

CONSCIOUSNESS RAISING

For the next six weeks we will be meeting to share our experiences as women living in a male-dominated or patriarchal society. We will come to understand better, by this process of sharing, that those experiences are not simply unique and personal, but that a commonality exists in our experiences. We will come to understand why the "personal is political." We will develop a feeling of sisterhood that will support our new awareness, our emerging anger, and our resolve to work for both personal and political change.

DEFINITION OF CONSCIOUSNESS RAISING-- New College Edition, American Heritage Dictionary of the English Language:

- 1) A technique whereby one learns to analyze one's own life situation and then to transform it so as to achieve liberation from oppression.
- 2) A technique where one is made aware of discrimination against a particular class of people who have been oppressed.

CONSCIOUSNESS RAISING IS NOT...

1. Psychotherapy, group therapy, confrontational.

There are no experts giving advice and we will not attempt to focus on or solve individual personal problems.

2. An academic or lecture class.

There are no correct and incorrect life experiences and each woman's contribution to the group is equally valuable.

3. A radical or unfamiliar experience.

Historically women have met in groups to share their experiences and concerns and to give each other understanding and support.