

Awakening Leadership Training Program



Towards A New Paradigm of Holistic Sustainability

2nd September 2018 - 15th March 2019

Empowering & Deepening
Ecovillage Design Education

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Education needs to be re-envisioned to include the cultivation of wisdom, as well as learning to live in society and overcoming oppression and exploitation. For education to be more effective, it has to be dialogical, inclusive, and compassionate, and needs to heal the rift between body and mind... Buddhist education begins with humanity's ultimate questions: What is the meaning of life? What is our own deepest nature? What is our responsibility to others? Buddhism does not separate life from education."

Sulak Sivaraksa

'The Wisdom of Sustainability'

Founder, ALT Program



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If you need more energy to be part of the transformative social movement, if you are in a transitional stage in your life, if you want to enhance your leadership capacity, if you want to be more present as a facilitator, if you want to deepen the meaning in your life, if you are confused and not sure of what to do next, this six months learning journey is for you.

It is a pilgrimage to learn deeply about yourself, the present society and our ecological system. It is a journey to build and cultivate good friends, compassion and wisdom, humility and confidence. It is a dance to explore the dynamic balance of Yin and Yang in many aspects of life. It is an inspirational voyage of practical alternatives at various levels.

“Five months ago, I decided to rethink the way I lived and I joined the ALT program in Thailand. A simple life but full of meaning. I had the opportunity to meet very inspiring people, who led me to reflect a lot about what I knew about the world, and especially about myself. There were several theories, thinkers, techniques, tools, practices and more ... and lots of fun.

I learned to listen, to express myself, to be present, to have compassion, not to judge myself so much and even learned to change sides.

I connected with nature...I found peace in silence, fasting and meditation. Ah! I learned to meditate: standing, sitting, walking, praying and even washing dishes.

I met people and fell in love with their way of thinking, willpower, humbleness, courage, sincerity, honesty, wisdom, and all goodness in heart. People who live their lives helping other people.

I created a circle of friends and after so much laughter and crying together, they became my family.”

Mariana, Brazil

Coming here, I wasn't a very spiritual person, I was too logical, too rational and I had doubts about the workshop. But I can feel the change, because I wanted to change.

I want to thank everyone for creating such a safe, diverse and comfortable space to learn. I have studied at universities in China and US, and attended various workshops as part of my work, but I have never felt this safe to learn and to be with people, and I have never felt this connected to the nature, and at the same time, be able to learn. So whatever makes this workshop work, I hope that everyone keeps doing that, because learning never stops.”

Travis, China

“The more powerful learning modules were the ones where I became more aware of myself. I found no competition or judgement, so it allowed me to express my opinion, and that empowered me.... I have had a lot of time to reflect during the program, and I have learnt to find my own way...I gained a lot of knowledge through this program and tools to use in my life. I learned that my heart can understand the suffering. This kind of knowledge, tools and compassion, I want to bring back to my country.”

Khun Wailar, Myanmar

Invitation

- If you are a committed social change worker this 6-month program is for you. It will provide a break from your busy schedule and give you space to deeply reflect upon your life, society, the state of our ecosystem, and return back with energy rejuvenated, perspective broadened, and skills enhanced.

You may be a first rank or second rank leader of a non-profit organization, youth leader, or an individual who aspires for deeper spiritual growth as well as social justice and sustainability, or want to create or join an intentional community or ecovillage, then you will benefit tremendously from this course. You do not need to be a spiritual practitioner to join, as long as you have a willingness to explore and practice core spiritual values of compassion, wisdom, contentment and non-violence.

This course is participative, contemplative, reflective, analytic and creative:

Students will participate actively in the learning process and, together with other participants contribute meaningfully to the body of knowledge within a trusted community of learning facilitated by skillful teachers/facilitators. Participants will learn to look at issues from various perspectives and develop critical and systematic thinking skills.

Participants will develop mindfulness through daily practice.

Mindful practice, participatory learning, critical thinking and enjoyment will be woven together holistically during this journey of learning. There will be time for rest and reflection.

During the course you will learn to know and love yourself, to deepen relationships with others. You will be able to analyze society and act wisely for change, while reconnecting with nature and working for sustainability. Furthermore you will be trained to unlearn and relearn to make your life and contribution relevant, meaningful, and rooted in ancient wisdom while being resilient in the present.

At the end of the course, you are expected to be a dynamic leader for change in the 21st century, ready to be invisible like air and visible like a

mountain, heavy like a rock and light like cotton, cool like water and hot like fire. You will be less self-centered, more confident yet humble, more trustful and more careful, committed to working for society while knowing how to take good care of yourself.

The course is designed and will be facilitated by accomplished, experienced facilitators/teachers with decades of experience teaching new paradigm leadership empowerment courses in Southeast Asia, China and UK through SEM-Spirit in Education Movement, ETA-Ecovillage Transition Asia, Gaia Education and Findhorn College.

This program is a collaborative venture of SEM - Spirit in Education Movement, International Network of Engaged Buddhists, and ETA – Ecovillage Transition Asia.



Supervisors: Sulak Sivaraksa & Lodi Gyari Rinpoche

Programme Directors: Pracha Hutanuwatra & Jane Rasbash

Coordinators: Jessica Armour & Pawnpimon Santhad-anuwat

Contact Person: Jessica Armour (blt.ineb@gmail.com)

Course Fee:

- Full program (2nd September 2018 – 15th March 2019) - USD\$12,080.
Participants who register and pay for whole course by 30 June, 2018 will receive Early Bird 15% discount, for a total of USD\$10,270
- Participants who register and pay for at least 5 modules before application deadline will receive 10% discount.
- Per module fee costs vary (see schedule).



Certification: Parts of this program are certified through SEM College & Gaia Education (www.gaiiaeducation.org). You will be eligible to receive a Deepening Ecovillage Design Education (DEDE) certification, and Mindful Facilitation for Empowerment-Training of Trainer (ToT) certification. These certifications can also contribute towards a certified Masters degree (at pilot stage), see website for more details.

