

# HEALING PRACTICE

A pathway to healing our present and past hurts so we can reclaim a truer sense of self and the creative capacity to build a just world



## THE JOURNEY TO END RACISM...

...requires your willingness to heal.

Liberation-minded white people are often baffled by the racist mistakes we continue to make, despite our best efforts.

This exposes a misunderstanding of where these patterns come from, and what it will take to loosen them.

Our healing practice is one of many modalities rooted in the wisdom of countless healers who invite us to heal the hurts of our past so we can co-create a liberated future.



PERHAPS IF MORE PEOPLE TAKE THEIR HEALING SERIOUSLY, THEN WE CAN ALSO HEAL AND BRING MORE PEACE TO THE WORLD  
- yung pueblo



HEALING AND WELL-BEING ARE FUNDAMENTALLY POLITICAL, NOT CLINICAL

- Shawn Ginwright

Sadly, we live in a society where the only model most people have for talking about our pain, is a clinical, 50-minute discussion with a therapist.

But experts in trauma-recovery know that healing is so much more than that.

Dr. Bruce Perry is once such expert who says, we heal through brief revisits of our pain, "Ideally, thousands of such therapeutic moments can be provided by the therapeutic web of loving, sensitive people in your life."

This means that we must become the kind of people where pain is talked about openly, without confusing it for therapy.

If you are like us, and you dream of a world where people no longer suppress their hurts until the next time they can access a therapist, then this practice is for you.

## WHO DO I PRACTICE WITH?

At a minimum, yourself. On the next page, we'll show you some ways to practice healing when no one is around.

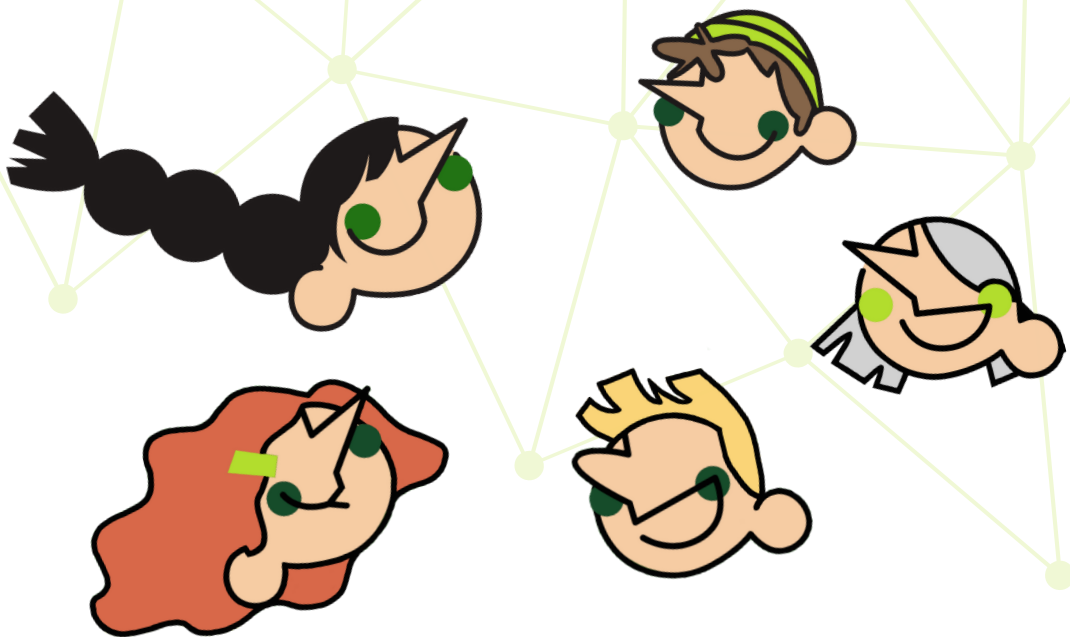
Even better, with anyone willing to give you loving attention while you heal; including total strangers. In fact, people not invested in our well-being are often the best people to heal with because they are less likely to get confused about their role. We can't heal anyone else's pain; only our own. Our presence with each other is simply a reminder that every hurt is worthy of loving attention.

## HOW OFTEN DO I NEED TO PRACTICE?

It depends. It's a good idea to start with 1-3x each week and go from there.

Most people have a lot of old hurts that have been suppressed. So at first, keep going back to the earliest hurts you can remember. Relate with the pain. Healing is not a hit it and run. Some people go to the same moments 100 times before the pain begins to lessen.

In time, settle on the number of practice sessions that keep you from storing current pain to deal with later.



