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Reclaim Ugly Presents:

The Black Healing October &

Solidarity Healing September Archive Zine: A magical little keepsake full of the memories, magic, and healing from these memorable months. May you feel all the love we shared as you explore this zine

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A HUGE Thank You to all of our supporters! Solidarity September & Black Healing October were possible due to the \$20,000 in donations and sponsorships from over 100 people, \$22,500 in grants from the Akonadi Foundation (which supports racial justice in Oakland California) and Horizons Foundation (which supports Queer Liberation across the globe), and the supported of organizations like Fat Lib Ink, Creating Freedom Movements, Asians 4 Black Lives, Omusubi 4 Black Lives, Cupcakes & Muffintops, Bay Area Childcare Collective, Reclaim YOU, and Bad Repertory Theatre.

Solidarity Healing September: Solidarity Healing September (SHS) hosted a month-long series of educational, joy, and healing events for allies of all races to work towards Black liberation, unpack anti Blackness, and develop skills to be self-accountable and resilient in the fight for liberation, while also

being gentle with ourselves and each other. SHS is a gentle landing space for people who know we all deserve better and who want to fight for that better.

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The Importance of Solidarity Healing September: The money raised during Solidarity Healing September was used to aid in funding Black Healing October.

Solidarity Healing September lets us know we are not alone. We do have friends and allies who are fighting for us, who are doing the emotional and spiritual labor of addressing their own white supremacy and that of their loved ones, and who will economically invest in our liberation. We are worthy of this and we are worthy of so much more.

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Black Healing October: An Act of Economic Justice, Interdependence & Solidarity!:

Black Healing October is a month-long journey of Black people creating sacred spaces for Black people (of all ages, identities, genders, and sexual orientations) to connect, heal, grow, learn, relax, love, imagine, and transcend with each other. As a family. All Black, for us and by us, and completely free.

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Black Healing October: The Inspiration: "I dreamt this event up in June 2020. We were in the midst of Covid 19, the murders of Breonna Taylor, Ahmaud Arbery, & George Floyd, the resurgence of Black Lives Matter protests, and a president who encouraged police officers and civilians to shoot and assault protestors. As a dark skinned, disabled, queer, and fat Black woman, I did not want to put my body on the line. I am tired of Black people putting their body on the lines in this Amerikkkan system where the continued quest for justice will kill our bodies and spirits, as it has slaughtered and destroyed so many of our movement ancestors."

-Excerpt from Welcome Letter
by Vanessa Lewis, Founder of Reclaim Ugly

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Joy Is Our Birthright : One of our strongest forms of resistance is to take back what centuries of intentional oppression has tried to steal from us; our social and emotional health; our embodied wellbeing; our ability to truly see each other's beauty with love and compassion; our feelings of physical safety and security; our economic prosperity and sovereignty; our collective unity and governance; our whole-bodied & holistic access to open-hearted liberation. This is why Black Healing is Revolution in the most powerful and potent ways. Black Healing IS Reclamation of all that we are. It is the undressing of white supremacy and its perilous institutions. It's love. It's family. It's the tools and support to forgive each other. It's the impetus to heal collectively and within our unique subgroups. It's transcendence.

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Who Made It Happen: 55+ diverse Black healers, activists, artists, and educators facilitated events every single day of the month, sometimes two to three events a day, that offered something unique and special for Black people of all ages, identities, genders, and sexual orientations.

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Creating Safety Together: Whoever you are, wherever you come from, whatever your experiences are, YOU ARE WELCOME HERE!

You are home and you are safe.

This is a space to connect, heal, grow, imagine and relax

This is a shame free, judgement free, JOY-centered, sacred space.

You are essential to the creation of this this gentle, loving, and deeply melanated revolution!!!!!!

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The Spaces We Created: Our Black Healer-led, phenomenal and expansive programming included interactive workshops and programs for youth, the whole family, and some spicy sessions for consenting adults on the following topics:

**mindfulness and embodiment
creative writing
African Indigenous spirituality
eradicating the patriarchy
welcoming consent culture
nonviolent communication
embracing our erotic
honoring intuition
herbal medicines
self-care for Black trans and nonbinary people
fat liberation
body positive nutrition
healing our ancestors and connecting with our futures
healing our relationships with each other
taking care of ourselves as survivors**

All events were ASL interpreted by Pro Bono ASL, and offered automated live captioning.

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Black Healing October Welcome from Vanessa, Founder of Reclaim UGLY:

Welcome Family! Black Healing October is for ALL Black People! Black healers. Black activists. Black parents. Black youth. Black elders. Black queer, trans, and gender non-binary people. Black heterosexual queer allies. Black activists. Black artists. Black writers. Black movement workers. Fat Black people. Disabled Black people. Undocumented & Immigrant Black people. Kinky Black people. Formerly Incarcerated Black people. Black Deaf people. Black sex workers. Mixed race Black people. Dark skinned Black people. Black revolutionaries. Spiritual & Esoteric Black people. Black people who deeply, fiercely, and passionately love other Black people.

In 2020, we co-created a magical month full of Black love, Black revelry, Black (he)art, Black vulnerability, Black intimacy, Black healing, and so much Black joy just for you! You all made it beautiful and transcendent.

Thank you SO much for all the ways you contributed to this gentle, loving, and deeply melanated revolution!!!!

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"When I committed myself to doing this work, I reached out to Lauren Chinn, a fifth-generation Chinese activist who I met through my work with Creating Freedom Movements. Together, we recruited a team of 35 extraordinary volunteer and paid collaborators who gave their heart, soul, love, compassion, and energy to this project. Our volunteers range in age from 21 to 69; span ethnicity and gender; are queer and heterosexual; are Christian, Muslim, Wiccan, Jewish, and Atheist; are disabled and chronically ill, are poor/working class and affluent. "

-Excerpt from Welcome Letter for Black Healing October from Vanessa Rochelle Lewis, founder of Reclaim Ugly

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"I believe in the power of collaborative liberation, in the criticality of healing. I believe that we can save ourselves and each other by centering our imagination, our softness, and our love. I want my people safe from the police, the stress of organizing in the middle of a pandemic, the antagonism of news media looking for something sensationalize and profit off of, the hateful ignorance of people who refuse compassion, and the bitterness that can happen when you fight for a justice that never comes."

-Excerpt from Welcome Letter by Vanessa Lewis, Founder of Reclaim Ugly

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Reclaim UGLY: UPLIFT GLORIFY LOVE YOURSELF– And Create A World Where Others Can too! Praxis & Practice: Reclaim UGLY is an intergenerational, multi-racial, LGBTQIA+ and Black led organization.

We serve social justice-minded communities and center people who exist within the following intersections of identity: Black, Indigenous, & Mixed-Race People of Color (BIMPOC), Fat/ People of Size, LGBTQIA+, and Sick & Disabled People.

We create healing, joy, and educational spaces and resources for people who have been most impacted by uglification and offer tools, resources, and training for allies and advocates who want to remove practices and systems of uglification from their organizations, corporations, schools, and community groups.

Pg 16:

Uglification / ˌʊɡləfəˈkɑːʃən/ : Uglification consists of personal and cultural beliefs, behaviors, practices, and laws that dehumanize people as ugly, undesirable, immoral, and unworthy. It feeds, maintains, and depends on oppression, such as lookism, racism, ableism, sexism, and homo-, trans-, fat-, and xeno- phobia. Unchecked, it facilitates, normalizes, and validates hatred, childhood bullying, workplace exclusion, criminalization, medical neglect, violence, exploitation, and more.

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Reclaim UGLY: What We Do: Reclaim UGLY works to help people understand what uglification is; how it facilitates internalized, interpersonal, and systemic violence; and how individuals and communities can collaboratively work to reclaim the parts of our bodies and identities that have been uglified by oppression and cultural misunderstanding, while healing from, interrupting, and preventing the continuation of its devastating impacts. UGLY stands for (U)plift (G)lorify (L)ove (Y)ourself while creating a world where others can as well.

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How can you support Reclaim UGLY?: Share our work with others who you think would love and benefit from what we do!

Participate in our offerings and help grow our radical community!

Financially Support Our Amazing Team:
bitly.com/supportreclaimUGLY

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The Time to Center Our Healing is Now and It's Urgent: How do we...

Learn to love ourselves without internalizing other people's cruelty or judgment?

Release shame from our hearts, brain, bodies, and desires?

See the beauty and magic that is intrinsically in us?

Support each other's success, growth, creativity, economic prosperity?

Invite more peace, pleasure, and longevity into our lives?

Strengthen our relationships with our ancestors?

Support each other to center joy and positivity in our lives?

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What We Aspire To Do:

Center + Honor the critical importance of Black & Sacred Healing Spaces

Create opportunities for Black people to breathe, rest, and release tension together

Establish shame-free spaces where we can be fully embodied and open-hearted

Hear and be heard by each other without the risk of judgment or ostracization

Build intersectional healing experiences that affirm Black people on the margins

Promote more Black love, connection, & understanding across our identity differences

Put more dollars in the pockets of Black healers, educators, artists, and activists

Connect Black people with Black Healers who know + understand their lived experiences

Decrease the violence, heal the trauma, and increase the compassion in our communities and relationships with others.

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You Are Glorious Exactly As You Are, Right Now, In This Moment.

We aspire for a world where...

people can go to school or work without fear of being bullied,

harassed, or excluded

ALL people, are encouraged to Uplift Glorify & Love every bit of

themselves AND EACH OTHER through media, legislation and entertainment

LGBTQ+ People, Fat People, Black and Indigenous People of Color,

Disabled/Sick People, Poor people, and others impacted by systemic

injustice KNOW what it means to experience safety, welcoming, love, joy,

rest, care, and pleasure on a daily basis

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We are visionaries, artists, healers, politicians, parents, administrators, managers, teachers and leaders who...

Imagine and articulate beauty, brilliance, culture, productivity, safety, and inclusion

Liberate our gaze from white supremacist, ableist, patriarchal, cis-heteronormative, and religious dominant concepts of beauty, acceptability, and morality.

Work towards a global existence where everyone shows, experiences, and centers love when making all crucial political, systemic, cultural, artistic, romantic, and professional decisions

Choose the protection and nurturance of human and earth life over money, short-cuts, land-acquisition, deadlines, political squabbles, false **legalities, and traditions**

See human and human potential and not their stereotypes or biases around disease, fat phobia, disability, crime, trauma, threat, or struggle.

