



EVENT	CONTRIBUTORS	RESOURCES
TRANS FEM FUTURES MARCH 31ST	Sabah Choudrey @sabah.c Hannah Rose @foxdyke_ Bilan @bilansu Minara El Waters @minaraelwaters	Inexpensive DIY MtF HRT: http://lena.kiev.ua/EV/ 'Oh For Fuck's Sake' Trans women in UK navigating the frustration of medical transition for trans women in the UK: http://bytenoise.co.uk/oh-for-fucks-sake/mascara-and-hope.pdf Online discord server for 24/7 trans chats via The Right Lube: www.instagram.com/therightlube/ 9 Strategies for Quarantining in a non-LGBTQ accepting environment via Them: www.them.us/story/9-strategies-for-quarantining-in-a-non-lgbtq-accepting-environment LGBTQ Mutual Aid, Support, HIV advice, media and other covid-19 support via Voices 4 London: https://linktr.ee/voices4london Netflix Party - watch netflix with your pals: www.netflixparty.com/ Free daily midday yoga via @nats_arm: https://linktr.ee/nats_arm

		Virtual Check In & Dhikr Session for all LGBTQ Muslims and black LGBTQ Muslims https://bit.ly/MASGDrsvp Meditation, yoga and more via London Buddhist Centre: https://londonbuddhistcentreonline.com/ Queer Businesses to Support: Takeout, Delivery and Online Orders (USA): https://docs.google.com/spreadsheets/d/1KZumQJpfVCfXGVSnSyfJnRBuJxYr8FnR0ZshGSXCj5g/edit?usp=sharing
MAGIC & SPIRITUALITY APRIL 28TH	Sabah Choudrey @sabah.c Grace The Witch @the.community.witch	Someone mentioned a film short about an indigenous person from Central America who said, 'Everyone that ever lived on earth exists in water.' I couldn't find it online but I did find this interview with indigenous people starring in 'The Pearl Button' which focuses on water and ocean in Southern Chile: http://www.newwavefilms.co.uk/assets/1200/The_Pearl_Button_Pressbook_new.pdf Breaths by Sweet Honey in the Rock: https://youtu.be/YwLgxyVjwk4 Imina Punna Kammena Buddhist prayer: http://buddhist-practice.blogspot.com/2009/03/daily-buddhist-prayers-1.html Epigenetic memory in plants: https://www.frontiersin.org/articles/10.3389/fpls.2016.01354/full Epigenetic effects of human breast milk: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4011062/ Concept of inherited/genetic memory: https://www.vice.com/en_au/article/ypv58j/genetic-memory Intergenerational trauma: https://www.psychologytoday.com/gb/blog/the-me-in-we/201205/how-trauma-is-carried-across-generations

		Transplant shock: https://www.gohplg.com/understanding-transplant-shock/ Queer Herbalism by Toi Scott: http://queerherbalism.blogspot.com/ 'Request' by Alexis Pauline Gumbs: https://indyweek.com/culture/page/ritual-for-dub-alexis-pauline-gumbs/ <i>Book recommendations:</i> 'Black, Listed' by Jeffrey Boakye 'Girl, Woman, Other' by Bernadine Evaristo 'The Good Immigrant' by Nikesh Shukla 'Homegoing' by Yaa Gyasi 'The Body Keeps The Score' by Bessel van Der Kolk 'Existential Kink' by Carolyn Elliott (free chapters: http://carolyngraceelliott.com/free) From Grace The Witch: Nana Akua Kyerewaa Opokuwaa, "The Quest For Spiritual Transformation: Introduction to Traditional Akan Religion, Rituals and Practices" (Ghana Ashanti, Akwapem, Fante experience) Anike Bello. "Connecting to Self through Ancestry" (Yoruba experience) Penelope Williams. Santeria and Mental health: Bridging the Gap Between the Social Work Profession and Orisha. Thoughts and experiences of an Iyalorisha in London (Lukumi Elder in London) A Superhumanization Bias in Whites Perceptions of Blacks, Adam Waytz, Kelly Marie Hoffman, and Sophie Trawalter
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		Fanny Brewster, African Americans and Jungian Psychology: Leaving the Shadows; The Racial Complex: A Jungian Perspective on Culture and Race; Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss; Introduction Helen Morgan and Jane Johnson, Jung and Racism (here) (The bibliography is also incredibly useful!) <i>Book recommendations:</i> 'The Racism of Jung' by Farhad Dalal 'Medical Apartheid' by Harriet A. Washington
SEXUAL HEALTH MAY 26TH	Sabah Choudrey @sabah.c Black Fly Zine @blackflyzine	Swallow It Whole - free zine on PrEP for women (Black Fly Zine x Prepster) Black Fly Zine issue 1 (£9 sexual health zine for people of colour) Trans Sex Zine (\$5-15 donation) Sexual Health London Anonymous advice and testing (UK) Free online sexual health service (UK) Sexplanations YouTube channel: https://www.youtube.com/channel/UCkxMIA7rt-mn1c1AjbyAsPw Sexual negotiation: https://www.youtube.com/watch?v=g9s0VVjli38 How to get the sex you want: https://www.youtube.com/watch?v=xoYxd3E3UXU How to show desire: https://www.youtube.com/watch?v=cW_rRI_WGb0 Active desire worksheet Throat singing/throat chakra to channel sexual energy (e.g. https://www.youtube.com/watch?v=9rNfKW1hARY) Ericka Hart @ihartericka Sonalee @thefatsextherapist Autostraddle Virtual Community Care Week @autostraddle

