

# La Cultura Cura: Healing Severed Connections

José González

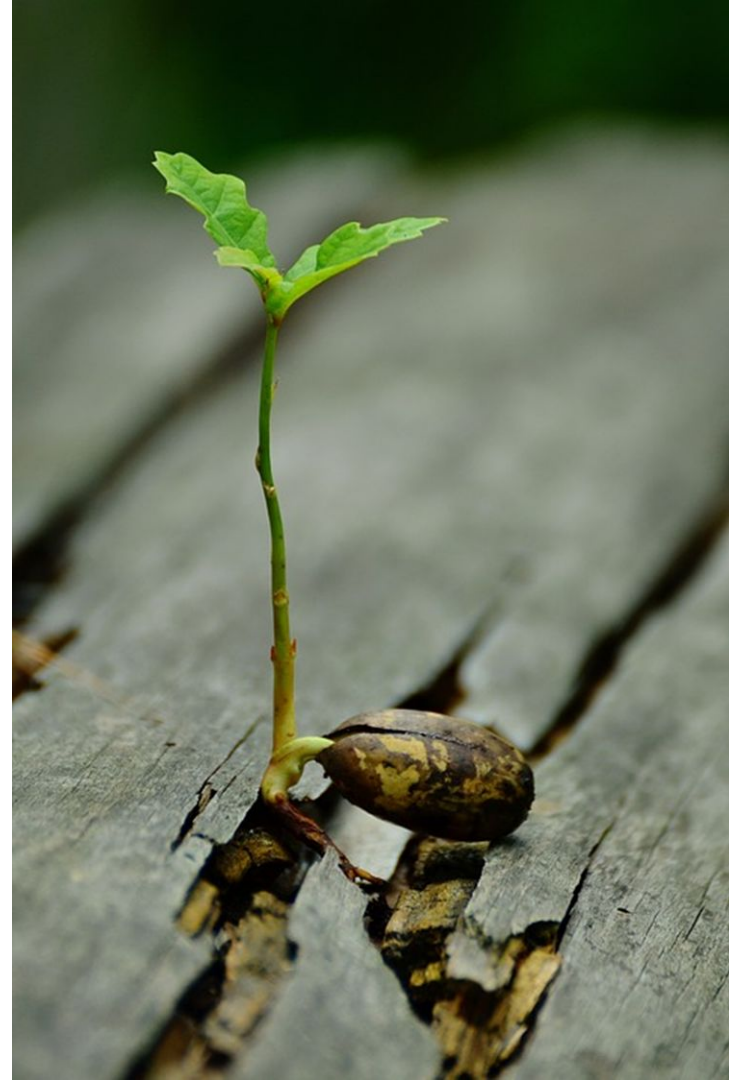
@josebilingue



# What is RADICAL?

(especially of change or action) relating to or affecting the fundamental nature of something; far-reaching or thorough.

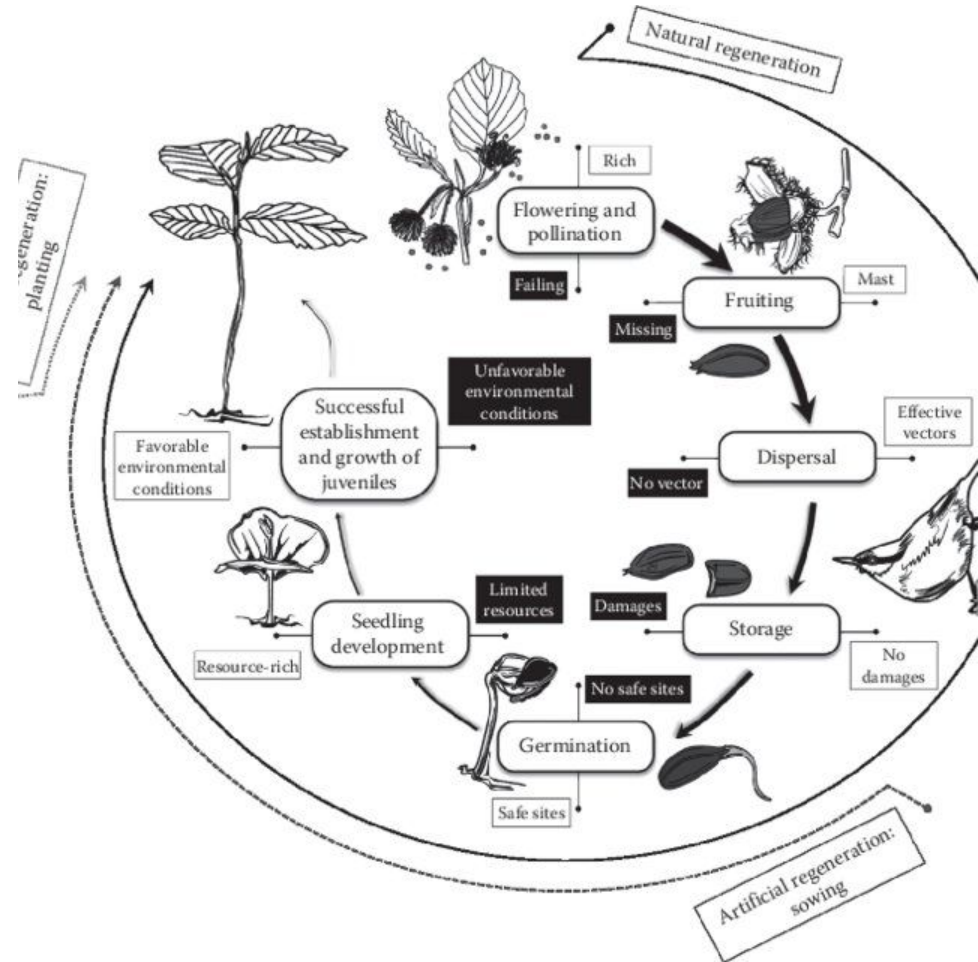
late Middle English (in the senses 'forming the root' and 'inherent'): from late Latin *radicalis*, from Latin *radix*, *radic-* 'root.'



