




INFINITE GROWTH

group healing practices
for organizers



“Rarely, if ever, are any
of us healed in isolation.
Healing is an act of
communion.”

- bell hooks



Why do we need healing?

I started a tenant union in the summer of 2022. I was interviewed by a local journalist and it seemed like everyone was excited about what I was doing. I worked day and night.

Suddenly, I got sick. I couldn't eat solid food and could barely walk. At the hospital, the doctor said it was a combination of general exhaustion and the heat wave making me sick.

Later on, I was supposed to be showing zines at the Interference Archive but I burst into tears on the train ride there. I decided to quit organizing. Months later, I started organizing again.

How can we heal?

What I have experienced is not unusual. The unusual part of my experience is that I returned to organizing. Many people just quit.

I'm interested in healing from exhaustion - together. We can all shirk off to our own spaces to recover from the exhaustion of organizing, but how is that sustainable? I've seen so many people drop out of organizing, despite our general state of disgust and sadness. What if we built movements that could hold us?

The following pages share healing practices for organizers from the book *Healing Justice Lineages*. These healing practices are intended for groups.

RESILIENCE PRACTICE

This practice invites you to reflect on the roots of your resistance to persevere in the midst of despair.

How will you sustain your commitment to liberation for the long haul?
What can you draw from to stay the course?

Imagine: ancestors, elders, living revolutionaries, or communities; a specific place, land, element of the natural world (Earth, Fire, Air, Water); a creation story, parable, or tradition; a song, poem, piece of art, or dance; an affirmation, quote, or nugget of wisdom that keeps your eyes on the prize!

Create a vision board, oracle card, drawing, song, poem, or affirmation that inspires faith, hope, and commitment to the lifelong work of collective liberation. Consider what you can draw from to never give up!

MOVEMENT PRACTICE

You are invited to move, dance, and feel taken by the Spirit of House.

1. "Keep Pushin'" (1995) by Boris Dlugosch and Inaya Day

2. "Inspiration" (1996) by Kerri Chandler (the DJ and producer) and vocalist Arnold Jarvis

3. "Sometimes" (1997) by the Brand New Heavies

4. "Fly Away (Butterfly Reprise)" (1997) by Mariah Carey

5. "Sing It Back" (Single) (1998) by MOLOKO

6. "It's Alright, I Feel It," featuring Jocelyn Brown (1997) by Nuyorican Soul

7. "Red Alert," Jaxx Club Mix (1999) by Basement Jaxx

8. "Feeling for You" (1999) by Cassius

9. "Everybody Everybody" (1990) by Black Box

10. "Back to Life (However Do You Want Me?)," featuring Caron Wheeler (Masters at Work House Remix). Original by Soul II Soul (1995)



CREATIVE PRACTICE

Take a moment to stretch your body from right to left, front and back.

1. Using crayons, markers, pens, colored pencils—whichever suits your fancy—draw a line down the center of the page.

2. Write your name in full, big, juicy letters in the middle of the page.

3. On one side of the page, write the places and spaces that give you love, power, strength, and rejuvenation. It could be community spaces, gardens, coffee houses, movie houses, rivers, or bars.