Practice and center love regardless of the cost

Center our own healing and wellness so we can truly show up for the people we serve

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We aspire for workplaces, classrooms, social & entertainment centers, and political

Where all people can thrive, contribute, learn, and build collaboratively, despite differences, and across identities

Where privileged people care so much about other people's wellbeing they relentlessly, joyfully advocate for transformative inclusivity and reject systems and opportunities that center them at the expense of others

That do not weaponize our bodies, disabilities, neurodiversity, and ancestral trauma against us

That foster curiosity rather than critique, imagination instead of judgement, and collaboration over competition

Where Disability Justice, Racial Justice, Gender Justice, and Radical Inclusivity lays the foundation for all structural and systemic development and revamping

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Where fat, queer, trans, and disabled youth (and adults) witness diverse, joyful, nuanced depictions of themselves and KNOW that they unconditionally belong

Where people, despite economic and educational backgrounds, know that they can pursue work that brings them pleasure, grow in their skills, feel valued by their employees and colleagues, and earn enough money to have a happy and joyful life

That prioritize humans over capitalism, connection over production, and don't depend on otherization in to establish culture or momentum

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All people experience a life free from state-, medical-, police-, intimate-, sexual-, domestic-, peer-, and self-violence

We celebrate body autonomy, curiosity, creativity, love, gender and racial diversity

Black youth grow up to be happy, confident adults

Trans, Queer, Non-Binary youth grow up to be celebrated, affirmed adults

All families are protected and provided the resources to stay together and heal together

Communities are provided the tools, skills, and resources to take care of each other
~~WITHOUT police violence + incarceration culture~~

and homelessness are taboo, scandalous, and very distant memories.

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Art:

Black femmes matter coloring pages

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Fat & free

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Our highest selves are built on the hurt of others (a prayer)

I haven't hurt

Everyone

(who) has made me

A better person

But I hope that

Every time

I hurt

Another

I can learn

To do better

May every hurt

Be a lesson

&

May one day

I hurt

No one

At all

Caleb Luna

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solidarity healing (written in pink and in the shape of a heart) over a block of black text of the following words: native conjuring activists faerie reclaiming relationship expression everything Black indigenous nonbinary wild magical care humans defend everyone world dance gold honey safety unique love dream action compassion universe heart kindness people art activists reclaiming relationship Black indigenous nonbinary are simple precious queer self everyone vulnerability tenderness vastness gold heart laughter process growth safety unity manifestation queer uncompromised truth love dreams connection compassion universe healer kindness art creative conjuring activists faerie reclaiming relationship expression every-thing Black indigenous nonbinary wild magical

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What's Next for Reclaim UGLY?: Our next project is "In Solidarity Against White Supremacy Vigil: A Day Long Healing Summit"

To contribute funds so we can continue to provide healing, accessible, and sustainable content, visit our fundraiser page: bitly.com/supportreclaimUGLY

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Relevance & Need: When we are struggling with the agony of oppression and exclusion, the trauma of witnessing ourselves massacred on television, and the rage of having to navigate daily racialized aggressions; its hard to maintain hope, to dream of what is possible, and to lovingly collaborate to create the change needed to manifest that possible.

We know that we deserve better. Reclaim UGLY is a movement to acknowledge and address how lookism and uglification contribute to contemporary oppression, bullying, and violence. It is also a movement to imagine, build, and enjoy the better we deserve.

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Black Healing October Healers

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Pg 69: Tynya Beverly

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Pg 80: Dara Robinson

Pg 81: Black Dream Escape

Pg 82: Jihan McDonald

Pg 83: Amber Flame

Pg 84: BEYONDEEP Productions

Pg 85: Day Elliott

Pg 86: Denarii Grace

Pg 37

Amira Aro (they/them)

Image description: Amira, a Black exogender person, is looking at the camera, angled with a slight smile. They have a red, black, and silver cut crease eyeshadow, matte black lipstick, and silver and black faux locs cascade around their face. A sparkle filter overlays the picture.

Amira is a Black exogender disabled queer femme person born and raised in Osage Land/Louisville, Ky and currently living in Lenape Land/Philly. Amira works as a community organizer with a trans centered praxis to secure reparations for individuals as well as collaborates with the Housing Reparations group in Philly. House of Liberosis is their vision of a “for us by us” fundraising network using both social media and grants to fund reparations for Black MaGes, with the goal of opening a safe house.

houseofliberosis.org

"I dream of creating a safe house to provide Black MaGes shelter, clothing, food, mental health support, community, and reparations. I want to make a commune of sorts that exists only for healing and addresses as many needs as possible to make life a little easier for those of us who need it most in this country. An emotional oasis where Black MaGes can rest and needs are taken care of so they can focus solely on healing.

Protect Your Magic

Protect Your Magic 2.0

Tuesday, October 27, 1:30-3:00 PM PT

Friday, October 2, 11 AM-12 PM PT

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M'kali-Hashiki (she/her)
Oakland, California

M'kali-Hashiki is a Griot of & Guide to Eros. Her Divine Purpose is helping folx heal their erotic wounds so they can have the joyous, juicy & just life that is their Divine Birthright. She offers group intensives, rituals, individual sessions, instructional videos, guided visualizations; as well as private events for companies & organizations. Her lived experiences as a fat, Black, queer, femme, trauma-survivor inform every aspect of her work.

<https://www.fiercepassions.com/>

Image description: M'kali-Hashiki, a brown-skinned Black woman, smiles at the camera. She has brown & blue chin length curls that cover her left eye, bold red lipstick, and is wearing a open denim jacket, and a multilevel chain choker.

"Black people are *tired* and many of us don't even know we're tired. Surviving under racism is draining. I dream of a time when we can use our emotional & spiritual resources on following our dreams & creating more joy and pleasure for ourselves and each other, instead of just using so much of our energy for survival. I believe that accessing Eros is the key to making that time a reality."

Erotic Breathwork for

Black Resilience & Black Joy

Friday, October 2, 3-5 PM PT

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Dalia Kinsey (she/her)
Griffin, Georgia

Dalia Kinsey is a Registered Dietitian and creator of the *Body Liberation for All* podcast. On a mission to spread joy, reduce suffering, and eliminate health disparities, she rejects diet culture (which is rooted in white supremacy) and teaches folx how to use nutrition as a self-care and

personal empowerment tool. "Black people are under so much stress, we need coping tools and healing designed especially for us to help us thrive no matter what the world throws at us. I love how intersectional Black Healing October is, making space for black folx of all identities. As a queer, genderfluid person this is so refreshing. I am honoured to be part of this healing space."

Image description: Black Registered Dietitian, Dalia Kinsey, leaning on kitchen counter near bowl of apples.

"I hope that by the end of my lifetime black folx will know how precious and valuable they are. I think that once we heal our wounds and stop living white-centered lives we will be able to fully liberate ourselves from the damage of colonialism. I believe in intersectionality and want to see all systems of oppression dissolved so that everyone can enjoy the peace that comes with knowing that you are enough and we live in an abundant world."

Honoring Your Body Wisdom and Using Nutrition for Self-Empowerment

Saturday, October 3, 11 AM – 1 PM PT

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Stacia Barrett (she/her)
Arlington, TX

Stacia is a Licensed Clinical Social Worker from Texas who has a passion for dancing dating back to her youth. Dancing mindfulness and dancing self-esteem groups have allowed her to join her two passions. Stacia believes that mental health and dance are for everybody. "I love the idea of Black people exploring more options for healing. Healing in general is something that we need to do more of. I would love to be a part of helping just one person get one step closer to healing."

Image description: A collage of words and pictures. Stacia is pictured dancing in the woods with the words "Dancing Mindfulness with Stacia" to the right of her. A pink border outlines the left side of the picture and a pink flower with green leaves is above the words.

Dancing Mindfulness

Saturday, October 3, 2-3 PM PT

Saturday, October 17, 2-3 PM PT

"I want to see Black people addressing their emotions, being vulnerable and not feeling the need to be strong every moment."

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Vanessa LeMaistre (she/her)

Los Angeles, California

Vanessa LeMaistre's path has been unconventional. Broken from years of childhood sexual assault, not having a father to protect her and an ultimate lack of self-worth, she woke up at the age of 25 as a lost soul, having dated a mix of men, including prominent celebrities who didn't respect her worth. Deciding to wake up and step into her path, Vanessa began to practice yoga and spiritually enlighten herself through a series of texts, before suffering the tragic loss of her son, Kamden at 9 months. This was the turning point where Vanessa decided to follow the calling bestowed upon her at the age of 21: that she was a shaman. She has a M.A. in Resilient Leadership, which includes an in-depth education in sustainability, social justice, and Diversity & Inclusivity. She merges both her shamanic healing with powerful conversations around ecological injustices. Vanessa facilitates a shamanic drum circle to guide you through this powerful healing modality, and provides spiritual insight from her diverse experiences.

Image description: VanessaSoulXo, a light brown skinned Black woman with long copper curls, a green blouse, floral shorts, and a bright smile, holds a black, red, and yellow Shamanic Drum. She stands in front of a couch and there are flowers besides her.

Diversity & Healing Session—Let's Talk About It
Sunday, October 4, 3-4 PM PT

"My dreams are for a future of Multi-cultural leadership. One where the paradigm is balanced and blacks can finally have a chance to be on top for a change. It is long overdue for blacks to stand in our power. The time is now. We are powerful beyond measure. It is time for change and it is time that we shine. My hope is that we can heal and truly step forward in our power."

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Latriece Love-Goodlett (she/her)
Oakland, California

I'm a divine being, who came in Black woman form. I am a mother of 2 black sons, singer, songwriter, award-winning public speaker, transformation coach and consultant and Podcast Radio Co-Cost. My social media marketing agency, Real McCoy Virtual, offers Anti-Racism/Anti-Oppression Consultation (DEI), creative solutions serving companies, organization and individuals who want to build inclusive, authentic, empathic and engaging communities. I love to be of service and hold space as folx transform their lives and build community.

Image description: Photo of African-American women standing behind a microphone in a blue dress getting ready to speak and sing.

"My dreams for black healing, black liberation and our future is for folx to be able to live care free, defining ourselves as we live loving, joyous, juicy and jubilant lives. Our lives are enriched with creativity, love, peace and hope. My dream is that we complete the works of our Ancestors and walk with our heads held high into our Divine purpose, birthright and individual callings that support and advance our communities. My hope is for a global pan-african solidarity, that

lovingly includes all of us with no being left behind. As we stand in the power of our economic, spiritual and creative freedom."

We All We Got, We All We Need!

Sunday
October 4,
4-6 PM PT

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Tasman Cleaver, M.A. (she/her)
West New York, New Jersey

I am a biracial African-American woman born and raised in NYC. My pronouns are she/her/hers. I am a doctoral student studying clinical psychology, and have experience running support groups.

Image description: A happy smiling woman with curly brown hair looking at the camera. She is wearing a white blouse with red flowers.

"I believe in the power of the group."

Sharing Survival Strategies for School, Work, and Other Professional Environments

Monday, October 5, 6-8 PM PT

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Max Pearl (he/him)
Petaluma, California

Max was an HIV/AIDS educator and advocate from 1985-1995. Max has a Ph.D. in Neuroscience and taught at Hampshire College from 1989 through 1999. Maxwell Pearl has a Certificate of Theological Studies from Pacific School of Religion, and is a long-time practitioner of contemplative spirituality, both in Buddhist and Christian traditions. Max has been teaching contemplative practices in both traditions since 2005, and has also taught numerous workshops on emotional awareness, communication, and relationship issues. He is also a multi-genre writer and blogger.

Image description: Photo of Max Pearl, Black man with very short gray hair, smiling, wearing brown glasses with trees in the background.

Loving Ourselves and Our Bodies
Tuesday, October 6, 6-8 PM PT

"I have decided to focus my work on supporting the lives and joy of trans folks, including Black trans and gender-expansive people. Loving ourselves deeply is, in itself, a radical act, one that

will, I believe eventually help to dismantle white supremacy. I want us to feel completely whole, deeply informed by, but somatically unshackled from, our past, and fully able to express our power."