Those who pay full price will automatically be supporting those with financial need. Partial bursary is available for participants in need, please contact coordinators at blt.ineb@gmail.com



Gaia Ashram (Thailand) will be offering a 4-week certified EDE training (29th July – 26th August, 2018) prior to the ALT. This training gives an overview of the four dimensions of sustainability through the EDE curriculum. It can provide a foundational understanding which will benefit your ALT learning journey by taking this 4 weeks further into the ALT 6 month program, as a deepening EDE.

>> for more details

Visit: www.gaiaschoolasia.com

Contact: gaiaschoolasia@gmail.com



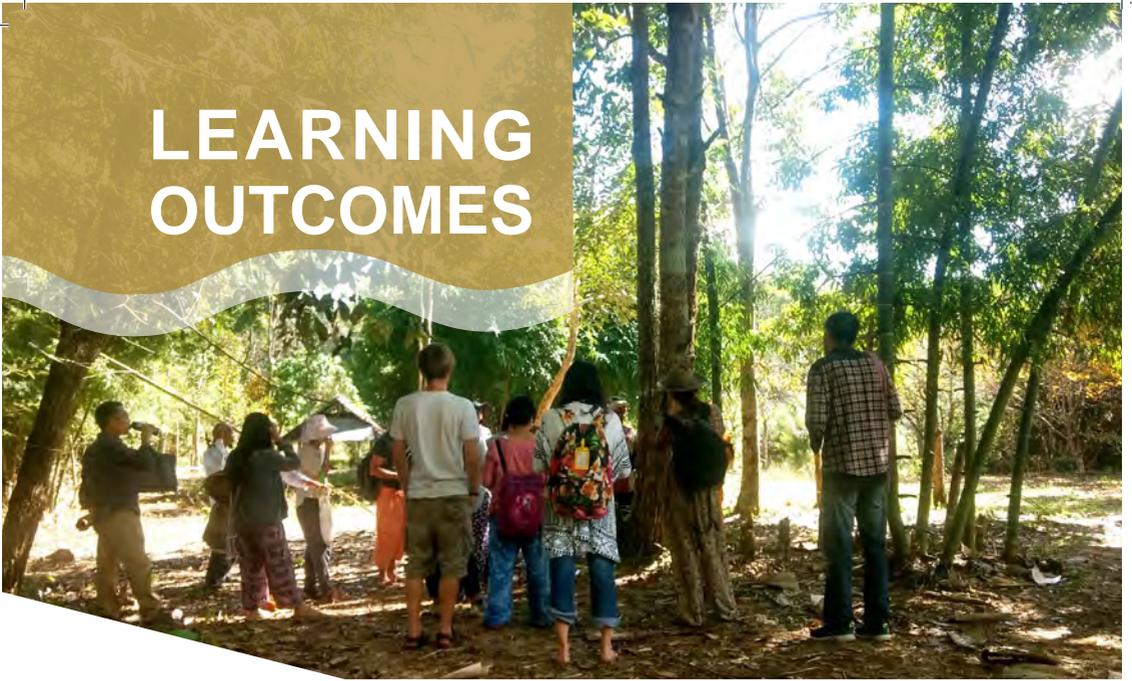
WHO IS THIS COURSE DESIGNED FOR?

People in transition in their lives and/or in various leadership roles who want to train oneself to awaken and serve others. You may:

- Work or lead an NGO and need a break for reflection on the nature of life and society so that you can return to work rejuvenated.
- Work in non-profit organisations and other social change organisations and feel the need for more self-cultivation and deep reflection on social issues.
- Work for social change and want to gain more unconditional trust in the universe, reduce self-centeredness and freely dance with life.
- Want to become a mindful facilitator, helping people to empower themselves
- Want to positively change society and yourself simultaneously for personal growth and a more sustainable, socially just future.
- Questioning current path in life
- Be searching for meaning in life

If you are seriously committed to core values of wisdom, compassion, contentedness, non-violence, and humility, this program can enhance you with knowledge, skills and cultivation of the heart.

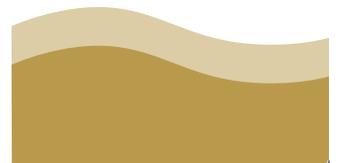
LEARNING OUTCOMES



At the end of the program we expect our participants to be trained as follows:

The Heart:

- Reduced self-centeredness, gain unconditional confidence, and have the ability to overcome inner challenges through self-healing
- More courageous, gentle and able to dance with the rhythms of the universe
- Ability to walk the talk and walk in the corridors of power and wealth without being corrupted
- Increased aptitude to focus and be in the present moment in difficult situations
- Increased wisdom, compassion and deep caring for the victims of social injustice and environmental destruction
- Strong motivation to work for change, including the root causes of injustice and ecological crisis





The Head:

- Ability to critically comprehend the present global political economy and articulate alternative regenerative structures
- Ability to identify causes and conditions for the present ecological crisis and ways of moving toward a more sustainable and resilient future
- Knowledge to differentiate and discern the pros and cons of important social movements of the past and present
- Ability to apply diverse frameworks of analysis

The Hands:

- Ability to use participatory approaches to facilitate meetings, discussions, organize communities and build networks to create social movements
- Skills to manage community-based projects and organisations to build social movements
- Practical experience of sustainable community-led initiatives
- Regular mindfulness practice in daily life working with one's own emotions and relationships
- Skills to prevent unnecessary conflicts with nonviolent communication and empathy as well as gaining the ability to facilitate conflict transformation and resolution when needed.

CONTENTS: 5 KEY AREAS OF LEARNING



Five key areas of learning during this six-month course are as follows:

- (I) Emerging Worldview, Self Discovery and Healing (EDE worldview dimension)
- (II) Interpersonal Dynamics: Power Sharing & Compassion (EDE social dimension)
- (III) Eco-political Economy (EDE economic dimension)
- (IV) Ecology & Design (EDE ecology & design dimension)
- (V) Skillful Means for Social Transformation

(I) Emerging Worldview, Self Discovery and Healing (EDE world view dimension)

The multi-dimensional crises human beings are facing in the contemporary world demand a fundamental change of the mindset that creates them. The European Enlightenment paradigm that has been dominating the world in the last few hundred years is under serious re-assessment and enquiry from East and West, North and South. Humans and other living beings have been facing serious crises across the globe for decades: the increasing rate of natural disasters, ecological destruction, violent conflicts between nations and groups, poverty and hunger, loneliness and meaninglessness in modern life, etc. We need to understand and holistically analyse the root causes of these crises at macro and micro levels. To address this, several workshops will cover cultural issues and paradigm shifts, mindfulness practice, self-discovery through healing of internal wounds. Meditation, Yoga and mindfulness will be part of the daily schedule to enhance self-cultivation as an important part of new paradigm education.