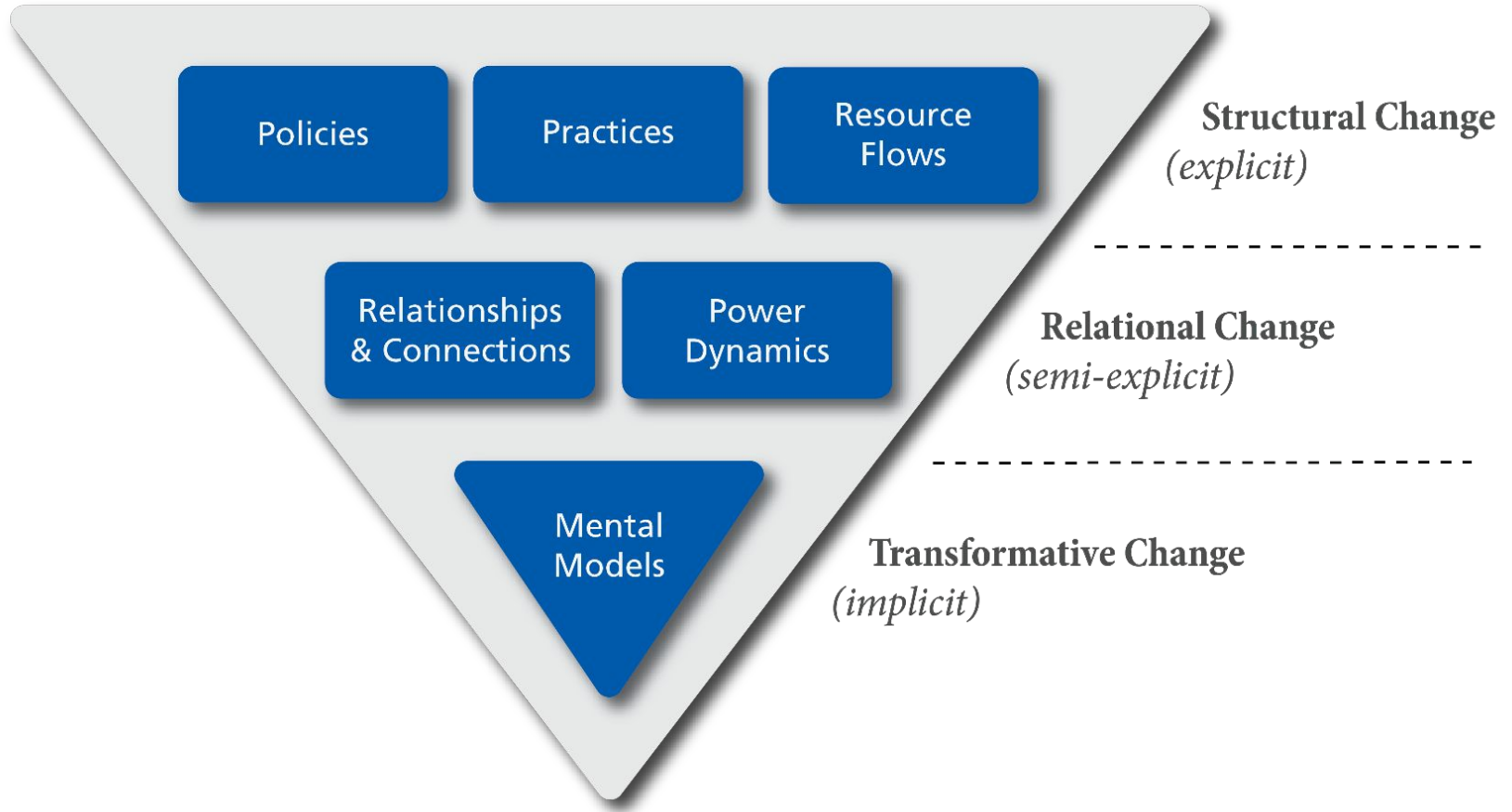
# What is REVOLUTIONARY?

