

ARCHAEOLOGY OF SELF™

Sustaining the Self in Education & Beyond



Dr. Yolanda Sealey-Ruiz
Teachers College, Columbia University
August 1, 2023

PATH FOR TODAY

- Seeing Ourselves
- Building Community Inside & Out
- Archaeology of Self™
- The Wounded Healer

A sunset scene with a person's hands reaching up towards the sun, overlaid with glowing circular light patterns. The sun is low on the horizon, creating a warm orange and yellow glow. The hands are silhouetted against the bright light. The background shows a clear sky with some light clouds and a dark silhouette of trees or a forest at the bottom.

What are you releasing today?

We Wear the Mask

BY [PAUL LAURENCE DUNBAR](#)

We wear the mask that grins and lies,
It hides our cheeks and shades our eyes,—
This debt we pay to human guile;
With torn and bleeding hearts we smile,
And mouth with myriad subtleties.
Why should the world be over-wise,
In counting all our tears and sighs?
Nay, let them only see us, while
We wear the mask.

We smile, but, O great Christ, our cries
To thee from tortured souls arise.
We sing, but oh the clay is vile
Beneath our feet, and long the mile;
But let the world dream otherwise,
We wear the mask!





Seeing Yourself

What are you
willing to capture & reframe?



Building My

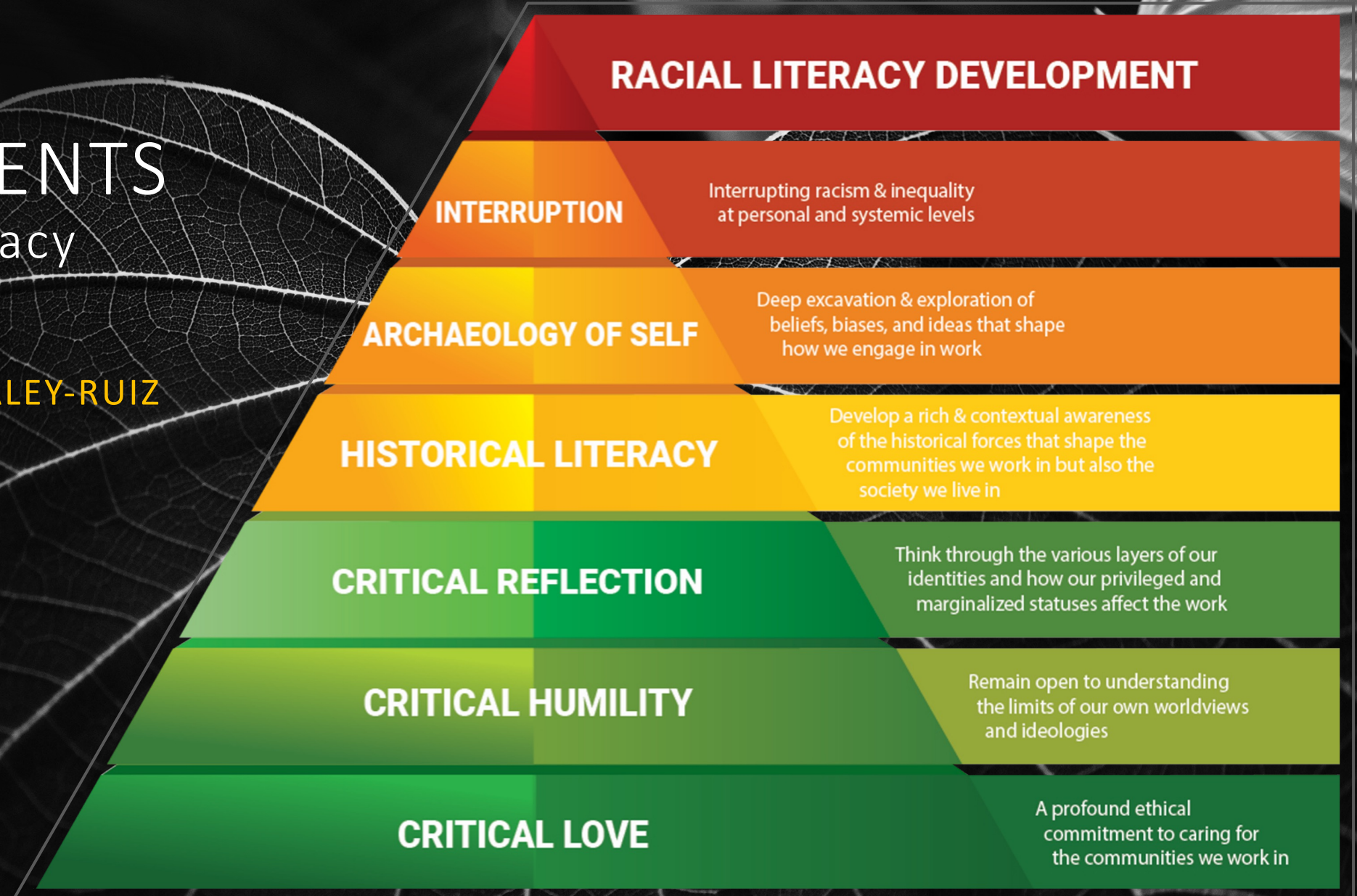
COMMUNITY

Inside & Out

- Intellectual
- Personal
- Cultural
- Spiritual
- Other?

SIX COMPONENTS of Racial Literacy Development

DR. YOLANDA SEALEY-RUIZ



ARCHEOLOGY

Engage in storytelling and self-excavation activities that include life timelines and stories around race, names, and school experiences.

Archeology of Self™ as Practice

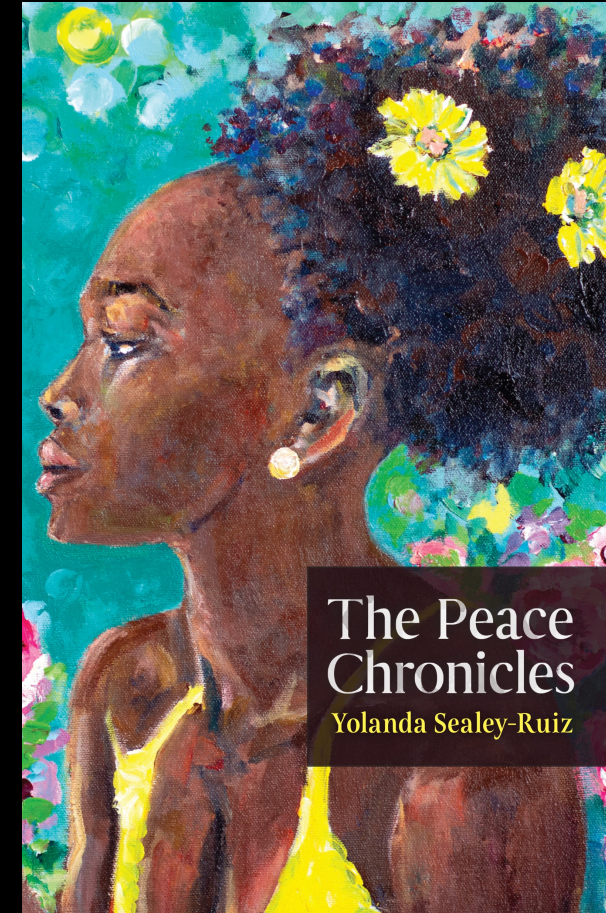
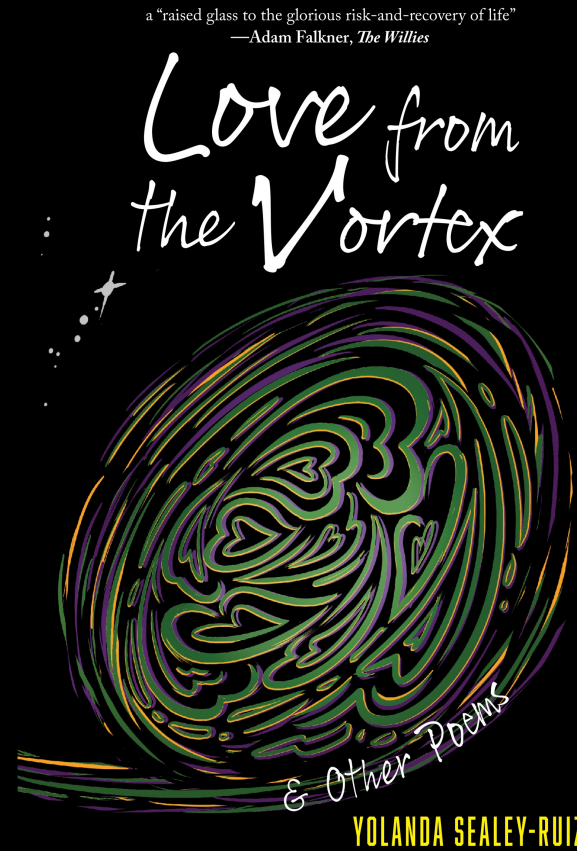
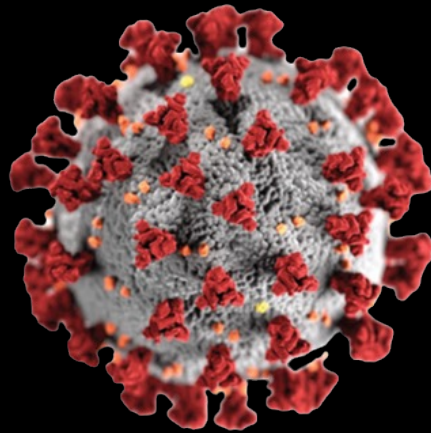
SELF





