

# Healing Journal of Cold War & Slavery Artistry

A sacred place to record, release, and rise.

## Section 1: Naming the Malevolence

Prompt:

- Write down the act, the moment, or the words that wounded you.
- Who was involved? What happened?
- How did it make you feel at the time?
- What did it steal from you (peace, dignity, joy, trust, energy)?

Space for Writing: (lined pages)

## Section 2: The Weight It Carried

Prompt:

- How has this act affected your body, mind, and spirit?
- Do you still carry its echoes today? Where do you feel it in your body?
- If this act were an object or an image, what would it look like?

Optional Exercise:

Sketch or collage an image that represents the weight.

## Section 3: Releasing the Chains

Healing Approaches:

- Herbal Ritual: Burn sage or rosemary as you write, asking Spirit to cleanse what clings.
- Letter of Release: Write a letter to the act or abuser. End it with: “You do not own me. I release you.”
- Breathing Exercise: Inhale light, exhale darkness. Imagine cords being cut.

Prompt:

- What am I ready to let go of?
- What boundaries will protect me moving forward?
- Who can I call upon (friends, saints, ancestors, God) to walk with me in this release?

## Section 4: Uplifting the Spirit

Prompt:

- What have I learned about my own strength through this suffering?
- How has endurance shaped me into someone deeper, wiser, freer?
- What artistic expression could help me reclaim my story (poem, song, painting, prayer)?

Affirmation Practice:

Each page includes a mantra to write 3 times:

- “I am not the act done against me. I am the light that survived.”
- “My body, my spirit, my story is my own.”
- “I rise, and in rising, I create.”

## Section 5: The Artistry of Survival

Creative Space:

- Collage, draw, paint, or write poetry inspired by your healing.
- Create an emblem or sigil that represents freedom.
- Document dreams, visions, or spiritual insights that come after release.

## Section 6: The Saint’s Closing Blessing

A prayer to repeat at the end of each journaling session:

“God, may my wounds become wisdom.

May my pain become power.

May my story become art.

What was meant to break me shall not define me.

I walk free, I walk light, I walk in Spirit.”

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