## WHERE DOES YOUR PRACTICE COME FROM?

We have learned from countless healing modalities over the years and all of them have contributed to our practice. We honor the legacy of healing that goes back centuries, and the healers pulling that legacy forward today. Specifically, Resmaa Menakem, adrienne maree brown, Nanci Luna Jiménez, Shawn Ginwright, Leah Lakshmi Piepzna-Samarasinha, Sonya Renee Taylor, Kazu Haga, yung pueblo, Robin Wall Kimmerer, Valerie Kaur, and Bruce Perry. Every one of them can help you deepen your healing practice.

# PERSONAL HEALING PRACTICE

Even when no one else is around, we can heal.

Moving our bodies, sharing our stories, feeling, grieving...are all ways to access healing - and there are so many more.

As young people, we healed our hurts spontaneously, but over time, that ability was stripped from most of us. Through repetition, we can reclaim our ability to heal. Try these:



## PRACTICING PAUSE

Learning how to pause is an important skill for white people committed to ending racism, and it's also important as we practice healing.

When we open up the file cabinet of old unhealed wounds and give them loving attention, we need a way close the drawer. Heal, then pause for 1-2 minutes in a way that works for you. Here are a few ideas:

- Take a few deep breaths
- Wrap your arms around your torso and give yourself a tight squeeze
- Share a joke, fact, or focus your attention on something else
- Give some love to a pet
- Take a short body break

For many of us, our file cabinet of pain is bursting at the seams and when we first open it up, it can be difficult to close again. Headaches, stomach aches, and high urges to numb out indicate a longer pause is needed to close a practice. Initially, you may need 2+ minutes to transition. In time, your pain will trust that even if you close the drawer for now, you'll be back, and a shorter pause will suffice. Practicing a pause is also useful anytime big feelings show up.



BEING HEARD IS SO CLOSE TO BEING LOVED THAT, FOR THE AVERAGE PERSON, THEY ARE ALMOST INDISTINGUISHABLE

- David Augsburger



YOU DON'T BECOME A BETTER LISTENER BY LISTENING; YOU BECOME A BETTER LISTENER BY BEING LISTENED TO

- Nanci Luna Jiménez

## COMMUNAL HEALING PRACTICE

Because we get hurt in community, we heal best in community. Bring any of the personal practices into a space where someone offers loving attention as you heal and you'll soon discover that we are all fully capable of healing our hurts.

We love (and use) this ritual:



# FREQUENTLY ASKED QUESTIONS

WHEN MY PARTNER IS HEALING, AM I SUPPOSED TO SAY/DO ANYTHING?

The only requirement is your loving attention. Don't eat, move around, ask questions, etc. without consent. Just remember, there's nothing you can do to heal someone else. Takes the pressure off, right?

IT'S HARD FOR ME TO LISTEN AND NOT AFFIRM. IS THAT OK?

How fascinating! Anytime a pattern shows up, it's a doorway into our pain. When it's your turn to heal, try the prompt, "Who didn't listen to me?"

PHONE, VIDEO CALL, OR IN-PERSON?

Your choice. Some people need the experience of someone looking at them, others don't.

PARTNERS OR GROUPS?

Most people practice with just one other person, but it can be wonderful to be witnessed by a group.

MY LIFE IS OVERWHELMINGLY PAINFUL. HOW WILL I FIND THE TIME FOR THIS?

We're sad to hear that, love. When life is tough, all the more reason we need healing. A communal practice can be done in a coffee break (5 mins each), and personal practices can be done in 30-second intervals. Start somewhere because you're worth it!

IS THIS JUST FOR WHITE PEOPLE?

No. Everyone deserves to heal. We work with white people and the connection between white people healing and ending racism is largely misunderstood.



I IMAGINE THAT ONE OF THE REASONS THAT PEOPLE CLING TO THEIR HATE AND PREJUDICE SO STUBBORNLY IS BECAUSE THEY SENSE THAT ONCE HATE IS GONE, THEY WILL BE FORCED TO DEAL WITH THEIR OWN PAIN

- James Baldwin

I'VE BEEN HEALING A LOT AND FEEL LIKE I WANT A BREAK. IS THAT OK?

