

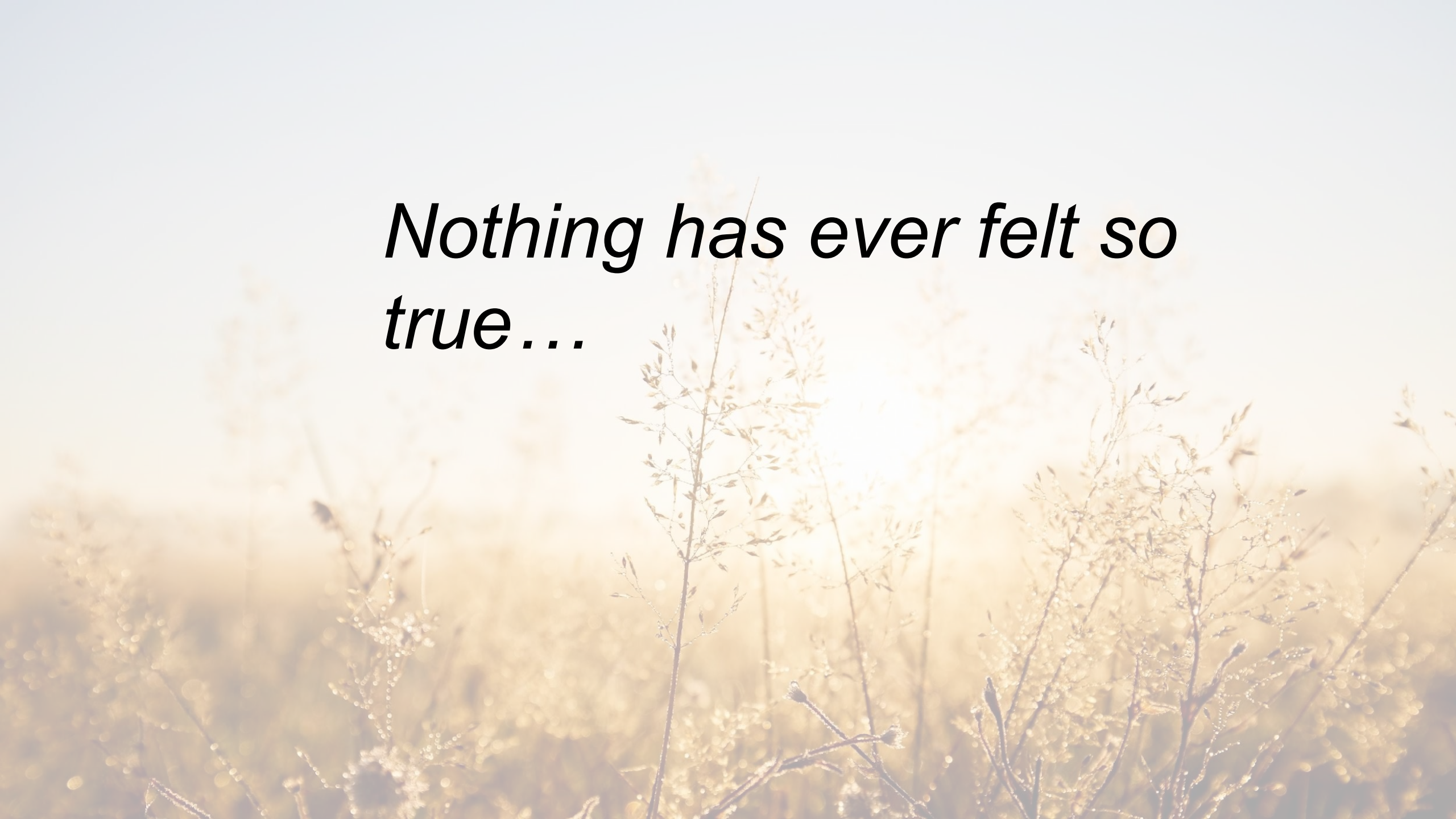


A Beautiful Activism

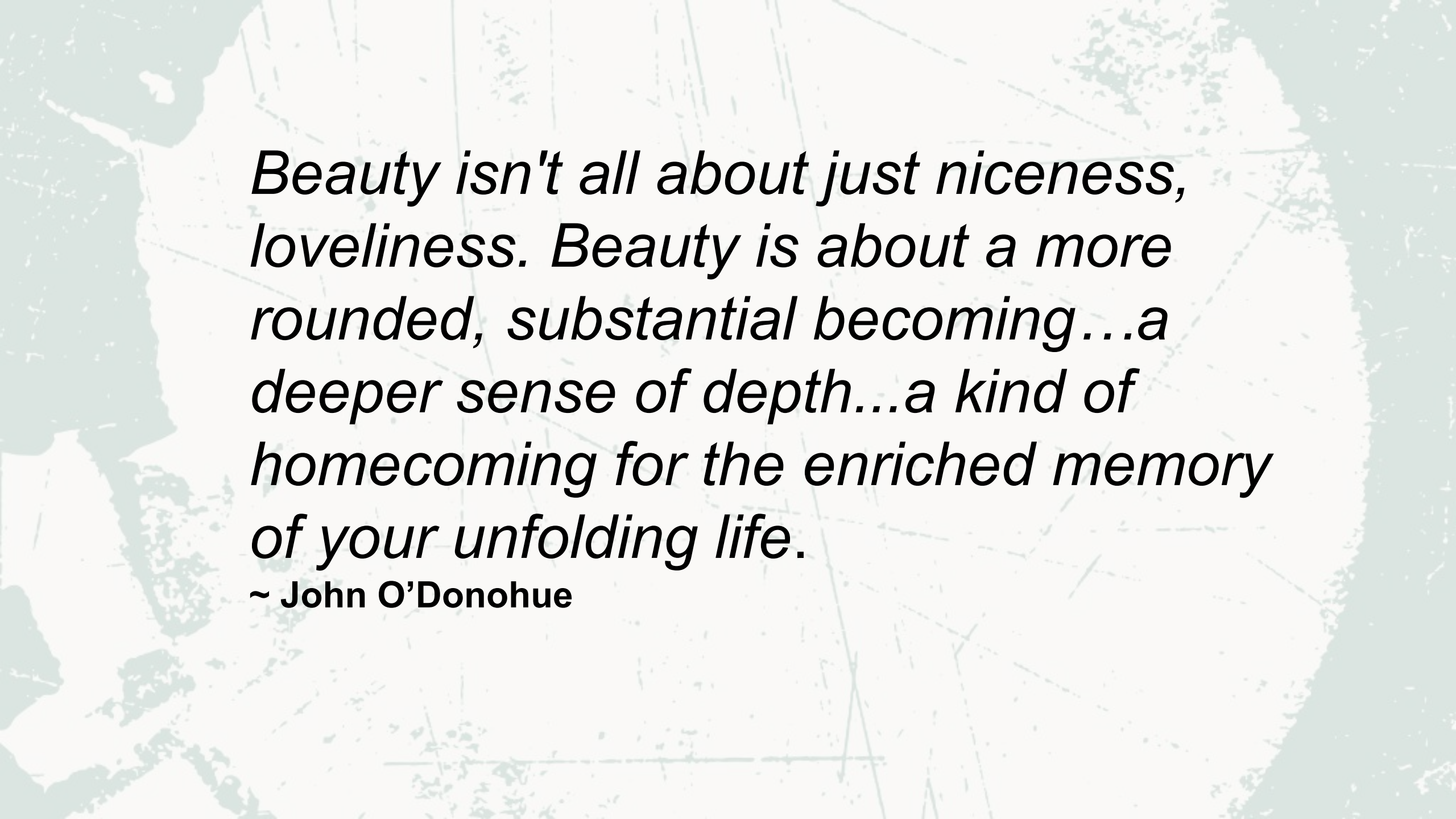
Rebecca Paradiso de Sayu, PhD, MSW, BCC

About me





*Nothing has ever felt so
true...*



*Beauty isn't all about just niceness,
loveliness. Beauty is about a more
rounded, substantial becoming...a
deeper sense of depth...a kind of
homecoming for the enriched memory
of your unfolding life.*