a dramatic and wide-reaching change in the way something works or is organized or in people's ideas about it. an instance of revolving.

late Middle English: from Old French, or from late Latin *revolutio*(n-), from *revolvere* 'roll back' (see *revolve*).



# Six Conditions of Systems Change

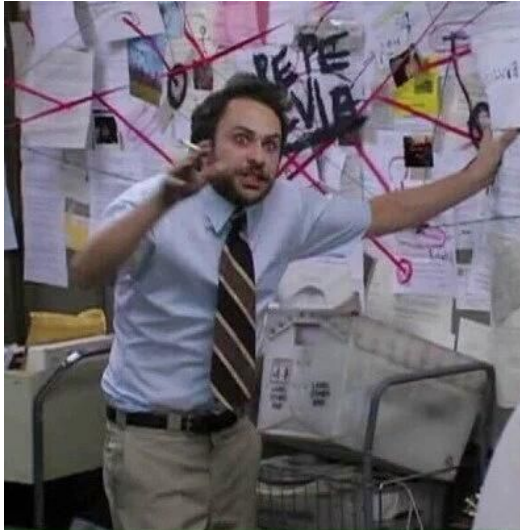
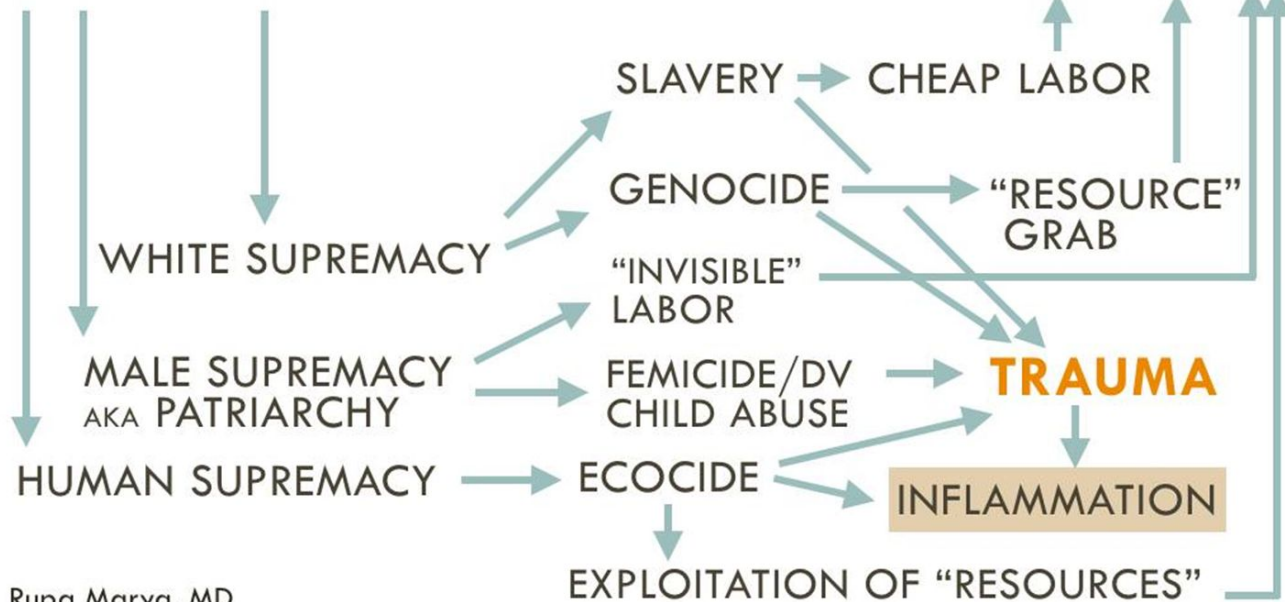




