Cohort 4
Convening 6:
Cross Cohort Convening

VISUAL RECAP

Aptos, CA
October 21-25, 2019
ACUERDOS & PRACTICAS
AGREEMENTS & PRACTICES

V R E N T
A C T I O N
N O Q U I C K
F I X
A C C I Ó N
U R G E N T
N O A P R E C L O S
R A P I D O S

L I S T E N
W I T H
R E S P E C T
E S L U C H E M O S
C O N
R E S P E T O

P R A C T I C E
S O L I D A R I D A D
+ R E L A T I O N S H I P
G R A C E
P R A C T I Q U E M O S
S O L I D A R I D A D
Y G R A C I A E N
L A R E L A C I Ó N

I N T E N T
I M P A C T
I N T E N C I Ó N
I M P A C T O

D E P T H
W I T H O U T
D R O W N I N G
P R O F U N D I D A D
S I N
A H O G A R N O S

C A L L O U T
T E N S I O N S
N O T
P E O P L E
E N F R E N T E M O S
T E N S I O N E S
Y N O
P E R S O N A S

S I M U L T A N E I T Y
S I M U L T A N E I D A D
P A R T I C U L A R I D A D
U N I V E R S A L I T Y
U N I V E R S A L I D A D
Cohort 4: Reflections on MEV Journey

- Transformation
- Love
- Presence
- Presence
- Possibility
- Presence
- Reflect
- Change
- Warmth
- Faith
- Blessings
- Hope
- Light
- Grieving
- Joyful
- Relationships
- Grounded
- Grace & Balance
- Beloved Community
- Healing Community
- Whole Self
- Strategy
- Transparency
- Evolution
- Trust
- Real Talk
- Journey
- Loving Connectivity
- Joy
- Joyful Community
- Patience
- Connected Spirit
- Walking into spaces together
- Nostalgia
- Joy
- Excitement
- Belonging
- Reflections on our Journey
- MEV

- Supported by this community of women. A different way of being.
- Ability to pivot and work in different ways in my org.
- Give me the language and affirmed ways to work in different ways in my org.
- Be seen as a mother and be able to work on my purpose and not have to choose.
- BE IN A GROUP OF ALL WOMEN OF COLOR AND BE TRUSTED AND SUPPORTED

Graphic recording: Claudia Lopez
Cohort 4: Reflections on MEV Journey
Cohort 4: Reflections on MEV Journey

CONVENING
GROUNDING, CONNECTION, BUILDING BELOVED COMMUNITY

TAMAYA, NEW MEXICO

OPENING
REBIRTH

Blessed to be here. This is healing.

Creating a brave space together.

Photograph: Graphic recording: Claudia Lopez.
Cohort 4: Reflections on MEV Journey
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Convening 4
International & Domestic Exchanges

Music
Dances

Shopping Spree

Immigration
Migrant coronas happening!

Defending the Land is a Duty
Not a Crime

In each encounter we witnessed examples of building communities that uplift, support, empower each other and saw leaders who walked with their people...

Domestic

International

"You can bring the revolution & feminism to anything you do. You have to work in the mud, but you can still walk with dignity." - Sandra Hernandez

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Cohort 4: Reflections on MEV Journey
Cohort 4: Reflections on MEV Journey

REGIONALS

- Liberatory practices & cycles of oppression, visual image
- Understanding & building local racist realities
- Bringing org staff
- Blessed to learn & grow, from & with each other

TOOLS GROWTH

BUILDING COMMUNITY POWER

NY

BAY AREA

LIBERATION & EQUITY

RACIAL EQUITY & LIBERATION

Graphic recording: Claudia Lopez

The timeline (history of races) was eye-opening

Self-organizing w/students
Cohort 4: Reflections on MEV Journey

Boosters

Fundraising

Gifts

Effective Management

Money Movements

Management Center to Challenge the World

Rockwood Leadership Institute

Strengths Finder
Our 1st political movement maker conversation began with a cross-cohort panel, to collectively discuss the underpinnings of VAWG: capitalism, colonialism, white supremacy, enslavement and heteropatriarchy

Panel: Kabzuag Vaj (C.4), Nan Stoops (C.1), Wakumi Douglas (C.4), Patina Park (C.3) and Eesha Pandit (C.2)
All Cohorts: Movement Maker

Conversations

After the panel, we broke into groups to discuss our efforts in response to VAGW:

- Survivor-led strategies
- Cross-community power building
- Transnational movement building
- Liberatory organizations and practices
Our Liberations Together

We struggle with the same history of violence.

Resilience and Resistance

We have an opportunity to address the conditions that lead to violence and imagine and create something NEW.

Need to reclaim our history.

Transformación de la Humanidad

エルミナリオは時間とコミュニケーションのインフラストラクチャです。スペイン語

Educación Política

Los movimientos de las nuevas generaciones están llevando la transición a nuevas formas de vida.

Human Rights

Defenders are heroes.

