been used with success in recent Youth Symposiums in the US.

Embracing Our Feelings Exercise

Sometimes those of us who know a lot about the state of our world have become numb to the facts, for a variety of reasons. You might think that is actually quite a reasonable thing to do: avoid feeling upset. Why, you might wonder, would it be better to feel pain or anger than to be numb? While numbness can be a temporary way of protecting ourselves, it keeps us from being present to the basic human emotions – like being happy, sad, angry, afraid, even the feeling of caring. And these emotions are designed to help humans survive. When we allow ourselves to feel and express them, they are ultimately healthy and empowering. Think about the word “emotion,” it actually means energy in motion, so when you allow feelings to move through you, you process and digest them just as your body processes and digests food, leaving you nourished, balanced, and capable of taking effective action. If we choose numbness or apathy then we shut down our whole system and this keeps us from being capable of experiencing joy as well. And keeps us from being motivated to act because we are not feeling the urgency, which is real.

We as a culture too often teach: that feelings can be scary: we could get stuck in them; they are impolite; or they will cause others to be uncomfortable and should be hidden.

The most important thing to know about emotions is that we are designed to experience them like a wave going through our bodies. They will not harm us. We’re asking you, through out this time together you pay attention to how you are feeling and responding to what is being presented. Be aware of where in your body you may be feeling something. So your emotions don’t get stuck, we’re going to be asking you today to share your feelings in different ways and inviting you to be willing to let yourself feel whatever is going on inside you.

Right now, we are going to practice noticing our feelings and “take the pulse” of how each person feels in this moment. So if everyone could think of one or two words that describes your feeling we will go around and have everyone say what that is. [Go around the circle, starting with Facilitators, getting a one-word response to “How I feel right now.”]

After Where Are We? Modules—Modulating Feelings Exercise

[This allows peace to energetically lessen upset. From Peter Levine’s trauma work.]

Please, if you would, lower or close your eyes for a moment. Notice your breath going in, going out. [Pause]

And now just sit quietly, noticing how you are feeling, right now. And where are you feeling this...what part of your body? What are the sensations? [Pause]

Just allow your thoughts to float by like the clouds in the sky.

Now, remember the feeling you had earlier when you felt peaceful and safe. Touch back in to this feeling in your body – breathe into that warmth and spaciousness.

Remember the details of how it felt in your body and allow that feeling to return.

Now allow yourself to tune back in to the feelings that have arisen from watching this part of the video. And allow them to be here. [Pause]

And now, once again, tune into the place of peace in your body.
Begin to notice if you can that going back and forth is like mixing colors on a pallet.
The peacefulness begins to lessen the intensity of the upset.
Now do this in your own time back and forth for a bit. [Pause for about 30 seconds.]

And when you get ready open your eyes and bring your awareness back to the room.
Thank you. Please open your eyes.

Making Sounds Together Exercise

[Get everyone going and stay there until everyone has had enough time to really feel it, then go to snapping fingers, stay, then move to clapping your hands on your thighs, stay there and then make that even louder, then move to stomping feet on the floor and stay there. Then to come out ~ you reverse the order. Feet, thighs, snapping fingers, then rubbing hands. This exercise is so tactile and stimulates all kinds of aspects of the body that it is nice to really take some time with it. Have people take the energy generated and pat or rub their hands on their own body, waking up their body, greeting their body, loving their body.
You could easily carry this into partner work and have people take a partner next to them and rub their shoulders and then switch.]

Let's remember to feel our feelings as we get up and use our bodies. We'll start by rubbing our hands together.

Ok lets begin by snapping fingers,

Now move to clapping your hands on your thighs,

now make that even louder,

now move to stomping feet on the floor!

Now lets reverse the order: keep stomping your feet,

Now slap your thighs,

Start snapping your fingers,

Now begin rubbing your hands.

Thank you,let's take our seats.

JOANNA MACY EXERCISES

Many Facilitators have studied with Joanna Macy and found tremendous synchronicity with her work and *Awakening the Dreamer*. Following are some Joanna Macy exercises that Facilitators suggest can be incorporated into Symposiums, assuming there is sufficient time.

Open Sentences on Gratitude

- Some things I love about being alive on this Earth are...
- A place that was magical for me growing up was...
- A person in my life who helped me believe in myself was...

Open Sentences on Despair (particular for climate issues)

- One consequence of climate change that concerns me is...
- When I think of the world we will leave our children, it looks like...
- When I let what I know about climate change into my heart, I feel...
- Ways I avoid these feelings are...
- Some ways I can use these feelings are...

