



*Healing with a
Broken Heart*

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@Education_Healing_Justice



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Black, Indigenous, Queer, Generationally Poor

17 years in education, healing & justice work

Community organizing

High school Teacher

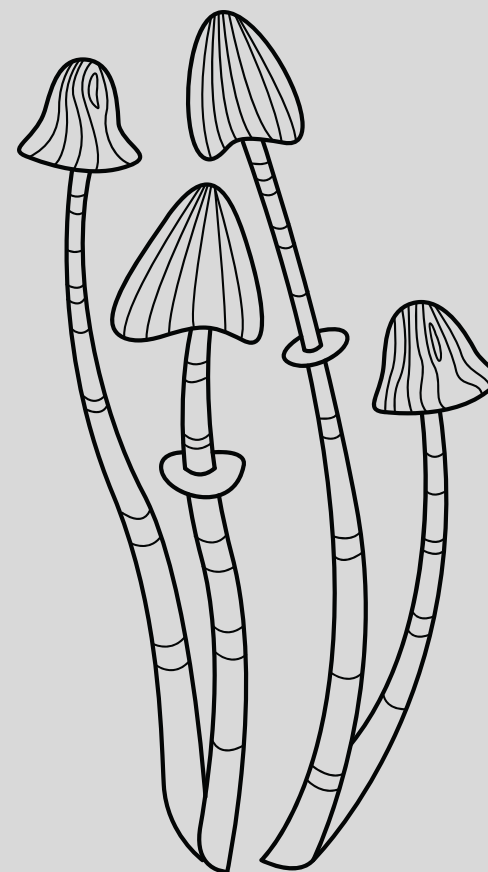
Teacher Trainer

Trauma Worker

Therapist

Parent

Nature lover



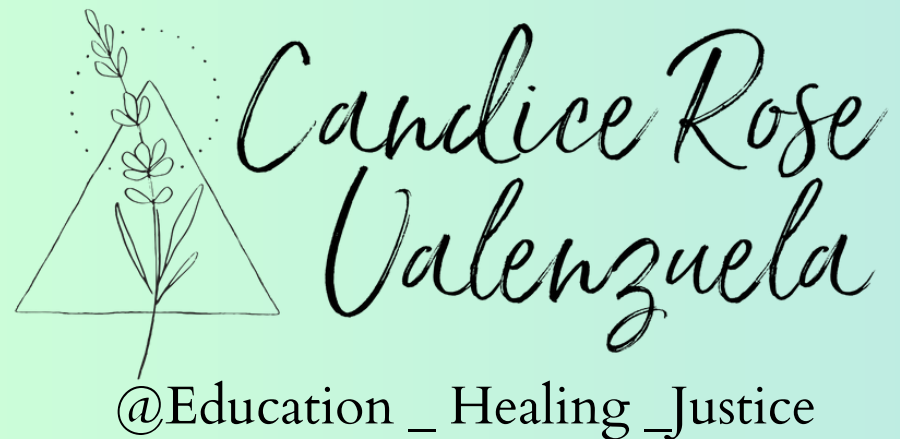


I am tired of performing "wellness"
I live in a generationally traumatized
& resilient body
I cuss a lot
chronic digestive issues due to cptsd
estranged from family members
I self medicate with junk food & shit talking
I don't want to be "fixed"
I don't have the answers

This talk is...

**a love letter to
wounded healers**

**an invitation to
align our healing
with radical
politics of
liberation**



**In what ways have
you felt that
"healing" and
"wellness" fail you,
or just don't speak
to your
experience?**



FATPHOBIA

TRANSPHOBIA

AGEIST

STIGMATIZING

RESPECTABILITY

INACCESSIBLE

SPIRITUAL
BYPASSING

CONSUMERISM

whiteness

PERFORMATIVE

CULT LIKE

TOXIC
RESILIENCE

INDIVIDUALISM

IDEALISM
LOOKISM

Mainstream notions
of healing, wellness &
mental health

CULTURAL
APPROPRIATION

CAPITALISM

WHITE SUPREMACY

HETEROPATRIARCHY

COLONIALISM

IMPERIALISM



I've come to believe that

Any "healing" practice, methodology or approach that lacks systems analysis will fail marginalized bodies.

at best, these methods leave us feeling misunderstood

at worst, we are pushed further towards dissociation, self-harm, and enabling the oppressive regimes that harm us, our communities & the Land

What can healing possibly
mean in our current
context?