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Ellenie Cruz (she/her)
Gretna, Louisiana

Educator, Poet, Student Midwife, Doula, Ascending Herbalist, Reiki Master, Food Literacy Educator, Artist, Designer and Founder of Ascension Art LLC

Ellenie Marie Cruz uses her given and learned talents to promote the art of ancestral practices to heal self, family and community. Motivated by social justice, she has shifted from being a high school English teacher to a free agent and entrepreneur promoting radical change through holistic wellness, self-care and community building. Ellenie serves and impacts her community through birthwork work at Atabey School of Cultural Healing by offering courses and care that centers Black, Indigenous, and People of Color. She is the SOUL Organizer of the NOLA Herb Gathering, and author of the poetry book *Saturn Return I: Glimpses of the past*. Ellenie teaches with the Samara School of Community Herbalism and Wild Ginger Herbal Center and travels to teach and lecture on the subjects of radical full spectrum birth work, herbalism, community care, and more, in small intimate group spaces and larger conferences.

Image description: image of Ellenie, an African indigenous woman wearing a black dress covered in big yellow flowers. She is filled with joy, dolled up, and laughing with her head thrown back. She is standing in front of a huge green leaf that is larger than she is.

The Essence of Resurrection: An Intro to Healing With Flower Essences
Wednesday, October 7, 11 AM – 1 PM PT

"In short, my dreams for Black healing, Black liberation, and our future are that we heal deeply so we can truly live as liberated free and healthy beings! That from the moment we are conceived we know we are forever limitless and can create whatever fruitful juicy loving life we desire."

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Goddess (they/them)
Des Moines, Iowa

Goddess (they/them/theirs) is the Proud MoMo of Sun Seed Community, a platform for the practice of collective healing. Creating Goddess' tools of liberation took a whole community of support, and they hope their village's stories can resonate with others. They graduated from the Healing Arts Institute of Massage in October of 2018 and continue to explore therapeutic and spiritual practices. You can usually find them in the "pagan" section of the bookstore, sitting in

the back of a concert, caressing crystals at your local metaphysical shop, or binge-watching old sci-fi movies while cooking.

Image description: A black and white photo of Goddess Carroll, a Black person with long regal earrings, a bald head, a nose and labret piercing, and a wide, warm smile.

"My dream is that when a black and indigenous child is born they get to spend their entire lives living and redefining their cultures and growing to know themselves, instead of spending half their lives learning how to apologize for who they are and the rest trying to repair what damage that has caused."

My Black Body and Inner Wisdom Keeper
Wednesday, October 7, 4-6 PM PT
Wednesday, October 14, 4-6 PM PT

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Amber Walker (she/her/woman/queen/goddess)

San Leandro, California

Amber Walker is a professional Massage Therapist born and raised in Oakland, California. In 2002 she worked as a youth advocate for Mandela Arts Center in West Oakland. With her compassionate spirit, she gravitates towards the healing nature in relationships.

Image description: Amber Walker, a lighter brown-skinned Black woman wearing a Black hat, shell earrings, and long beads, leans into her hand and smiles softly and sweetly while gazing just beyond the camera's focus.

"My vision is to help heal our communities. I want us to be knowledgeable of where we come from, the land we live on and attain self-sufficiency so we don't have to depend on any outside influences. With that, I see us becoming financially independent and thriving."

Soulutionary
Thursday, October 8, 3:30-4:30 PM PT

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Dr. Brittney M. Cofield-Poole (she/her)

Arlington, Virginia

Dr. Brittney M. Cofield-Poole's journey into collective wellness began with her academic experience earning a Ph.D. in Applied & Community Psychology from North Carolina State University in 2016. After earning her degree she made a promise to herself that she would always be committed to building inclusive spaces. That same year, she was changed forever with a diagnosis of Graves' Disease, an autoimmune disease of the thyroid, which disproportionately

affects women in their early 30s and is often brought on by stressful life events. From that point on she had to reorient her notions of what being “well” truly meant for her well-being through yoga and meditation. The impact of her mindfulness practice was so significant that she was inspired to pursue a yoga teacher certification and is now focused on guiding others toward building their own personal wellness toolkit. As a yoga teacher and social impact entrepreneur, her desire is to help others manifest the best versions of themselves. Her mission is to inspire Black & Brown communities to discover self-love on the mat and beyond. As a Community Psychologist and digital storyteller, she builds collaborative relationships with community members, groups, and organizations to help them discover their strengths and build capacity. She is deeply dedicated to elevating the stories of diverse advocates and lives by the motto “rest is resistance”!

Image description: Flyer for Restorative Meditation and Yoga Class, a gentle and rest-focused mindful movement experience for all levels. Class length: 60 min; class props: large pillow/cushion & towel/small blankets; location: Zoom. Led by Dr. Brittney M. Cofield-Poole @yaawellnesscollective.

"My dreams for Black healing and Black liberation look like a community that deeply prioritizes rest. There are so many of us, my self included, concerned about what our “role” is in this social justice revolution. However none of us can show up at full capacity if we have not developed a dedication to consistent and intentional rest. To me, a rich future looks like a movement that incorporates a holism approach to preparing our leaders for the front lines and charges the supporting community with taking charge of their personal and collective well-being. I honestly believe that this vision can come to fruition with collaborations with movements like Black Healing October."

Restorative Meditation & Yoga Class
Thursday, October 8, 5-6 PM PT

Pg 50

Richard M. Wright (he/him)
Sunrise, Florida

Richard M. Wright (he, him, his) is a consent culture and healthy masculinity specialist for all genders. He is also an author, counselor, public speaker, and multimodal artist. Richard studied Expressive Arts Therapy at CIIS, where he received his Masters. He also trained with Men Can Stop Rape. Richard fuses these skills to create art-based workshops that help to dismantle cishetpatriarchy, build consent culture, and honor our own boundaries as well as the boundaries of others. He feels beyond honored to join this beautiful and necessary endeavor. Richard also defines as an intersectional afrofuturist. His personal Wakanda is located somewhere between 1980's Jamaica and 1990's New York City in his mind.

Image description: A slim black man with an engaging smile leans against a windowsill from inside a room. He is backlit by a sunlit frosted glass window, and dressed in a white Kangol cap, a colorful green and yellow Ghanaian dashiki, and an army green jacket.

Building Consent Culture and Healthy Masculinity For All Genders
Friday, October 9, 12 PM – 2 PM PT

"My dreams for Black healing, Black liberation, and our future are a future where cisheteropatriarchy is an ancient relic. Where there are no more margins within margins within margins. All Black Lives Matter. We are a community that has each others' backs, and we are a collective force of creativity, freedom, joy, abundance, actualization and wellness. Ase'."

Pg 51

CPIII (Charles Peoples III, he/him)
Hayward, California

CPIII is an international singer, songwriter, and performance artist. His mission is to help you awaken to the love, light, and brilliance that already exists within you. CPIII recently released a Pop/Soul EP, and plans to release a Neo Folk Soul EP later this year. His music continues to evolve as he continues to grow. You can follow his journey on his website: www.cpiiiimusic.com

Image description: A close up of CPIII (Charles Peoples III). He has medium brown skin, a short groomed beard and mustache, futuristic orange and gold eye make up and lipstick, and a silver earring. Light plays across his face.

Behind the Masks: A Story Concert
Friday, October 9, 6:30-8 PM PT

"I envision a world with expansion, abundance, and love for all. A world where justice is a given, and the path to spiritual and physical fulfillment is cultivated from childbirth."

Pg 52

Joiní James (she/her)

Bergenfield, New Jersey

Joiní is an avid learner and inspired educator. She received her B.Sc. from Montclair State University, earning a degree in Public Health with a concentration in Community Education, while pursuing a minor in Child Advocacy. She is a Madriella Certified Birth/Postpartum doula, P.A.I.L. advocate, as well as a certified Gentlebirth hypnobirth childbirth educator. In addition, she has undertaken training for cultural competency, full spectrum doula care, becoming trauma-informed as well as in Safe Space training. She has studied herbal training and became certified in Placenta Encapsulation in order to build a vast network of resources for all families, no matter

their birth outcome. As such, she is the proud founder and CEO of The Resting Garden, a safe space for all families, which specializes in helping non-traditional and low-income families of color. She currently serves Northern New Jersey as well as parts of NY, CT and PA and she values trust, integrity, and commitment.

<https://www.therestinggarden.com/>

Image description: Light Blue poster with words “Wellness Circle: Receive, Revive, Release” surrounded by roses and ferns. The Resting Garden’s Logo is placed below the words.

"My dreams for Black healing, Black liberation, and our future are to build a collective of Black beings highly in tune with ourselves, feeding from the land, honoring our ancestors and understanding the beauty in community."

The Wellness Circle

Saturday, October 10, 10 AM – 12 PM PT

Pg 54

Natasha L. Simpson (she/her, they/them)

Oakland, California

Natasha L. Simpson is a spaceholder and facilitator for self healing while remaining in connection. She is trained and certified as a teacher-practitioner in (Grief) Reiki, Sekhem Seichim Reiki (SSR), and EFT (emotional freedom technique or “tapping”); a long time practitioner of meditation as well as self reflection/self healing through tarot and astrology. Natasha came to these modalities through her own experiences and need for self-healing, and guides others by leading with her own vulnerability. Through energy healing processes, which she calls “emotional composting”, Natasha is passionate about creating/holding space for others to feel their full range of emotions, loosening the constraints of the many forms of oppression that seek to keep us from embodying our full humanity – especially those who experience marginalization in multiple forms – and reflecting the love and wisdom available in each and every part of us.

Image description: Natasha L. Simpson, a Black femme with purple cat eye frames and lips, sits before an ivory background, looking directly into the camera with a shy smile. She wears a teal headwrap, beaded necklace and black shawl.

Enduring Flame: A Collective Energy Healing Meditation to Ease Grief and Remember Sweetness

Saturday, October 10, 3-4:30 PM PT

"My dreams for Black healing, Black liberation, and our future are Black people feeling loved; Black people receiving care that we need without fear/shame/guilt/exploitation attached; Black people safe to express/emote without fear of containment; Black people rejoicing and experiencing pleasure; Black people seeing our inherent worth/divinity; Black people mending and healing our relationships with one another AND across the lines drawn by oppression; Black people deeply safe."

Pg 55

Teshone Renee' Jones (she/her)

I am a Southern girl who headed west to discover the birthright of my ancestral genius. My story on this plane began in a small rural town in North Carolina. Throughout my earlier years, my being was heavily influenced by the seasonal threat of hurricanes, the soft, yet stern crack in my grandmother's voice, and the "uh hmms" and hands on hips of other Black, Southern (vicariously African) women of my community. I began writing at the age of 5; writing was the first, and for a long time, the only medium through which I could hear my own voice. My creative sensibilities were further developed and expressed through music, and the Free Will Baptist church was where I was first baptized into my Blackness. In recent years, I have brought my Black southern-ness into the foreground of my chosen identity, recognizing it as a foundational pillar on which all of my art, work, and relationships rest. I currently reside in Oakland, California where I have lived for the past 8 years. I am the owner of two creative businesses, Fenyx Consulting LLC and Oh Snap! Photo Experiences. My personal creative projects are focused on the spiritual liberation and ancestral healing of Black people. I collaborate with other Southern-rooted Black women and BIPOC to curate experiences that inspire reflection, connection, healing, and transformation.

