

the cycle of liberation

INTRAPERSONAL CHANGE WITHIN THE CORE OF PEOPLE ABOUT WHAT THEY BELIEVE ABOUT THEMSELVES.

WAKING UP!
CRITICAL CREATES COGNITIVE DISSONANCE
ACCIDENT THAT

EMPOWERMENT OF SELF: INTERSPECTION, EDUCATION, & CONSCIOUSNESS- RAISING
GAINING INSPIRATION & AUTHENTICITY
DEVELOPING ANALYSIS & TOOLS
DISMANTLING COLLUSION, PRIVILEGE, & INTERNALIZED OPPRESSION

GETTING READY

MOVEMENT OUT OF SELF TOWARD OTHERS, SEEKING EXPERIENCE & EXPOSURE, SPEAKING OUT
NAMING INJUSTICES
TAKING STANDS
USING TOOLS
EXPLORING & EXPERIMENTING

REACHING OUT

INTERPERSONAL CHANGE IN HOW WE VALUE OTHERS & SEE THE WORLD

WORKING WITH OTHERS, BOTH PEOPLE "LIKE US" FOR SUPPORT & PEOPLE "DIFFERENT FROM US" FOR BUILDING COALITION

BUILDING COMMUNITY
QUESTIONING ASSUMPTIONS, RULES, ROLES, & STRUCTURES OF SYSTEMS.

MAINTAINING

INTEGRATING
SPREADING HOPE & INSPIRATION
LIVING OUR DREAMS/
MODELING AUTHENTICITY
INTEGRITY, & WHOLENESS
TAKING CARE OF SELF & OTHERS

CORE
SELF-LOVE
SELF-ESTEEM
BALANCE
SECURITY
JOY
SPIRITUAL BASE
SUPPORT

CREATING CHANGE
INSTITUTIONALLY TRANSFORMING CRITICALLY, & CREATING NEW "CULTURE"

INFLUENCING DEFINITIONS, POLICY, RULES, ASSUMPTIONS, & STRUCTURES
TAKING LEADERSHIP, RISKS
GUIDING CHANGE, HEALING

COALESING

ORGANIZING
ACTION PLANNING
LOBBYING, RENAMING REALITY, EDUCATING, FUNDRAISING OR REFUSING TO COLLUDE OR TAKE PRIVILEGE
BEING A ROLE MODEL, ALLYSHIP, DEMONSTRATING ANGER
TRANSFORMING

SYSTEMIC CHANGE
IN STRUCTURES, ASSUMPTIONS, PHILOSOPHY, RULES, & ROLES