“A Condition for Healing is to
Allow Suffering to Speak.”
— Dr. Angel Acosta

Healing, Self-Care & Love Journey





LOVE & HEALING

A Session with Students and Their Teachers in Dialogue

Monday, February 1st
5:45 p.m. EST

Yolanda Sealey-Ruiz
Associate Professor
Teachers College,
Columbia University

Vera Naputi
Teacher and
Instructional Coach
Madison East
High School

Denye Mitchell
Freshman at
Clark Atlanta University

Crystal Murillo
Freshman at
University of Wisconsin-Madison

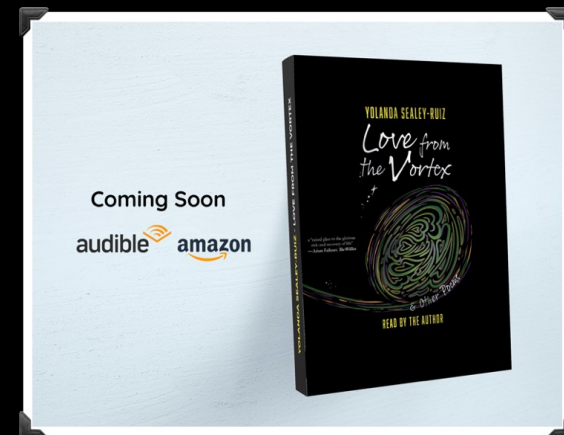
Michel Hernandez
Junior at Madison East
High School

Andrew Pastrana
Junior at Madison East
High School

Angel Tejeda
Junior at Madison East
High School

Aurora Ross
Sophomore at Madison East
High School

Love from the Vortex & Other Poems
by Yolanda Sealey-Ruiz



Expect Surprises!

LOVE & HEALING



**Yolanda
Sealey-Ruiz**
Associate Professor
Teachers College,
Columbia University

*Love from the Vortex &
Other Poems*
by Yolanda Sealey-Ruiz



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High School



Aurora Ross
Sophomore at Madison East
High School



I Write to Free & Heal Myself
— Yolanda Sealey-Ruiz



Using the Arts to Prevent Single Stories

What are the **single stories** we hold about **ourselves**?

What are the **single stories** we hold about our **students**?

CHIMIMANDA ADICHE



TEACHERS COLLEGE
COLUMBIA UNIVERSITY

A MOMENT TO LOVE

Words and illustrations from
Yolanda Sealey-Ruiz's *Love from the
Vortex & Other Poems*

June 7 - July 2, 2021



TEACHERS COLLEGE
COLUMBIA UNIVERSITY

LOVE, PEACE & LIBERATION: A MULTIMODAL JOURNEY

Yolanda Sealey-Ruiz poetry and the
artwork of artists 19 and David Ikard
Reception: Oct 14, 4:30-5:30 pm

Workshop | Archaeology of Self (™)
Through Writing: A Journey Toward
Love & Peace