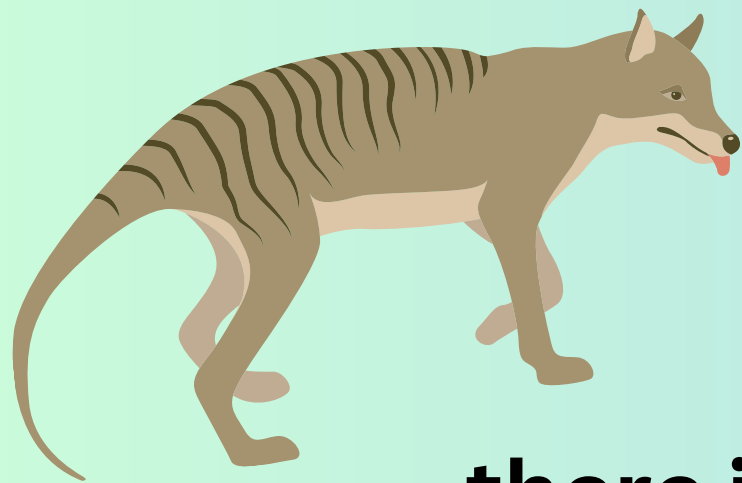




I have come to believe that

Feeling broken is an appropriate response to living alongside ecosystems collapse, pervasive exploitation, social alienation and threats to survival.

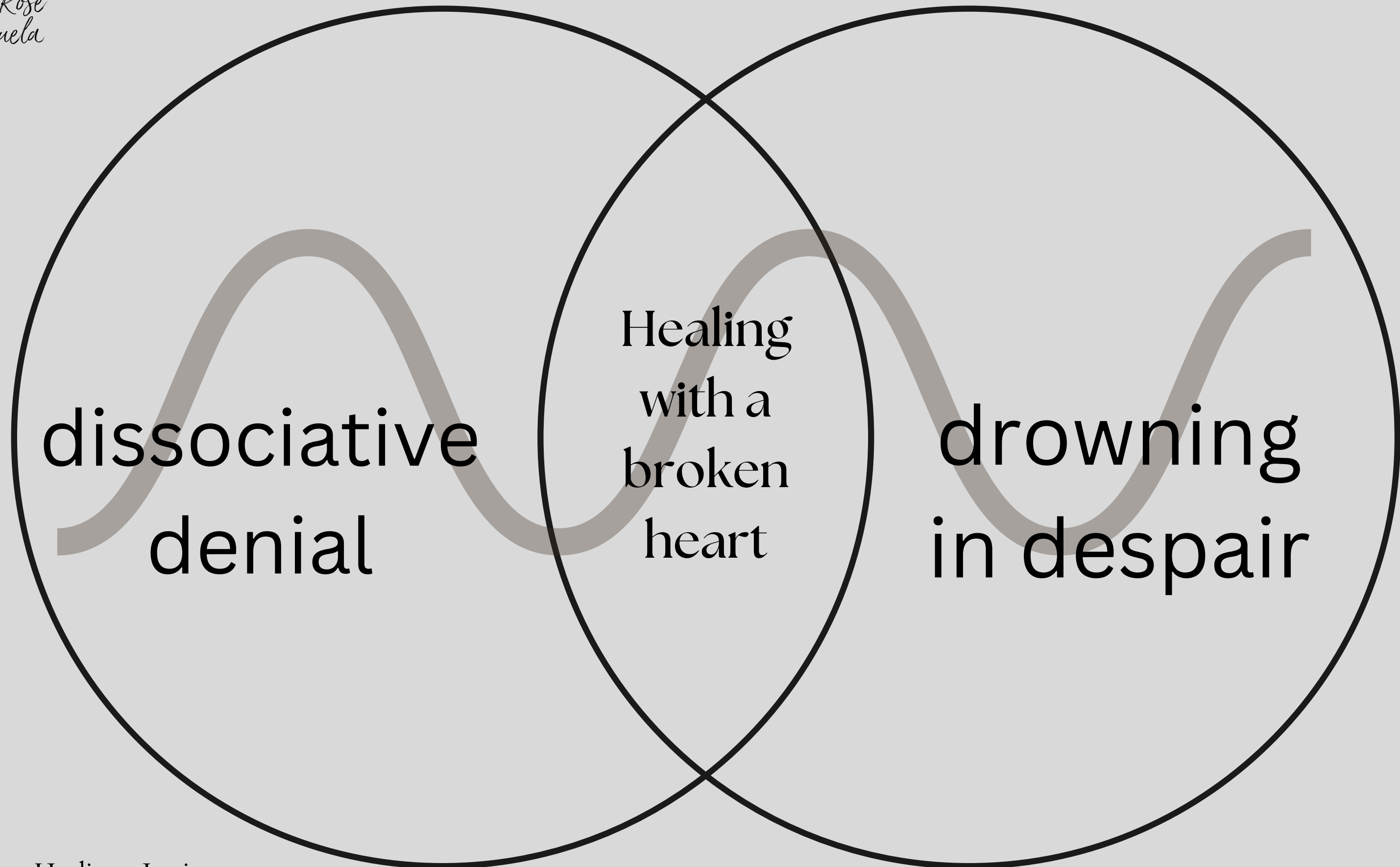
While disconnected from consistent sources of **intergenerational wisdom**, resources for **self-actualization**, and access to **collective resistance and liberation** with All our Relations on the Land.