Image description: Flyer with floral accents and picture of Black woman with eyes closed and expression of reflection and serenity. Text above reads: Healing from Momma. Text below reads: A Journey Within Through Creative Writing

"I dream of individual and collective awakening to our majesty; a series of internal revolutions that contribute to sustainable, external liberation in our physical reality."

Healing From Momma – A Journey Within Through Creative Writing

Pg 56

Jenee Darden (she/her)

Alameda, California

Jeneé Darden is an award-winning journalist, public speaker, mental health advocate and proud Oakland native. Her first book is a womanist collection of poetry and essays titled *When a Purple Rose Blooms* (Nomadic Press). She writes about her personal experiences with love, sex and mental health as a Black woman. Jeneé blogs at CocoaFly.com.

<http://www.cocoafly.com/>

Beautiful Darkness

Sunday, October 11, 3-6:15 PM PT

Image description: Selfie of smiling Black woman with a dark brown complexion, purple and black Marley textured extensions and purple lipstick, in a black sleeveless top.

"My dream is for us to BE. I dream for Black people all over the world to just BE themselves without being attacked or harmed. Our creativity, beauty and brilliance are so threatening to others. I want a world where Black people can live peacefully. I want Black folks to be able to create, innovate, love who they want, sex who they want (with consent), be treated with respect and respect each other. I want us all to have adequate healthcare, a home, a quality education and for us to never be in need of the basic necessities. I dream that this happens on an Earth that is healthy and taken care of by her inhabitants. I want us to be free, and I want our community to be free of the discrimination and oppression we put on each other."

Pg 57

Mel Graham (they/she)

Charlotte, North Carolina

I am a Non-Binary Spiritual Coach, Reiki Practitioner, and Postpartum Doula that specializes in empowering and healing persons so that they can live the life they truly desire.

"My dreams for Black healing, Black liberation, and our future are that we may serve all those that know they need, as well as those that don't, to be healed mentally, spiritually, emotionally and physically."

Image description: Full Body Photo of Mel Graham in an Orange Dress in front of blue wall

A Restorative Time

Monday, October 12, 12-1:30 PM PT

Pg 58

Tijanna O. Eaton (she/her)

"But...who would I be without white supremacy? How would I be without white supremacy? What would I talk about, write about, fight about if not racism, sexism, classism, and gender terrorism? What would it be like to not live wrapped in the shroud, outside the coffin, above ground, no longer enveloped, suffocated, constricted by white supremacy? What would I do without the trauma and the struggle? I'd make movies about mundane shit. I'd make an epic film about going to the corner store and the hilarious adventures along the way. I would take a five-minute outing to pick up some cage-free vegetables and turn it into two hours of madcap fun, then write a book based on the movie, then produce an album based on the book. I'd sit in a coffee shop for hours zoning the fuck out, not being harassed, checking my phone, reading

articles about socks and underwear, my news feed devoid of the killing of Black and brown bodies. Maybe I'd pay more attention to my hair. I'd focus on kink and sex and Wakanda. I mean I do that anyway, but I could focus on these with all my attention. I'd create week-long retreats for Black dykes that mixed tantra and kink, spirituality and sex, sex and bacon. I'd build a dungeon in my back yard across from the hot tub and the music studio would look out onto the garden. My home could just be a gathering spot instead of a safe spot, a respite, a break from the relentlessness of white supremacy. Maybe I'd shed the armor. Maybe I'd change my relationships with time and fear. I look forward to reclaiming the 30% of my headspace that goes toward armoring myself when I leave my house every day. When that day comes, I will put on headphones and walk down the street lost in my own thoughts. I'll forget to bring my ID when I leave the house to walk to the store and not even think about being 'randomly' stopped by cops, who would take my ID, run my name, and watch my rap sheet scroll and scroll."

Image description: A Black butch in black swimwear and water shoes stands on a boulder along the banks of the Yuba River, looking to the right, and posing with hands on hips and her right leg perched on part of the boulder.

Oakland, California

Tijanna O. Eaton (Tə-zha-na) is a 55-year-old, Black, cis-butch dyke with a high school diploma and a rap sheet. She plays from the top down and gets dressed from the bottom up.

<http://bolt-cutters.com/>

Take a Walk on the Wild Side
Monday, October 12, 4-6PM PT

Pg 59

Chance York (he/him)

Bloomington, Minnesota

Chance York has spent years as a community educator and touring musician. After becoming a registered and insured yoga instructor, he has brought holistic curriculum to schools, helped establish a research and development department of the YMCA called the George Wellbeing Center, and been a core teacher for the non-profits One Yoga Mpls, and Black Boys Om Academy.

"I want people to recognize that the world is coming FROM them at least as much as it's coming at them."

Image description: A Black person balancing horizontally on one leg in shallow water in front of a waterfall

Daily Practices for Emotional Balance, and Clarity Toward a Fruitful Life

Tuesday, October 13, 10:30 AM – 12:30 PM PT

Pg 60

Joyce Lee (she/her)

Jamestown, North Dakota

Joyce Lee is an International storyteller and performance poet. Her performances of her own creative non-fiction writing constantly receive standing ovations and encores from her fans and personal heroes. Joyce Lee is an explorer of emotional and physical life. She travels the world and writes but is not a travel writer; instead, each place she wanders, each country, is allotted by her to introduce its own spirit. Joyce listens to that spirit and takes notes. Sometimes the note is a memory, sometimes a story, but every time, a poetic gift to her audience.

Image description: A Brown, chubby Black womyn wearing a long-sleeved, black shirt in front of a red velvet backdrop of theatre curtains. She is smiling lightly, chin turned a little towards the left and almost resting her head against her hands, which are joyfully clasped together. Her hair is Black, pulled back and non-descript.

"My dreams for Black liberation is that we survive WHOLE."

Playing With Blocks

Tuesday, October 13, 1:30-2:30 PM PT

Tuesday, October 20, 2-3 PM PT

Thursday, October 22, 2-3 PM PT

Wednesday, October 28, 1-2 PM PT

Thursday, October 29, 2-3 PM PT

Pg 61

Jovelyn Richards (she/them/they/US)

Honolulu, Hawaii

Jovelyn Richards has worked for over 25 years in marginalized communities as a family advocate and community activist/educator. She was instrumental in designing and implementing one of the first client-centered culturally diverse, culturally sensitive home-based curriculums in the state of Minnesota before bringing her healing modalities to the Bay Area. As a result of her years of work in diverse communities and reflection about the people she served, Richards believes it is essential to listen to the narratives of individuals and their communities. She started integrating story-telling and other arts into her work as tools for healing both individuals and communities. Richards facilitated a series of healing workshops at Healthy Black Families Inc. Richards is a theater director and artist in residence. She worked at La Pena Cultural Center with community members to share their stories in intimate spaces of healing and to move them to center stage. One such performance was *9-1-1 What's Your Emergency?* A court drama about putting calls on brown and black people for moving in space. In October 2019 Richards moved to

Honolulu, HI. Richards, surrounded and inspired by the healing Oahu, has offered her spirit is ready in the rebuilding of this new world coming.

<https://www.jovelynrichards.com/>

Image description: A cool brown skin Black woman with a high ponytail of black and brown twists with a green headband looks at the camera with a slight smile. She wears a yellow V-neck shirt with white polka dots.

"My dreams for Black healing, Black liberation, and our future are that we rise and humanity will thrive."

I Want My Mama

Tuesday, October 13, 6-7 PM PT

Tuesday, October 20, 4-5 PM PT

Tuesday, October 27, 7-8 PM PT

Pg 62

Kalash KaFae Magenta Fire (they/them)

San Francisco, California

Kalash KaFae Magenta Fire, MSW (they/them) is a Certified Massage Therapist, Sex and Intimacy Counselor, Community Organizer, Urban Voodoo Witch, an Empathetic Life Coach, and East coast native, now living in San Francisco, Ca (17+ years). They have a tapestry of work history ranging from street-based outreach, case management and social services, to sex surrogacy, kink/fetish modeling, and program development for self-care and life-management. Kalash is a proud and passionate advocate for radical and revolutionary justice for those who are disenfranchised in marginalized communities. Ashe.

Image description: Black person wearing pink glasses, a warm smile, and a shirt with cupcakes for days

Simple Self-Care for BIPOC Brilliance

Wednesday, October 14, 1-3 PM PT

"Reparations NOW"

Pg 63

Kris with a K (they/them)

Woodstock, Georgia

Kris with a K is a nonbinary creative conjurer based out of Georgia. They are an author, poet, painter, healer, Oracle, unicorn, twerker, and intergalactic teacher whose work centers social

equity, emotional wellness, ancestral veneration, connecting to the earth, wealth consciousness and unifying our multidimensional and spiritual selves to manifest revolution.

Spiritual SELF CARE

Thursday, October 15, 3-5 PM PT

Image description: Text: Spiritual SELF CARE with Kris the Mystik. Flier with Emerald Background, Brown text, black and white image of Kris in the forest smiling up at trees in the center, layered behind the words "SELF CARE" and "With Kris"

"My dreams are for black folx to live the lives of ease our ancestors dreamed of. To transmute the ancestral suffering in our DNA and make room for us to create self sustaining communities where our gifts twerk together to embody radically new ways of existing. My dream is that no black person has to have a 'job', and that we embrace being cared for in abundance by the unseen forces assisting us in ending oppressive systems and cycles. My dream is the liberation of the Black imagination to envision collective victories and futures. I always hope to mentally and spiritually liberate our inner prisons from social conditioning and to bring Black folx a clear message that they are an embodiment of the divine."

Pg 64

Dominique Cowling (she/her)
Oakland, California

Dominique (she,her) is a healing practitioner that supports survivors by transforming trauma and violence into opportunities of liberation. She is honored to share tools of trauma-informed yoga, mindfulness & ecotherapy to communities of color and folks who identify as lgbtqi+. She is currently working as the Healing Justice Program Manager at Community United Against Violence (CUAV) in San Francisco, Ca. In addition, she provides 1:1 nature based mindfulness sessions for people of Black / African descent in Oakland.

<https://www.brownsugayogini.com/>

Image description: The profile of a Black Queer femme sitting on the earth in front of a large Redwood tree.

Meditation and Relaxation

Friday, October 16, 6-7 PM PT

"My dreams for Black Healing & Black Liberation is for ALL Black people to be thriving and honoring each other's wholeness, ancestry, spirituality and beauty. I see a future that is built on healthy relationships of trust, safety and sweetness. When we decenter whiteness and decolonize from white supremacy we will let go of the grip of misogynoir, homophobia, transphobia etc. and begin to celebrate our complexities within our Black identity. We will work towards ending violence and cycles of harm in order to embody love, power and elevated consciousness."

Pg 65

Latasha Monique
Oakland, California

“I am LaTasha Monique. Healer.”

