Goals –

Foundations for Change
History – People Who Came Before Us
Understanding Dominant Culture

45- 90 minute

Being Conscious

Intention
Where are in term of oppression and privilege
Strategic Use of Privilege
Process to stay cons
Ways to be an ally and build genuine relation – intergrity
Cannot step out of toxic environment to not be part of it - move through those times and teach you over time how not to be that way
Practice
Leveling with self and other

Knowing History, Organizing the Present to Prefigure Our Future
(History, Networking, Accountability and Organizing)

Understanding of Culture and History of Place and Person

- Those who came before us
- Washington DC, Native Land and the Legacy of Slavery –
- I Am Poem exercise

Analysis of Militarism, Racism and Capitalism - Empire –

Understanding the Dominant Culture - About Living with ambiguity and connections

Map of  militarism / climate change (create a web, allow for multiplicity of response)
Small Group Breakouts - Why Are People Poor?

Understanding Power and How Change is Made

Over, With, Within and Under
Systemic Analysis –Who Has Power, What do they do to keep us from getting the power we need
Cooperation, Non-Cooperation and Choice – Why We Obey
Fear / Collective Action
Looking at Power Relationally - Definition –
People Power

**Understanding Oppression and Liberation**

What is in a poor community
- Stereotypes
- Step Forward Step Back exercise
- Benefits of White Privilege exercise
- Becoming White means giving up culture, history, ethnicity

Small Groups –
1. First memory of oppression
2. What could be done to change that situation from oppression to liberation
3. What does this teach us?
4. Observations about collective vs as individual action

**Internalized Racial Inferiority and Superiority**

Strategic Use of Privilege - Good Anti-Racist/ Anti-Sexist Practices
- Small group work

Margins and Mainstream

**Organizing Our Future** – RAN Report - network mycilliuem

Political Work – is about space – physical, emotional, intellectual etc etc. – reclaiming, holding transforming, shifting - How can we organize in a conscious way that supports equality, dignity and promotes the liberation of all living beings

Permaculture principles and practices

Understanding the Dominant Culture - About Living with ambiguity and connections

**On Being Human** –

Developing our intention for how we want to be in this world
Learning the language of emotions and taking responsibility for our stuff
Commit to the life work of realizing our potential through the creation of a new world.