You are not broken. **We all are.**

We hurt because we are all hurting.

**there is no escaping the truth of our collective existence.
in this wounding lies our medicine.**





I have come to believe that

**true healing is neither a commodity nor destination reserved for the pure,
worthy or privileged**

Healing is an innate biological,
ecological *drive to seek*
harmonization, communion & balance
with all other living beings



I have come to believe that

we align with healing when

We stop performing wellness

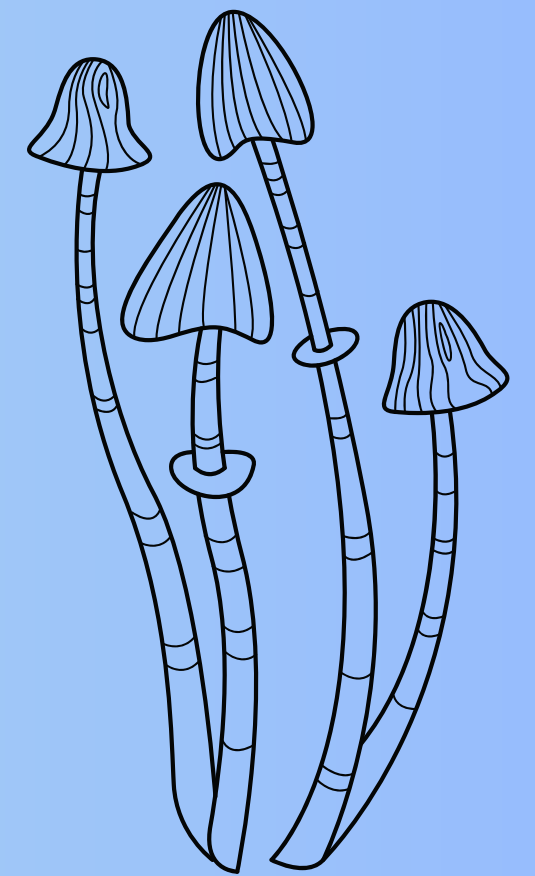
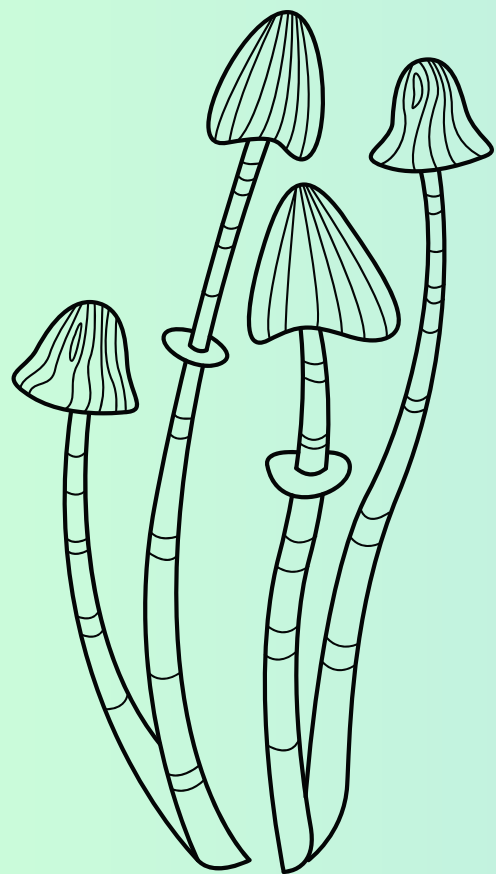
We embrace our most broken parts

