

# Mairead Ajisola

THE PEOPLE'S PEDAGOGUE

## Freedom & Hope in the Pit

CATHARSIS RAGE-BREAK  
PLAYLIST

X-Ray Spex "Identity"  
Minor Threat "Stepping Stone"  
Bad Brains "Big Take Over"  
Rage Against the Machine  
"Freedom"  
Dead Kennedys "Chickenshit  
Conformist"  
KRS One "Sound of da Police"  
GG Allin "Assface"  
Dead Prez "Hip Hop"  
Sepultura "Roots Bloody Roots"  
Genesis Owusu "Stay Blessed"  
Skinny Puppy "Fascist Jock Itch"  
Mr. Bungle "My Ass is on Fire"

**"There can be no revolution without song."**

**- Salvador Allende**

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# ANGER IS A GIFT

## *Making Sacred Space for Rage*

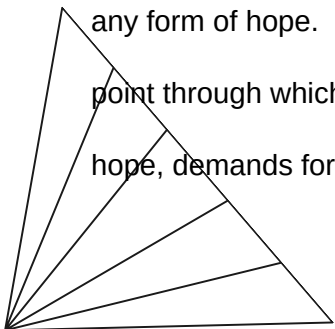
**For Self-Expressionists:** An exercise to explore and possibly use your righteous rage to illuminate Self-Liberation. Meditate on these thoughts in a healing space or respond in a personal journal.

**“... to be a Negro in this country and to be relatively conscious is to be in a state of rage almost all of the time” - James Baldwin**

With ample pause, you are encouraged to reread that quotation from James Baldwin.

To be enraged in isolation marks many of us as an ungovernable character, a “difficult” person, or worse a non-believer in the concept of hope. To suppress our rage is to quiet the part within us that may need the healing most acutely.

We posit that to feel rage is tantamount to being able to appreciate any form of hope. One may find acknowledging rage to be the entry point through which we access our aligned communities, visions of hope, demands for freedom, and ultimately justice.



# ANGER IS A GIFT

## *Making Sacred Space for Rage (continued)*

How does this idea impact the collective?

How can we normalize anger as a valid emotional expression unrestricted by oppressive structures like etiquette or gender?

Rage isn't focused on permissions to be agreeable.

Rage lights its own match and is often in response to feeling vulnerable.

To be in a shared state of vulnerability and anguish while able to exorcise it with others breaks the isolation of woundedness, somatically energizes us, and may give way to authentic joy.

Anger that blooms into a rage, at its most sacred expression, can be cathartic.

Where does rage emanate from your body?

Where are you able to fully express your righteous sense of frustration without shame?

What could happen if you allowed yourself to safely express anger?

What can you create with your rage?