Open Sentences on Going Forth (particular for climate issues)

- Given that we do not know how much time we have, how do we want to conduct ourselves as humans in the face of this grave danger?
- What is one thing that you would like to talk about regarding global warming that has been neglected so far in public debate?

FROM: VICTOR BREMSON, Seattle Facilitator

There is a danger that we may go straight from denial (it's not a problem, we don't have to do anything) to despair (it's such a big problem, we can't do anything). In what ways is climate change a critical opportunity?

I've made recommendations, by section, for alternative exercises/rituals for the Symposium, based on the work of Joanna Macy from *Coming Back to Life: Practices to Reconnect Our Lives, Our World* by Joanna Macy and Molly Young Brown.

Background

- Joanna Macy is a teacher and author on Buddhist Philosophy, systems theory and deep ecology. She is known for her peace work and for her teachings on how to deal with the pain that we feel from the world, pain that prevents us from acting on its behalf.
- *Coming Back to Life: Practices to Reconnect Our Lives, Our World* is the primary source for the exercises discussed here. Alternative forms of the exercise can be found on the internet. We have edited and shortened these exercises for the purpose of the Symposium timing.
- It is understood that many of these exercises (rituals) can only be done in an extended all-day Symposium or possibly in follow-on trainings.
- Many of these exercises can elicit deep feelings in the participants. A number of Facilitators have been trained in dealing with participants who experience deep feelings when confronted with the kinds of losses dealt with in the Symposium. *We recommend that Facilitators use good judgment in deciding whether or not their personal training has prepared them for offering these exercises.* Joanna Macy routinely offers Facilitator training in her work. <http://www.joannamacy.net/>

I. Where Are We?

“The Truth Mandala” page 101 of *Coming Back to Life*

Suggested Time in Symposium: 30-45 minutes—for about 30 people.

To be used after the videos.

Purpose & Background

This ritual exercise provides a simple, respectful, whole group structure for owning and honoring our pain for the world, and for recognizing its authority and the solidarity it can bring.

Recommended Presentation:

- 1) The powerful Section I videos prepare the participants for this work.
- 2) The Facilitator can suggest before the first video is run that the participants will be seeing two powerful videos with a short reflection period after each one. Upon completion of the second video that the participants will move quietly into ritual space (a circle is recommended).
- 3) The Facilitator will then explain the ritual and call for its beginning.
- 4) The Facilitator will know when the exercise is completed by the feeling of the room and/or by the time restraint.
- 5) The Facilitator completes the ritual by saying, “We have time for one or two more speakers and then when completed.”
- 6) Allowing a few people to share their experience of the ritual can be beneficial.

Description of the Exercise

People sit in a circle. They sit as closely packed as possible for they are, as we often put it, creating a containment vessel - or an alchemical vessel for holding and cooking the truth. The circle they enclose is divided into four quadrants (visible demarcations are not needed), and in each quadrant is placed a symbolic object: a stone, dead leaves, a thick stick, and an empty bowl. Entering each quadrant, the guide holds the object it contains and explains its meaning. Here are some words we use.

“This stone is for fear. It's how our heart feels when we're afraid: tight, contracted, hard. In this quadrant we can speak our fear.”

“These dry leaves represent our sorrow, our grief. There is great sadness within us for what we see happening to our world, our lives, and for what is passing from us, day to day.”

“This stick is for our anger. For there is anger and outrage in us that needs to be spoken for clarity of mind and purpose. This stick is not for hitting with or waving around, but for grasping hard with both hands - it's strong enough for that.”

“And in this fourth quadrant, this empty bowl stands for our sense of deprivation and need, our hunger for what's missing—our emptiness.”

You may wonder where is hope? The very ground of this mandala is hope. If we didn't have hope, we wouldn't be here. And we will see as we proceed, how hope underlies what is expressed in each quadrant.

“We will begin with a moment of silence because this is scared ground. Nothing makes a place more sacred than truth-telling. Then we will step in one at a time, spontaneously. We will take a symbol in our hands and speak, or move from one to another. We may come in more than once or not at all; there is no pressure on us to enter. Even if you stay on the periphery, you will find that, as each person enters the mandala, you are in there with them. We will speak briefly. In brevity, words are powerful.”

Now the guide, entering each quadrant, demonstrates how its symbol can be used for speaking the knowings and feelings we carry. For example, holding the stone of fear:

“I'm scared by the spread of cancer and AIDS. Will my lover be next? Will I? Where can I go from the poisons? They are everywhere, in our air, our water, our food.”

