


# Tech Check

- Upon entry into the room, please **MUTE** your audio and **start your videos**
- If you wish to update your pronouns, right click on your name and update there.
- We will be using the following tech features:
  - \*breakout rooms
  - \*chat & reactions (located on your Zoom toolbar below)
  - \*google docs



# Self-Care Salon #3: Money, Magic & Self-Care



July 15, 2020  
Facilitator: spring opara

# Agenda for Today

1. Welcome & Land Acknowledgement
2. Online Learning Participation Requests
3. Brief Review of Road Map
4. Learning Objectives
5. Intros
6. Expanding Our View on Resources
7. Close





AN ANTHROPOLOGIST PROPOSED A GAME TO THE KIDS IN AN AFRICAN TRIBE. HE PUT A BASKET OF FRUIT NEAR A TREE AND TOLD THE KIDS THAT THE FIRST ONE TO FIND THE FRUITS WOULD WIN THEM ALL. WHEN HE TOLD THEM TO RUN THEY ALL TOOK EACH OTHERS HANDS AND RAN TOGETHER, THEN SAT TOGETHER, ENJOYING THEIR FRUITS. WHEN HE ASKED THEM WHY THEY RAN LIKE THAT AS ONE COULD'VE TAKEN ALL THE FRUITS FOR ONE'S SELF, THEY SAID: "UBUNTU, HOW CAN ONE OF US BE HAPPY IF ALL THE OTHER ONES ARE SAD?"

# Land & Ancestors Honoring

# Online Learning Participation Requests

- **Cultivate a loving community, free from punitive judgement**
- Acknowledge you were raised with biases and that you are on a journey to liberate your heart and mind
- Offer hope and empathy, but leave advice giving unless guidance/information was explicitly requested
- **Allow for silence**
- Use the “Chat” if you prefer not to be verbal
- **BYOB (Be Your Own Boo)**
- Please honor that we are in each others’ home (even if it’s virtual - let’s respect that)
- Make space/Take space
- **Stretch out of your comfort zone**
- Make space, take space
- Find your own voice (“I” statements)
- Observe confidentiality (lessons belong to the listener, stories to the story-teller)
- **Expect non-closure**
- **“The Garden” (sometimes called the Bike Rack) – use the chat**
- Other?

# The Road Map



Dominant society  
white supremacy worldview

**Salon #1**



Unlearning dominant society  
narrative/habits/practices

**Salon #2 & Salon #3**



**New Practices to replace** those  
promoted by the dominant society

**Salon #4 – Aug 19, 2020**

# Learning Objectives

## Objective #1

Participants will develop an understanding of “resources” that acknowledges the value of multiple forms of wealth.

## Objective #2

Participants will develop an understanding of how focusing on the 8 Forms of Wealth impacts our self-care practices.

## Objective #3

Participants will deepen their awareness of the impact of race, class, privilege, and power on your relationship to money (individually, culturally, and organizationally).

## Objective #4

Participants will identify priorities for balancing and regenerating multiple forms of wealth and resources.



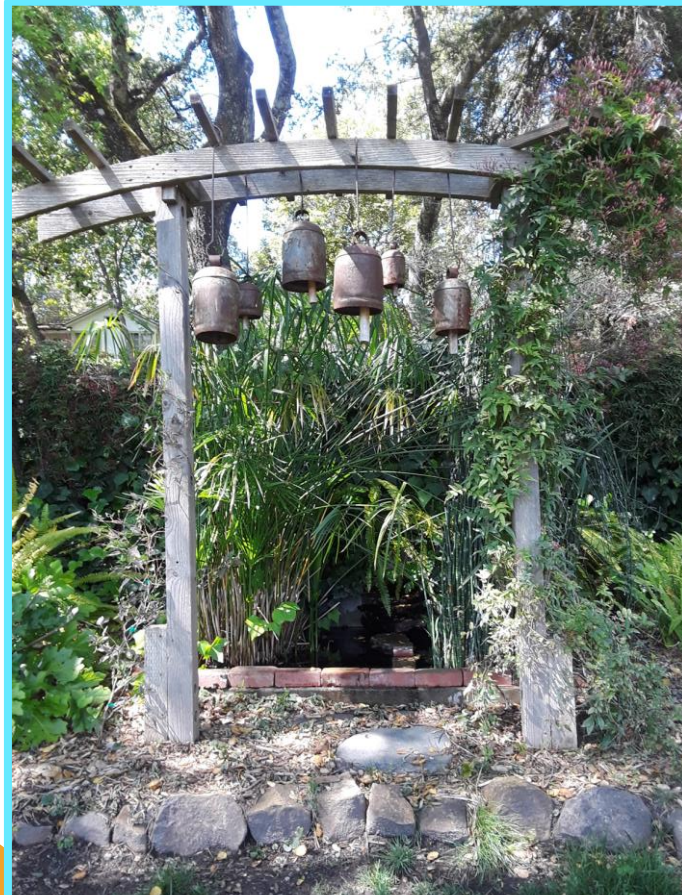
# Introductions: Prompt Question

**How is wealth, whatever that means to you, showing up in your life right now?**





# Expanding Our View on Resources





**Anger** weakens  
your liver

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**Grief** weakens your  
lungs

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**Worry** weakens your  
stomach

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**Stress** weakens your  
heart & brain

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**Fears** weakens your  
kidney



# But first...reflect.

"In Native traditions...medicine is a way of achieving balance. Money, used as medicine, can help us decolonize."

- **Edgar Villanueva**, author of *Decolonizing Wealth: Indigenous Wisdom to Heal Divides and Restore Balance*



# Definitions



**INCOME** refers to the **ongoing flow of resources** that nurtures growth and development.

- Think of this as the day-to-day tending to the needs and health of the organization.
- The types of resources needed vary depending on the nature of the organization.