(II) Interpersonal Dynamics: Power Sharing & Compassion (EDE social dimension)

Interpersonal relationships become a very important issue in rebuilding community in the modern world. Participants will learn skilful means that enhance compassion and power sharing as a core of new values. We will also explore diverse aspects of leadership issues and trust building. The first module is to build a community of learning so participants feel comfortable and safe in the process of participatory education within this programme. Nonviolent Communication will be very helpful in putting compassion into practice in daily life of living together, taking into account one's own needs and the needs of others. Conflict Transformation and Process Work will be part of this key area so that participants will be ready to work with conflict that is a natural part of community life.

(III) Eco-political Economy (EDE economic dimension)

This area of learning is to take structural violence seriously at personal, local, national and global levels. We will look into different kinds of capitalism e.g. enterprise (USA), state (China) and social (Europe) operating in the world today, investigating the strengths and weaknesses of each. We will also try to see how socialism of different shades has failed and survived. We will also examine green politics, localisation and post colonialism as alternative ideologies for sustainable futures. However as national borders become less clear in the globalized financial market, we also need to have a critical look at social movements across national borders. This kind of critical examination will enable us to envision different kinds of structures based on non-violence, compassion and sharing of power.

(IV) Ecology & Design

(EDE ecology dimension)

Modern society ignores the fragility and interconnectedness of ecological systems. We breathe from the air, eat food from the soil, drink water from rivers, using energy from all sources without really knowing how they work and work together. We have taken planet earth and the universe for granted and have messed things up to the point of crisis. It is important that we look at nature with new eyes, and it is imperative to build a new relationship with Mother Earth. We need to relearn how to use technologies that heal instead of harm nature, how to redesign or co-create with nature so that we can co-exist with all other beings in harmony with a better quality of our human life. This includes the redesigning of the individual way of life and new habitats for community. New relationships with nature will in turn inform our new relationship with ourselves and other human beings and will be a base for a new political economy in the longer term.

(V) Skillful means for Social Transformation

Several modules of the program focus on learning practical skills that enhance participants abilities to get seriously involved in social change work. The skills range from how to organise a small community to empower themselves to improve their situation, to building a social movement that takes the concept of participation seriously. An important foundation to build on is mastering mindful facilitation skills for empowerment. This includes a lot of practice using facilitation skills and meta-skills to contribute meaningfully to others with deep respect and deep listening. We will also have chances throughout the programme to visit and study several examples of good practice for sustainability that are really inspiring. In short, the programme is designed to equip participants with inspiration and the skills needed to be a change worker who can function meaningfully in the present global context.

EDUCATIONAL APPROACH

Our educational approach is as important as the contents of the course. Good content with inappropriate educational practices will not bring about the levels of empowerment and awakening we aim for. Three pillars support the approach:

Contemplative: Meditation, mindfulness practice and time in silence are integrated into the learning experience. Right mindfulness is the most important key factor for awakening.

Participative: Participants and facilitators co-create the body of knowledge together. This includes sharing of authority in the learning community created during this course. Power sharing means empowerment; empowerment here means self-empowerment.

Reflective: Rigorous analytical thinking and reflecting both individually and collectively on issues and experiences is a key part of the learning process. We emphasize learning how to unlearn and relearn as it is a critical component of moving towards a new paradigm.



HIGHLIGHTS OF THE PROGRAM

- Serious meditation and mindfulness learning and practice are combined with rigorous intellectual inquiry into the complexity of the self and the world combined with how to transform both to be more wholesome and sustainable.
- Participants will participate actively in the learning process, contribute meaningfully in learning outcomes, and interact with some of the foremost-experienced teachers/facilitators in each field of study.
- Learning, playing, working and meditating will be merged into one process in this course to develop compassion, wisdom, intellectual understanding and social commitment.

APPLICATION & FEE

Applicants can apply for the whole program, one or a few areas of learning, or individual modules. If applicant wants to combine the contents in other ways, it is also possible, please contact the coordinator for more arrangement. We plan to run this program annually to accommodate social change workers some of whom cannot afford a long training, but are able to take some modules each year.

The Awakening Leadership Training Program

TERM DATE	2nd September 2018– 15th March 2019
PARTICIPANT FEE	<ul style="list-style-type: none">● Early Bird 15% discount for participants registering and paying for whole program before 30 June, 2018 - USD\$10,270● 10% discount for participants registering and paying for at least 5 modules by application deadline
STUDY LOCATION	Based at Wongsanit Ashram, Central Thailand, with learning journeys to Northern and Southern Thailand

HOW TO APPLY

- Application deadline for whole program is 31st July, 2018. Individual modules can apply up to 15 days prior to their start date.
- Download and fill out the application form at www.awakeningleadership.net
- Email soft-copies of the completed application to blt.ineb@gmail.com with the subject line 'ALT Application_2018/2019_YOURNAME'.
- If unable to submit a soft copy, post a hard copy of completed application to Awakening Leadership Training Program'
- We will make an appointment with selected candidates for a Skype interview.
- Payments can be made through Paypal and bank transfer. Refer to the application form for details



CONTACT US

Coordinator: blt.ineb@gmail.com
Website: www.awakeningleadership.net
Facebook: www.facebook.com/awakeningleadershipineb/

Awakening Leadership Training Program

666 Charoen Nakhon Road (Between Soi 20-22)
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(+66) 2 860 2194, (+66) 2 860 1277





FACULTY & STAFF



Sulak Sivaraksa

Is the Rector of the INEB Institute and author of more than 100 books in Thai and English on Buddhism, social justice, and social critique. He is co-founder of INEB and the Spirit in Education Movement (SEM), a member of the world Future Council, and an Honorary fellow in Buddhism at the University of Wales, Lampeter.