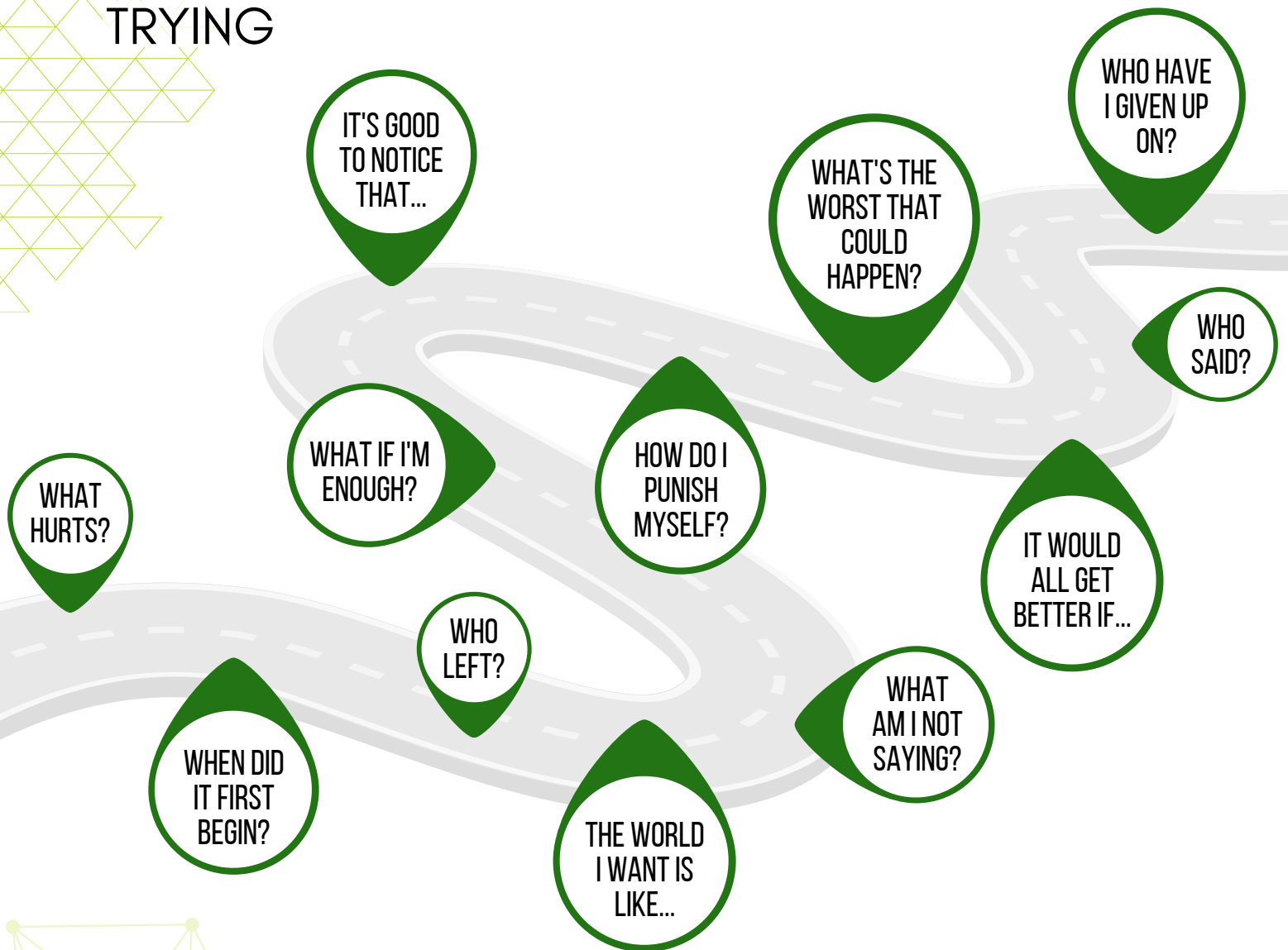
Breaks are great when they aren't used as a way to avoid hurts we don't want to face. Ask yourself what the urge to break is about. You may just need a change of pace...if you've been doing a lot of talking, try another way to heal, use a session to visit with your partner, etc.

HAVE A QUESTION THAT WE DIDN'T ANSWER?

Email us at [support@joreconsulting.com](mailto:support@joreconsulting.com) and we'll get back to you.

# PROMPTS WORTH TRYING

Here are some of our favorite prompts to get things going. Give them a try and see what shows up.



## NOTICE PATTERNS

As you practice your healing, you may notice the same patterned responses showing up over and over - they feel familiar, old, and habitual.

When this happens, remember you are completely good and ask yourself, "When was the first time I felt this way?" to help you unpack the pattern.

Want to know more? [Click here.](#)

PART OF HEALING YOURSELF IS TAKING RESPONSIBILITY FOR YOUR PATTERNS. EVEN THOUGH THE HURT YOU WENT THROUGH, WHICH FUELED THESE PATTERNS, WAS NOT YOUR FAULT - ESPECIALLY IF YOU WERE A CHILD WHEN IT HAPPENED - THE HEALING CAN ONLY BE DONE BY YOU

- yung pueblo