

# WEEK 6: VISION

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 with 3-5 minutes.

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

### MEDITATE:

*At the end of the day, it isn't  
where I came from. Maybe home  
is somewhere I'm going and  
never have been before.*

— Warsan Shire

## TUESDAY: REFLECTION

Words hold power. They can build us up or knock us down. Through writing, we name the truth of our experiences, open up pathways to healing, unlock our imaginations and tap into our longings.

### REFLECT:

With inspiration from the prompt below, set aside 10-15 minutes to free write.

*If I wasn't afraid, I would...*

## WEDNESDAY: CREATION

### CREATE:

Imagine what your ideal community, grounded in liberation and abundance, would look like.

Take a piece of paper (or whatever medium works best for you) and create a map of this community.

What is in it? What is missing?

## THURSDAY: CONNECTION

### CONNECT:

At the Chicago Torture Justice Center we know that our path towards liberation will take all of us—all of our imaginations and all of our gifts. Share the map you created this week with a friend or family member and ask them what they would add or change. See what gets created as you share it with your community. What can we build together?

## FRIDAY: ACTION

We invite you to end the **Decarcerate Week of Action** with us!

*From the Chicago Alliance Against Racist and Political Repression's Campaign to Free Incarcerated Survivors of Torture:*

Incarceration, amidst this devastating second wave of COVID-19, is nothing short of a death sentence. Prisons are overcrowded; their water is contaminated; there is no heat; and lockdown conditions take away any comforts video visits, yard time, and the commissary could provide. The Chicago Alliance Against Racist and Political Repression is demanding immediate and swift depopulation of Illinois prisons and jails and immediate changes to safeguard the health and dignity of prisoners in Illinois.

We are, and have been, demanding that the Governor use his executive power to pardon ALL torture survivors and release those at risk of becoming infected with COVID-19. We demand the Illinois Department of Corrections fix the horrendous conditions in prisons immediately. **Any and all possible action must be taken to confront this crisis.**

**Learn more about how you can join using the Week of Action Toolkit: [bit.ly/decarceratewoa](https://bit.ly/decarceratewoa)**

## 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. We lift up a truth from the Nap Ministry: **"Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy."** Let's practice this resistance together.

Let the week's practices metabolize in you, returning to any practices 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 will have a hot bath, a delicious meal, a restorative nap, a long catchup with someone you've been missing, or a solo dance party. Practice what feels good. We'll see you Monday!