A Laying On of Hands: A Black Healer’s Guide to Individual and Collective Healing Saturday,
October 17, 11 AM – 1 PM PT

Image description: woman, smiling, dressed in black shirt and colorful leggings sitting on pink floor, leaning over oversized orange gummy bear. Background is large red, yellow, and pink plastic candy. "This work is dope. I want the whole world to get high on it."

Pg 66

Dontá Morrison (he/him)
Los Angeles, California

Dontá Morrison is a Los Angeles based community change agent focused on bridging gaps and improving the lives of marginalized individuals. He works tirelessly to change the way communities engage in conversations about sex, sexual behavior, and human sexuality. In addition, he serves in a consultative role with local non-profit organizations charged with bettering the lives of youth and young adults from diverse experiences and backgrounds.

<https://www.dontamorrison.com/>

Image description: Photo of Dontá Morrison, a Black man with a fade haircut in a white button up shirt, gray tie, and gray blazer smiling straight at the camera on a white background.

The Art of Unloving: Dealing With the Aftermath of a Bad Relationship & Owning the Part You Played
Saturday, October 17, 4-5 PM PT

"My dream for Black healing is that the stigmas surrounding mental health are eradicated from the Black community. If we are going to heal our community we need to make the process safe, welcoming, and comforting for those who challenge themselves to seek out help. Healing has so many layers and I want the community to understand that tackling those layers will take time and effort by all. No one should be left out because the entire village needs to be made whole."

Pg 67

Joshua Young (they/them)
Atlanta, Georgia

Joshua Young is a guided meditation and emotional intelligence teacher based in Atlanta, Ga. Through this work, they are cultivating emotional wellness and invoking the awakening of spirit. They have found deep healing in offering practices that merge ancestral traditions and philosophies with mediation as we know it today. Joshua cultivates practices that provide tools for moving through awakenings that encourage, vulnerability, community building, self-care, ritual, and empowerment to take steps towards healing. Practices are designed to give the listener, tools to build trust with the breath, trust within the body, and trust within the silent and active mind. They contribute content for *Insight Timer*, a sleep meditation app, and continue to utilize this resource to make meditation more accessible and inclusive for Black, Indigenous, People of color and LGBTQ+ community members. Joshua reminds us that wellness can be remembering what we already know.

Image description: Guided meditation and Emotional intelligence Teacher Joshua Young sitting on a rock that is in the middle of a stream. They are wearing MudCloth print pants, which are hand-dyed in Africa. They are smiling and seem to be at peace and connected to nature.

"Dreams for Black healing, Black liberation, and our future—Step 1: create content people find helpful. Step 2: make it accessible Step 3: educate on ancestral traditions Step 4: Create opportunities for this work to grow Step 5: Use this platform to generate income for the creation/ownership of retreat/healing spaces around the world starting in GA"

<http://trustyourori.com/>

On Becoming Emotionally Well

Sunday, October 18, 10:30 AM – 12:30 PM PT

Sunday, October 25, 10:30 AM – 12:30 PM PT

Pg 68

Danielle Cole (she/them mix)

Fitchburg, Massachusetts

Danielle is a Black non-binary femme with a love for their ancestors, their cats, their community and building their intuitive practices. She is a writer, healer, twerk lover, weed enthusiast and cultivator of Black joy. They believe in the power of good-ass food, love and intentional community.

Image description: Image shows a Black non-binary person with brown shoulder length afro hair and hoop earrings. They have a Black velvet belly shirt on, a light green choker and is smiling and looking directly at the camera.

"My dreams for Black healing include massive access to rest. An ability for people to grieve. Space for people to say no. Ways to build up boundaries. Means to kill the white supremacist and anti-black policing in our own minds. I dream we are free of prisons, free of crimes against Black trans and queer people, free to be ourselves and love who we want. I dream of reparations.

I dream of Black liberation being led by youth and children being centered. I believe in our ancestors and elders shaping this but also, learning from us as we learn from them. I dream our future to be Black as fuck, free, sexy, loving, delicious, smelling good as hell and irresistible."

Intuition Healing: Mind, Body and Spirit
Sunday, October 18, 1:30-3:30 PM PT

Pg 69

Tynya Beverly (she/her)
West Sacramento, California

Tynya R. Beverly is an Author, Poet, and Community Chaplain with the Center for Spiritual Awareness in West Sacramento. She is a transformational leader in the community, and her expertise includes over 30 years of Personal and Organizational Development. She is the Project Director for the African American Suicide Prevention Project, "The Living Room." Tynya is a Compassion Ambassador with Chill Sacramento and the co-founder of Wisdom Works, a women's empowerment group, which produces the Woman Spirit Rising Retreats. As the Executive Producer of Real Cream Cafe, a Social Justice Theater Company, Tynya produces shows, and activities that raise the consciousness of the viewer.

<https://www.tynyabeverly.com/>

Image description: Tynya, a Black woman with reddish-brown hair, dreadlock style, smiles in front of a beige background. She wears purple and gold African-style attire and wears a purple scarf draped around her neck. Her purple earrings contain the Egyptian symbol of Rah.

What's Change Got To Do With It?: Making Sense of Life's Changes
Monday, October 19, 3-5 PM PT

"My purpose is to be an intricate part of the Global movement of raising the vibrational frequency of the planet for Black folks, one person at a time.'

Pg 70

Miss Renée (she/her)
Portland, Oregon

Miss Renée is an empathic professional tarot card channel and spiritual astrologer of 28 years. She is also a Reiki energy balancer and a workshop teacher at the Portland School of Astrology.

<http://missreneehealing.com/>

Chiron—Working With the Wounded Healer

Monday, October 19, 6-8 PM PT

Venus, Mars and Your Place in the Revolution
Wednesday, October 28, 3-5 PM PT

Image description: A header in white script reading "Miss Renée: Helping you heal you: mind, energy body, and spirit," sits above a Black femme woman with black and brown twist-styled hair and a soft smile, facing the camera. A green houseplant and a large conch shell sit on a shelf in the background.

"I hope to help us learn how to center ourselves instead of whiteness being centered in our psyche. I want a reclamation of our consciousness and unconsciousness. I want us to own all of ourselves again. Asé."

Pg 71

Theresa Clark (she/her)

Philadelphia, Pennsylvania

Theresa (Reese) Clark BS, MPH is the CEO and owner of Empress Herbal Products, LLC. Empress Herbal Products uses ancient Guyanese remedies and Cannabis Sativa (Hemp) to create holistic skincare and pain management products. Ms. Clark has been manufacturing skincare and pain management products for over 30 years. As a thought leader in the Cannabis Industry, she has taught the holistic uses of Cannabis Topicals to improve your Health and Wellness at Temple University School of Medicine, Philadelphia School of Massage & Bodyworks, Lutheran Theological Seminary, CrossFit and The Cedars House. Before entering the Cannabis industry, she taught governmental administration at Long Island University. Previous to teaching, Reese served as a public health program administrator with the Office of Minority Health and Refugee Health Program at the Pennsylvania Department of Health, Office of Health Equity (OHE), bringing awareness to health disparities among Pennsylvanian minority populations. She also worked to secure quality health assessments for newly arriving Pennsylvanian refugees. Prior to Reese joining the OHE, she was the senior program analyst and lead evaluator for the Division of Cancer Control and Prevention in the Pennsylvania Department of Health. Previous to this, she coordinated pharmaceutical clinical research in oncology, infectious diseases, dermatology and women's health. Reese received her Bachelor's degree in Biomedical Science from Drexel University and a Master's degree in Public Health with a focus in Health Planning from A.T. Still University.

<https://empressherbalproducts.com/>

Image description: A Black woman with braids up in a bun wearing a patterned shirt and earrings in the shape of Africa, smiling up at the camera, her hand under her chin.

How Can Cannabis Assist in Self-Healing?
Wednesday, October 21, 11:30 AM – 12:30 PM PT

How Can Bush Medicine Improve Your Well-Being?
Wednesday, October 28, 11 AM – 12 PM PT

"In my [opinion] as a public health professional, black healing should start within ourselves and communities using the tools that earth has gifted us. I believe that this is the only way to improving our future."

Pg 72

Lauren Anderson (she/her)
Kansas City, Missouri

Lauren Anderson's background is in PK-12 and higher-education. She has worked as an educator in elementary education and as an admissions officer at several universities. Currently, she is an instructor and doctoral student in the Department of Educational Leadership and Policy Studies. Her research interests are: racial and gender equity in PK-12, institutional and organizational change and teacher diversity.

Image description: A Black woman wearing a multicolored shirt with Black wavy shoulder length hair smiling into the camera.

Academia: Being in Community
Wednesday, October 21, 1:30-2:30 PM PT

"Black liberation is inclusive. It honors us as individuals and as a collective community. It's freedom from capitalism, imperialism, White domination, heteropatriarchy, ableism, racism, etc. In order to free ourselves, we have to tackle the interconnected nature of all of these forms of oppression."

Pg 73

Yanna Johnson (she/her)
Oakland, California

Yanna /Nancy / The Lone Wolf is an east Oakland spiritualist that engages in astrology/tarot/ and third eye awakenings. She is able to see pitfalls and help adjust outcomes in daily life/love/health/money/sports. She useta assist betters and athletes but decided she enjoys helping her community more. She offers to assist those who need guidance on their correct path. "A healer is not an easy task bc you deal with many energies but I am more than up for a task."

Image description: A dark skinned Black woman with braids in a bun, blue and purple eyeshadow, and purple glossed lips smiles at the camera, wearing a floral yellow shirt.

Spiritual Enlightenment From the Hood; LOVE During a Pandemic
Wednesday, October 21, 4:30-6:30 PM PT

"My dreams for Black healing, Black liberation, and our future are that we can find more ways to engage spiritually to heal universally using methods that have been expansive since the beginning of time...except with a twist of hood!"

Pg 74

Sade Musa (she/her)
Alhambra, California

Sade Musa is the founder of ROOTS OF RESISTANCE, an educational project that seeks to help folks reclaim healing ways interrupted by colonization, to disrupt narratives which invisibilize Afro diasporic contributions to medicine, and bring attention to health disparities and other forms of health injustice. ROR operates under the belief that bodily autonomy and culturally relevant medical care are essential, and that learning to heal ourselves is a liberatory praxis of self-determination and resistance. ROR is dedicated to helping historically looted communities advocate for their wellbeing, access quality healthcare, and to find alternatives if western healing models fail them. Through ROR she offers donation-based and sliding scale community herbal classes and consultation, leads free plant walks, operates an apothecary, and donates medicine to various grassroots wellness programs.

Image description: Photograph of a brown skinned, curly-haired woman looking toward the camera, smiling slightly. She is wearing a hat and glasses and holding up a piece of cleveland sage, a plant with purple flowers. Blurred green foliage is in the background.

Pleasure Plants: Botanicals for Beauty and Self-Love

Thursday, October 22, 5-7 PM PT

"I believe with my whole heart that healing work is the key to Black liberation. For years, I have explored how herbal healing practices have been central to Black freedom movements; how plants have been— and could be— used to resist our oppression, claim bodily autonomy, and cultivate resilience. Whenever we use herbs, whether to help us rest or glorify our sacred selves, we celebrate the legacies of our ancestors — honoring them and evoking their protection. My dream for the future is that Black herbal communities will continue to grow and grow."

