



## INNOVATIVE LEARNING TOOLKIT

### PROJECT TITLE: AWAKENING THE DREAMER

#### Tags: Behaviour Change, Symposium

[Awakening the Dreamer](#) is a symposium created by the [Pachamama Alliance](#) to engage people in interactive discussions and activities based on a number of [multimedia resources](#), and the emotionally connecting work of [Joanna Macy](#). It is based on a need to celebrate and acknowledge the importance and fragility of our environment. The session immerses people in despair about our current environmental situation, and challenges them to overcome their numbness and desensitization towards these issues. People are then encouraged to come through the despair stage and face their grief and shame, then look at options to address the issues, and consider how to put these in practice.

The half-day symposium aims to disturb, inspire and move attendees to action, and to introduce them to a network of like-minded and committed peers to provide support through their journey. It focuses on building people's capacity to think systemically and to encourage critical reflection.

From the website, the "Awakening the Dreamer Changing the Dream Symposium" is an exploration of four questions:

- Where are we? – an examination of the state of environmental, social and personal well-being
- How did we get here? – tracing the root causes that lead to our current imbalance
- What's possible for the future? – discovering new ways of relating with each other, with the Earth and looking at the emerging movement for change
- Where do we go from here? – considering the stand we want to be in the world and our personal and collective impact

Recently introduced to New Zealand, the Awakening the Dreamer work has gathered a large following with a number of people trained in delivering the package.

Because of its capacity to encourage deep emotional and spiritual reflection, the process can be a very powerful method of achieving long-term behaviour and perspective changes.