# COLONIZATION

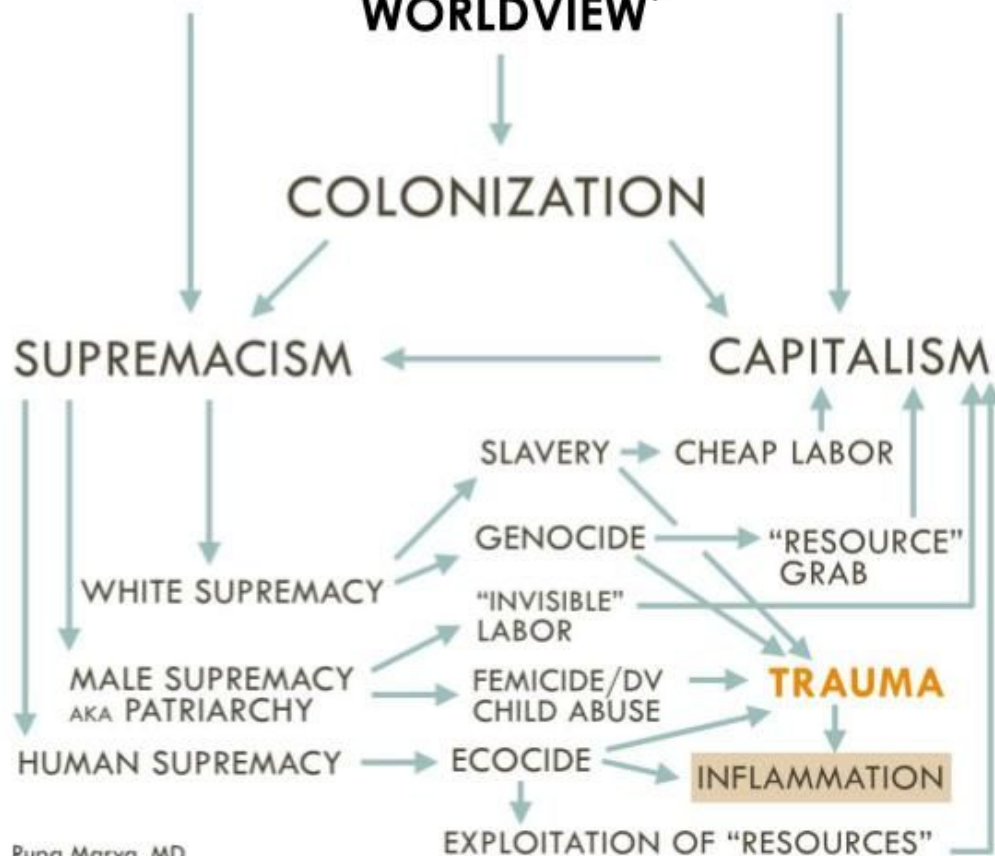
SUPREMACISM

CAPITALISM



Rupa Marya, MD

# MECHANISTIC REDUCTIONIST WORLDVIEW\*



Rupa Marya, MD

\* Worldview added by Michelle Holliday







# OPEN HEART

This is the space for activities, actions, and approaches that “open up the heart” for people-to-people connections that help see others as the valued, vulnerable, and very real humans behind initial assumptions, presumptions, and cognitive bias triggers.

This can include practices of community building, holding and developing empathy, and so forth. One that is simple and powerful is the sharing of Story. This allows people to better know and understand those with whom we are in growth and struggle.

Otherwise it can be easier to disagree with and devalue those we “otherize and objectify” (part of how colonial capitalism works).

A reminder that this is not an invitation of harm.

# OPEN MIND

This is the space for what helps us learn and be open to new information, especially one that may challenge or be contrary to things we believe or have never questioned.

This is a good space for Play and the support of Positive Emotions (not to mistake for “toxic positivity”). When we are in reactive form (e.g. “fight or flight” mode) or other states of threatened resistance, our brains “close up” and retreat to what is most comfortable in terms of our cognitive maps of the world. Adding new information in that context, especially different to that world view, can be difficult or impossible.

Positive Emotions set us up to be more predisposed to learning, new possibilities, and to build on our skills. They can “open up our mind” to the new.

# BUILDING STRENGTH

This is the space to Model and Practice rather than Tell and Punish\* for doing different, for having new habits and behaviors.

With Modeling and Practicing there is a recognition that you may be engaging in NEW habits and behaviors, so it will take that work and discomfort. It is also a reminder that it is not just declarative information (what to do) it also includes procedural information (how to do it).

This also helps in moving from the Comfort Zone into the “groan” of the Growth Zone and not mistake that discomfort for learning and growth to be one of danger. This is also why it’s important to do self work on boundary setting, consent framing, and values alignment.

\* Telling and Pushing does work but is limiting. This is also not a replacement for different types of intervention work.



A HEALING  
CULTURE



## **a culture & habits of care**

“Sometimes everything I know about oppression feels like too much.” -- Student

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” – Audre Lorde

Part of Justice-oriented work is Healing and Restoration -- This can lead us to connections in Restorative Justice and Healing Justice, among other practices.