“I feel sorrow for the people of Tibet—and for the loss of all the old indigenous cultures. Now when we most need the wisdom of their ancient traditions, we wipe them out. So I weep for us, too.”

“Oh, the fury I feel for our war on the poor! I can't believe that welfare bill! What will happen to the women, the children? What kind of jobs can they get?”

“I don't know what to do. I recycle, I take the bus, I change my diet, but in truth I don't know what can save us. I am empty of ideas, strategies, confidence.”

Since we are not used to talking like this in public, we need the support of the whole group. After each person has spoken, let us all say, “We hear you.” That's enough. Your agreement or approval is not needed—just your hearing and respect. And let us pause for three breaths in silence between speaking. Maybe there's something you'll want to say that doesn't fit one of these quadrants, so this cushion in the center of the mandala is a place you can stand or sit to give voice to it—be it a song or prayer or story.

In the Truth Mandala we speak not only for ourselves, but for others, too. It is the nature of all ritual that it allows us to speak archetypically—not just as separate individual selves, but on behalf of our people, our Earth. Let the ritual object—stone or leaves or bowl—focus our mind. We don't enter the mandala to perform or explain or report to the rest of us, but to let that object help us voice the truth of our own experience.

Before the ritual's formal start, ask for the group's commitment to confidentiality: "What is said here stays here." Indicate also the duration of time you are giving to the ritual; this helps people be comfortable with the silences that arise. The ritual time begins with your formal dedication of the Truth Mandala to the welfare of all beings and the healing of our world.

End the proceedings with a moment of silence for that which has been unsaid—and all whose voices have been taken from them, or not yet heard.

Trust yourself to sense the moment to draw the ritual to a close. You will read clues in people's body language and the energy of the group, or from utterances that seem to provide an appropriate note to end on. As you prepare to close, tell people, so that those who have been holding back and waiting to speak can seize the chance to do so. We often say: "The Truth Mandala will continue in our lives, but this chapter of it will soon draw to a close. Let who wish to, enter it now and speak."

The formal closing of the Truth Mandala is a key moment, in which to enlarge the group's understanding of what has transpired. First the guide, speaking generally and on behalf of all, honors the truth that each has spoken and the respectful support that each has given. Truth-telling, as Joanna says, is like oxygen: it enlivens us. Without it we grow confused and numb. It is also a homecoming, bringing us back to powerful connection and basic authority.

Then the guide points out the deeper import of each quadrant in the mandala. Each symbolic object is like a coin with two sides; the courage to speak our fear, for example, is evidence of trust. Indicating one object after another, we say in effect: Please notice what you have been expressing and hearing. In hearing fear, you also heard the trust it takes to speak it. The sorrow spoken over the dead leaves was in equal measure love. We only mourn what we deeply care for. "Blessed are they that mourn." Blessed are those who weep for the desecration of life, because in them life still burns clear. And the anger we heard, what does it spring from but passion for justice? The empty bowl is to be honored, too. To be empty means there is space to be filled.

A New Story

"Harvesting the Gift of the Ancestors" page 138 of *Coming Back to Life*
50-60 minutes.

The process consists of a slow walk through time, first backward to the start of the human story, then forwards to return to the present. This can also be done as a seated guided meditation, though participants miss the bodily dimensions of the activity.

Facilitator says, "We are going to start by walking backward through time, part way through we'll stop and move forward. Listen for my verbal cues as we go along.

This is a journey, a physical activity that reminds us of the expanse of time we occupy, our journey as a species, on earth. It helps us remember that the industrial growth society is simply a blip on the grand scale of our experience on earth.

As you walk, keep your eyes half open, to allow you to see enough but also to allow your imagination to give you a different type of vision.

If you bump into another, it's ok, we're not alone on this journey, we're always together, simply find a space to relocate yourself.

Joanna tells people that this process originated in Australia, so let's dedicate it to the healing of our world.

Verbal cues

From this present moment on (today's date), here at _____ in _____, you begin to slowly walk backwards in time, move back through the events of the day ... to your waking up this morning, keep walking back through this last week, ... the last month, ... times at home, at work ... in your wider community ... move back through the months to the start of the year. Now you are walking back through the last year, through its seasons and encounters...

Keep walking backwards through the decades of your life, see the journey, perhaps the loss of someone close, perhaps the birth of a child, or children... Encounter again the relationships, the passions, adventures...

