

Chambers of the Heart Collage Activity

How do our hearts remind us about the truth of who we are?

*What is the
status of our
hearts right
now?*

Heart as Refuge

Do you need a refuge?
What do you need refuge
from?

Heart as Flowing River

What is flowing in and out?

Heart as Intergenerational Dialogue

What is a big question
that young folks are
bringing to you?

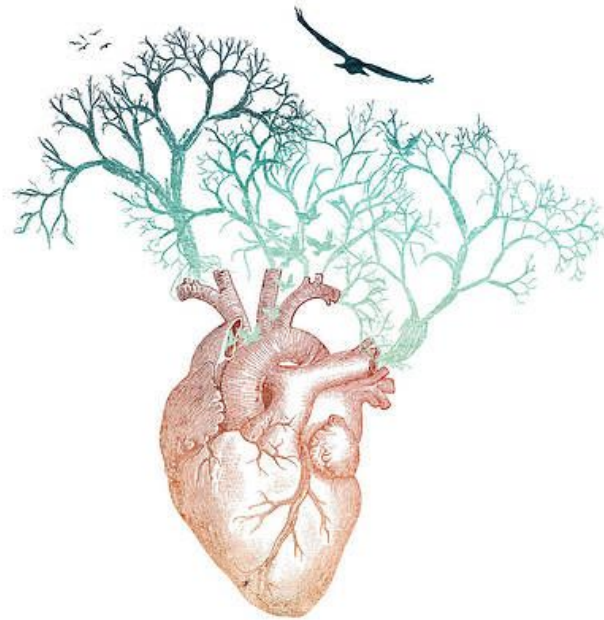
Heart as adventure

What are you being drawn
to?

Heart as Refuge

What does safety, protection and belonging look like to you?

Do you need a
refuge? What do
you need refuge
from?



MY REFUGE
SOUNDS LIKE...
FEELS LIKE...
LOOKS LIKE...
SMELLS LIKE...
TASTES LIKE...

Art by: Heather Applegate

Heart as Flowing River

What is flowing in and out of our hearts? How does it flow?

Is your heart
flowing from the
past, present or
future?

What is
polluting your
river?

Left Atrium
(flowing in)

Left Ventricle
(flowing out)

What is
restoring your
river?

Right Atrium
(flowing in)

Right Ventricle
(flowing out)

Heart as Intergenerational Flow

What is a question that a young person has asked that resonates and/or has challenged you to answer?

Younger Self

Left Atrium
(flowing in)

Left Ventricle
(flowing out)



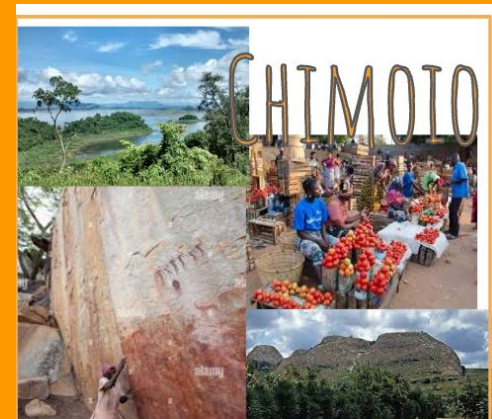
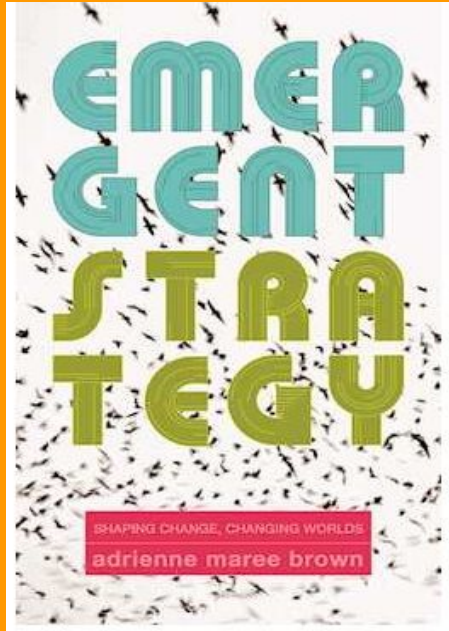
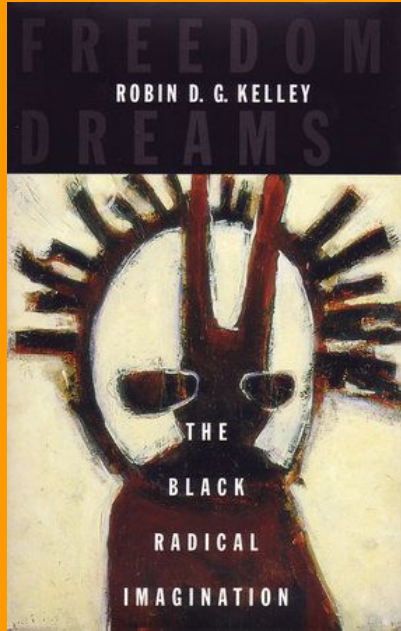
Art by: Ija Charles

Adult Self

Right Atrium
(flowing in)

Right Ventricle
(flowing out)

Resources



- [Freedom Dreams; The Black Radical Imagination](#) (Kelley,2003)
- [Emergent Strategies; Shaping Change, Changing Worlds](#) (brown, 2017)
- [Family Dharma, Taking Refuge on the Wings of Angels](#) (Roth,2008)
- [Decolonizing Methodologies; Research and Indigenous People](#) (Smith, 2012)

Special thanks to the community of Chimoio, Mozambique and the staff and students at the Universidade Pungue, who taught us about the local languages and our ever present connection to the natural world. We use metaphors of the river as connected to the heart to honor this indigenous knowledge.