Lodi Gyari Rinpoche

Is co-chair of the INEB Advisory Committee and chairperson of the Conservancy for Trans-Himalayan Arts and Culture. Lodi worked as a high-level diplomat and advocate for the Tibetan people, universal human rights, and global democratic reform.



Keibo Oiwa

Is a cultural anthropologist, author, translator, environmental activist and public speaker. He lived in North America for sixteen years and holds a Ph.D. in Anthropology from Cornell University. Since 1992 he has taught in the international Studies Department of Meiji Gakuin University. The founder of the Sloth Club, an ecology and 'Slow Life' NGO, he gives lectures and workshops on social and environmental issues.

Nuttarote Wangwinyoo

An M.A. graduate in Environmental Leadership from Naropa University, Nuttarote has become a highly skilled trainer and facilitator with 15+ years of experience with team learning, dialogue facilitation, personal awareness, leadership development, collaborative communication skills based on Non-violent Communication, Life Coaching, Vision Quest, as well as conflict transformation grounded in Process Work.



Wisit Wangwinyoo

During the chaotic years of the student uprising in the early 1970's, Wisit began medical school training before changing directions. He studied extensively on his own, but has also been mentored by luminaries such as Sulak Sivaraksa, Thich Nhat Hanh and Nicolas Bennett. In Thailand he is one of the most well-known and accomplished writers, facilitators and healers who integrates mindfulness, neuroscience, Process Work and transformative education.



Jane Rasbash

Works in sustainable development in Myanmar, Thailand, Bangladesh and the African continent, using an empowerment and engaged spirituality approach. She lives in Findhorn Ecovillage and has taught Ecovillage Design Education in Findhorn, Sieben Linden, Myanmar and Thailand. She is a Board member of Gaia Education as well as Ecovillage Transition Asia.



Ouyporn Khuankaew

Is co-founder and lead trainer of the International Womens' Partnership for Peace and Justice (IWP). Her trainings emphasize Buddhist feminist peacebuilding and non-violent action. Prior to IWP she ran the gender program of INEB.





Christine Dann

Is a writer, researcher, historian, green activist and organic gardener. She has a Ph.D. in environmental policy. Most recently, she produced a film which premiered at the 2017 NZ International Film Festival. She is currently researching and writing about the transition from global capitalism to more just and sustainable local economic systems.



Tu Hong (Heaven)

Is an experienced facilitator and trainer in participatory learning and decision making. She focuses on facilitators' training on mindfulness, self awareness, participatory methodologies and collective leadership. By translating books and writing manuals she promotes participatory methodologies. She is also building up a facilitators' network to connect ,understand structures better and act more holistically.



Natha Dannonthadharm

Is a highly skilled and experienced facilitator and trainer in contemplative learning practices, focusing on meditation, Process Work, transformative education, dialogue, teambuilding, art and Co-active Coaching. His work is rooted in experience as an ordained Buddhist monk in the tradition of Buddhadasa Bhikkhu for over 10 years.



Pracha Hutanaawatra

Is one of the foremost alternative educators and trainers in Thailand. The author of a number of books in English and Thai, he is also co-founder of INEB and the current chairperson of Eco-village Transition Asia.

Overview Schedule

Awakening Leadership Training Programme

(2 September 2018 – 15 March 2019)

Registration & Orientation		2 Sept 2018	
Module 1	The Big Picture & Building a Community of Good Friends	3-7 Sept 2018	Price : \$450
Emerging Worldview, Self Discovery and Healing (EDE Worldview Dimension)			
Module 2	Slow is Beautiful – Ecological Wisdom from Asian Traditions	10-14 Sept 2018	Price : \$575
Module 3	Paradigm Shift and Emerging Cultural Values	17-21 Sept 2018	Price : \$435
Module 4	Mindfulness, Inner-growth and Leadership	24-28 Sept 2018	Price : \$450
Module 5	Path of Inner Healing and Transformation	1-5 Oct 2018	Price : \$450
Module 6	Art and Self Discovery	9-12 Oct 2018	Price : \$400
Interpersonal Dynamics: Power Sharing and Compassion (EDE Social Dimension)			
Module 7	Compassionate Communication	15-19 Oct 2018	Price : \$450
Module 8	Conflict Transformation	22-26 Oct 2018	Price : \$450
Module 9	Deep Democracy	29 Oct-3 Nov 2018	Price : \$600
Module 10	Buddhism & Process Work (Seminar)	5-6 Nov 2018	Price : \$230
Eco-Political Economy (Economic Dimension EDE)			
Module 11	Eco-Political Economy	8-12 Nov 2018	Price : \$390
Module 12	Gender & Social Justice	14-16 Nov 2018	Price : \$340
Module 13	Asian Political Thought	19-21 Nov 2018	Price : \$230

Module 14	Re-evaluating Liberalism (Seminar)	22-23 Nov 2018	Price : \$245
Module 15	Local Solutions: Alternatives in Practice	26 Nov-7 Dec 2018	Price : \$700

Ecology and Design (Ecological Dimension EDE)

Module 16	Deep Ecology	10-14 Dec 2018	Price : \$450
Module 17	Foundations of Ecology	17-21 Dec 2018	Price : \$450
Module 18	Eco-Crises - Climate Change	24-28 Dec 2018	Price : \$450
Module 19	Exploring and Experiencing Practical Hands-on Work	2-4 Jan 2019	Price : \$260
Module 20	Vision Quest	5-11 Jan 2019	Price : \$500
Module 21	Ecological Design	14-18 Jan 2019	Price : \$470