Here are some considerations and framing, noting again that it's one starting point and one set among several, and with a focus on “managing” stress.

# awareness

Awareness is a set of practices for noticing what you need, how you need it, and where you are in relation to growth. This can include the following:

- Honor Your Body's Needs– holistically
- Identify Triggers– notice your actions and reactions
- Limits & Capacity– How much space you have
- Grounding– practices of being Present
- Check-Ins– with self and others

“Hey, it’s really good to see you, and I’m so grateful that you trust me with this story. But I’m kind of at capacity for talking about classism/racism/ableism/patriarchy right now. Would you mind if we switched topics?”

“I have enough. I do enough. I am enough.”

# balance

Balance can be an illusion of calm stillness. It is a point of tension. Some of these practices & reminders can be:

- Set Boundaries-- Limit Things that Drain Your Energy
- Trolls aren't worth your time– they look for reactions
- Limit Amount of News/Information Consumption
- “Satisficity”– rather than “perfectionism”

Rolf Dobelli, author of *The Art of Thinking Clearly*: “It constantly triggers the limbic system. Panicky stories spur the release of cascades of glucocorticoid (cortisol). This deregulates your immune system and inhibits the release of growth hormones. In other words, your body finds itself in a state of chronic stress. High glucocorticoid levels cause impaired digestion, lack of growth (cell, hair, bone), nervousness, and susceptibility to infections. The other potential side-effects include fear, aggression, tunnel-vision, and desensitization.”

# connection

We seek Connection in varying ways. Belonging in relation to others is a powerful space. Some ideas:

- Find Your Community
- Curate Your Social Media– not same as “siloing”
- Ask for Help-- You are Not Alone
- Visioning– and align actions to that

Sapolsky: "We are capable of social supports that no other primate can even dream of. We can actually feel comfort from the discovery that somebody on the other side of the planet is going through the same experience we are and feel, I'm not alone. We can even take comfort reading about a fictional character, and there's no primate out there that can feel better in life just by listening to Beethoven (or Beyoncé). So the range of supports that we're capable of is extraordinary."



# frameworks

Attention Restoration Theory, or ART, proposes that exposure to nature is not only enjoyable but can also help us improve our focus and ability to concentrate (Ohly, White, Wheeler, Bethel, Ukoumunne, Nikolaou, & Garside, 2016).

Stephen & Rachel Kaplan (1989) proposed that there are four cognitive states, or states of attention, along the way to restoration:

1. Clearer head, or concentration
2. Mental fatigue recovery
3. Soft fascination, or interest
4. Reflection and restoration

According to ART, there are four key components that characterize a restorative environment: Being Away, Soft Fascination, Extent, and Compatibility.

## Reasonableness

### Model building

- Understanding
- Exploration

### Being effective

- Competence
- Clear head

### Meaningful action

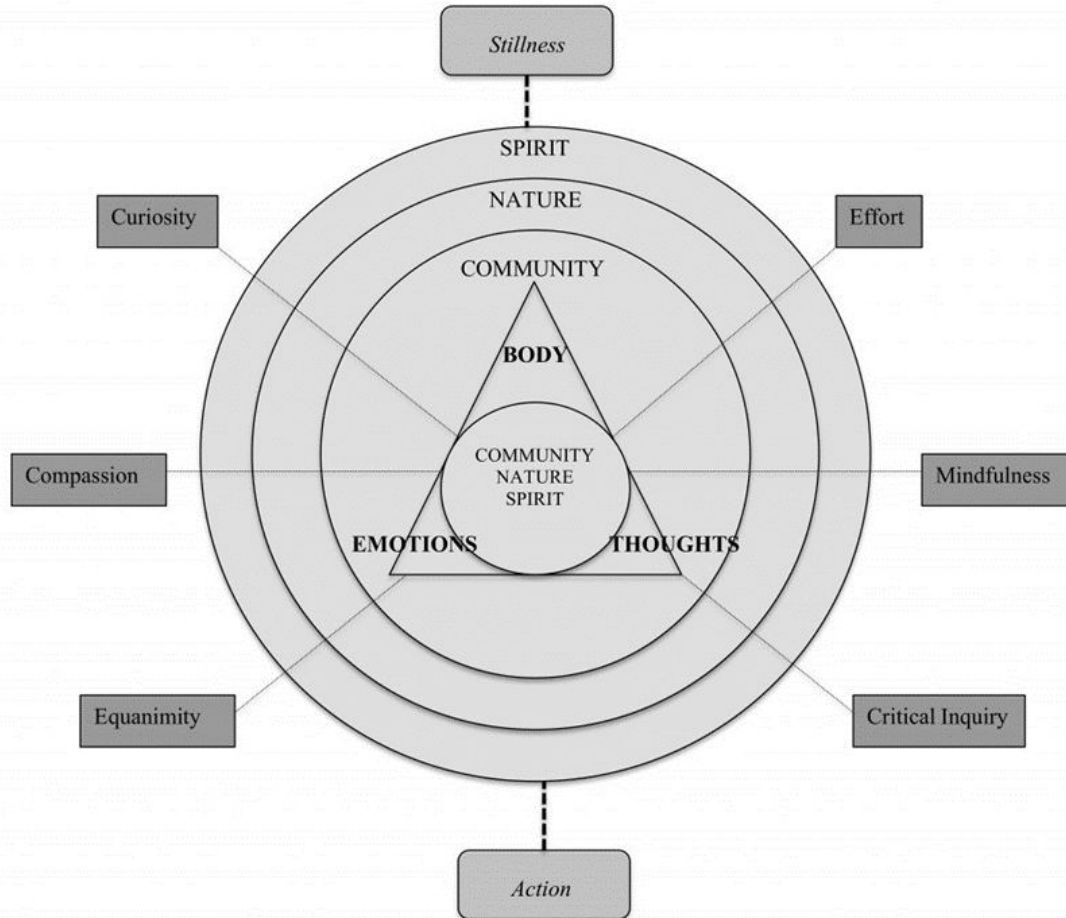
- Making a difference
- Participation
- Respect

