

HOW are SPIRITUALITY & CULTURE TIED to HEALING?

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BOTH AND

CONNECTIONS to WAYS SURVIVORS HAVE BEEN HARMED

& CONNECTIONS to the TOOLS for HEALING

& Shame Smallness

FINDING YOUR own

EXPANDING beyond ORGANIZED RELIGION

ADVOCATES:

ASK & explore WITHOUT IMPOSING YOUR own

WHAT does this MEAN to YOU?

AN INDIVIDUAL EXPERIENCE for all of us

CONNECTION & HEALING SPIRITUAL PATH

DESPITE Colonialization & HARM

ORGANIZED RELIGION HAS CAUSED INTER-PERSONAL & SYSTEMIC VIOLENCE

WHAT feels HARD?

WHAT GROUNDS you?

NATURE CAN BE A KEY

A COMPLEX PUZZLE

CREATE A SPACE, empty, for SURVIVORS to FILL

THERE MIGHT BE GRIEVING & REPAIR

SPIRITUAL HEALING

BE CURIOUS DON'T PUSH towards FORGIVENESS

ANGER

AVOID "SHOULD" statements

CONVERSATION #7

BUILDING RESILIENCE

SUPPORTING A SURVIVOR'S WHOLE SELF UP FIRST

AROUND MANY PURPOSES