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## **Week 2 Learning Guide: Vision**

### **Assignment from Week 1**

#### **The First Key: Awareness / Vision**

##### **Part 1: Elements of the Vision: Needs**

- What are our basic human needs and how well are we meeting them?

##### **Part 2: Elements of the vision: Partnership**

- Where are we on the partnership / domination spectrum?

##### **Part 3: Images of our relationships to nature and each other**

#### **Our Relationship to Nature**



4. What is a typical day like? What work do you do? Do you exercise: Meditate? Learn? Teach? Mentor? What do you do for fun? Do you do service or volunteer work?
  
5. What do you eat? Where is your food from? Where / how did you obtain it?
  
6. Notice what season it there. Are your activities influenced by the season? If so, how? What do you eat? How much time do you spend outside? Doing what?
  
7. Imagine a favorite activity in this setting. It might be sitting quietly by a window writing; it might be a dinner party; gardening; a gathering of friends; making music; or playing with a child. Whatever comes up first.
  
8. How is this activity meeting your need for subsistence, basic access to resources?
  
9. What does it cost (if anything) to do this activity? Or, what aspects of it cost money? Is it a stretch for you to afford this?
  
10. How does the activity help you to avoid discomfort or pain?

11. Does it meet your need for love and affiliation? How does it fulfill your social needs? If you are alone in this particular activity, just reflect in general whether your social needs are met and how they are being met. Is it a close circle of friends? Involved in community? Surrounded by family? Active in worldwide political causes? Animals? A community garden?

12. Does your activity fulfill spiritual needs? If so, how?

13. Is it contributing to your self-actualization? How does it enable you to grow and develop?

14. Reflect on this activity and the setting. What did you have to give up or do differently to be in this place, now? What thoughts, beliefs, or actions did you let go of? What new thoughts, beliefs, and actions allowed you to get here?

15. Does anything about this surprise you? In what way?

16. Describe how you feel here, in this setting, doing this activity. Grounded? Connected? Peaceful. Whatever comes up.

### Week 2 Homework

1. **Awareness practice – Aimless Wandering.** This was given by Chogyam Trungpa Rinpoche, who brought Shambhala Buddhism to the West in the 1970s. Give yourself about 30 minutes for this, although you will likely lose track of the time! Before starting, sit quietly for about 5 or 10 minutes and concentrate only on your breathing. Calm your mind by bringing it back to your breathing whenever it strays. Then, go outside and go wherever your senses lead you. If you see something interesting, go to it and explore it with your sight. When a sound catches your ear, go to it. Feel things – textures, materials – whatever beckons. Taste something, as that desire arises. Give all your senses a chance to wake up and call to you. Have no agenda, other than to go where your senses take you. At the end of the time, do a little journaling. What did you notice? How do you feel?
2. On the [Mission page](#) of GOforChange, read the **14 Tenets of Lasting Change**
  - a. Think about each one.
  - b. What is absolutely necessary?
  - c. What is optional?
  - d. What is not needed, or even a hindrance?
  - e. What would you add (if anything)?
3. Read two posts on GO per week – one that I suggest, and one of your choosing.
  - a. This week, the suggested post is: "[Who Else Wants More Creativity and Less Competition?](#)" (2.16.09, category: Politics/Collaboration)
  - b. Reflect and journal – what does this mean to you? What comes up?
  - c. Post responses on GO, if you choose.
  - d. Or, start a [discussion thread](#) or post an image on CollectiveX