

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.