CONNECTIONS, POSSIBILITIES AND JOY

DIFFERENT DEFINITIONS OF HEALING AND HOW THEY RELATE TO OUR ECOSYSTEMS

WHERE DO WE SITUATE OURSELVES

WHAT BRINGS US JOY?

COLLECTIVE MOTIVATION

COOKING A MEAL WITH INGREDIENTS FROM MY PLANTS

MAKE MY HOME A JUNGLE

TOUCHING PLANTS

WATCHING THE STABILITY OF TREE

BUILDING A PERSONAL PRACTICE OVER A PERIOD OF TIME

DIFFICULTY TO SPEAK OUR CREATION

OUR KNOWLEDGE IS TO BE SHARED

STRUGGLED WITH SPEAKING ABOUT EMOTIONS AT WOMEN'S ACTIVITIES

ARTICULATE THINGS COMING UP IN COLLECTIVE SPACES

REMEMBERING MYSELF AS CHOICE

GRAPHIC RECORDING BY SONAKSHA IVENGAR

WHAT IS GROUNDING AND HEALING THREE DAYS?

FEELING SECURE

GOING BACK TO NATURE

REMEMBRANDS FROM PEOPLE OF THEIR LOVE FOR ME

TAKING CARE OF MYSELF WHILE ALSO CARING W

‘LANGUAGE IS THE ONLY HOME AND’ WRITING POETRY TO REMEMBER WORDS

READING RECIPES

CHECKING INTO MY BODY

REMEMBERING MYSELF AS MY CHOICE

ROUTINES TO RITUALS

POWER SONG - CHECKING INTO YOURSELF

I am amazed

at the beach, being sparkled, thighs stretching, making music, birds dancing, harmony with honey bees, touching stars, sound of bonfire, leaves whirling, hair flowing, trees, mother’s fingers, massaging my scalp under a rainbow, swimming, soft of my upper arms, firm curve of my tan shoulders, salting role, feeling the land and sand

Feeling your warm skin, cheek & cheek, flowers, nuzzling, tree full of joy, cuddling with the rain, old forest, dancing as bird sounds at sunset

Joy makes me think of where I feel most-free and love. And it was when I reached out to people and asked them to remind me of the love they have for me. It really helps me fight against further...
Collective healing spaces are hard for me to do on my own. Sometimes you need collective motivation. This really helps me work on my well-being.

- Saleha -

Is it possible for us to begin to hold space to feel comfortable in our bodies? It is interesting to be able to do this virtually, giving us the chance to share as much or as little of ourselves as we want.

- Marisa -

Sonaksha - Healing Circles 2020
I see communication as a tool for human connection.

The goal is to hear ourselves from the heart.

We are different not only culturally, but personally too. But if there is pain in the heart, will it come through? Our emotions and needs are the universal language that we all know and we can hear each other's heart through it.

- Hilal Demir -

I am the soft of my upper arms, and the firm rounded curves of my strong tan shoulders. I used to think I am the things I carry and now, I want to be the person holding myself, me, and my shadows all in one embrace.

- Syar -
Being older than all of you, I can say this: take time for you. Do things nobody else can do for you. Because you have to do it.

Play instruments or listen to music that moves your soul. Touch yourself, make love to yourself. Take your time, it’s very important.

Don’t go for peace, peace is an invention. Go for revolution, revolution is life.

The capitalism systems want us to be sad and angry. Resist it. Resist it by being joyful.

— Niza Solari Oyarzo —
**CONNECTING MIND, BODY and VOICE**

**What Has Shifted for You Through These Circles?**

- Unlearning the Lens of Productivity
- Gratitude for the Spaces that Center + Align Us
- Communication for the Purpose of Connecting
- Seeing People Organize in Different + New Ways
- Less Forcing People to Always Be the Perfect Image of Themselves
- Opportunity to Share as Much or as Little as We Want
- How to Hold Feelings Seen as Negative While Navigating Everyone's Boundaries + Borders
- Exploring What Happens When I Leave the Safe Space
- More Trust in God and the Universe
- Shamanic Drumming
- Reclaimed Peach
- More Lightness of Being
- Incredible Healthy Food
- Delicious + Healthy Food
- Landscapes Around
- Walking on Air
- Music

**Taking with**

- Resurgence
- CSBR

**Graphic Recording by Sonaksha Iyengar**

**Anxiety About Deadlines**
- Bloating Belly
- Long Hair
- Overtinking
- Worrying About Tomorrow
- Overcommitting
- Residual Patterns

**Healing Circles 2020**