Skilful Means for Social Transformation

Module 22	Cultural Repair & Redesigning Harmonious Organisations	23-25 Jan 2019	Price : \$260
Module 23	Sociocracy	27-29 Jan 2019	Price : \$260
Module 24	Community Organising for Empowerment with Exposure Visit to Practical Examples	31 Jan-12 Feb 2019	Price : \$800
Module 25	Mindful Facilitation for Empowerment : Training of Trainers (ToT)		
Module 25	Applied Drama for Facilitation	16-20 Feb 2019	Price : \$400
Module 26	How to Facilitate Deep Ecology Workshop	23-25 Feb 2019	Price : \$280
Module 27	Mindful Participatory Facilitation + SDGs & Edge work	27 Feb-13 Mar 2019	Price : \$1,000
	Reflection and Evaluation on ALT program for long-term students	14-15 Mar 2019	

**Costs per module include pre/post accommodation and meals # See Explanation of modules for details



EXPLANATION OF INDIVIDUAL MODULES

2nd September 2018 – Registration & Orientation

Module 1

The Big Picture and Building a Community of Good Friends, 3rd-7th September 2018 (5 days) at Wongsanit Ashram (Pracha Hutanuwatra & Natha Dannonthadham)

In our program all participants support each other to co-create a body of knowledge together with facilitators. This is a new paradigm of education in practice where cooperation is replacing competition and the holistic ethos of “the whole as more than the sum of the parts” is there from the very beginning. It is also an engaged spiritual learning journey where study, fun, work and spiritual practice are integrated into a single path daily. Good friend is such an important concept in Asian culture which defines a real community. Where there are no good friends there is no community. We explore together how to build a real eco-community.

Emerging Worldview, Self Discovery and Healing (EDE Worldview Dimension)

Module 2

Slow is Beautiful – Ecological Wisdom from Asian Traditions, 10th-14th September 2018 (5 days) at Wongsanit Ashram (Keibo Oiwa)

A great shift is imperative in this age of crises caused by our own civilization with its race to get faster, bigger, and more. This workshop is an opportunity to define the nature of change that society and we ourselves must go through. While unlearning the economic mindset, we will relearn a way of life defined by the three “s” words, Slow, Small, Simple, key concepts in traditional Asian wisdom. The great turning may also be characterized as one “from global to local” from “excess to enough” from “competition to sharing” and “theft to gift”. This workshop will be an exploration into a new vision of an “economics of wellbeing” as a pursuit towards a local, communal, ecological, healthy, ethical, peaceful, joyful and loving way of life.

Module 3

Paradigm Shift and Emerging Cultural Values, 17th-21st September 2018 (5 days) at Wongsanit Ashram (Pracha Hutauwatra)

Participants will be led in an intensive intellectual enquiry into the contemporary global shift of core societal values in human society that is happening now. We will cover topics such as questioning and reassessing European Enlightenment thinking; introduction to Asian thinking, the resurgence of spiritual traditions; the emerging new sciences in the West; holistic and systems thinking; cultural integrity and changes. Participants will become aware of the massive cultural change that is happening now in the midst of the myriad crises we are facing as a human race.

Module 4

Mindfulness, Inner-growth and Leadership, 24th-28th September 2018
(5 days) at Wongsanit Ashram (Pracha Hutuanuwatra)

Mindfulness is an indispensable tool for any inner growth approach without which any lofty ideal will not be sustainable. This 7-day practical learning will make this timeless art a living reality in our daily life. We will study, observe, explore and practice the 7 factors for Awakening and the 4 Foundations for Mindfulness. This is not an abstract calculation. Rather it is the practice of not taking anything personally and taking full responsibility for our impact on society and the planet at the same time. Participants will learn to master skillful means of: grounding in the body; embracing our feelings & emotions; dis-identifying with thoughts and memories; loving kindness meditation; meditation on death and dying. These will help us be less self-centred, more unconditionally confident and content.

Module 5

Path of Inner Healing and Transformation, 1st-5th October 2018 (5 days) at
Wongsanit Ashram (Wisit Wangwingyoo)

This module will provide new perspectives on the cooperation between neuroscience and Dhamma with new understanding of Dukkha (suffering) as a traumatic frozen state. The teaching will allow the possibility of opening up new horizons and pathways toward healing and transformation. Three helpful components of new discoveries in neuroscience are: 1. Attachment Theory 2. Trauma 3. Understanding of the function of prefrontal lobe in relation to the flow state, which is an optimum learning state, and the foundation of transformation.

This 7-day module is experiential with time to practice as well as shining light on background theories to deepen participants' understanding. The focal point of all is the Original Mind or the seat of consciousness that

will bring forth light of understanding and compassion. Integrating neuroscience, psychology of selves and cultivating of mindfulness into our biographies will bring about inner transformation into our daily lives.

Module 6

Art and Self Discovery, 9th-12th October 2018 (4 days) at Wongsanit Ashram (Kanchanaporn Meeyai)

This module provides participants with the opportunity to engage in a deeper and more intensive exploration of thoughts and feelings of self in relation to art & music and movement using the therapeutic process. Participants will be invited to engage in a range of art making processes, explore the relationship between voice and body, some fun exercises to get to know our own voices, develop listening skills, connect rhythm and begin improvising and making music together in a safe and playful environment. Insight derived from the workshop aims to heighten participants' understanding and sensitivity to non-verbal communication. You will be encouraged to express yourself in a non-judgmental space, develop self-care and compassion for yourself and others, cultivate spaciousness, ease and embodiment, and recognise your vision and value. You will also gain new tools and techniques for health and enhancing well being in your daily life. In addition we will discover how to enhance your sense of self and make the most of your personal potential and help you recognise and develop the confidence and your inner strength to share the wisdom that comes from your own life journey.



Interpersonal Dynamics: Power Sharing and Compassion (EDE Social Dimension)

Module 7

Compassionate Communication, 15th-19th October 2018 (5 days) at Wongsanit Ashram

Compassionate Communication is based on Nonviolent Communication (NVC) developed by Dr. Marshall Rosenberg. It has been described as a language of compassion and a tool for positive social change. NVC gives us the tools to understand what triggers us, to take responsibility for our reactions, and to deepen connection with ourselves and others. Thus it is a toolkit for transforming our habitual responses to life. Ultimately, it involves a radical change in how we think about life and meaning. Nonviolent Communication is based on a fundamental principle: Underlying all human actions are needs that people are seeking to meet. Understanding and acknowledging these needs can create a shared basis for connection, cooperation, and more harmonious relationships on both a personal and global level. This workshop is designed to help cultivate your capacity of compassion and understanding for yourselves and others. You will develop communication skills that enable you to notice other people's feelings, needs, underlying words and actions as well as your ability to honestly express your feelings and needs peacefully. This can bring about transformation of troubled relationships into healthy and functional connections.