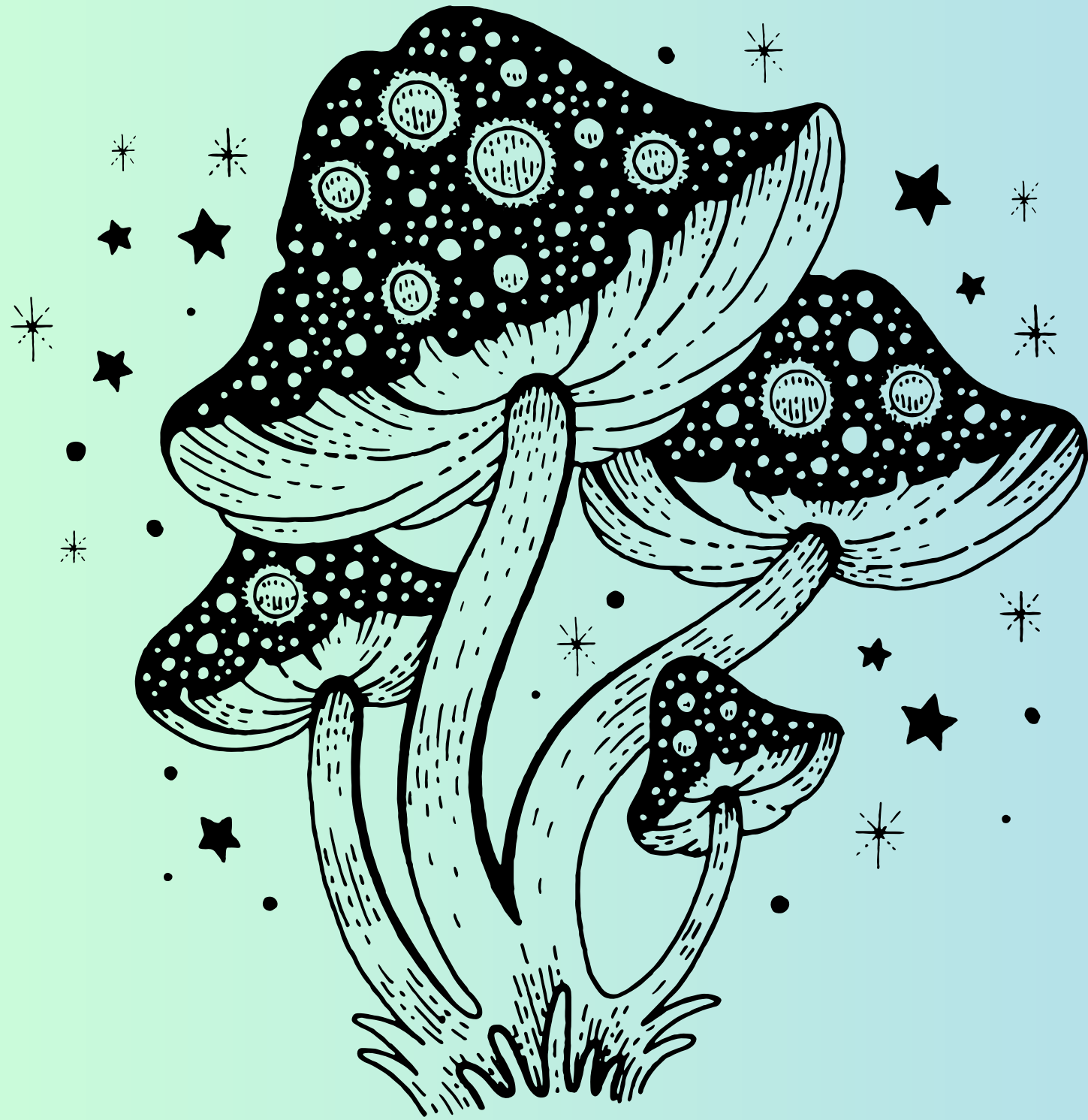
We commit to digesting our trauma

We let our real grief, pain & rage coexist
with our hope, joy & pleasure

We commit to Collective Liberation

We tend to ourselves as part of the Sacred web of life





What is alive in you
right now?
What do you feel
called to practice?