**WEALTH** refers to the **value that builds over time** with regular tending of those resources.

- Think of this as the roots that deepen as an organization develops over time.
- Deeper roots contribute to increased organizational resilience, strengthening the ability to weather storms and adapt in changing conditions.

# 8 Forms of Wealth

<b>FINANCIAL</b>  money, stocks, bonds, investments, etc	<b>MATERIAL</b>  infrastructure, buildings, possessions, etc	<b>SOCIAL</b>  connections, relationships, influence, etc	<b>CULTURAL</b>  community, song, story, ritual, etc
<b>LIVING</b>  nature, earth (land, soil), water, living organisms, etc	<b>SPIRITUAL</b>  prayer, intention, faith, followers, teachers, karma, etc	<b>EXPERIENTIAL</b>  action, experience, embodied wisdom, know-how, etc	<b>INTELLECTUAL</b>  ideas, knowledge, intellectual property, commons, etc

*8 forms of Wealth* framework from Ethan Roland and Gregory Landua, [www.8forms.org](http://www.8forms.org)

# Where we are...

- Emphasis on Financial, Intellectual & Material Capital

## Extraction:

To pull or take out, **forcibly**.

*How much can we get out of this landscape?*

# Where we're going...

- Honoring all forms of capital - decentralizing financial capital,
- More community focus of resource distribution,
- Valuing the labor of humans in a more equitable way.

## Cultivation:

To apply oneself to improving or developing; raise or grow.

*What are we cultivating in our interaction with this landscape?*

# Journaling Question:



What are your unexamined beliefs, and thoughts around: “there’s not enough”?



# Activity

## Modified Fishbowl Discussion

**Group #1's Question:** How has society and media messages impacted how you view wealth?

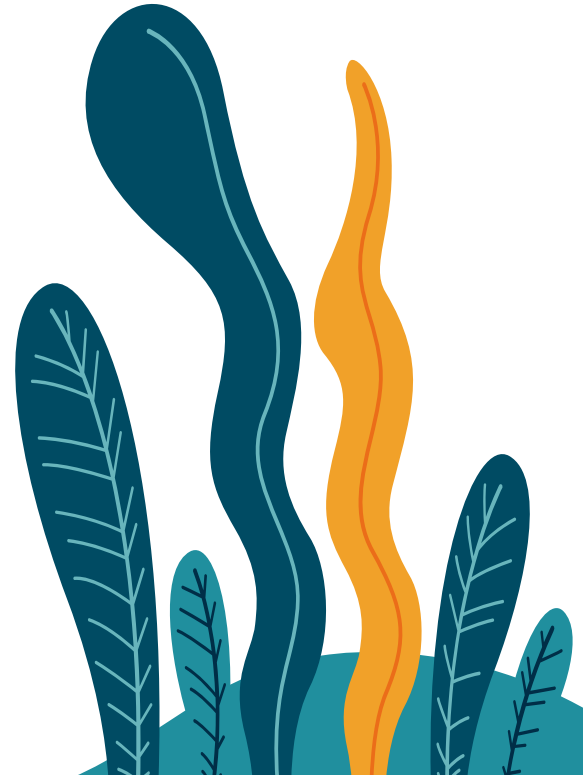
**Group #2's Question:** When you un-collapse yourself from certain financial wealth, where are the places and ways you can celebrate your values around wealth?





# Debrief

- **What did you learn about yourself and your perspective on wealth?**
- What was affirmed? What wasn't?
- What are the changes you want to make?



# Sustainability vs Regeneration

## #8CANTWAIT

BAN CHOKEHOLDS & STRANGLEHOLDS	REQUIRE DE-ESCALATION	REQUIRE WARNING BEFORE SHOOTING	REQUIRES EXHAUST ALL ALTERNATIVES BEFORE SHOOTING
			
DUTY TO INTERVENE	BAN SHOOTING AT MOVING VEHICLES	REQUIRE USE OF FORCE CONTINUUM	REQUIRE COMPREHENSIVE REPORTING
			

Maintains existing systems  
Requires no new imagination  
Reform

Actively build life  
Complexity and diversity  
Abolition

## #8TOABOLITION

A WORLD WITHOUT PRISONS OR POLICE,  
WHERE WE CAN ALL BE SAFE

DEFUND THE POLICE	DEMILITARIZE COMMUNITIES	REMOVE POLICE FROM SCHOOLS	FREE PEOPLE FROM PRISONS & JAILS
			
WE BELIEVE IN A WORLD WHERE THERE ARE ZERO POLICE MURDERS BECAUSE THERE ARE ZERO POLICE.			
REPEAL LAWS CRIMINALIZING SURVIVAL	INVEST IN COMMUNITY SELF-GOVERNANCE	PROVIDE SAFE HOUSING FOR EVERYONE	INVEST IN CARE, NOT COPS
			

**ABOLITION CAN'T WAIT.**

# The Formula

**Get Happy!** Happiness is your link to manifesting. Find something...anything that brings you joy and then manifest/ask from that vibration.

**Ask for what you want ONLY** – don't worry about the “how” – that's the work of Universal Law. Trying to figure out “how something is going to happen” is what brings anxiety. **AND** that's because Universal Law will line things up. Also a word of caution, Universal Law will wreck havoc on “deductive reasoning” steer clear of it.

**Visioning** can help. If it helps you, create a Vision Board of the “experience” you want to have. Universal Law understands that you need money...that's part of the “how”. Your job is to feel, taste and act as if the experience/thing is already yours.

Lastly, **BELIEVE** it is already done. Daydream about the thing/experience and watch for clues of alignment. **YOU ARE WORTHY - so DREAM BIG!!**