~ John O'Donohue

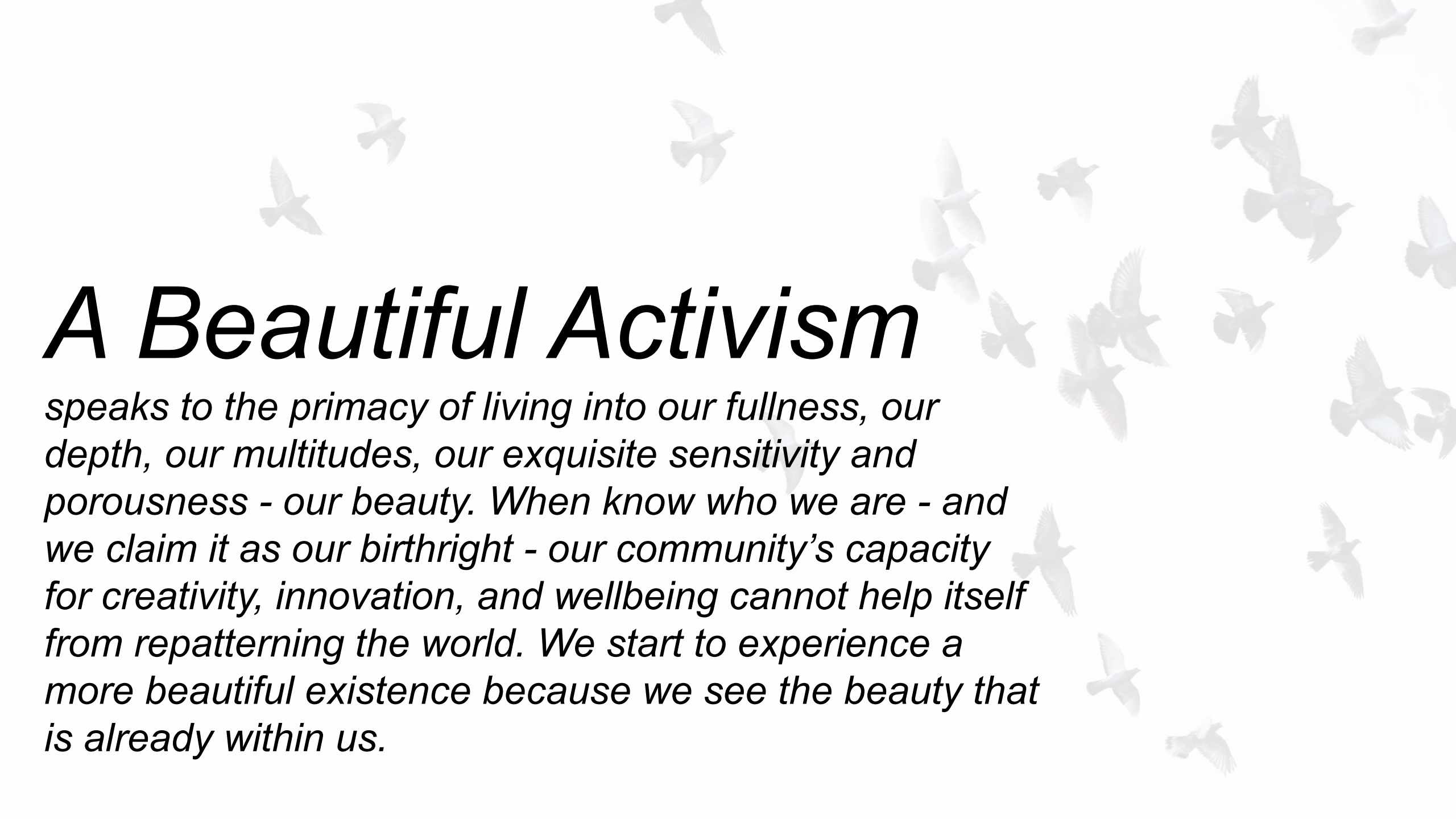
A Delicate Activism

A Radical Approach
to Change

Allan Kaplan and Sue Davidoff
of the Proteus Initiative

A delicate activism
is truly radical
in that it is aware
of itself,

and understands
that its way of seeing is
the change
it wants to see.



A Beautiful Activism

speaks to the primacy of living into our fullness, our depth, our multitudes, our exquisite sensitivity and porousness - our beauty. When know who we are - and we claim it as our birthright - our community's capacity for creativity, innovation, and wellbeing cannot help itself from repatterning the world. We start to experience a more beautiful existence because we see the beauty that is already within us.

Emerging Principles

Attunement

Traditional activism often runs on adrenaline; beautiful activism runs on attunement. When we behold the world instead of rushing to fix it, we align with the deeper, slower, natural patterns of transformation already at work.

Sensitivity

Sensitivity is beauty's embodied language. With time, we learn that we need not suppress our ways of knowing and being. We recognize ourselves as powerful barometers for truth, creativity, and justice. We see it as a beautiful gift to translate our experiences.

Liberation

When we know who we are and we claim it as our birthright, our collective capacity for creativity, innovation, and wellbeing is infinite. Reclaiming our identities as beautiful amplifies our capacity to stay rooted in possibility when traditional supports fall short.

Small Group Conversation Questions

*What would make activism feel beautiful and possible for **me** right now?*

*What would make activism feel beautiful and possible for **our** community right now?*

*What is one aspect of **my** autistic identity that I find beautiful?*

*What is one aspect of **our** autistic community that I find beautiful?*

Let's Connect

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Little Library

Bayo Akomolafe, *The Times are Urgent: Let's Slow Down*

Warren Berger, *A More Beautiful Question: The Power of Inquiry to Spark Breakthrough Ideas*

adrienne maree brown, *Pleasure Activism: The Politics of Feeling Good*

John O'Donohue, *Beauty: The Invisible Embrace*

Allan Kaplan and Sue Davidoff, *A Delicate Activism: A Phenomenological Approach to Change*