Pg 75

Tyrell Blacquemoss (they/he)
Tuscon, Arizona

Tyrell Blacquemoss or TBN (they/them and he/him) is a prophetic dreamworker and descendant of a long line of African priests and workers, and Turtle Island medicine people. With a 10+ years thread and an ongoing commitment to land-based and Afro-Indigenizing practices and as a scholarly researcher with a Bachelor's of Fine Art with an emphasis in Africana Studies and Indigenous Studies from Cornell University, TBN reclaims and continues their family legacy of

the science and art of dreaming. Their work meets at the intersections of film, oral and cultural history preservation, performance, arts education and liberation work. They are the founder of Cause Reign's DREAM School and 4 other remote startups. As an educator, they are working toward AZ Teacher Certification and creating free curriculum materials based on Afro-Indigenous culture and histories for parents who are homeschooling in the fall due to COVID-19. They were a 2019-2020 fellow in Freedom School's National Health and Healing Justice Fellowship, recipient of the Gibian Rosewater Travel Award, 2018 Artist in Community Award, Cornell Tradition Fellowship, and Pink Door Fellowship. TBN is an MFA candidate at Prescott College in Social and Environmental Arts Practice with Patrisse Cullors, faculty director and co-founder of Black Lives Matter. TBN is currently based in Tucson, AZ.

<https://www.causereign.com/>

Image description: A Black non-binary person with a slight soul patch and blue and black hair wearing a blue silk shirt sits with their eyes closed leaning into their hand in a grassy New Orleans field on the bank of the Mississippi

Dreaming Awake by the Water

Questions will be taken October 22-24

"JOY. SOVEREIGNTY. AFRO-INDIGENIETY. LIBERATION & ABOLITION WITH A FOUNDATION OF OUR OWN SCHOOLS, OWN HOSPITALS/CLINICS AND OUR OWN FARMS."

Pg 76

Ifasina, ThaHood AlKemist

TaMeicka "Ifasina" Clear (pronouns they/them) is a creator of containers for healing, connection, and self-actualization. They have a background in community organizing and a knack for storytelling and gyrating to a dope beat, that makes them a joy seeker and truth teller all in one. Ifasina has a lot of formal and informal training in many modalities, but they are much more interested in you and the dopeness you're bringing to the space!

Image description: Ifasina, a black genderqueer fat person, is laying on their stomach in a field facing the camera. They have a smirky smile and a scarf tied around their hair. The backdrop is grass, cars, and an office building.

Get Embodied With Joyful Movement

Friday, October 23, 3-5 PM PT

"My dreams for Black healing, Black liberation, and our future are that Black folks have the spaciousness, access, and time to create the life, communities, and circumstances they genuinely want, without limitation or pressure to conform to any standard."

Pg 77

Sincere Kirabo (he/him)

Sincere Kirabo is a social change instigator from the outskirts of Washington D.C.

Waking Men: Working to Demolish Patriarchy & Embrace Feminist Masculinity
Saturday, October 24, 10-11:30 AM PT

Image description: A picture of Sincere Kirabo indoors smiling, looking off-camera.

"I conceptualize social justice as liberation; so for me, Black liberation looks like the disruption and elimination of all oppressive ideologies (e.g., anti-blackness, misogynoir, trans-antagonism, etc.) and policies (e.g. prison industrial complex) that harm our communities."

Pg 78

Yolande Clark-Jackson (she/her)
Miami, Florida

Yolande Clark-Jackson is a yoga practitioner, nurturer, author and educator with over twenty years of teaching experience. She is the author of the Award-winning author of the children's book, *Rocko's Big Launch*. A book about a little Black boy who wants to become a rocket scientist. She holds an MFA in Creative Nonfiction and hosts creative writing workshops for teens and adults. In her workshops, she guides participants on how to tell their story and find empowerment in discovering their unique voice and perspective.

<https://www.yolandeclarkjackson.com/>

Image description: Yolande Clark-Jackson, a Black woman in a soft, flowing strapless top, smiling wide at the camera with shoulder length dreads. She supports herself on a white brick wall in the background.

Creative Writing for Love and Light
Saturday, October 24, 1-2:30 PM PT

"My dreams for Black healing is the return in part to ritual and our traditions designed to help us navigate this world. The ritual of giving to the earth. The ritual of paying homage to our ancestors. The ritual of dance, drum and sharing stories. Our rituals protect us from hurting ourselves or others. They keep us from hardening, closing, sinking or falling into despair."

Pg 79

Hess Love (they/them)
Baltimore, Maryland

Born in Annapolis and currently in love with Baltimore, Hess is the accumulation of her mother's and grandmother's and foremother's love. They are a creative, fluid, compassionate and fierce being that is very protective of what and who they love. Water and all of its abilities personified. Fire too. Student of the world. Made of stardust and her ancestor's wildest dreams. In between her pieces that can be found on *RaceBaitr*, *Black Youth Project*, *Wear Your Voice*

Mag, Brown Girls Out Loud and Medium, you can find her online “politicking” about Blackness, Hoodoo, History, Feminism, Motherhood, Queerness, Food, Books, Sex and Humor

<https://hoodoosociety.com/community>

Image description: Photo of brown skin femme presenting with dark brown eyes wearing a wine colored shirt and rose gold jewelry.

Watch Yo’ Mouth – Learning How to Conjure Your World Through Words
Saturday, October 24, 7-8 PM PT

"My dreams for Black Healing and Black Liberation are for Black people to live in a world that constantly reminds them that they are whole."

Pg 80

Black Dream Escape
Pittsburgh, Pennsylvania

Black Dream Escape is a therapeutic practice that focuses on Black and Indigenous rest/sleep/dreams. Black Dream Escape educates, guides, and soothes. Using original music and original meditation scripts, we guide people into a rested state. Our practices soothe the parts of the self that struggle with stillness, boredom, and self-worth. We educate individuals and the wider ethos about the overdue sleep and rest debt that Black and Indigenous people have been forced to accumulate.

<https://www.blackdreamescape.com/>

Image description: Seated inside of neon hibiscus flowers, your Black Indigenous Rest Doulas, Onika Reigns and Windafire joyfully conspire to bring sleep / rest / dreams to Black, Indigenous people. Onika is smiling as Windafire whispers in her ear.

Rest Is Always Possible
Sunday, October 25, 4:30-6:30 PM PT

"At present, Black Dream Escape is realizing our dream by preparing to open BlackSpace: A Home For Black Wholeness. Black Space will be a radical clinic honoring the traditional places to which Black, Indigenous people have always turned. (Your Granny, Cousin or Aunty’s home.) We envision BlackSpace as a place to come for spiritual, emotional and limited physical needs. In addition, we hope to be able to host Black Healers as visiting healing artists to offer services and workshops. BlackSpace will be a place where you can be peaceful and unapologetically Black and whole. We have the building. We’re working on turning it into BlackSpace. Our Instagram is a daily on-going reflection about Black Healing, Black Liberation and our future."

Pg 81

Dara Robinson (she/her)
Alexandria, Virginia

Born and raised in North Carolina, Dara's top three values are communication, service, and joy. Dara is a 200-hr level yoga teacher, certified in Connecticut in 2017, and an ACE certified personal trainer as of August 2020. She has been teaching yoga for over a year and has been active in the gym since she was in middle school. She has been working in the health care field for over 5 years and has long term aspirations of becoming a nurse practitioner. She became certified to become a teacher and trainer because she wants to help increase wellness, especially in the Black community. Although she had always been physically well, she could not say the same for her heart and mind. Yoga was a new type of medicine and treatment that gave her a feeling of peace that she had never experienced before. Her work today is an effort to share this peace and goodness with others. She focuses on creating sustainable joy by teaching innovative healing practices to empower her clients and support their health and wellness journeys.

Image description: A photo of Dara smiling, standing on a wooden bridge with a forest behind her, and wearing a white shirt with a yellow flower behind her right ear.

Always With the Breath

Sunday, October 25, 2-3:30 PM PT

"For Black Healing, I dream about sustainable joy. I dream of a day when Black people are willing and ABLE to fully take care of our minds, hearts, bodies, and spirits. For Black Liberation, I dream about communalism. I pray for Black people to uphold BLM sentiments within our own communities. The death of classism, sexism, transphobia, homophobia, etc. Our future looks like us deeply connected back to the land. Mother Earth being grateful that we chose to love and honor her. Her extending our time on the planet and us prospering without any occurrence (police brutality, white supremacy, microaggressions, etc.) that knocks us down. I dream of us being freely happy, without the disclaimer of 'in spite of...'"

Pg 82

Jihan McDonald (they/them)

Jihan McDonald [They/Them] is an award-winning transformative facilitator, intuitive healer, and creative writer from the Chochoyeno Ohlone land colonized as Oakland, CA.

<https://www.jihanmcdonald.com/>

Blackened NVC

Monday, October 26, 12-5 PM PT

Image description: A nonbinary Black womxn facing the camera head on.

"I dream of open conversations between elders and youth about what it means to live, what it means to live while Black, and what it means to live while knowing that Black is Beautiful. I

dream of us living from our deepest joys and passions in how we express, create, and live together. In the Black ancient-future, we have put all of our creative capacity towards generative culture that meets the needs of the most vulnerable, makes the most of the gifts everyone has to offer, and honors our interconnectedness with all other beings. We live with clean air, water, food, and energy within systems that are reparative and life-serving."

Pg 83

Amber Flame (she/her)
Tacoma, Washington

Amber Flame is a writer, composer and performer, whose work has garnered artistic merit residencies with Hedgebrook, The Watering Hole, Vermont Studio Center, and Yefe Nof. Flame served as the 2017-2019 poetry Writer-in-Residence at Hugo House in Seattle, and teaches creative practice workshops to all ages. An activist, educator, and intentional empath, Amber Flame is a queer Black single mama just one magic trick away from growing her unicorn horn.

<https://www.theamberflame.com/>

Image description: A brown-skinned woman with short curly black hair wears bright red with a black triangle necklace, head thrown back in laughter, against a blue and white sky background.

Self-Care Is Hard! Let's Nap About It.
Tuesday, October 27, 4:30-6:00 PM PT

"My dreams for Black healing, Black liberation, and our future are world peace through individual happiness and consciousness shift through collective compassion."

Pg 84

BEYONDEEP Productions
Los Angeles, California

BEYONDEEP is a duo of queer and trans Black artists who use multimedia to represent, empower, and give joy to their community. They feel it is essential to share their gifts, spread love, promote healing, and create space for the unconventional, controversial, and the erotic.

Image description: Two Black queers dressed in black with tattoos and afros pose in front of a brick wall looking at the camera. On the left, Kei wears a red collar, mesh shirt, chest harness, leather shorts and a wrist cuff. On the right, G holds a shiny flogger, wears a collar and patent leather corset with lingerie.

Sex Magic Films
viewable online for 24 hours, from Wednesday, October 28, 6 PM PT – Thursday, October 29, 6 PM PT

"Our dreams for Black healing, liberation, and our future, are that all Black people have housing, food, and security and are able to invest in our desires beyond survival. We dream for us all to have more love, peace, and prosperity and the means for self-determination."

