

SOULPANCAKE



Thank you for being present!

Nadia is training as an embodied coach via the Warriors for Embodied Liberation (WEL) teacher training program in Embodied and Transformative Leadership, a methodology created by Rusia Mohiuddin. At the core of this model is the deeply held belief that at the heart of sustainable movements must be the beat of sustainable people, and we must lead from a place of wholeness. By engaging in self-transformation towards embodied leadership, social justice leaders, organizations, and communities can begin to align ourselves, our beliefs, and our actions with our vision for the world. Nadia is a certified compassion fatigue specialist who practices a trauma-informed approach in their work with individuals and groups. Nadia is also a certified trainer in the Standing in Our Power "Breakdown to Breakthrough" model. Nadia received their B.A. in English from St. John's University.



Practice to Progress



Confidentiality



Radical Listening



Radical Compassion



Respect



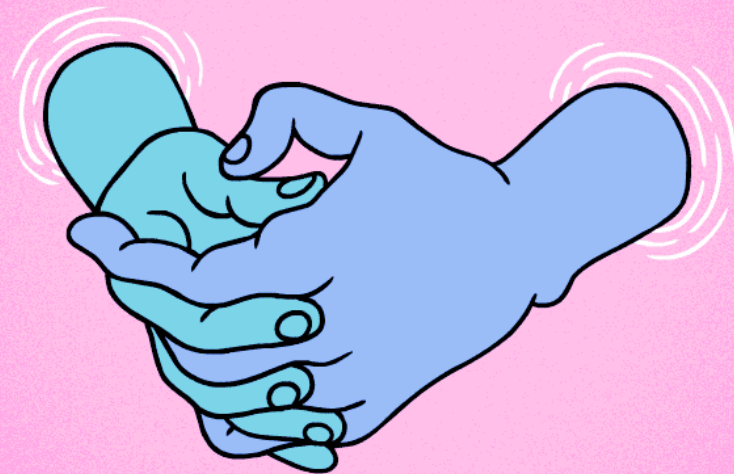
Non-judgement

rule of thumb

phrase of **rule**

plural noun: rules of thumb

1. a broadly accurate guide or principle, based on experience or practice rather than theory.



We often define the word *centers* by other intangible terms like focus, serenity, and flow. The best definition comes from the world of craft rather than the heady realm of ideas. Every potter knows how difficult it is to center clay on a wheel. It takes time and dedication to learn and "know" the clay well enough to center it. One can imagine the outcomes of moving forward too early with a shaky hand.

Once you find your center, your pot— whatever your desire and design for it — will be balanced, secure, and beautiful. For many, creating a centered life, like molding pots, requires perseverance and practice. As we flow together, I invite you to consider the places, people, and experiences that give peace to your body and meaning to your life while expanding your knowledge to the edge of wisdom.


— Dian G Smith and Robie Rogge, *Do One Thing Every Day
That Centers You: A Mindfulness Journal Book*





find your center

Butterfly Hug

The butterfly is an ancient symbol of transformation. 

An opportunity for soothing in the presence of fear, anxiety, and uncertainty.

PRACTICE SELF-SOOTHING



Take a moment while doing the butterfly hug and close your eyes.
.....

Using your imagination go to a place where you feel safe, calm, and content.

What images, colors, sounds, and scents do you observe in your safe place?

1

Sit or stand in a comfortable position.

Cross both arms in front of your chest and place each hand on your upper arms.

2

Begin gently tapping each hand one at a time on your arms.

Practice relaxed breathing. You may be surprised to discover you are feeling calmer.

3

If your level of anxiety or anger doesn't change at all, give yourself some more time with the butterfly hug and see what happens.

ALLYSHIP

Allyship is often performative: a loud and shiny effort intended to show how informed we are about oppression.

As allies, we are 'helping' or 'standing up for' someone who is 'disadvantaged.'

Allies often focus on interpersonal interactions.

Ally work risks very little - at most, we deal with social discomfort.

Allyship is heavy on talk.


Ally work is often done alongside marginalized people; there is an emphasis on collaboration that often requires marginalized groups to educate the majority.

Allyship is a 'gift.'

Civility is highly prized in allyship.

Ally work generally does not redistribute resources.