## frameworks

On Healing Justice: Dr. Loretta Pyles, Professor at the School of Social Welfare at SUNY Albany: “We can think of healing justice as a kind of balm for the inflammation caused by our egoic self-centeredness, the violence we perpetrate against ourselves and others, and the residue of domination and victimization. It is a framework and set of practices that can help us to uproot what bell hooks calls ‘imperialist white supremacist capitalist patriarchy.’”

“Six Capabilities are practices, behaviors, and traits that we can cultivate and employ in service to healing and liberation. They are mindfulness, compassion, effort, equanimity, curiosity, and critical inquiry. These capabilities serve as guideposts for each of the dimensions of the self that are deserving of our attention—body, emotions, thoughts, community, nature, and spirit.”

# Healing Justice Framework





# action ideas

Examples of things you can DO:

- TRE--Tension and Trauma Release Exercises
- MOVE in other ways-- along with common ways to PLAY and exercise
- Seek and be in RESTORATIVE environments (easiest is go out in NATURE)
- MEDITATE with Awareness & Grounding, CHECK IN on yourself– there is no single “right” way
- Express GRATITUDE and AFFECTION– Check out The 20-Second HUG, check in with EACH OTHER
- SCHEDULE it-- why or why not is self and community care on your calendar?

And yes, spiritual practices can be a part of it. As always with some caution and considerations around Columbusing and toxic prescriptive practices.



TO  
ALL OUR  
RELATIONS

A black sign with white text stands in a field of tall, dry grass. The sign is divided into three horizontal sections. The top section reads "SENIOR CENTER". The middle section, which is a banner, lists safety instructions: "WEAR A MASK", "WASH YOUR HANDS", "SOCIAL DISTANCE", and "STAY SAFE". The bottom section reads "COME JOIN US". In the background, a large, intense fire with bright orange and yellow flames is burning, partially obscuring the sky. The overall scene is a stark contrast between the safety message and the danger of the fire.

**SENIOR CENTER**

**WEAR A MASK  
WASH YOUR HANDS  
SOCIAL DISTANCE  
STAY SAFE**

**COME JOIN US**





## Rage/Anger

- Quit telling that I'm part of the problem.
- Why do women always make it about gender?
- Why are POCs always playing the race card?

## Bargaining/Validation

- I'm on your side/I'm liberal/progressive/woke/ally/one of the good ones.
- I've taken classes on racism/marched for women's rights/read White Fragility.

## Guilt/Shame

- I grew up poor. I have a Black friend.
- I'm not living my values.
- Virtue signaling on social media

## Depression

- I'm exhausted from learning.
- I need to retreat.
- I'm going to turn off the news/take a social media vacation.

## Denial/Gaslighting

- I don't see an issue here.
- That couldn't have happened to you
- I don't see color/gender.
- You're just being oversensitive.

## Denial

- Maybe that didn't happen to me.
- It's no big deal

## Rage/Anger

- Why do white folks/men/cis/able bodied etc. folks always say/do these things?

## Bargaining/Validation

- If I just did something different, maybe this wouldn't happen to me.
- I'll play by the rules so this doesn't happen to me

## Guilt/Shame

- I brought this on myself. I shouldn't make a big deal
- I'm being overly sensitive.
- It's probably my fault.
- I need to stop being the sq

## Depression

- I am tired/exhausted/fatigued of having to engage in this emotional labor.
- I'm going to take a social media break.