You are moving back through your young adulthood, teenage years, their hopes and heartaches ... You

are entering your childhood, seeing the places and faces you knew, sensing the radiance of the child you were. You are growing smaller, being carried in arms. You are back in your mother's womb, approaching the point of your conception in this life...

What is alive in you did not being at conception ... so step back into the lives of your parents, that man and that woman, who found each other, whose union gave you life ... Move back through their lives, the work they did, the struggles they faced, the mistakes they made, joys they knew. You are moving through their teenage years, childhood, infancy, their birth, back to the wombs that bore them.

Continue walking back, back into the lives of your grandparents and your great-grand parents, back through this century of wars and explosions of technology, back before the automobile, before telephones and electricity...

See the shadows of candles, into the lives of ancestors whose names you no longer know, but of whom a gesture, a smile, turn of the head lives on in you, moving back along this river of life, back through the industrial revolution, through the factories, and teeming city streets, into lives of your people, some uprooted from the land into sweatshops and mines and armies...

You're moving back into harsher, simpler times, marked by the seasons, Walking back through the lives of men and women, peasants and scribes, philosophers, artisans, thieves, beggars, convicts, prison guards, servants, royals... even then they carried you within them like a seed, they are your ancestors... Back through times of torment, plagues, burnings, millions of women and men tied to stakes, your ancestors perhaps both victims and persecutors.

Enter as well the lives of ancestors versed in the ancient healing arts—with eyes like yours, hands like yours—baking bread, gathering herbs, ministering to others...

You are passing back through the rise and fall of entire civilizations, thousands of years passing, the first cities emerging from our activity on earth. You move back before the days of empire, before the land was tilled in parcels that were owned...

Back to earlier nomadic times, tribes in forest dwellings, you are walking back through the thousands of years when earth provided wild boar, berries, roots, through a time unmarked by wars.

Back to the long treks, migrations of our ancestors crossing continents, voyages on rafts, long marches in the ages of ice. Back through the millennia you walk with them to your beginnings, 80 thousand years ago, here on this continent, and a million years ago, in the heartland of Africa, can you remember, looking out over the savannah?

And now you stop, with the very first ones, you stand at the edge of the forest. Pause now, looking out over the horizon, the journey of your people lies ahead. You cannot imagine what it will bring or the challenges you will face as a human species.

Begin to walk forward on that journey now, retracing your steps, returning through time. You came from an unbroken line of survivors and each has gifts to bestow. Open your arms and hands to receive these gifts, gather them in (it may be helpful to make physical gestures to receive these offerings)

These people are giving you the texture of your skin, the shape of your back, the marrow of your bones. They give to you courage and strength and endurance as they travel through the land, hunting, playing, making babies, dying...

Take these gifts, take the joy of children splashing in a stream 30 thousand years ago, coming forward through the years, harvesting the gifts of your ancestors, receiving what they offer, receiving all that you need...

Walking up through the centuries, see the trust in the eyes of the children, the passion in they eyes of the young. See the wisdom in the eyes of the elders. Receive these gifts.

Receive the creativity of your ancestors, making tools, weaving cloth, and building homes. The compassion of your ancestors, caring for the injured, praying with the dying, that too is for you.

Know their love of beauty, music of a flute coming from the hills, hands carving jewelry, feet dancing to the rhythms of drums. Receive that celebration as their gift to you.

Know the intelligence of your ancestors as they track the movements of the stars, learn the ways of the plants and animals, share their dreams and hold councils to chose the wisest action, receive this as their gift to you.

Can you sense the love that burns in your ancestors? Their devotion to their families, their land, Receive this love of kin and earth as their gift to you.

Relish their wit and humor, your ancestors jokes and jibes as they work together, the banter of young couples, the merriment of festivals, receive their laughter, see them passing this on to you.

Your ancestors have gifts from their suffering too, courage, resilience, stubborn, severance, Receive these gifts from your ancestors...

Moving forward through the centuries, receiving all the gifts they offer you, you are now entering the 20th century, and the lives of your grand parents... and your parents, receive the gifts of the faces familiar to you, that strength of your parents and especially the greatest gift they gave you, your own

life to live.

Move forward through the years of your own life accept the gifts of your own experience, your appetites, your sorrows, your fierce caring for the world.

Coming now to this present moment, you stop, you are once again on a brink of time, you cannot clearly see the way ahead or imagine what will be asked of you. But you do not go forward empty-handed. The ancestors who loved and tended this earth, and cared for each other, survived together, they offer you the strength you need now to do what needs to be done, so that their journey and yours may continue.

