

# WEEK 3: ABUNDANCE

2020 LOVE-A-THON FOR JUSTICE  
CALENDAR OF LIBERATORY PRACTICE



## MONDAY: MEDITATION

Meditation is one way to train our attention and develop our awareness. There are so many demands and distractions pulling us, and meditation can help us 'train' our attention back to the body and the things we care about.

To begin, get comfortable (you can be seated, standing, or lying) and find a place of aliveness in your body (maybe a breath or sensation). If your mind starts to wander, gently bring it back to the breath or another place of aliveness in your body. Sit for as long as you like. If you are new to a meditation practice, you may want to start off with 3-5 minutes.

Read the passage below at the beginning and end of your meditation.

### MEDITATE:

*Once we recognize what it is we are feeling, once we recognize we can feel deeply, love deeply, can feel joy, then we will demand that all parts of our lives produce that kind of joy.*

—Audre Lorde

## TUESDAY: REFLECTION

Words hold power. They can build us up or knock us down. Through writing, we can name the truth of our experiences, open up pathways towards healing, unlock our imaginations and tap into our longings. Use the writing prompt below as an inspiration and set aside 10-15 minutes to free write.

### REFLECT:

**Writing prompt:** Find a quiet comfortable spot, and say, "we are enough" to yourself 5-10 times. Allow yourself to really 'feel' the words and take it in.

What comes up for you from this space of abundance? What shifts in your vision or strategy?

## WEDNESDAY: CREATION

### CREATE:

Doodle, draw, or paint what abundance means or 'looks like' to you.

## THURSDAY: CONNECTION

### CONNECT:

Think about a resource or skill you have that you can share with someone. Maybe you like to bake, maybe you love making playlists, or working in the garden.

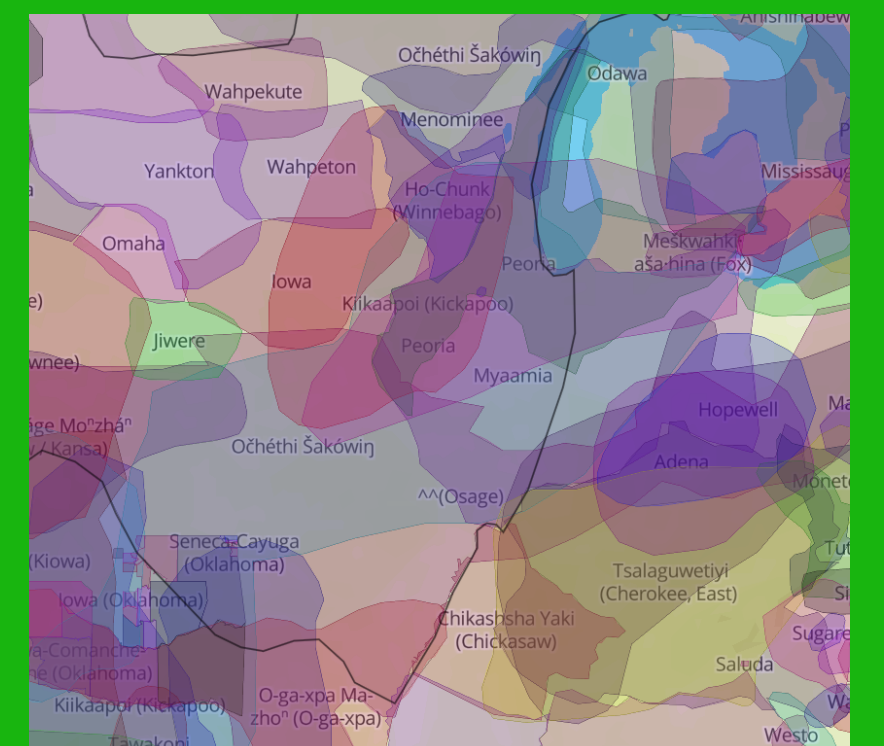
Whatever it is, make something you can share with someone in your life and offer it to them.

## FRIDAY: ACTION

Today we ask that you acknowledge the occupied land and territories you are on and support the **#Landback** campaign. Sign the petition to shut down Mt. Rushmore and return all public lands to their original stewards: <https://actionnetwork.org/petitions/petition-to-close-mt-rushmore-and-return-all-public-lands-in-the-black-hills-to-the-oceti-sakowin>

The Mt. Rushmore carving represents the active oppression of the Lakota Nation in their own homelands, the theft of Indigenous lands, and the continued erasure of Indigenous history, culture and people. Join in solidarity by calling on Director Bernhardt and Representative Deb Haaland to close Mt. Rushmore and return all Public lands in the Black Hills to the Oceti Sakowin as negotiated in the 1868 Treaty of Ft. Laramie.

Visit <https://native-land.ca/> to find out the land you are on and learn how to support local indigenous fights in your area.



*"A small minority of our species hoards the excess of resources, creating a false scarcity and then trying to sell us happiness, sell us back to ourselves."*

—adrienne maree brown

## SATURDAY & SUNDAY: REST & COMPLETION

Racialized capitalism—which drives and is driven by ableism—tries to convince us that our value comes from our productivity, that our worth is tied to profit. But we lift up an unapologetic truth offered by the Nap Ministry: "Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy." Let us practice this resistance together.

Let the week's practices metabolize in your being, returning to any you wish to revisit. Let them be nourished. Let them take root. And Saturday and Sunday simply practice what it is to rest. Enjoy the fruits of your week, care for your body and spirit. Maybe you'll have a hot bath, a delicious meal, a restorative nap, a long catchup with someone you're missing, or a solo dance party. Practice what feels good to you. We'll see you Monday!