Module 8

Conflict Transformation, 22nd-26th October 2018 (5 days) at Wongsanit Ashram (Nuttarote Wangwingyoo and Chanchai Chaisukkosol)

Conflict Transformation is based on Process Work, a psychotherapeutic paradigm and practical methodology for uncovering deeper meaning in a broad range of human experience by following experiences in the moment through tracking signals, synchronicity, and somatic experience. Founded by Dr. Arnold Mindell, Process Work has roots in Jungian and Gestalt

psychologies, Shamanism, Taoism, sociology, and physics; and application in all aspects of human experience including large group work on issues of conflict and oppression. This workshop offers the opportunity to raise your awareness and facilitation skills for working with conflicts in interpersonal and large group dynamics with the assumption that the solution to a problem is contained within the disturbance itself.

Module 9

Deep Democracy, 29th October -3rd November 2018 (6 days) in Bangkok (Max and Ellen Schupbach)

Deep Democracy is a natural process that occurs in all community - building processes, but often goes unnoticed or un-used. Just as conventional democracy strives to include all individuals involved in the political process, Deep Democracy goes a step further in the effort towards fostering a deeper level of dialogue and inclusiveness that makes space for all people (with the individual right to vote) as well as all various and competing views, tensions, feelings, and styles of communication - in a way that supports awareness of relative rank, power, and privilege, and the potential of these forces to marginalize other views, individuals, and groups.

Module 10

Buddhism & Process Work (Seminar), 5th-6th November 2018 (2 days) in Bangkok (Ellen Schupbach)

Ellen Schupbach completed her PhD thesis on Buddhism and Process work. Many participants in Southeast Asia and beyond are interested in practicing Buddhism , as well as the psychological work of Dr. Arnold Mindell which explores a process-oriented view to work with flow and change in ourselves and our communities. This two day seminar will explore similarities and differences of both approaches for the flourishing of individual and community growth and well-being.

Eco-Political Economy (Economic Dimension EDE)

Module 11

Eco-Political Economy : Seeing behind the Seen, 8th-12th November 2018
(5 days) in Bangkok (Pracha Hutunuwatra and Team)

We live in an extremely complex and interdependent world. Many things happen to us and we don't know their causes and conditions. These include financial crises of boom and bust, unemployment, continual debt of farmers, extremist & fundamentalist groups of all sorts, regional and civil wars etc. It is important for spiritual leaders and social change makers to understand hidden discourses and underlying structural arrangements, as well as looking into the emerging alternatives around the world. During these 5 days we will also wrestle with big concepts such as neoliberalism, globalization, corporate-capitalism, failings of socialisms, gender justice, consumerism, media analysis, money & debt, social justice, sustainability, etc. Participants will leave with a deeper understanding of structural violence and alternatives on contemporary crises.

Module 12

Gender & Social Justice, 14th-16th November 2018 (3 days) in Bangkok
(Ouyporn Khuankaew)

Gender inequality remains a crucial challenge in society because this is one of the earliest ways in which people first learn about hierarchy and accept oppression as a way of life. This module will explore the structural issues underlying gender identity and related discrimination, as well as gain an understanding of how transforming personal perspectives are closely related to structural change. This course will also provide an opportunity to consider how to bring gender and feminist concepts into our life experiences and contemporary social issues. While learning key concepts around gender and social justice, practices of mindfulness and compassion will be integrated to build awareness, help participants

consider their and others' behavior, so they are able to authentically advance the change they want in society.

Module 13

Asian Political Thought, 19th-21st November 2018 (3 days) in Bangkok (Ramu Manivannan)

There is a lot of criticism of negative Western influences in Asia, but do Asians really have their own alternatives? Asia is home not only to great spiritual and religious traditions of the world, but also to philosophies of politics and political ideas. Yet during the period of colonialism, Western concepts of progress and neo-colonialism have both consciously and deliberately erased the path of political ideas and political traditions in Asia. This workshop on Asian political thought explores the classical and contemporary philosophy of politics and political ideas in Asia as well as their influence at the grassroots to this day. This workshop will also explore alternatives to the present globalised political, economic and cultural model from broad non-Western and specific Asian perspectives.

Module 14

Re-evaluating Liberalism (Seminar), 22nd-23rd November 2018 (2 days) in Bangkok

Since mid 19th century until now, liberalism has become more and more dominant as a political ideology, and it has been interpreted and re-interpreted many times over the past 200 years. With the present multi-dimensional global crisis, its roots can be traced back to the core values of liberalism of one kind or another. It is therefore a critical time to re-evaluate liberalism from various perspectives, especially non-western vantage points.

Module 15

Local Solutions: Alternatives in Practice, 26th November-7th December 2018
(12 days) in Eastern and Northeast Thailand

In the last few decades in many industrializing societies, real examples of sustainable local community initiatives have been nurtured to challenge the globalised mainstreaming of unsustainable development. Some of these are vibrant and flourishing, others are floundering. Academics have been exploring this field, to identify causes and conditions that contribute to the success of best practices, and cause of failures. This module will take participants to visit initiatives of good practice firsthand as well as meeting and discussing with researchers who are acquainted with these cases. The module will give participants both inspiration and critical understanding of practical sustainable community reconstruction.