Long pause, sit if they choose, a few moments of inner reflection if you feel moved, when you're ready, open your eyes, and see the people around you your fellow humans on this journey, if you want, you can gather with a few others to share verbally or non-verbally how this journey was for you, what it meant to you. If you want to be alone, that's ok too. Do what feels natural.

III. What's Possible for the Future?

“The Double Circle,” page 146 of *Coming Back to Life*

Suggested time in Symposium: 30-45 minutes—for about 30 people.

In the Double Circle, participants are asked to self-organize into two circles (an inner and outer) facing each other.

The outer circle, facing in, speak for themselves during this exercise, and they remain seated.

The inner circle, facing in, are to be people of a future generation a hundred years in the future. These future ones *do not* speak until the end, and they *do* move. After each encounter, they move one step to the right, and sit in front of a new partner.

Each of the encounters is initiated by a query *to* the present-day person *and listened to by* the future being. (The Facilitator actually voices the queries aloud for the group.) The present-day people respond for several minutes to the future being in front of them. The Facilitator indicates when it is time to switch, and the pairs bow to one another, and then the future being moves to the next partner, silent all the while.

The four queries are as follows:

1. “Ancestor, I have been told about the terrible times in which you lived, wars and preparations for war, hunger, homelessness, the rich getting richer, the poor getting poorer, poisons in the seas and soils and air, the dying of many species... It is hard to believe. Was that really true? Tell me.”
 2. “Ancestor, what was it like for you in the midst of that? How did you feel?”
 3. “Ancestor, we have songs and stories that still tell of what you and your friends did back then for the Great Turning. Now what I want to know is this: how did you start? You must have felt lonely and confused and hopeless sometimes, especially at the beginning. What first steps did you take?”
 4. “Ancestor, I know you didn't stop with those first actions on behalf of Earth. Tell me, where did you find the strength and joy to continue working so hard, despite all the obstacles and discouragements?”
- When the fourth question has been answered, the future ones do not move on, but stay where they are. Now it is their turn to talk while their partner listens. They speak what is in their hearts after all they have just heard from their ancestors.

Facilitator asks group to let go of the roles and come back to present time, and gives the pairs several minutes to share observations and insights together, and with the whole group.

IV. Where Do We Go From Here?

“Corbett,’ a Going Forth Exercise.” This is not directly talked about in the *Coming Back to Life*.

Suggested Time in Symposium: 40-45 minutes—participants must be in groups of 4.

Participants sit together in groups of four. During a couple minutes of silence, each person allows something to come to mind that they want to do for the Great Turning. If several possibilities arise, they choose just one. Decide who will be Person A. The first round begins as Person A shares what they desire to contribute to the Great Turning. (2 minutes) The other participants listen attentively without comment. The others in each group now have opportunities to respond, one by one to A's offering, while everyone else listens without comment. First, the person on A's left speaks as the voice of Doubt, stating reasons why A may not accomplish their intention. (2 minutes). Next, the person across the circle responds as an Ancestor, sharing the feelings and thoughts that arise upon hearing

what Person A will be offering to the Great Turning. (2 minutes) Now, the person on A's right responds as a Future Being, sharing the feelings and thoughts that arise upon hearing how person A will be participating in the Great Turning. (2 minutes) Finally, person A has an opportunity to reflect aloud on what he or she has heard, inviting verbal response from others in the group if they wish. (2 minutes) The role of Person A moves around the circle, with the same sequence of responses. Upon completion of the 4th round, allow a few minutes for circle members to share with each other.

“Goals and Resources,” page 171 of *Coming Back to Life*
Suggested Time in Symposium: 30-40 minutes

Goals & Resources entails partnering and taking turns asking and answering six collaborative questions:

1. If you knew you could not fail, what would you be doing to contribute to the healing of our world?
2. What would you like to actually do in the next year to move towards this goal?
3. What resources do you already have (personal and external) that will help achieve this goal (avoid modesty)?
4. What resources, inner and outer, do you still need to learn/acquire to do what you want to do? What will you need to learn and obtain?
5. What obstacle can you see yourself throwing in your own path to hold you back?
6. What can you do in the next 24 hours/week to move towards this goal?

“WHAT’S HAPPENING IN OUR TOWN?”

