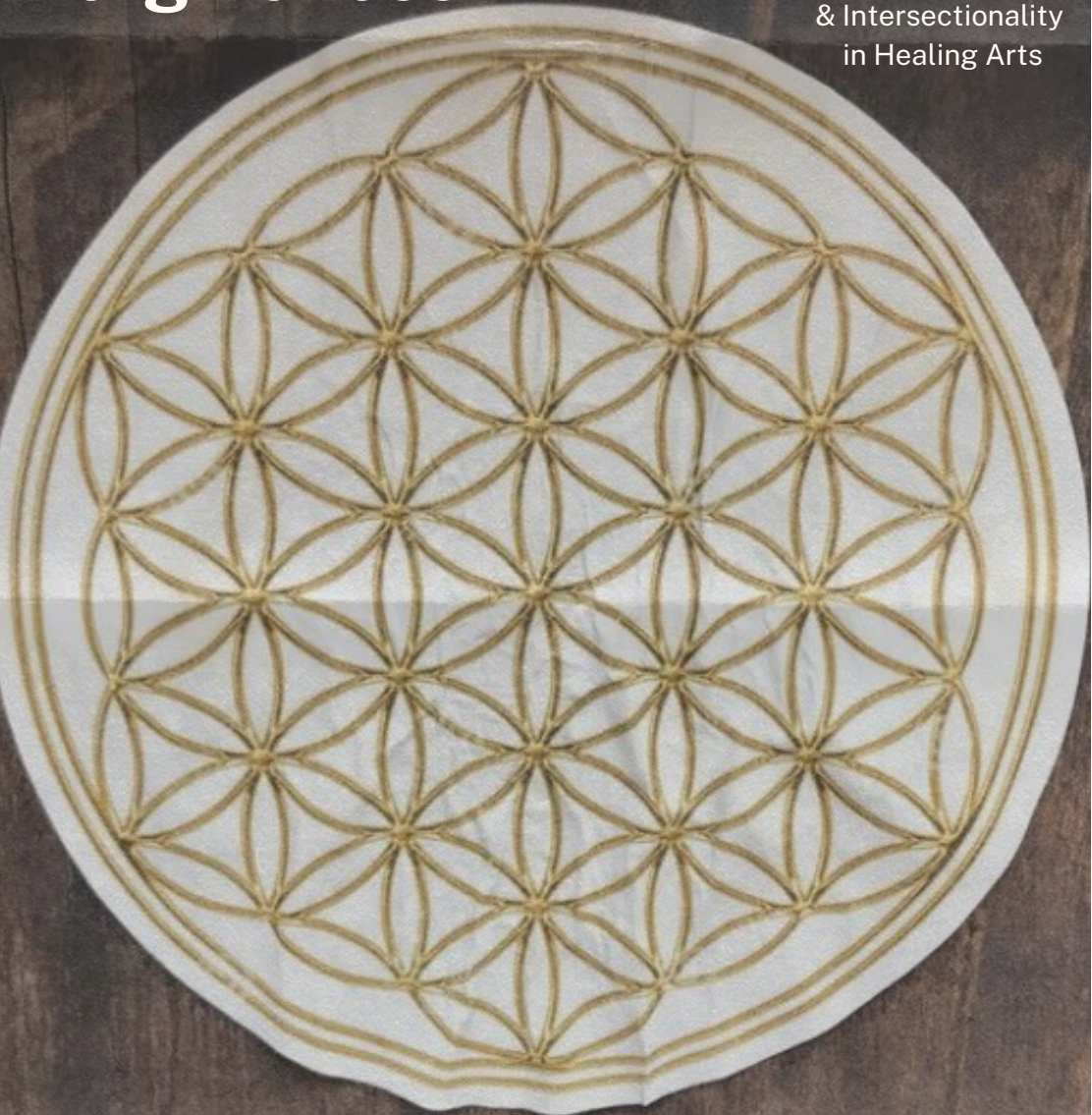


Judgment & Blame-Free Forgiveness

Embracing Plurality
& Intersectionality
in Healing Arts

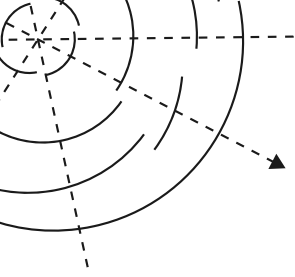


The People's Pedagogue

Producing Trust-Based Connections,
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The Even Ibis Productions | Fall 2023

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TRANSITIONS & SELF-FORGIVENESS

For Reflective DayDreamers: A visualization exercise to focus your perception. Meditate on this common dilemma in a healing space or respond in a personal journal.

Additionally, you are invited to ask your ancestors to guide you to a healing tool, practice, source or modality you can use for Self-Liberation.

In the past, during transitional events, we may have lost or splintered parts of ourselves as we moved forward out of our own woundedness.

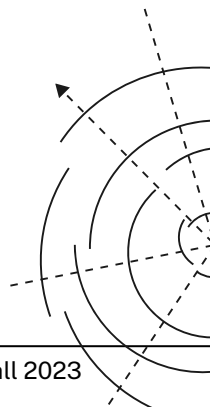
Under the pressure of capitalism, we may arrive at where we need to be on time, yet in a state of emotional flux, turmoil, or despair. You may recall moving on while not being at peace, sovereign, whole.

Spiritual healers speak of parts of ourselves being left behind in times of transition. A great deal of the shaman's work is energy retrieval.

This 'calling back' of ourselves occurs in ways often unsupported in our modern world. Forgive yourself for neglecting your healing in moments before now.

We can offer judgment-free forgiveness to ourselves.

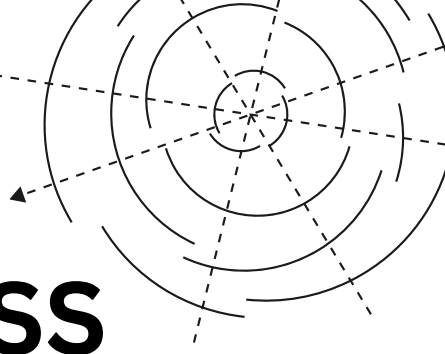
How can you best honor your transitions?





“Deep in your wounds are seeds, waiting to grow beautiful flowers.”

-Niti Majethia
award-winning poet, journalist,
and spoken word performer.



FORGIVENESS

... is being able to imagine ourselves
FREE!

For Visual Learners and DayDreamers: A visualization exercise to use your illusions for Self-Liberation. Meditate on these questions in a healing space or respond in a personal journal.

- What does freedom look like to you?
- How do you know you are truly free?
- Holding your image of 'freedom' in your mind's eye, how much of what you're visualizing is within your control?
- Now, declutter your image of freedom by removing all but what is realistically within your control.
- What does freedom feel like when it's within your control?