Ecology and Design (Ecological Dimension EDE)

Module 16

Deep Ecology, 10th-14th December 2018 (5 days) in N Thailand

Deep Ecology, a term first coined by Arne Naess, is an ecological and environmental philosophy promoting interconnection and diversity, and endorsing the inherent worth of all beings regardless of their utility to human beings. It involves moving beyond the individualism of Western cultures towards seeing human beings as part of a global ecosystem. The 'Work that Reconnects' is a series of experiential practices pioneered by Joanna Macy drawn from systems theory, deep ecology, Buddhism, Indigenous wisdom and other sources, which aims to:

- Provide people with opportunities to confront feelings of being overwhelmed and powerless relating to the catastrophes the planet is facing
- Reframe our pain for the world as evidence of our interconnectedness in the web of life
- Revitalise ourselves to play a part in the creation of a regenerative planet

Module 17

Foundations of Ecology, 17th-21st December 2018 (5 days) in N Thailand

In this module we will start to understand the cycles of life and how our water and our air are constantly recycled through the soil, animals, plants and other components of the environment. We will make some forays into the forest to learn how to monitor biodiversity and ecological variables like the size of trees and the diversity of invertebrates. You can expect to both learn pedagogy for explaining these concepts in fun and accessible ways, and monitoring techniques that you can take back to your communities for a wide range of ecological projects.

Module 18

Eco-Crises - Climate Change, 24th-28th December 2018 (5 days)
in N Thailand

Arguably the most urgent issue that humanity and our shared home on Planet Earth face today is climate change and its intersections with a myriad of eco-crises, including biodiversity loss, species extinction, extreme weather etc.. This workshop will provide an opportunity to gain an understanding of climate change and related eco-crises from scientific and socio-political-economic perspectives. We will explore how human behaviors have both contributed to these crises, and also face its impacts through the environmental repercussions of a warming planet. From this foundation, participants will be given tools and perspectives to investigate how they can participate and pioneer solutions based on models for sustainability and regeneration.

Module 19

Exploring and Experiencing Practical Hands-on Work, 2nd-4th January 2019
(3 days) in N Thailand

To experience hands-on work is one of the best ways to learn the practical dimension of eco-community reconstruction. Nong Tao is an indigenous ‘Pagagayaw’ (Northern Thai indigenous ethnic group) community in transition within the context of a modernising Thai society. However, with Elders aware of the negative aspects of modernity, the younger generation are coming back to reconstruct their life with more awareness and more courage to choose the direction of their community, based on their own cultural values. A learning centre was created as a starting point, and there is a lot of potential to contribute to the future vision of the community. During this module, participants will join hands with local youth leaders to participate in local economic activities and the regeneration of their community.

Module 20

Vision Quest – Learning from Nature for Life Empowerment and Wisdom, 5th-11th January 2019 (7 days) in N Thailand

Vision Quest is an ancient Native American ceremony-based practice to help a person making a meaningful & significant life transition, facilitated by a community and nature. People seek rites of passage in times of significant life transition or to complete earlier uncompleted life transitions. In many traditions the transition from adolescence to adulthood is an important time for initiation; adolescents need the chance to confirm their fitness and willingness to step towards adulthood; mid-life, marriage, divorce, loss, or simply a time of confusion and disillusionment are also common calls to a wilderness rite of passage. These practices facilitate ego-transcendence and an opening to spirit. In doing so, they also bring healing and renewed connections with lost or abandoned capacities for guidance, vitality, and joy. Their goals include bringing back to one's personal power, stability, energy, wisdom, or maturity that is expressed in service to others and to the Earth.

Module 21

Ecological Design, 14th-18th January 2019 (5 days) in N Thailand (Supawat Boonmahathanakorn)

In this module the concept of 'design' has been expanded to be 'co-created design with nature', including not only physical aspects of community but also core values about the purpose of life. Participants will also inquire into forms of human relationships with each other and with nature, and economic practices that will enhance wellbeing of all. Based on a real traditional village in Northern Thailand, the facilitator, community and participants will co-create a vision of this village as an ecovillage as well as co-designing a process of how to achieve that sustainable vision.

Skilful Means

for Social Transformation

Module 22

Cultural Repair & Re-designing Harmonious Organisation, 23rd-25th January 2019 (3 days) in Bangkok (Deborah Benham and Root Cuthbertson)

Thought leaders of every discipline recognize major problems with modernity. While it has provided some improvements, it has also led to a terrifying increase of physical diseases, mental disorders, and collapsing social systems, particularly in the global North. It is vitally necessary for modern societies to initiate a systematic process of cultural repair, adding back in lost, forgotten, or undervalued traditional cultural elements. This workshop will offer an exploration of the 8 Shields, an elegant and intuitive system for restoring interconnection and healing with ourselves, our communities, and the natural world. The 8 Shields provide both a map and a compass, allowing us to measure the multidimensional aspects of 'Re-Villaging,' pointing toward a more regenerative way of living sustainably on the Earth.

Regardless of our background, we have the power to create the society and culture that we want. We can choose to consciously create communities based on Unity, Peace, Communication, and Healing. Rather than conflict resolution, we propose designing for conflict prevention. We can build our courage, reduce our shame, and uplift each other with our forgiveness. In a time of disruptive changes, we can begin to build a strong and lasting harmonious organization to work for positive changes.



Module 23

Sociocracy, 27th-29th January 2019 (3 days) in Bangkok (Deborah Benham and Root Cuthbertson)

Sociocracy is a potential infrastructure for navigating future uncertainty with resilience and courage. With roots in the Quaker tradition and cybernetic engineering, developed in the late 20th century by Dutch pacifists, educators, and business owners, Sociocracy is a model for both decision-making and governance. It provides a framework for organisations of any size to evolve as self-reflective, agile and innovating organisms. Using conscious collaboration and the ‘wisdom of the whole’, sociocracy empowers collective intelligence to achieve shared agreements, values, aims, and objectives, with clearly defined roles and efficient operations. An inclusive, creative decision-making process, it honours all voices and views objections as gifts. It energises groups by optimizing productivity, security, commitment, effectiveness, equivalence, transparency, and fun.

Module 24

Community Organising & Exposure Visit, 31st January -12th February 2019 (13 days) in S Thailand (Khao Lak, Phuket, Ko Yao Noi)

Most social change initiatives without serious people’s participation do not last. Community organizing for empowerment is a fine art with people participation as a core value. Although it takes time and the process is complicated, it warrants serious attention from community change leaders as the outcome is more likely to sustain. Participants will visit some success stories of communities that have gone through this process and learn about how they moved from community organising around single issues, to a social movement for structural change. We will review how they have arrived at the present point, linking the practices and theories behind them and pondering their possibilities for success and failure in the future.