How I Created a “Getting Started in Action” Handout for My Symposiums 2007

by Sarah Martin

My hope and intention for my first public Symposium in my little town of Napa, California was that people would gather and move together into action to “think globally and act locally.” I really had no awareness of what was going on locally that was aligned with the purpose of the Symposium, so I figured other people would be in the same boat.

The resulting handout is attached. Here are the steps I took to create the handout. These same steps could be followed in a community group wanting to build a resource of local information.

First, I asked myself some questions:

1. Was there an existing central coordinating organization in alignment with the purpose? (No.)
2. Were there aligned organizations and people? (Yes.)
3. Who were they, what were they doing, and how could people contact them?

I started with contacting friends. I kept notes about what they knew, tracked down names and contact information. Then, I began networking. One contact led to another and I followed them along (making new friends and connections and getting more inspired along the way). It was a great opportunity to talk about the Symposium and to invite people to attend. I Googled the organizations I found, learning more. I soon learned who were the aligned people in local government and made appointments with a city councilman and a county supervisor. These were particularly rich connections, leading me to much information as well as a fresh appreciation about how deeply involved and concerned these public servants were.

The process was really simple, just a matter of deciding to make the time for it, and keeping track of the names and missions of the organizations and initiatives I discovered and of the people I had talked to.

I compiled the most useful information, doing my best to not focus just on environmental organizations. I also wanted to respond to the yearning some people have for ideas about “what can I do?” so I made a page with starter suggestions current at the time. And I made a third page of “desired outcomes” for that Symposium. Wanting to inspire and not overwhelm, I kept each section to a single page, and printed one pair two-sided. I put a little border to make it stand out. I’m delighted to say that many of the “desired outcomes” have been realized. What role that Symposium played I’ll never know. I do know that some of the people who attended had a part in what came after.

A critical component of a handout like this is to include local government contact information, names and contact info of city councilmen, mayor, county supervisors,

and meeting times. All these meetings are public and when we contact these officials and show up at meetings it really makes an impact.

Desired Outcomes from the Handout

Personal

- We realize our power to make all the difference in bringing about a just, sustainable, connected and fulfilling world

Community

- Many people make comments to General Plan to bring public pressure to prioritize decreased greenhouse gasses, energy efficiency, environmental protection, etc.
- Many people contact City Councils/ Board of Supervisors to emphasize importance of green practices
- Educational forums on local issues re immigration and human rights
- Education program created for Napa modeled on Environmental Forum of Marin and Sonoma Leadership Institute for Ecology and the Economy.
- Sustainability becomes a key component of Leadership Napa Valley

Business

- Many people support Consumer Supported Agriculture and Farmers’ Markets
- NV Green Business Directory highlighting local green business
- Invigorate “BALLE Napa Valley” Business Alliance For Local Living Economies
- Patronize/acknowledge the many green-sensitive growers, wineries, restaurants, and other businesses in our valley
- Patronize “green” builders and contractors

Citizens of County and City

- Prompt creation of City/County Climate Protection Task Force
- Baseline measurement of greenhouse gas emissions in county
- Sustainability made a critical factor in County and Cities’ General Plan
- Green building ordinance/incentives for low GHG materials, energy efficiency
- New buildings/major renovations wired for solar hookup
- Eliminate Styrofoam, modeled on Oakland law
- Zero waste targets

(Side 1)

Example: “Good Stuff Napa”

- CSA’s, Consumer Supported Agriculture. Local farmers supplying food direct to customers, including Organic Abundance, Grandpa Jack’s Farm
- MANY sustainable grape growers and wineries
- Napa Sustainable Winegrowing Group www.nswg.org
- Latinos Unidos del Valle de Napa y Solano 707-226-1088 Promotes immigration reform, helps people in need
- Unified school district busses all run on electric or CNG (Compressed Natural Gas – 90% reduction in carbon monoxide and 50% decrease in nitrogen oxides) support by Bay Area Air Quality Management District
- Lake Hennesey Solar Project saving City of Napa \$100,000 in PG&E bills in 1st year
- Napa Valley College Solar array (3 times bigger than Hennesey array!) supplies 40% of NVC electric needs
- Napa River Project, sustainable river www.napaflooddistrict.org
- Rutherford Dust society, <http://www.rutherforddust.org> Rutherford Dust Restoration Team Napa River Project
- Fair Housing Napa Valley www.napafairhousing.org Education, assistance regarding housing law
- Napa County Sherriff’s facility built to LEED Gold standards
- (U.S. Green Building Council Leadership in Energy and Environmental Design)
- NapaMax <http://www.napamax.org> coordinates reduction of waste materials being disposed of in the area landfills.
- Acorn Soupe www.acornsoupe.org connects children and the community to nature through hands-on education.
- Gaia Resort and Spa, American Canyon built to LEED standards
www.gaiahotelnapavalley.com
- <http://city.ci.st-helena.ca.us/section.cfm?id=133> excellent clickable library of documents available online and at the St Helena Public library
- Napa County Resource Conservation District www.naparcd.org watershed management, voluntary community stewardship, technical assistance.
- Environmental Education Coalition of Napa County www.naparcd.org/envedguide.pdf Resources for educators
- Napa County Hispanic Network www.napacountyhispanicnetwork.com scholarships for deserving students
- Earth Day Napa www.EarthDayNapa.com Saturday April 21 Napa Valley College fields

