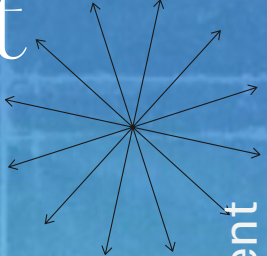




Self Development is Revolutionary



‘The Discipline of Hope’

a Mariame Kaba-inspired
exercise created by Mairead
to explore self-liberation
practices

Clarity Sessions

**Focused & Long-Term
Connections**

Personalized healing sessions
to affirm and reframe the
emotional process, beyond
uncertainty.

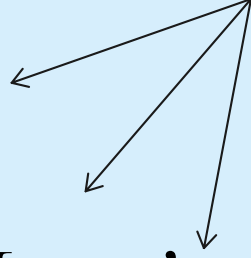
Let's Collaborate!
Schedule an Inquiry



The People's Pedagogue

Transformational Personal Development

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'The Discipline of Hope'

a Mariame Kaba-inspired exercise I

"Freedom is a constant struggle."

- Dr. Angela Y. Davis

For Reflective Learners ready to engage multiple perspectives or visions:

An exercise to deepen our connection to our individual and collective visions of freedom.

You are invited to start by considering each quotation in these exercises separately or as a continuum. Perhaps engage in meditation, by speaking the quotation aloud, or by practicing automatic writing in your journal. Please sit with the ideas, and balance your personal vision with the visions of each speaker.

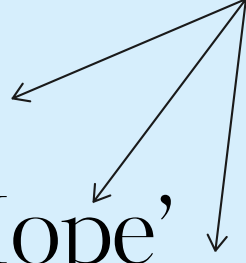
This selection of quotations is by no means an exhaustive one. Possibly move through the process of developing truths of your own and integrating themes, perspectives, and visions.

Choose what feels best for you. And you may want to return to this group of quotations, devoting focus to a new statement each time.

"A man is either free, or he is not. There cannot be an apprenticeship for freedom."

- Amiri Baraka





‘The Discipline of Hope’

a Mariame Kaba-inspired exercise II



For those ready to participate collectively in this conceptual conversation:

You are encouraged to enter the conversation. When the connections between freedom and hope are not being created for us, we can hold space for reestablishing ideas on the subject.

Certainly, we must include those that speak specifically to your personhood. What truths can be shared directly from your lived experiences?

For those ready to make room for dreams while continuing this exercise:

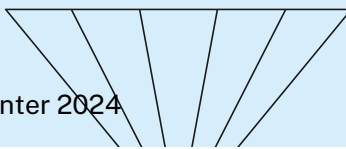
If we can imagine freedom, we can have a potential for hope. Yet, let’s confront the fact hope is not a strategy or an emotion. Hope is a practice we generate. Try to reframe hope as an ‘act of love’.

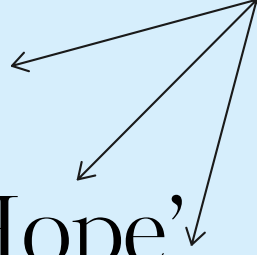
And while using our imaginations to envision freedom we are practicing an act of ‘self-love’.

What is your approach to practicing love in service of yourself?

What routines and habits support the maintenance of your hopefulness?

While grounded in reality, how can we enact a true vision of shared freedom?





‘The Discipline of Hope’

a Mariame Kaba-inspired exercise III

For those excited to integrate ideas while balancing vision with action:

Continue by reflecting on the following guiding messages.

“So much of the work of oppression is policing the imagination.”

- Saidiya Hartman

While we acknowledge much of the work any mechanism of oppression is meant to restrict or outlaw our imaginations, consider how you experience your imagination.

Is it given time to evolve? Is it a distraction? Is it a space where you feel safe to confront yourself? Is it shared?

Imagine removing any demands from what or who might be limiting our ability to access our internal visions of hope.

What actions could you take to shift your vision from the internal to the external world?

What can you make hope look like?

“The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion.”

- Albert Camus



The People's Pedagogue

SELF-LIBERATION IN PRACTICE

‘The Discipline of Hope’

a Mariame Kaba-inspired exercise IV

“The exercise of imagination is dangerous to those who profit from the way things are because it has the power to show that the way things are is not permanent, not universal, not necessary.”

- Ursula K. Le Guin

Bring your consideration into our present moment and what's within your control. What self-imposed restraints might need to be examined?

“Find freedom in the context you inherit.”

- Lee Maracle

Freedom may be envisioned privately and acted on collectively by integrating methods of being - what we feel and what we do.

Let's hold ourselves with relentless compassion while we pursue hope that results in a freedom that nourishes our heart while driving us towards a shared future we can imagine and work towards with action and in solidarity.

“The function of freedom is to free someone else.”

- Toni Morrison

How are we co-creating hopefulness?



Rest is Revolutionary

SELF-LIBERATION IN PRACTICE

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REST

WELLNESS EVENT
PLANNING & TOURISM

Creating intentional
spaces for the
privilege and
necessity of rest.

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