## Acceptance

- I can do something about this.
- I am committed to figuring out what to do.
- I am not a bad person but I do benefit from unjust systems.

## Compassionate knowing

- I need to be kind to myself and allow myself to heal.
- It isn't my fault-it's unjust systems.

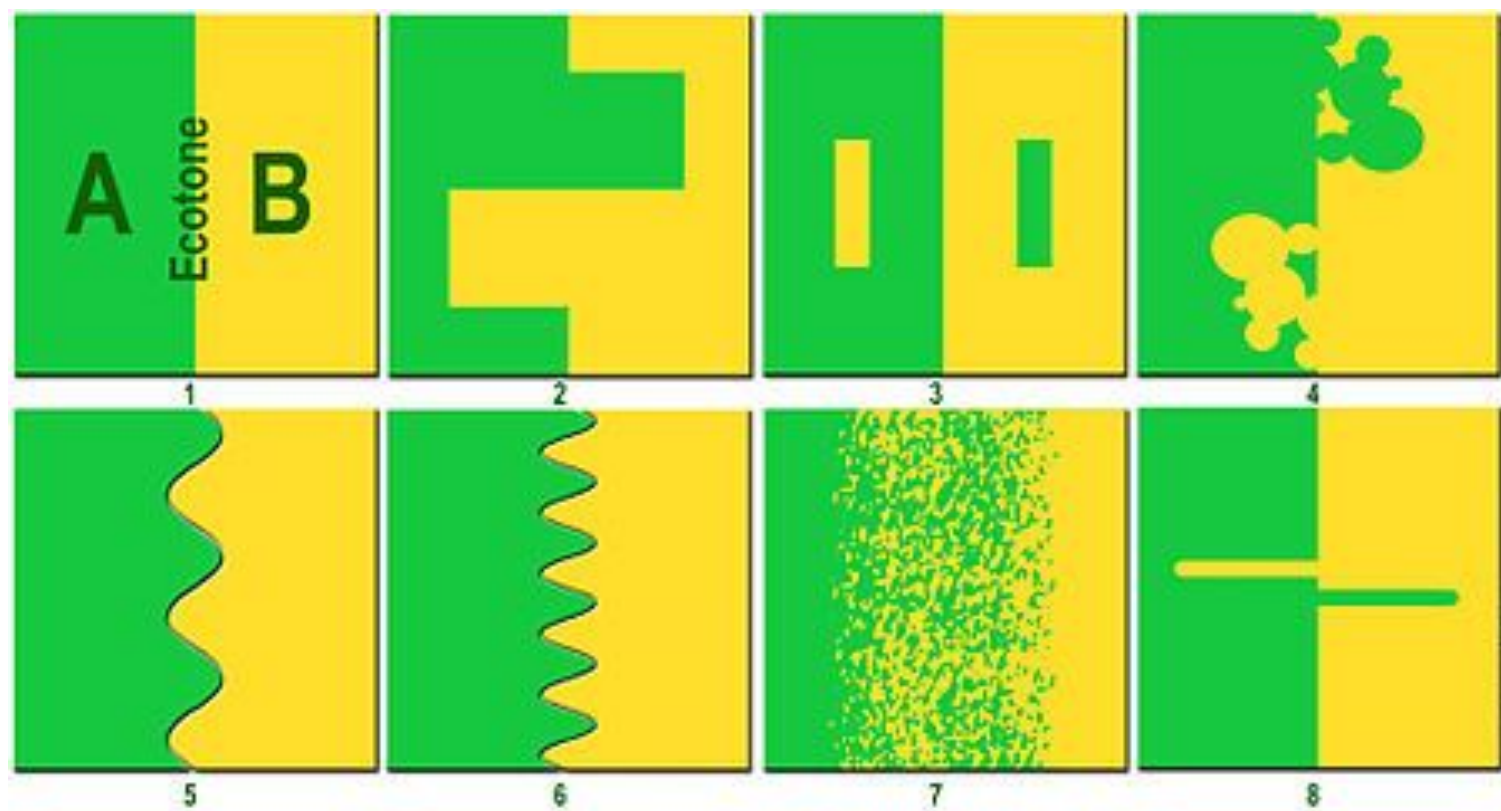
# LIFE DYNAMICS



Copyright

