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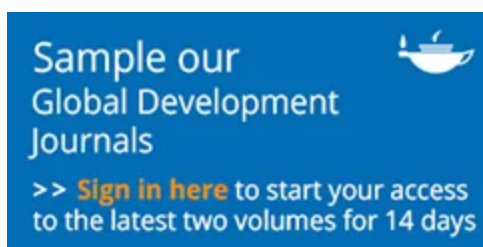
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A deeper dialogue for transformative agroecology can start from within

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ABSTRACT

The last decade has seen a growing interest in transformative agroecology, or agroecological transformations, which include high levels of complexity in pursuit of fundamental changes in food systems. This has resulted in creating considerable intellectual and emotional challenges and demands for those working within these efforts. In this article we reflect on the potential of consciousness approaches to support



agroecologists and others working on food systems transformation. We argue that agroecology has a strong foundation for the incorporation of consciousness approaches into its multiple dimensions, which include science, social movements, farming practices, policy, etc. Key approaches that have been incorporated into agroecology include a focus on transdisciplinarity, the Freirean concept of *conscientização* for participatory research, the co-creation of knowledge through *diálogo de saberes* (*dialogue of knowledges*), and the notion of *sentipensante* (feeling-thinking). We propose that these concepts can be especially useful to explore human inner dimensions in transformative agroecology. Consciousness approaches can support individuals to reinforce their inner capacities and strengthen the abilities to take better care of themselves and others, including their collective work and action. This inner work remains an underappreciated, yet central, dimension in collective agroecological transformations within the academy and in civil society.

KEYWORDS:

Food systems transformation contemplative practices mindfulness *diálogo de saberes*
consciousness approaches

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