Mindful Facilitation for Empowerment :Training of Trainers (ToT)

16th February - 13th March 2019, Bor Nok Beach (Pracha Hutuanuwatra, Jane Rasbash & team)

Mindful Facilitation for Empowerment is a highlight in our ALT Programme., which we have been fine-tuning over the past 20 years. This year we have decided to integrate a 5-day Applied Drama component as well as expanded sessions on how to organise 'Work that Reconnects' into a 3-day workshop, on top of the ongoing 12-day Mindful Participatory Facilitation Learning - including the topics of Sustainable Development Goals (SDG) and Edge Work. All together this will make up to 20-day learning journey. This is to enhance capacity of participants who aspire to be empowering facilitators. For those who have restricted time to complete these series of workshop, you can choose the sub-modules you are most interested in to begin with, and join others in the following years. We plan to keep this structure ongoing in the following order:



Module 25

16th-20th February 2019 (5 days), Bor Nok Beach (Yi Man Ou and Team)

Applied Drama for Facilitation (5 days): Applied Drama is the use of drama practice in an educational, community or therapeutic context. Participants in an applied drama are generally not skilled as actors, but are brought together by common concerns. It is a collaborative process of investigation, research, trial and error, negotiation and dialogue. You will be trained to be able to use theatre and drama strategies and techniques to facilitate and serve the needs of diverse communities and audience you are working with.

Module 26

How to Facilitate Deep Ecology - The Work that Reconnects, 23rd-25th February 2019 (3 days), Bor Nok Beach (Jane Rasbash & team)

The Work that Reconnects: This module will include learning how to facilitate deep ecology workshops on The Work that 'Re'connects, which is a series of practices exploring our inner responses to the suffering of the world and taking part in the healing of our planet, developed by Joanna Macy.



Module 27

Participatory Facilitation , SDG's & Edge Work (12 days with three days break in the middle), Bor Nok Beach (Pracha Hutuanuwatra, Jane Rasbash & team), 27th February -13th March 2019

Every aspect of human interaction needs facilitation. Mindful participatory facilitation is an invaluable skill for leaders in the new paradigm, as it is equalizing and empowering rather than dominating. The aim of this module is for participants to gain knowledge, skills and attitudes of empowerment through experiential learning and hands-on application in a safe space. Participants will flourish in a dynamic balance of mindfulness practice and open experimentation with the design and facilitation of holistic education sessions.

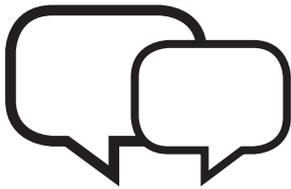
Sustainable Development Goals / Edge work: Today's change makers are acutely aware of the global issues facing humanity. Being grounded in the history and introduction of the UNESCO sanctioned Sustainable Development Goal leads to informed action. In this module we learn how to initiate powerful discussion from diverse perspectives. Today's edge workers are familiar with states of high dissatisfaction. They are willing to walk the path from business as usual towards regenerative design. Join us in the exploration of maximizing edges to add viability and vitality to your projects and how to optimize your networks into powerful zones of influence.

14th-15th March 2019 Seminar and Evaluation on Overall ALT Program for long-term students





What Students Say



“ This experience was the most deeply I have felt that I was myself. It was a real gift to have the space to be myself, and I got a stronger conviction to work towards what I love and what I fear. In the West we talk a lot about doing what you love, but it’s also important to get closer and embrace what I am afraid of.

Doreen, US/Taiwan

“ When I decided to join ALT, it was from this overwhelming sense of separation - I couldn’t connect to people although I am an extrovert. So my sense of love has grown in surprising ways. All of us are here with a common hunger to transform ourselves, and we can only do this in community, walking hand in hand together.

Kasey, US

“

The more powerful learning modules were the ones where I became more aware of myself. I found no competition or judgement, so it allowed me to express my opinion, and that empowered me.

Khun Wailar, Myanmar

“

One of the most important aspects for me has been how everything we learnt here is all interrelated. Learning worldview is where my own journey began, growing up in a consumer world but not knowing what was really underneath it. During our learning journey we got to spend time in nature by ourselves, explore our own inner healing, mindfulness and meditation. These all helped connect to this sense of interconnectedness and there is not just one path, there are many paths.

Socially, I grew up with the concept of fear, social injustice and breakdown of community. During the course we looked into this, and got to experience a community of good friends which is really empowering. Trusting each other and being vulnerable brought a quality of good friends. It was a very touching experience for me, knowing what is possible in how we can live together.

Phill, UK

“

All of the training content and processes brought me to overcome my inner struggles. It has increased my confidence to continue exploring this unknown journey of transformation, which is not only for me but also for the people with whom I am working for to change society. I can share my experience and apply my knowledge and my own transformative journey for others' healing as well.

Phwe, Myanmar

““

The course was such a perfect learning experience. I really valued everything about it. The learning we achieved was so deep I regularly experience moments in my life where I can pinpoint a new positive behaviour or insight to a particular module of the course.

Daniel, UK

““

On a course like this, it helps us to develop friendships beyond the boundaries of what we would choose for ourselves, and this enables us to understand the world through other peoples' eyes and through that be able to grow in other ways that otherwise we would not be able to.

Ven. Jake, US

““

What I take away from this time here, is this mindfulness practice; how to bring this into my facilitating. And how to trust my intuition, how to trust it and allow it to take me to wherever it needs to go.

Trudi, Sri Lanka

““

This is not only a journey of professional transformation, it's at a much deeper level, its personal transformation. When I got here I was in a dark place, I had lost faith in myself, in humanity in many ways. But just being around all of you who have been so genuine, authentic, supportive, inspirational, and thanks to the contemplative spaces and reflective spaces that were provided, I think I have slowly redeemed my faith.

Tony, US

Awakening Leadership Training Program

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