The Underpinnings of VAGW

Colonialism, Capitalism, Hetero-Patriarchy, Enslavement, White Supremacy.
Our 2nd political movement maker conversation began with a cross-cohort panel, to collectively talk about a community led feminist response to fascism.

Panel: Monique Nguyen (C.4), Joanne Smith (C.1), Nicole Matthews (C.2), Isa Noyola (C.4) and Ana Orozco (C.4)
DE PRESENT
CRITICAL FOR
FEMINISMS
not resist the
right
organize cross-racially & multiculturally
with deliberate & sound strategies & theories for intersectional feminism
see & deconstruct power + inequality
hence + How do we turn on each other
how are actionable strategies in service of our communities + legacies?
collaborations
we are not alone
Creating opportunities to Trust: Build with each other
Reclaiming the power & contributions of Black girls + Black women
Accountable strategies
Women + Girls Resonance
Spiritual Resonance
Two-truths cosmology
Grounding the teachings of our grandmothers (ceremony)
recognizing the power & contributions of Black girls + Black women
NSAC 2020
Liquefy Wakanda Dream Lab
Spirit Space
Communities
Rooted Festival
Workshopping the Worldview
workshopping the worldview
spiritual midwifery circle
Black girls + Black women
Indigenous
North West
Communities
Building power strategically
Building political power strategically
from inside out & outside the U.S.
how do we
interconnect?
embrace + celebrate the differences
SHARE
Racism + Liberation Rooted Roots
with solidarity + multiracial solidarity
in stories + stories + stories + stories
Resonance Network: Collaborations

Resonance network shared about past, current and upcoming collaborations across movement makers and communities
Resonance Network: Collaborations
Healing Justice and Spirit Space were an important element of our gathering.
**WHAT IS TRAUMA?**

Any moment where the **REAL or PERCEIVED THREAT** to someone's **SAFETY**—physical or emotional—overwhelms the body's **NATURAL ABILITY** to **PROTECT ITSELF**.

**TRAUMA** impacts the way we **THINK**, how we **SOCIALIZE**, what we consider **SAFE** and **UNSAFE**, and our ability to **CONNECT** with others.

**RESILIENCE** is measured by our ability to **FEEL SAFETY** and **CREATE SAFETY** when we feel unsafe, to **ENGAGE** in connection with others, to **PRACTICE CONNECTION** after trauma has made it difficult, and to **ACCESS JOY** in the wake of trauma.

**WHAT IS RESILIENCE?**

The ability to **BOUNCE BACK** from **TRAUMA**; **HARM** with renewed **CAPACITY** and **PURPOSE**.

We **BUILD RESILIENCE** because we deserve **SAFETY**, **connection**, and **WELLBEING**.

We **BUILD RESILIENCE** to be more **SKILFUL** in confronting the systems that have **HARMED US**, and to build the necessary **POWER** to **END** the traumatic nature of state violence.
What do we mean by **HEALING**?

**HEALING**: an ongoing process of **MENDING**, **BUILDING POWER**, **RESILIENCE**, and **Resistance to Transform Systems of OPPRESSION**

What do we mean by **HEALING JUSTICE**?

"**HEALING JUSTICE** is a framework that identifies how we can **Holistically** respond to and intervene on **INTERGENERATIONAL TRAUMA and VIOLENCE**, and to bring collective practices that can **IMPACT** and **Transform the CONSEQUENCES of OPPRESSION** on our collective **BODIES, HEARTS, and MINDS.**" ~ Cara Page
Principles of Healing Justice

**Principles of Healing Justice**

**Without HEALING there is NO JUSTICE**

We understand that HEALING is a LIFELONG PROCESS and often we never fully heal—especially when our LOVED ONES are killed unjustly.

We also understand that if we do not participate in a PROCESS of HEALING, the pain caused by STATE VIOLENCE can overwhelm us as well as our communities. Holding these TWO TRUTHS we honor that we NEED to be in HEALING PROCESSES, including the process of DENANDING JUSTICE for OUR LOVED ONES.

**Justice should address the Whole Person**

We acknowledge that SYSTEMS OF POWER, OPPRESSION impact our MINDS, BODIES & SPIRIT, therefore we have to address the IMPACT on ALL THREE LEVELS.

**All minds and all bodies deserve Justice**

In a system that TARGETS people with DISABILITIES and produces DISABILITIES through VIOLENCE, OPPRESSION and MEDICAL NEGLIGENCE and ABUSE, we must BUILD a MOVEMENT that addresses JUSTICE for ALL PEOPLE, including those with PHYSICAL and MENTAL HEALTH disabilities.

**Our work must be Trauma-Informed**

TRAUMA-finding to create LONG-LASTING IMPACTS in our lives. We must BUILD PRACTICES and CONTAINERS of RESILIENCE that not only support IMPACTED communities in HEALING from HARM but invite us to imagine and practice being in community without systems of harm.