(side 2)

Things Almost Everyone Can Do

- Talk with everyone you can about greenhouse gas reduction, energy independence, social fair play, interconnectedness, and sustainability.
- Look for organizations and locations that could be great places to present a Symposium.
- Register to vote. Vote for representatives who are committed to social justice and sustainability.
- Use a refillable water bottle. You can easily filter your own water at home and have a reliable source of good water. Decrease or eliminate your use of plastic water bottles.
- Bring your own coffee cup and napkin. Decrease or eliminate “disposables” in your life.
- Change to compact fluorescent light bulbs.
- Turn off lights, computers, TVs etc. when not in use.
- Be thoughtful about water use, change your shower head
- Recognize the power of your dollar. Support businesses that support your values. Use *The Better World Shopping Guide* (www.betterworldshopper.org) and other resources.
- Tune in to your gasoline usage. Gas mileage is better at 60 mph than at 70 or 80. You are safer too.
- Realize that what you do makes a big difference.
- Be an activist about what YOU care most about. Join/create your community.
- And, make your voice heard:
 - Find out when and where your City Council or other local governing body has their meetings and who is a member of it.
 - Find out who your state or provincial legislators are and obtain their contact information.
 - Find out which legislators represent you nationally and obtain their contact information.



(Another Sample Getting into Action Handout-Draft)

Awakening the Dreamer, Changing the Dream Symposium Marin County, January 2010

*Bringing forth an environmentally sustainable,
spiritually fulfilling, socially just
human presence on this planet*

So what is your next step, as a Change Agent in Blessed Unrest?

Here are some resources to help find what calls to you:

PACHAMAMA AND SYMPOSIUM WEBSITES:

www.NewDreamNextSteps.org/

Share your feedback about the Symposium, find out how to bring the Symposium to a community you are part of, learn about being trained to present the Symposium yourself, connect with a local Awakening the Dreamer community group, find more resources to help you choose next steps, and much more.

www.AwakeningtheDreamer.org/

Find out where Symposiums are being offered, see videos related to the Awakening the Dreamer (ATD) Initiative, visit the ATD Blog, learn about the ATD Youth Initiative, and much more.

www.Pachamama.org/

Learn more about The Pachamama Alliance and its programs with indigenous people in Ecuador, its transformational trips to the rainforest, register to receive the monthly newsletter, and much more.

[Coming Soon: www.FourYearsGo.org/]

What we do or don't do in the next four years will determine the quality of life for generations to come. Join with millions of individuals and organizations in this global campaign to generate a powerful climate of urgency, opportunity, possibility and action. The *Four Years.Go.* website will become active on Feb.14, 2010.

WEBSITES THAT HELP YOU CONNECT & ACT (NATIONAL AND GLOBAL):

www.wiserearth.org/

A free online community that connects the people, non-profits and businesses working toward a just and sustainable world. Allows searches by area of interest and geographical area.

www.volunteermatch.org/

This website allows you to enter city or zip code and also a key word like “social justice” to locate volunteer opportunities and social profit (aka “not-for-profit”) organizations in the area near you, working on an issue that appeals to you.

www.dosomething.org/

This website allows you to identify a particular issue that you’d like to “do something” about (there is a large selection), who you’d like to work with (and where and how long) and then gives you ideas about what you can do.

www.idealists.org/

This interactive site allows people and organizations to locate opportunities and “take steps toward building a world where all people can lead free and dignified lives.” Lists opportunities across the U.S. and world-wide.

www.smartvolunteer.org/

This website specializes in connecting talented professionals with “meaningful skills-based non-profit volunteer opportunities.” Allows you to sort by skill category and geographical location and also to find “virtual opportunities” (to be fulfilled online).

www.transitionus.org/

This is the website for finding out about establishing “transition towns” in the United States, organizing communities to voluntarily adopt community practices that are sustainable, fulfilling, and just.

www.gratefulness.org/

This international nonprofit organization provides resources for living in a spirit of gratefulness, “which restores courage, reconciles relationships, and heals our Earth.”

www.campaignearth.org/

Offers a large variety of simple and straightforward daily actions and practices “that enable all of us to make a difference, one step at a time.” Focuses on global warming.

www.ourearth.org/

The purpose of this website is to make it easier for the public to find outstanding environmental initiatives, ideas, and grass root efforts across the United States.