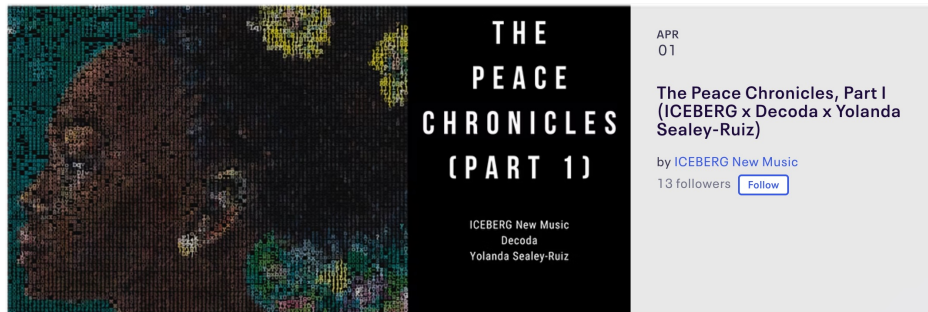
Oct 14th, 5:30 -7:00 pm



Artwork by 19

Oct 4 - Oct 22, 2021

Macy Art Gallery Exhibitions
www.macyartgallery.com



THE PEACE CHRONICLES (PART 1)

ICEBERG New Music
Decoda
Yolanda Sealey-Ruiz

APR 01

The Peace Chronicles, Part I (ICEBERG x Decoda x Yolanda Sealey-Ruiz)

by ICEBERG New Music
13 followers [Follow](#)



Sales Ended

[Details](#)

World premiere music and acclaimed poetry in search of a peaceful world

About this event

ICEBERG New Music, Decoda, and acclaimed poet Yolanda Sealey-Ruiz present "The Peace Chronicles (Part 1)," an evening of world premiere music and spoken word focused on finding peace in a violent and chaotic world. Decoda will perform world premieres by Alex Burtzos, Derek Cooper, Jack Frerer, Jessica Mays, Max Grafe, as well as new music by Becky Turro. Dr. Sealey-Ruiz will read from her recent book "The Peace Chronicles."

Like all ICEBERG events, this concert will feature an open bar happy hour beginning at 7:30 PM. After the performance, the poet, performers, and composers will join audience members for drinks and discussion.



Date and time

Fri, Apr 1, 2022, 8:00 PM EDT

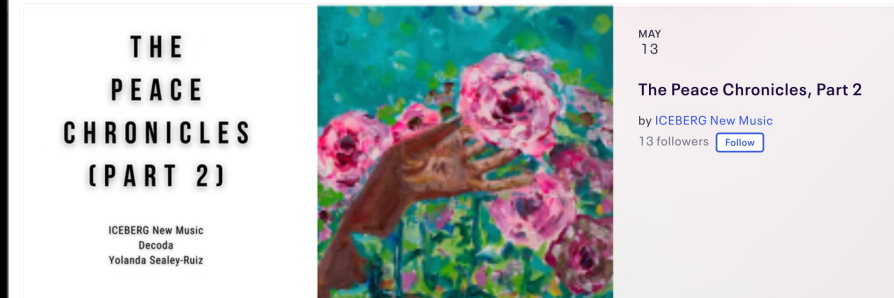
Location

Tenri Cultural Institute
43 West 13th Street
New York, NY 10011
[View map](#)

Refund policy

No Refunds

April, 2022



THE PEACE CHRONICLES (PART 2)

ICEBERG New Music
Decoda
Yolanda Sealey-Ruiz

MAY 13

The Peace Chronicles, Part 2

by ICEBERG New Music
13 followers [Follow](#)



Sales Ended

[Details](#)

ICEBERG New Music, Decoda, and Yolanda Sealey-Ruiz present the second part of "The Peace Chronicles."

About this event

ICEBERG New Music, Decoda, and acclaimed poet Yolanda Sealey-Ruiz present "The Peace Chronicles (Part 2)," an evening of world premiere music and spoken word focused on finding peace in a violent and chaotic world. Decoda will perform world premieres by Drake Andersen, Victor Baez, Stephanie Ann Boyd, Yu-Chun Chien, and Harry Stafylakis, as well as new music by Johnny MacMillan. Dr. Sealey-Ruiz will read from her recent book *The Peace Chronicles*.