Pg 85

Day Elliot (they/them)
Berkeley, California

Day is a natural clairvoyant and trained intuitive healer, who facilitates a fusion of healing energy work with psychic communication in one single session. Their passion for social justice helps them center their healing and psychic work within the QT/BIPOC (queer, trans, black, indigenous, people of color) community and their allies. Day's healing work is specialized around a number of themes, including: ancestor and spirit guide communication, healing relationships and soul contracts, life and career guidance, updating karmic agreements and Akashic Records keeping, and clairvoyantly healing the energetic/auric, emotional, and physical bodies of a diverse range of clients. They have called the East Bay home for 18 years now.

Image description: A photo of Day, a light skinned Black person with curly hair, smiling wide, looking down at the ground. They wear thick-rimmed glasses, a colorful striped button up shirt, and are surrounded by trees.

<https://evolveconsciousnes.wixsite.com/website>

Day's Intuitive Group Healing

Thursday,

October 29,

11:30 AM – 1 PM PT

"My dreams for Black Healing, Black Liberation, and our future are that all Black Healing and Black Liberation is pushed to the front, to be seen, validated, funded, prioritized and centered for a healthy and healed future."

Pg 86

Denarii Grace (she/they mix)
Hempstead, New York

New York-based social justice warrior Denarii (rhymes with 'canary') Grace is a bisexual, non-binary/agender, proudly fat, multiply disabled, poor, femme woman. She's a blues singer-songwriter, poet, freelance writer/essayist/editor, ghostwriter, screenwriter, and public

speaker/educator/activist. They were a non-fiction editor at *The Deaf Poets Society*, an online journal featuring literature and art by D/deaf and disabled people. Denarii's activism mostly focuses on bi+ (plus) identity and issues, disability, Blackness, and fat acceptance; they also talk a lot about gender, class, colorism and other issues. Her activism today is primarily through their writing, music, and poetry, but she also has abundant experience in public speaking, moderating and participating in panels and webinars, and facilitating workshops, including as a featured speaker at the 2019 AfroPunk Solution Sessions in Brooklyn, New York. As a freelance writer, they have written for *Bitch Magazine*, *Black Youth Project (BYP100)*, *Brooklyn Magazine*, *Everyday Feminism*, *Black Girl Dangerous*, and *The Establishment*, among several others. She coined the term "exogender" to describe their (a)gender experience. It's a term for Black people only. They also founded Fat Acceptance Month in January 2019. Their pronouns are she/they and, as demonstrated, she strongly prefers that people mix it up regularly, if one can remember to do so.

Image description: A Black person with a yellow flower and a lush afro smiles wide and stares joyfully at the camera.

Beginning the Journey to Heal
Internalized Anti-Blackness

Friday, October 30, 3-5 PM PT

"My dream is to no longer have the twin monsters of white supremacy and colonialism hiding in our closets."

<https://denariigrace.com/>

Pg 87

Solidarity Healing September Healers

Pg 88: Nomy Lamm

Pg 89: Amy Benson-Calloway & Alex Gino

Pg 91: Rainbow Marifrog

Pg 92: Anna Ostow

Pg 93: Omusubis 4 Black Lives

Pg 94: Taylor Garrison

Pg 96: Asians4BlackLives

Pg 98: Anna Flurry

Pg 100: Molly Johnston LCSW

Pg 101: Charlie Levin

Pg 102: Johanna Rothe

Pg 104: Sonia Deckers AMFT & Emily Cobbey ASW

Pg 106: Encian Pastel & Meg Thomas

Pg 107: Johnathan Best

Pg 108: Kate Lammers

Pg 88

Nomy Lamm (they/them)

Nomy Lamm is a musician, illustrator, voice teacher, creative coach, and Kohenet/Hebrew Priestess. Nomy is the Creative Director of Sins Invalid, a disability justice based performance project, and sings cosmic power ballads for the rise of the matriarchy in a band called The Beauty. Nomy leads a choir called Sacred Fragments Ecstatic Choir, and creates ritual tools for embodied Jewish feminist practice. They live in Olympia, WA on occupied Squaxin / Nisqually / Chehalis land with their partner Lisa and their animal companions Dandelion, Momma, Calendula and Chanukah.

<http://nomyteaches.com/>

Image description: A close-up photo of a smiling fat white Jewish nonbinary femme with dark hair, light skin, glasses, blue eyes, purple eyeshadow and red lips. They wear a red scarf and a bronze earring shaped like a rainbow with an eye and a tear.

Sacred Fragments Online Voice Class
Saturday, September 5, 5-6:30 PM PT

“I want to dedicate the work of my heart and hands toward honoring and uplifting Black voices, bodies, and communities. It is my pleasure to be given an opportunity to be of service.”

Pg 89

Amy Benson-Calloway (she/her)

Amy is a white anti-racist bisexual culture maker who believes in the power of story telling to heal from trauma and make meaning out of our lives. Her motto is “more vacation, less racism.”

Alex Gino (they/them)

Alex is a white anti-racist queer children’s writer who loves glitter, ice cream, gardening, awe-ful puns, and stories that reflect the diversity and complexity of being alive. Their motto is “good, not nice.”

Image description: Background of a starry sky over mountains. Text reads: Blocked But Not Forgotten: Lost and Damaged Relationships in the Orange Era A Storytelling Event on Saturday, September 5 at 6 pm PT; 9 pm ET While our vision of a better world demands that we speak out, the pain of knowing that the people closest to us don’t share or understand our truth can be huge. Join us for true stories about losing relationships with loved ones. \$0 – \$100 NOTAFLOF sliding scale to support Black Healing October Register at: <https://tinyurl.com/yye87zn9>

Blocked but not Forgotten: Lost and Damaged Relationships in the Orange Era

Saturday, September 5, 6-7:30 PM PT

“Black liberation is central to all people’s liberation, and as white people, we seek to be actively anti-racist by supporting Black people’s movements, including raising funds for Black movements, as well as pursuing our own healing and the healing of other white people around us from white supremacy.”

Pg 91

Rainbow Marifrog (she/her)

Rainbow Marifrog (she/her) is a Licensed Marriage & Family Therapist and Spirit/Soul worker in Madison, Wisconsin (occupied Ho-Chunk land) who has been working with individuals, couples, families and groups in WI and CA since 2006. She is a single mama to a 9 yo and a couple of cats. Rainbow started doing free Community Groundings via her Facebook page (@rmarifrog) at the start of Covid’s arrival to the United States. She is committed to dismantling racism in all spaces and to being a kickass white ally.

www.rainbowmarifrog.com

Image description: Rainbow Marifrog smiling and posed on a pier in nature wearing blue jeans and a purple and grey tank top.

Community Grounding

Monday, September 7, 10-10:45 AM PT

Monday, September 14, 10-10:45 AM PT
Monday, September 21, 10-10:45 AM PT
Monday, September 28, 10-10:45 AM PT

“I am so honored to be participating in this healing event. As a white, cis woman I walk this earth with a lot of privilege. I am joyful and inspired to use my privilege to support my BIPOC friends, family, neighbors, and community members and to completely eradicate racism. Thank you!”

Pg 92

Anna Ostow (she/her)

Anna Ostow is a silly & passionate white queer Ashkenazi Jew who loves bringing people together in community in ways that allow them to be their full selves, on purpose. She is a facilitator with the Untraining, a racial justice education community based in the Bay Area that emphasizes starting with ourselves when it comes to unlearning racism, and also a current staff intern at the Smith Center for Religious & Spiritual Life. Facilitating and participating in healing with others is pretty much her favorite thing. She’s also learning the fiddle, loves to be outside, and fortunately for the times, also loves to be inside.

Image description: freckled bespeckled smiling white Jew with short brown hair

“I want white people to seek and ultimately find where our stake lies in racial justice and the Movement for Black Lives, to find and hold dear how our liberation is bound up in the liberation of others. That is where I find meaning, and it's what brings me joy. Solidarity Healing September and Black Healing October makes all these connections explicit; that our healing is linked, that my healing can support your healing and vice versa, and allows for a beautiful sharing and distribution of resources so that one day every single person without exception will have the healing they need and deserve.”

Bring your parents! An Intergenerational Gathering for White Families
Sunday, September 13,
12-1:30 PM PT

Pg 93

Omusubis 4 Black Lives

Omusubi is a fun and caring multigenerational community of LGBTQ+ women and trans people of Japanese ancestry based in the San Francisco Bay Area. We are committed to inclusion, empowerment, safety, and racial, gender, economic, and ecological justice. Musubu means to tie together. We are tied together by our appreciation of our diasporic histories and cultures, our shared values, and our engagement in social, cultural, and political activities.

Image description: 10 queer & trans Japanese folks in brightly colored clothes at the Oakland Obon festival in 2019 standing closely together for a group shot. OMUSUBI logo in the top left.

Omusubis 4 Black Lives: A Conversation
Sunday, September 13, 4-6 PM PT

“We care deeply about the well-being of our Black comrades and family and want to support healing for our loved ones, including our Queer and Trans Japanese diasporic communities!”

Pg 94

Taylor Garrison (they/them)

Taylor Garrison is a lifelong dancer who is passionate about body liberation and the power of somatic healing. This workshop was born out of their work with the “We’re Enough” art collective, where they discovered that exploring their gender through movement offered a joy and clarity that thinking and rationalizing never had. They hope to offer this experience to other gender-questioning people who may feel similarly stuck or stagnant in their gender journey. They are excited to ‘dance gender’ with anyone who resonates with this!

Pictured: A flyer with a color gradient that moves from pink to blue to turquoise. It has white text that reads “Dancing Gender; Interested in exploring gender through movement? In this workshop we will use the tools of dance, improv, and joyful movement to explore our personal and unique expressions of gender. Join us as we dive into our own experiences of femininity, masculinity, and all the countless experiences of gender that defy categorization! Open to anyone interested in exploring their own gender expression, regardless of dance or improv experience!”

Dancing Gender
Thursday, September 17, 4-6 PM PT

“Solidarity Healing September is important to me because I believe in the power of finding one’s superpower and using it in the path towards collective liberation. The idea that I could share space and ideas with other gender-questioning people AND it could be in service to Black healers and community is amazing! I’m so excited to create these spaces and start these journeys together!”

Pg 96

Asians4BlackLives

We support the safety, justice, and resilience of black communities so all can prosper. Since 2014. We aren’t an organization—we are organized.

Image description: Flyer for Asians4BlackLives + Herbal Medicine. Text reads: An informative workshop on plant allies, interdependence, and solidarity as part of Reclaim UGLY's Solidarity Healing September. Sunday, September 20th, 1-2:30pm PST on Zoom. suggested donation \$25-50, no one turned away! Funds will go directly towards Black Healing October! Register at bit.ly/A4BL-0920. Sketches of plants and flowers border the graphic.

"As A4BL, we are committed to being in solidarity with and supporting Black healing and liberation. We understand that our liberation is interconnected."