<http://www.ecoliteracy.org/>

Ecoliteracy provides information, inspiration and support to K-12 educators, parents, and other members of the school community who are helping young people gain the knowledge, skills, and values essential to sustainable living.

www.repoweramerica.org

Repower America, formed by Al Gore, connects and empowers people committed to act for the adoption of clean energy policies and practices in America.

WEBSITES THAT HELP YOU CONNECT & ACT (BAY AREA):

www.handsonbayarea.org/

At this web site, you can locate projects that you could volunteer for in the Bay Area and sort them by issue, project attributes, and county.

www.volunteerinfo.org/

This web site, the ‘Bay Area Volunteer Information Center,’ provides links to several hundred social benefit organizations in the San Francisco Bay area and their volunteer needs.

www.projecthomelessconnect.com/

Works “to connect San Francisco’s homeless with the system of care that will help them move off the streets and into housing.” Has focused projects for veterans, family & youth, and home gardens.

www.ellabakercenter.org/

This organization “works for justice in the system, opportunity in the cities, and peace on our streets,” and promotes green jobs and a green economy.

www.centerfortransformativechange.org/

This organization supports activists, allies, and agents of social change, offering transformative practices and programs with the goal of “making inner change work for real social change.”

WEBSITES OF LOCAL ORGANIZATIONS IN YOUR COMMUNITY:

ALAMEDA COUNTY:

Alameda County Master Gardeners <http://www.acmg.ucdavis.edu>

Berkeley Ecology Center <http://www.ecologycenter.org>

Climate Place <http://climateplace.org>

Green Sangha <http://greensangha.org>

People’s Grocery, Oakland <http://www.peoplesgrocery.org>

Planting Justice <http://www.plantingjustice.org/>

Sustainable Agriculture Education, Berkeley <http://www.sagecenter.org>

MARIN COUNTY:

Ambassadors of Hope & Opportunity <http://www.ahoproject.org>
Asian Advocacy Project, San Rafael <http://www.camarin.org>
Community Action Marin <http://camarin.org>
Center for Volunteer Nonprofit Leadership <http://www.cvnl.org>
Environmental Forum of Marin <http://www.marinefm.org>
Environmental Health Go Getters <http://maringrassroots.org/EMGG.html/>
Great Freedom <http://www.greatfreedom.org>
Joy of Learning Centers <http://www.joyoflearningcenters.org>
Let’s Go Green <http://www.letsgogreenkids.com/>
Marin Canal Alliance <http://www.canalalliance.org/>
Marin Environmental Justice Collaborative <http://www.eecom.net/ej.html/>
Marin Interfaith Council <http://marinifc.org/>
MarinLink www.marinlink.org
Marin Organic <http://www.marinorganic.org>
Marin Peace & Justice Coalition <http://mpjc.org>
Sustainable Fairfax <http://www.sustainablefairfax.org/>
Sustainable Marin <http://www.sustainablemarin.org/>
Sustainable Mill Valley <http://sustainablemillvalley.org/>
Sustainable Novato <http://www.sustainablenovato.org/>
Sustainable San Rafael <http://sustainableซานrafael.org/>

NAPA & SONOMA COUNTY

Environmental Education Coalition of Napa County
www.naparcd.org/envedguide.pdf
Napa County Resources Conservation District www.naparcd.org
NapaMax Materials Exchange <http://www.napamax.org/>
Sonoma County Master Gardners <http://groups.ucanr.org/sonomamg/>
St. Helena Climate Task Force <http://city.ci.st-helena.ca.us/section.cfm?id=137>
Sustainable Napa County <http://www.sustainablenapacounty.org/>
Transition Cotati <http://www.transitioncotati.org/>
Transition Sebastopol <http://www.transitionsebastopol.org/>

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This resource list is available electronically at: www.NewDreamNextSteps.org

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