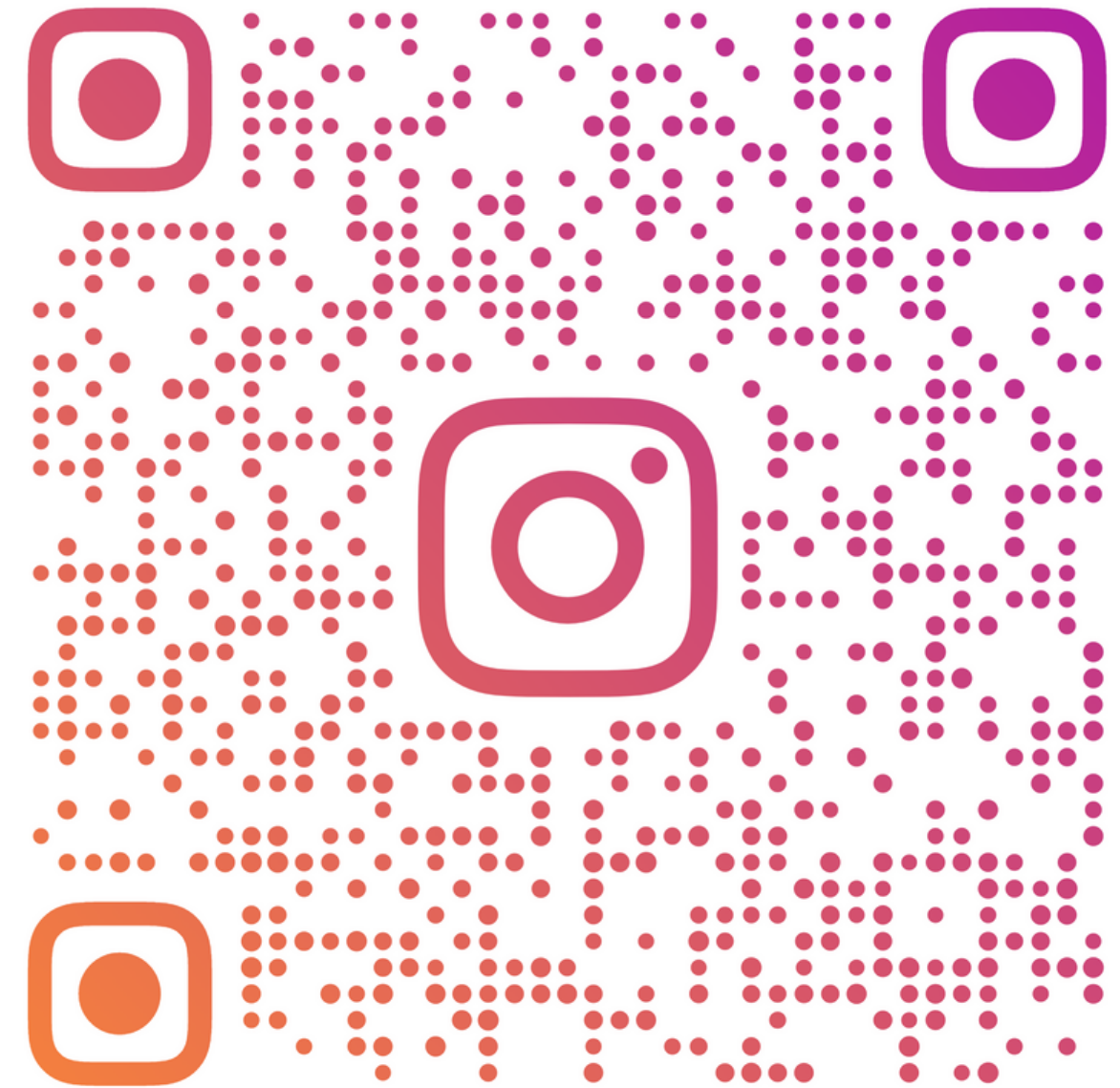
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Closing Circle

Thank You

Join me for practical,
evidence based & ancestral
tools for healing with a broken
heart

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