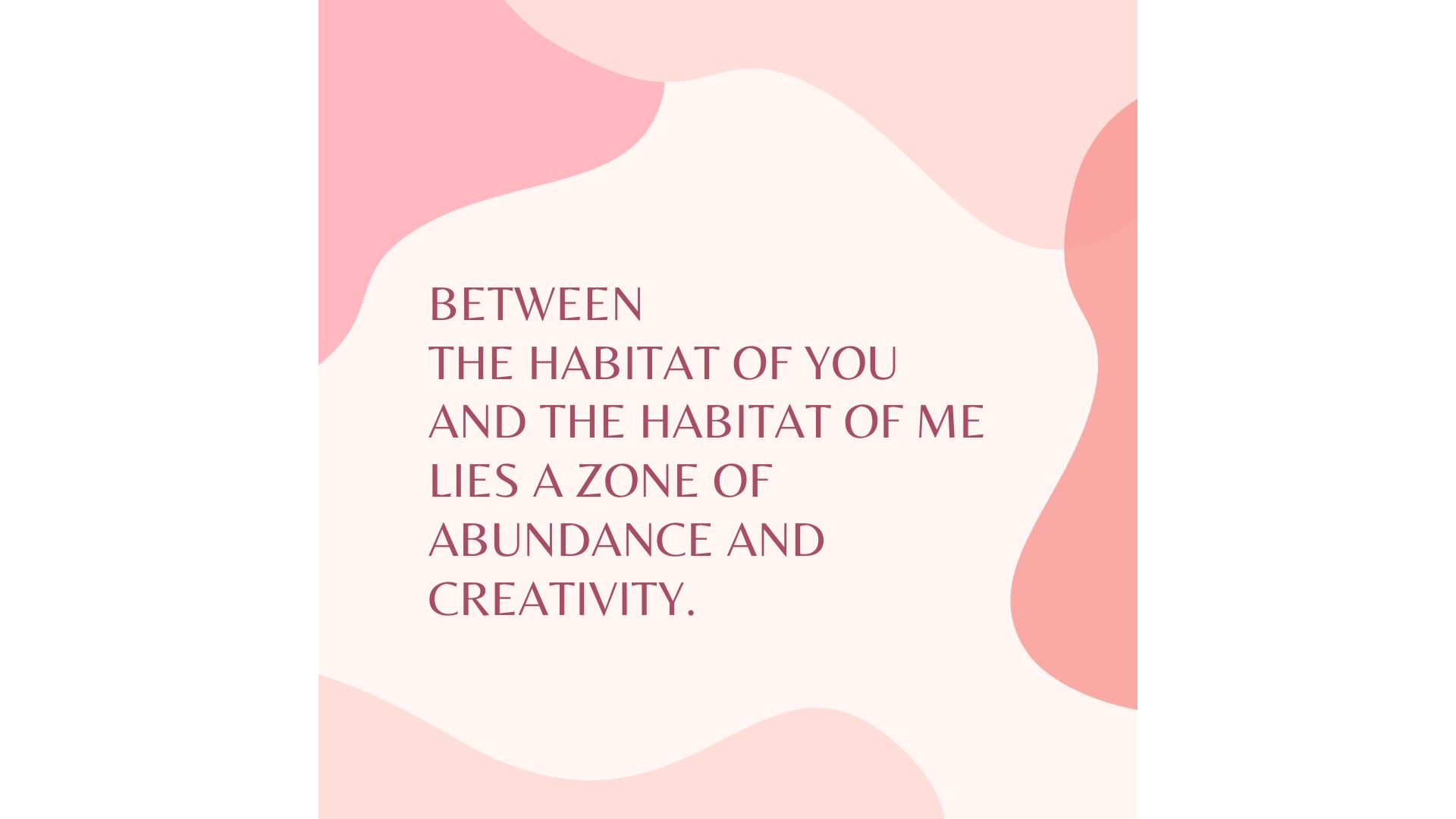












BETWEEN  
THE HABITAT OF YOU  
AND THE HABITAT OF ME  
LIES A ZONE OF  
ABUNDANCE AND  
CREATIVITY.

“Your team is functioning,  
like a well-oiled machine.”



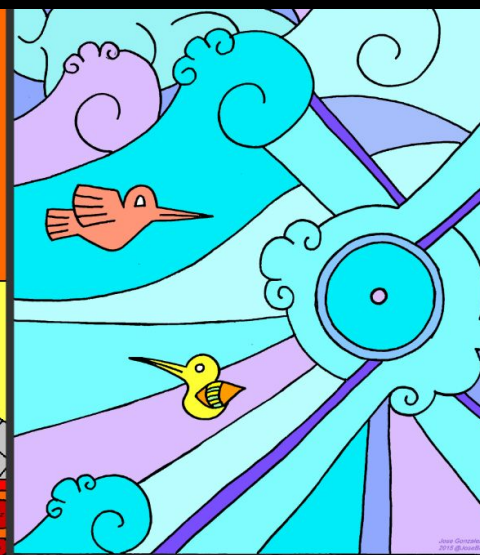
“Your team is functioning  
like a thriving meadow.”











GRACIAS!

José G. González  
@josebilingue