**Resilience is STRATEGIC**

We support the HEALING of our COMMUNITIES not only because we DESERVE WELLBEING, but also because the POWER REQUIRED to win our people’s WELLBEING is the power required to WIN ALL OTHER VITAL JUSTICE demands for JUSTICE.

Principles of Healing Justice shared by Guadalupe Chavez — Agna Duke

Artwork by Chandra
www.visualizingchangenow.org

MEV Convengue 6 – October 2019
 Tart - Fire  10 min.  at 200 degrees F.  Cut the rosebuds and leaves off the stems  using a sharp knife or scissors.  Place the roses in a small bowl and add the other ingredients to the bowl.  Mix well and store in an airtight container.

**Dosage:**
- Take 1 drop of the 2% essential oil blend (3 drops of 1% blend) on your tongue.
- Inhale deeply for 2 minutes.
- Take another 1 drop of oil and repeat the process.
- Close your eyes and imagine the rose petals glowing in a warm hue.
- Visualize the rose petals floating in the warm light.
- Breathe deeply and enjoy the soothing fragrance of the rose.

**Caution:**
- Use caution when using essential oils, especially on children.
- Consult a healthcare professional before using essential oils for medical purposes.

**References:**
- The Art of Essential Oils
- 100 Essential Oils Explained

**Notes:**
- Be sure to use quality essential oils.
- Store in a cool, dark place.
- Do not ingest essential oils.

**Tips:**
- Use essential oils to support overall well-being.
- Use essential oils for aromatherapy.
- Use essential oils for natural remedies.

**Resources:**
- www.nowessential oils.com
- www.youngliving.com
- www.doterra.com

**Disclaimer:**
- The information provided is for educational purposes only.
- It is not intended to replace professional medical advice.

**Contact:**
- For more information, please visit our website: www.tart.com
- Email: info@tart.com
Dia de muertos celebration
Physical Practice

Was a grounding element throughout the gathering:
Different forms of physical practice were offered by
Movement Makers and Faculty:
Tai chi, dance, walks on the grounds/beach, etc.
Physical Practice

Edward Stance Principles
Principios de Posición de Avance

Stance
Pronounced "Stance"
Forward Facing
Directionally Balanced

Awareness
Consciencia
Broad Objective
Orientación Amplia

Rhythm
Ritmo
Sustainable Momentum
Músculo Sostenible

Energy
Energía
Strong Rising Restorative
Fortaleza, Ascension, Restauración
Language Justice

Acknowledging the different languages in our gathering and providing accessibility through interpretation was an important element of our gathering.
Interpreters from Antena Los Angeles along with other independent interpreters helped us deepen our understanding of Language Justice and provided simultaneous interpretation of our conversations (English-Spanish)
Pachamama Kids camp

A Freedom Future Camps for kids.
Building intergenerational movement.
Sharing our space with the next wave of movement makers
Pachamama Kids Camp was a joy-filled 3-day experience that supported MEV kids in connecting with nature and environmental justice. Through the use of arts, interactive activities, and field trips, MEV kids and caregivers were able to connect with the beauty of the Monterey Bay, and with caring for the earth as a powerful tool for healing and fighting for a sustainable and equitable future.
Celebration
& Appreciation
FREEDOM FUTURES
Be Like...

- Pleasure!
- Be Witched
- Antiracism
- Anti-capitalism
- No nationalisms
- Live in love, grow wide
- No hierarchy

Graphic:
Claudia Lopez
C6 team & staff

Faculty team:
- Maura Bairley
- Trina Greene-Brown
- Ana Perez

MEV team:
- Priscilla Hung
- Monica Dennis
- Patricia Torres
- Ramelcy Uribe
- Latishia James-Portis
- Erika Crenshaw

Novo Foundation:
- Jesenia Santana
- Kyndall Clark
- Keith Brooks
# C6 team & staff

## Graphic Recording:

<table>
<thead>
<tr>
<th>Claudia Lopez</th>
<th>Chandra Larsen</th>
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<tbody>
<tr>
<td>Lorena Estrella</td>
<td>Marilyn Zuniga</td>
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<thead>
<tr>
<th>On The Right Mind</th>
<th>Visualizing Change Now</th>
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<tbody>
<tr>
<td>Consultant at Sadie Nash Leadership Program</td>
<td>Teacher, Social Justice Educator</td>
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## Freedom Futures Camp (kids program):

<table>
<thead>
<tr>
<th>Naimah Efia</th>
<th>Belia Mayeno Saavedra</th>
<th>Donaji Lona</th>
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<tbody>
<tr>
<td>Agua Dulce</td>
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<th>Free Too</th>
<th>Dignity and Power Now!</th>
<th>Generative Sommatics</th>
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## Healing Support:
## C6 team & staff

### Interpreters:

<table>
<thead>
<tr>
<th>Jen Hofer</th>
<th>Alexia Veytia</th>
<th>Catalina Nieto</th>
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<tr>
<td><em>Antena Los Angeles</em></td>
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<tr>
<td>Trilce Santana</td>
<td>Liliana Herrera</td>
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Memories
Visual Recording
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