Being Activated For Social Change

Systemic racism has, yet again, warped the reality of justice for people of color leaving in its wake an altered sense of disbelief and feelings of dread about the state of the human condition.

In an effort to support our community of color and allies in sustaining their mental well-being while navigating the strong undercurrent of racism we have introduced the concept of “Being Activated” for social change.

Being activated is a technique that reduces feelings of dread by allowing an individual the freedom to be self-expressed when authoring their participation in activism. The individual therefore engages in activism in a way that is natural and therefore easy to sustain. We acknowledge that the act of protest is an important part of activism that gets a lot of attention because persons risk the potential of harm to make a difference. However, we would like to introduce the lens of being activated as an equally important part of activism in the fight against inequality.

To be activated means that you are actively practicing anti-racism by using your gift or skill to bring about social change consistently over time.

Being activated reduces the... to continue reading click here.

MEDITATION MINUTE

With everything that has been going on these last few days, we all need time to center ourselves. Stillness helps to recharge, balance and refocus our minds and bodies. Take a moment during the week to sit down, put on your head phones and click on the picture below. Take deep breaths while listening to the music. If you feel comfortable, close your eyes and feel your body relax.