



## The Peace Alliance

### July - August, 2018 MONTHLY ACTIONS

For July and August, we invite you to a pair of actions:

The first one is intended to **Cultivate Personal Peace**, through healing some of our individual experience with trauma.

The second involves steps toward healing trauma that is widespread, surrounding issues of race and violence in this country, the USA.

#### **ACTION 1**

We will begin this action together and you will be invited to “Take Action” in your daily practice of an intentional commitment to heal.

*Let's begin our journey!*

**Step 1:** Close your eyes, and get comfortable and still.

**Step 2:** Ask yourself this question, what traumatic experience do I need to heal today?

**Step 3:** As you wait for an response, please observe your body, and see where you might have any energetic expression, or feelings that might arise, or thoughts that show up that might seem painful or bring sadness.

**Step 4:** Write down your observations. Do you notice anything that resonates with you that you would like to spend some intentional time in reflection with.

**Step 5:** Now, that you have identified your area of trauma or experience of discomfort. Ask yourself are you ready to heal this area of your life?

**Step 6:** Take a deep breath, and hold for 3 seconds, while holding, state the following in your mind “I forgive myself.....”; release the breath slowly and state the following in your mind “I release myself....”; repeat this 7 times.

**Step 7:** *Say the following affirmation:* I AM worthy of love, compassion and kindness.



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### ACTION 2

#### Learning, Sharing, and Moving Forward

On the call we will be discussing the new National Peace and Justice Memorial and Legacy Museum, and the Truth and Reconciliation process that the Memorial aims to inspire.

This action invitation is threefold:

1. Continue to explore and learn about this issue, by reading materials from these and other sources (web links below).
2. Share some with your social networks, both in person and online, to seek possible allies in your advocacy.
3. Approach at least one local county commissioner about the prospect of a countywide commitment to truth and reconciliation. (even if you are in a county that has no known history of lynchings, there are likely race-related historical wounds that can be brought into the light and healed).

The Memorial and Museum in EJI's own words:

<https://eji.org/national-lynching-memorial>

One of the inspiring counties where a restorative practice is under consideration:

<http://www.gainesville.com/opinion/20180622/james-f-lawrence-confronting-alachua-countys-legacy-of-racial-hatred>

A thorough exploration of what "Reparations" might involve, on individual and collective levels:

<http://comingtothetable.org/>

Note: This healing work is likely not a journey of a single day, a single year, or perhaps even a single lifetime. But the positive ripples from even a single moment's action are impossible to measure.

If you would like to join [The Peace Alliance](#), [Cultivating Personal Peace](#) cornerstone Facebook group to share your insights, reflections and to engage with like-minded beings, please email your name and email address to [ngozi@peacealliance.org](mailto:ngozi@peacealliance.org)