

THE DREAM OF THE GOOD,

The Dream of the Good, DoG, is a pedagogic project in support of the UN resolution: A Decade for a Culture of Peace and Non-Violence for the Children of the World. It is designed for school principals, teachers, preschool directors, teachers and daycare personnel. The project is run by The Other, a Swedish nonprofit organization, in cooperation with The Appeal of the Nobel Peace Laureates Foundation. DOG wants to inspire school administrations and teachers to incorporate a different approach to peace education in the classroom and in preschools.

Our method makes use of stillness and deep reflection to nurture the natural wisdom and compassion in children and youngsters in order to further peace as it is defined in the UN resolution and the Global Strategy and Peace Education of the Nobel Peace Laureates. Then, in addition to a peaceful attitude, it will attempt to create a culture around the dream of the good and thus further peace as defined in the Peace Laureates' global strategy and peace education. DOG wants to engage the whole person, not just the head, but also the heart and will. We offer practical tools and methods which are easy to learn. Our methods do not compete with, but complement, the methods and tools already in use in the schools.

Our pedagogy is based on the conviction that within all humans, irrespective of religion and cultural origin, there is a resource of goodness, love and wisdom - a resource which we name the Dream of the Good. It also rests on the understanding of the connectedness of all life, all beings, and the universe, a connectedness which in many different ways is brought to our awareness by modern science.

By connecting the external physical world with the inner Possibilities and psychological tendencies and powers of humanity we want to bring new energy into the building of a peace culture based on the six principles emphasized in the Appeal of the Nobel Peace Laureates: Respect all life, Reject violence, Share with others, Listen to understand, Preserve The planet, Rediscover solidarity. The DOG pedagogy is independent of religions and philosophies. Our method is not costly. It does not demand expensive efforts and stimulation from external sources. Our strategy is to utilize what is readily available – the peace-creating knowledge which already exists within different scientific areas, and the wisdom and compassion Which already exist within each and every one of us. The DOG gives help to self-help, offers simple tools and practices Which strengthen an inner firmness and awareness, facilitates the working out of the complex problems of modern life and gives the inner compass which is so sorely needed today. Step by step it leads away from alienation and isolation to a more loving and open attitude. It helps us to find ourselves and to feel at home in the world, to take responsibility for ourselves and our lives. It offers training to handle "difficult" tumultuous feelings, counteracts the tendency to see oneself as a victim, and increases the awareness that we as human individuals have a choice.

The operating instructions are supplied through: talks and seminars, exploration days for teachers and students, the book *The Dream of the Good*, a DVD with 4 20-minute films for high school students: *To be a human*, *To be an earthling*, *To be peaceful*, *To be a thread in the weaving*. An internet site with more reading material, practices and links to scientists and resource persons. The resources are found locally, by simple how-to maps supplied by the DOG.

APPROACHES

Stillness DOG encourages the creation of a room of stillness in every school, and intervals of stillness in the curriculum. Research in schools has shown that simple stillness exercises lessen violent behaviour in students, increases their self-confidence and the power to direct their actions and reactions from within, and have a positive effect on concentration and learning ability. Professor Herbert Benson, Harvard and Mind/Body Institute.

Inner Leadership Through Inner Leadership you learn to take responsibility for yourself and your feelings, to handle yourself in meetings with others. We practice in actual, concrete, situations. The better I know myself and get along with myself, the greater the possibility that I will get along with others.

Inner Peacework By meditating on problematic situations and conflicts I connect with the both the immediate and remote causes of what is happening. I can also experience my own pain and treachery. The more I see, the more I understand. The more I understand, the easier it is to forgive and feel compassion and love.

Symbolic seeing Myths and tales. Dream-work: Concerning oneself with dreams, myths and tales develops the power to see symbolic and understand an underlying meaning. The events in our daily lives also take on a symbolic meaning when you enquire into their true meaning. Mythodrama: Instead of confronting a problem, like mobbing, directly, the teacher tells a story which in some way, although not obviously is related to what is happening in the classroom. By acting out, painting or fantasizing an ending to the story and discussing it the students get a perspective on the problem and themselves arrive at a solution.

Peaceful touch Children and youngsters who massage each other do not beat each other. A few minutes of relaxing massage calms you down and enhances your body consciousness. Research shows that massage can improve the memory and power of concentration. It increases the ability to learn and reduces aggressiveness and anxiety.

Qi-gong: specially designed program of children's and young people's qigong.

Meetings with others who have found their way To meet others who have found their way awakens slumbering possibilities within me and gives inspiration and energy.

Existential talks When it comes to the big questions about life, death and the meaning of our existence nobody is an expert. Grown-ups are not wiser than youngsters. It is enriching and moving to listen to each other's different experiences in these areas. Research in the U.S. and in Sweden with high school students shows that courses in living skills drastically reduce the suicide rates among students.

Contact with and knowledge about indigenous peoples helps me to understand what is vital for life, not only with the head but with the whole being. In addition it helps us to honor and utilize inner knowledge. "Traditionally we, the Sames, have regarded nature, culture and our sustenance as an indivisible whole. We have lived from and in nature and taken great care to use

only the excess of what nature has offered. We have lived and traveled in Lapponia for thousands of years, leaving almost no trace behind us.” (from the Lapponia program by the Same villagers).

Programs of practical action Through compassionate action I further my dream of the good, my immediate environment, myself and the world. The dream of the good recommends different help projects, like the creation of a peace zone, or the building of a school in Tibet, India, or in some other place in the world where knowledge is a question of life and death.

Scientific knowledge which furthers peace, human rights, and the environment. DOG is creating a network of scientists from different fields whose research furthers the inner and outer peace. Also, they make the new findings available in an easy-to-understand way so that it can be channeled into the classroom via the internet.]