Like all ICEBERG events, this concert will feature an open bar happy hour beginning at 7:30 PM. After the performance, the poet, performers, and composers will join audience members for drinks and discussion.

Date and time

Fri, May 13, 2022
8:00 PM - 11:00 PM EDT

Location

Tenri Cultural Institute
43 West 13th Street
New York, NY 10011
[View map](#)

Refund policy

Contact the organizer to request a refund. Eventbrite's fee is nonrefundable.



May, 2022

Crosstown Concourse, Memphis TN
August, 2022



SIX COMPONENTS of Racial Literacy Development

DR. YOLANDA SEALEY-RUIZ



A long, straight asphalt road stretches from the foreground into the distance, vanishing at the horizon. The road is flanked by a dry, brown desert landscape with sparse, low-lying vegetation. In the far distance, a range of blue mountains is visible under a vast sky filled with wispy, white and yellow-tinted clouds, suggesting a sunrise or sunset. The overall mood is one of vastness and journey.

"The most beautiful part of the journey is
coming to the revelation of self"

-KYRA LLOYD

Yolanda
Sealey-Ruiz



Acosta Institute

S2 Ep 1: Wounded
Healing with Yolanda
Sealey-Ruiz

Wounded Healers:
A Healing-Centered Education Portrait Series
& Podcast



EPISODE 01
*Yolanda
Sealey-Ruiz*

ACOSTA INSTITUTE



FACING OUR TRAUMA IS THE
FIRST STEP IN OUR HEALING



**What is
Healing?**



Acosta Institute

S2 Ep 1: Wounded
Healing with Yolanda
Sealey-Ruiz

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A Healing-Centered Education Portrait Series
& Podcast



EPISODE 01

Yolanda
Sealey-Ruiz

ACOSTA INSTITUTE



Through our own wounds
we grow in our capacity to
heal and nurture others.



ARC OF SELF

Just Us

Here is my invitation
for you to bend towards justice.
My arc of self bends
in favor of love—

Asking hard questions
& waiting for answers
that don't offer conclusions,
just more wonderings
about how to live a life
worthy of the children
who come after us.



Navigating the Self: A Path to Social Justice

A Conversation With
Yolanda Sealey-Ruiz
by Ami Kantawala



Yolanda Sealey-Ruiz opens the biography on her website, yolandasealeyruiz.com, with a simple phrase—“This is me.” As an associate professor of English education at Teachers College, Columbia University, and the architect behind the *Archeology of Self*, Sealey-Ruiz has made self-exploration and discovery the cornerstone of her work. As a strong advocate for racial literacy in education as a practice and skill, her research with teachers and English education students offers a new perspective on the development of racial literacy by affording a deeper look—or archeological dig—within ourselves to determine where issues of race and racism live. In this issue of *Art Education*, Senior Editor Ami Kantawala sits down with Sealey-Ruiz to discuss her groundbreaking work, as well as how art educators can use this concept as a lens for bringing lived experiences and racial representation into the classroom.¹

Jot down:

**What did You see?
What did You hear?**



Jot down:

**What did You see?
What did You hear?**

June 26 – July 6, 2023

TEACHERS COLLEGE
COLUMBIA UNIVERSITY



Wounded Healers: A Healing-Centered Education Portrait Series & Podcast

ARTWORK: PAPER MONDAY

•
Opening Reception: Monday, June 26, 6–8pm
Closing Reception: Wednesday, July 5, 6–8pm

Macy Art Gallery
www.macyartgallery.com

HEALING-CENTERED EDUCATION SUMMIT

CONTEMPLATING EQUITY & FUGITIVE FUTURES



GARRISON INSTITUTE



ACOSTA
INSTITUTE

WHERE: GARRISON INSTITUTE

HOSTED BY ACOSTA INSTITUTE

START/END DATE JULY 21ST - JULY 23RD, 2023

REST IS RESISTANCE

'Essential...Rest is a necessary step in reclaiming our power to resist systemic oppression.' Ibram X. Kendi, author of *How to Be an Antiracist*

**Free yourself from
grind culture and
reclaim your life**

TRICIA HERSEY

FOUNDER OF THE NAP MINISTRY

“

There is always light, if only we're brave enough to see it. If only we're brave enough to be it.

Amanda Gorman

The youngest inaugural poet in US history





BE THE LIGHT

“I am Light”