Asians4BlackLives + Herbal Medicine: Supporting Emotional Wellness to Sustain the Movement
Sunday, September 20, 1-2:30 PM PT

Pg 98

Anna Flurry (she/her)

Anna Flurry (she/her/hers) is an educator, organizer, and immigrant rights advocate living on occupied Ohlone land, also known as Oakland, CA. She is a student of joy and healing, and is learning to let the deep knowledges of the body and the earth lead her in this journey to grow a better world. She believes that knowledge-sharing is a collective experience that is most powerful when each person's brilliance is lifted up and honored. She also loves colorful jewelry, being in nature, dancing, writing, deep conversations, "trashy" TV, and glitter. Her dream is to make the revolution irresistible to as many people as possible through empowerment, healing work, joy, and a little bit of magic.

<http://annaflurry.com/>

Image description – Text reads: "Dear Me: A Love Letter to Myself..." Text is written in cursive on a white piece of paper, which is on a light brown background and is surrounded by calligraphy pens, a jar of black ink, and long green plants. In small text on the bottom, it reads: "Photo by Kelly Sikkema – inkypixelsdesign.com"

Dear Me: A Love Letter to Myself
Sunday, September 20, 4-6 PM PT

"Participating in Black Healing October and Solidarity Healing September is important to me because I believe that in order to grow as interconnected, caring communities, we must learn about ourselves and the world that we live in, and we must heal from the toxicity of white supremacy and oppressive hierarchies, as well as from the harm that we have survived and caused. The more we heal ourselves, the more we heal the world, and the more we heal the world, the more we heal ourselves. They are one and the same. And so we will grow these

outwardly spiraling, tessalating networks of caring communities engaging in healing and educating practices, and we will build the liberated world that we dream of.”

Pg 100

Molly Johnston, LCSW (she/her)

Molly Johnston is a licensed clinical social worker. She is a mental health counselor in Pittsburgh, currently working in reproductive health. Molly has a passion for healing at the intersections of trauma, racial justice, and body acceptance. She feels incredibly fortunate to have the opportunity to share create healing spaces and share her work with others.

Image description: a picture of a smiling white cis woman, with hair pulled back and wearing blue glasses and a denim shirt.

Healing Through Accountability and Acceptance
Monday, September 21, 3-4 PM PT

“I am always on the lookout for ways to support BIPOC, especially now. I believe it is my duty to utilize my privilege to uplift others.”

Pg 101

Charlie Levin (she/her)

Charlie Levin creates interactive experiences about race and nuance, perception, identity, and community that shine light on possibility and complexity rather than shame. Her performances, installations, and paintings have been seen locally, nationally, and internationally. An Oakland resident since 2010, her work has been featured at the San Francisco International Arts Festival, CODAME, Kinetech, and The Performance Art Institute. In Chicago, she co-founded Local Infinities Visual Theater, presenting in the Netherlands and Ukraine and presented *Second Place*, about refugees and migration as a hero’s journey. Charlie is originally from Washington, DC.

Image description: A Black woman and a white woman embedded in layers of a painting. The painted figures are of many different sizes, falling and looking out and struggling. Text overlaid: The One Truthiness — TRUST.

The One Truthiness — TRUST
Friday, September 25,
6-8pm PT

“Racism and othering undermine whole swaths of people at the most fundamental levels of identity and belonging. The One Truthiness seeks to bring people together as we are, with our strengths and wounds.”

Pg 102

Johanna Rothe

Image description: The image is a collage consisting of three squares in front of a grey background. In the top left corner, there is a yellow box, with the handwritten words: "What is our relationship to Blackness? / A workshop for Psychiatric Survivors / Solidarity Healing September 2020." Next to it, on the right there is a photo of a white woman's face and chest. She has blue glasses and is looking somewhere to the left of the camera, her expression something between a smile and a frown. She is wearing a light grey scarf, a turquoise hoodie and a black windbreaker. In the background there are parked cars and an apartment building. At the bottom of the flyer there is a print, where white lines are etched into the black surface, showing a sketch of a hospital bed with a restraining belt, disparate limbs, and the words "STOP THE ABUSE!" Below the print, it is written: <https://entisolieren.de>

Johanna Rothe is a white queer woman psychiatric survivor living in Berlin with her two children. You can read about her work that she does from her heart on my website: <https://entisolieren.de>. (It is partly in German, partly in English.) She was born in the 1980s in a middle-class heteronormative family in Austria. Her family moved to Berlin when she was a teenager. She spent her mid- and late twenties in California, where she completed a PhD in History of Consciousness and Feminist Studies. <https://entisolieren.de/>

A Workshop for Psychiatric Survivors
Saturday, September 26, 9-11 AM PT

"When I read about Black Healing October and Solidarity Healing September, the whole concept struck me immediately as right. Through its financial structure it acknowledges that Black and white and non-Black people of color are positioned radically different in this world. At the same time it is so welcoming and affirming of potentially everybody's capacity to contribute something valuable."

Pg 104

Sonia Decker AMFT
Emily Cobbey, ASW

A banner at the top of the image shows ornament-like gold stars against a black background. Below that, an image of a starry night sky with black, blue and pink coloring, and white lettering reads: Moving Towards Collective Liberation A workshop for white Direct Service Providers. Below and to the left, in smaller white font, it says: Workshop Objectives: Identify our stake in dismantling external and internal white supremacy, Practice new tools to notice, process and respond to our experiences, Develop resources to stay in alignment with anti-racist values in our lives and work. At the bottom right of the image in small, white font, it says: Facilitated by Sonia Decker & Emily Cobbey.

“We are very excited about being able to financially support space facilitated by Black healers, for Black people! We believe that our healing is all connected and that as white people, we must work to examine and heal the ways in which white supremacy lives in us. We know that any healing work we do within ourselves and with other white folks is a vital part of what we can do to move towards collective liberation. We are excited that Solidarity healing September gives us the opportunity to engage in action on many levels, including directly supporting Black folks as well as engaging with other white folks.”

Moving Towards Collective Liberation: A Workshop for White-Identified Direct Service Providers
Saturday, September 26, 1-4 PM PT

Sonia and Emily work together as community-based family therapists in Contra Costa County, and have both worked with youth and families in various settings and systems for over 10 years. They believe that healing is an embodied process that happens in connection with others and enjoy facilitating spaces where this is possible. Sonia comes from a theatre background and has been trained in Drama Therapy and many theatre modalities, including Theatre of the Oppressed. She believes that creativity and theatre are vital tools for political transformation. Emily has a background in social work, specifically utilizing community organizing as a tool to help youth find agency, empowerment and to heal from systemic trauma. Emily is passionate about building youth and family agency to work towards liberation. Emily and Sonia both identify as white and queer and work hard to address their own sh*t, so that they can show up in thoughtful, supportive and effective ways.

Pg 106

Encian Pastel

Encian Pastel (he and they) is a white transgender preschool teacher and childcare activist who believes strongly in the magical powers of play, curiosity, and storytelling in personal and collective healing and growth. Encian is a transplant from the east coast and descendent of European settlers, and currently lives, loves and learns on occupied Ohlone land.

“I am participating in Black Healing October and Solidarity Healing September as an act of reparations and to help create the collective virtual spaces and networks I need to hold me as I teach my body to move through white shame, guilt, anxiety and dissociation. I’m participating in order to retrain my body to find joy and presence in this struggle.”—Encian Pastel

Meg Thomas

Meg Thomas has been an anti-racist early childhood educator for more than 35 years. She is also a parent and “auntie” to a set of amazing young people. She believes that it takes a combination of joy and willingness to struggle to do effective anti-racism work in white communities.

“As a white woman living in the US, it is deeply important for me to stand in solidarity with Black, Indigenous and Brown people. If I fail to do that, the world I dream of will surely not come. If I fail to do that, my own world will be less rooted.” -Meg Thomas

Image description: Two headshots superimposed over a sparkly fairy dust / space background. Encian, on bottom-left, has short, curly brown hair, red cravat, black shirt. Meg, on top-right, has short, gray hair, red necklace and earrings, black shirt. Both have white skin and are smiling.

Packing the Invisible Waistpack: Magical Tools for Anti-Racist Action
Sunday, September 27th, 11am – 1pm PT

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Johnathan Best

Jonathan Best has put music front and center of everything he does since childhood; from playing on street corners and subway platforms and in storefront churches or traveling the south in a gospel bus, to traveling the world with rockstars. He was put in jail for inciting a riot with music (where he got a glimpse into the bowels of that particular institute of racism). In 2007, he enrolled in a four-year Musician Leadership program at Music for People, while at the same time, making trips to Kenya to work with the Maasai people, creating a media center, and co-creating documentaries. What he learned from the Maasai people is that when music is interwoven into the very fabric of a community, the community is able to withstand debilitating drought and oppression. These experiences inspired him to start a non-profit called comMUSIKey which runs workshops and gives lessons in developing community-centered music. This, in turn, led to the BuildTheBridges.rocks project, which entailed bringing music and musical instruments to the US/Mexico border and to shelters and churches housing asylum seekers. He is forever looking for ways to use music to build bridges and take down walls between people and ideas.

Image description: comMUSIKey in large different colored letters with little people playing music and dancing on the letters. Text below reads: Music is the key to community.

<http://commusikey.org/>

<http://jonathanbest.com>

<http://buildthebridges.rocks/>

Every Body Music for Every Body

Monday, September 28, 5-7 PM PT

“I have become hyper aware in the last few months of how much it hurts to participate in a system built from the ground up upon racism. Every little bit I participate in dismantling this system feels uplifting. Because using music to bring people together has been central to my adult life, I jump at every opportunity to use it in this struggle.”

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Kate Lammers (she/her)

Kate Lammers is a psychotherapist (LMFT) and administrator living in the East Bay area. In her practice, she gives depth attention to the ways relationships on all levels affect us, including personal, cultural, and structural relationships, and the constant and shifting and intertwining between these layers. Kate grew up in rural Kansas, and has lived in Chicago, New Mexico, and now the Bay Area for over ten years. She is committed to working to reduce the harms of racism, trans-phobia, fat-phobia, ableism, and other systems of oppression. She hopes to help people in her sphere of influence access greater compassion, liberation, joy, and courage.

Image description: The head & shoulders of a slightly smiling fat, White cis woman with long brown hair, red lipstick, & glasses, in front of a white wall.

Embracing Not Enough

“I dearly wish for us all to move toward more healing, compassion, and liberation. And I am honored to support a healing event that centers the needs of Black people.”

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Thank you to all who contributed their magic to make these months so loving and full of healing

Pg 110

Thank you to Our Extraordinary Team

Vanessa Rochelle Lewis (MFA) (she/her/fae/faes)

Founding Director,

Oracle of Sacred Visioning

Amira Aro

(they/them)

Program Coordinator, Oracle of Sacred Economics

Lauren Chinn

(any pronouns)

Program Coordinator, Oracle of Sacred Direction

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Francesca (Frankie) Enzler (she/her)

Anna Flurry (she/her)

Axel Valles

(they/them)

Pg 112

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Amanda Zhang

Arianna Cruz-Sellu

Caleb

Colleen Weaver

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Kaia Waller

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Recalim UGLY logo: Image description: Pink ombre background with 5 colorful figures of various expressions, abilities, size, race, and gender. One holds a baby, one has a cane, one uses a wheelchair. All are smiling and joyful.

Text reads: Reclaim UGLY reclaimugly.org. Uplift Glorify Love Yourself and create a world where others can as well