VS.



In solidarity, we recognize the destructiveness of oppression to all of humanity. We acknowledge that our collective well-being is interwoven.

Solidarity work is often quieter, deeper, and occurring behind the scenes.

Acts of solidarity work to dismantle structures and institutions.

Solidarity work may require us to give up power and/or to risk our physical safety, our jobs, our secure place in any social hierarchy, our friendships, and family relationships.

Solidarity is talk *and* action.

Solidarity work is often enacted by, or *in collaboration with*, marginalized people.

Solidarity is a responsibility.

Hard truths, conflict, and messy disagreements are integral to solidarity work.

Solidarity means that we intentionally work to redistribute the ill-gotten gains of systemic oppression- jobs, schools, neighborhoods, housing, healthcare, and capital.

SOLIDARITY

*Adapted from "Over the Work Ally: 9 Ways Solidarity Is An Act of Radical Self Love", J. Grant, December 16, 2017

Solidarity with Self

“And you? When will you begin that long journey into yourself?”

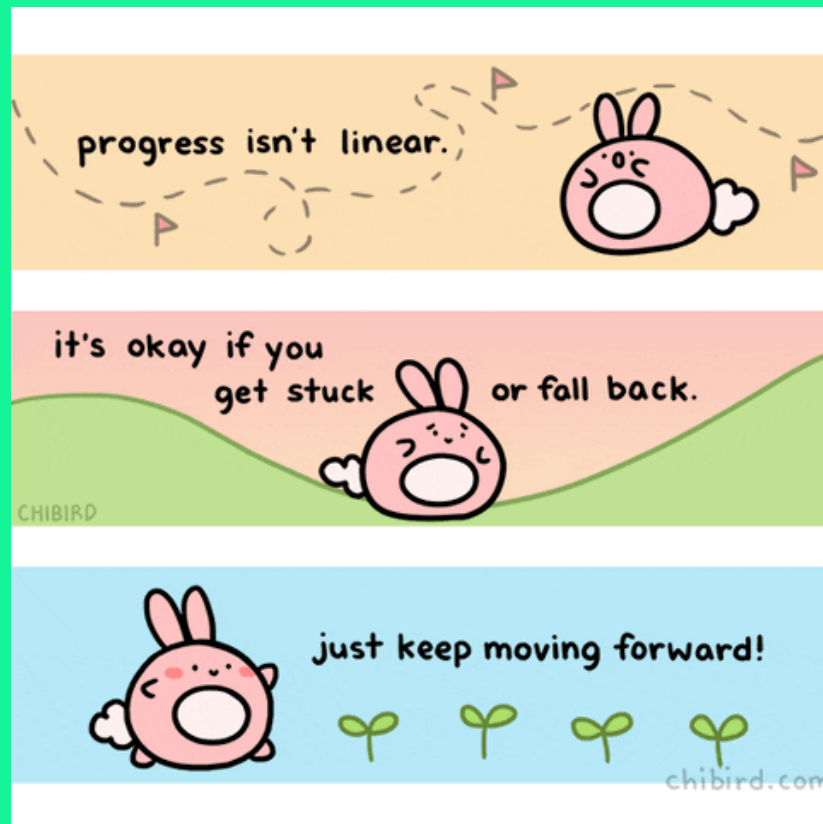
— Rūmī

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

— James Baldwin

“For the things we have to learn before we can do them, we learn by doing them.”

— Aristotle



By honoring and tapping into our inner world through healthy— albeit humbling, vulnerable, and courageous— self-reflection, we can learn to be in a humane relationship with all that is happening inside us. Cultivating compassion leads to more self-love as we can honor how our inner-resilience lends to our continued survival. Loving ourselves is a gift as it permits others to care for themselves more and serve with a full tank. Can you imagine a world where we all offer exemplary service because we are optimally sustainable leaders in our own lives?

- **NOTE:** This is not about blame or shame. The goal is to name what is true for you as you consider these concepts alongside historical interactions with yourself!

Reflection



— Tigran Tsitoghdzian, art, self-reflection, collage, portrait photography, mirror LLL



**It is better to live your
own destiny imperfectly
than to live an imitation
of somebody else's life
with perfection.**



CLOSING