

“Awakening the Dreamer” Symposium a Great Success!

“It is tough sometimes to feel like the small individual steps I do are making a difference, but when you take the time to come together... you begin to realize that things can change.”

-Lisa Lofthouse,
Professional Level Yoga Instructor

Twenty people came together at the FSU Planetarium on Saturday, June 26 to awaken their dreamers at a symposium sponsored by **Sustainable Sandhills** and the **Fayetteville State University Faculty Sustainability and Disaster Recovery Research Group**.

The participants came from all walks of life, and included Astronomy and Physics professors, songwriters, engineers, University Chancellors, artists, massage therapists, planners, chefs, architects and students.

This diverse group came together for an inspiring 5 hour program, the Pachamama Alliance’s [“Awakening the Dreamer”](#) Symposium, which uses discussion, presentations, and films to connect with people who care about sustainability, spirituality and social justice, the biggest challenges and opportunities of our time.

During the program the group looked closely at 4 key questions.

Where are we?
How did we get here?
What's possible for the future?
Where do we go from here?

There were tears, laughter, singing, and even a little hand-holding. By the end of the day the participants were filled with hope and left with a network of partners to support each other in bringing forth an environmentally sustainable, spiritually fulfilling and socially just human presence on Planet Earth.

“I loved the Awakening the Dreamer Symposium. It is tough sometimes to feel like the small individual steps I do are making a difference, but when you take the time to come together and hear all the things individuals, groups and

organizations are doing, you begin to realize that things can change,” stated Lisa Lofthouse, a Professional Level Yoga Instructor who attended the program. “The symposium helped to open my heart and mind to a way of acting in the world with a group of like-minded individuals right here in our own community. I would recommend it to anyone who is feeling disenchanted with the current state of the world, they will leave feeling uplifted and ready to make positive steps to help heal the world.”

At least 1/3 of the participants expressed a desire to become ATD facilitators in the future, including Luci Fernandez, a Ft. Bragg Sustainability Planner. She stated, “The Awakening the Dreamer Symposium touched me as no other movie/presentation/talk has; and I have seen and been to many of them...I was so inspired that I plan to become a trained facilitator to bring the message to as many others as I can.”

Sustainable Sandhills extends a huge thank-you to those who planned, facilitated and participated in this powerful and fulfilling experience!

The [Pachamama Alliance's](#) Awakening the Dreamer Initiative aims to wake people up from the destructive dream in which we are currently living, and to inspire us to step consciously into a new dream, the pursuit of an environmentally sustainable, spiritually fulfilling and socially just human presence on the Earth.