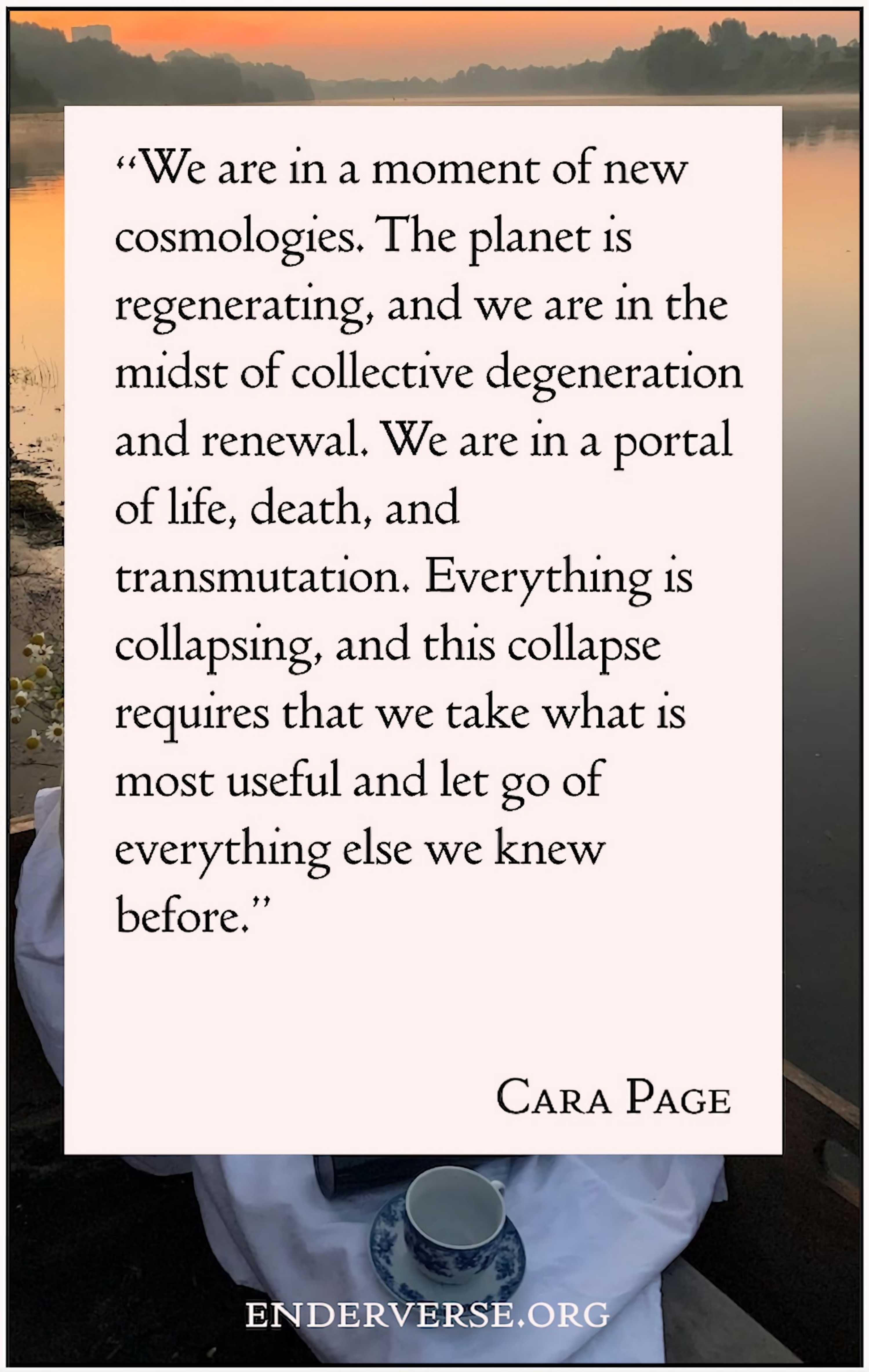
4. On the other side of the page, write the people that regenerate you and love you and truly see you for who you are. Write down the names of people who really embrace you!

Keep this as a memory of what holds you and grounds you in your power.

STORY CIRCLE

All participants sit in a circle without tables or other objects inside the circle. Sometimes a group member suggests a theme prior to the start of the story telling process.

- Everyone sits in circles of no more than ten. The optimal group is six.
- Each participant receives an equal amount of time to tell their story.
- The storytelling proceeds in order around the circle.
- If a participant does not have a story when it is their turn, the participant may pass.
- Everyone should listen to the storyteller of the moment – not talk or ask questions.
- After everyone who wishes to tell a story has had an opportunity to do so, participants may engage in cross talk, ask questions, or comment on the stories of others.
- Silence is all right. Take your time. Do not rush to tell.



“We are in a moment of new cosmologies. The planet is regenerating, and we are in the midst of collective degeneration and renewal. We are in a portal of life, death, and transmutation. Everything is collapsing, and this collapse requires that we take what is most useful and let go of everything else we knew before.”

CARA PAGE