[Men of colour healing circle via @healingjusticeLDN](#)

Sex shop recommendations:

SLiquid Lube

Queer femme bondage site: <https://gnat.shop/>

Veggie sex toys: <https://www.selfdelve-shop.de/Garden-of-Eden:::2.html>

Clit stimulator: 'sona' from Lelo

Strap on for your thighs: <https://www.lovehoney.co.uk/product.cfm?p=42577>

<https://unboundbabes.com/>

<https://transthetics.com/product/joystick-pack-and-play/>

<https://www.ricky.com/>

Book recommendations:

'Pleasure Activism' by adrienne maree brown

'The Body is not an Apology' by Sonya Renee Taylor

Tips from guests:

- "take sexual health into our own hands"
- "something that's helped with asking/talking to partners about testing is telling them about the last time I got tested and even offering to go get tested together/accompany them"
- "making upfront lists/venn diagrams on preferences alone or with partner/s"
- "learning and sharing personalised health info between ourselves as a community"
- "yes to honouring the insights we can always gather from self knowledge"
- Creating art to express ourselves, use comics/drawings/photos as a way to have a conversation about sexual health
- Sexual health work exists outside of sex!
- The Erotic isn't just about Success Metrics

Black Fly Zine workshop recommendations:

Audre Lorde reads 'The Erotic Power:' <https://www.youtube.com/watch?v=xFHwg6aNKy0>

'Our Deepest Fear' by Marianne Williamson ("as we are liberated from our own fears, we unconsciously give other people permission to do the same")

[Donate to Black Fly Zine!](#)

GRIEF

JUNE 30TH

MIXTAPE:

<https://open.spotify.com/playlist/78F7nnKzRwDg9aX6lXwKU3?si=o-Gs4h28Spql48m3iZ0YKA>

QTIBPOC Healing Space
@sabah.c
@selfieriddim
@assignedfailureatbirth

Sarah Hegazi (content warning: suicide)
[Arrested for Waving Rainbow Flag...](#)
[Hamed Sinno on Pride and Mourning in the Middle East](#)
[‘She He Me’ an Arab transgender play in honour of Sarah Hegazi](#)

[In the Presence of Absence by Mahmoud Darwish](#)

[Kaleidoscopes of Chaos – How Traumatic Boundary Violations Destroy The Capacity for Self-Care](#)
“this article really helped me contextualise why self care was such a strange concept for me/esp when folks would try to suggest "quick lists" for dealing w/grief and depression.”

[Midnight Gospel on Netflix](#) does a lot of talking about death and meditation

[‘Do What You Want: a zine about mental wellbeing](#) by Ruby Tandoh

[@griefftips on Instagram](#)

[‘Follow The Feelings’ movement session with @allthatjasss](#)

Welfare Surgery: type the first half of your post code into google then "community advice centre" for benefits surgery/welfare support in your area

Book recommendations:

‘The Body Keeps The Score’ by Bessel van der Kolk

Tips from guests:

- i think the collective/intentional silence can also feel like a restorative space for tuning back into ourselves and in turn making us more present to respond to our surroundings/needs
- when we think about honouring people, I’ve realised lately that grief comes with so many different emotions. i’ve always associated grief with negative connotations and actually when I’m remembering the people I’ve lost who had impact on me the grieving process of

		remembering who they were and what they stood for has not always been negative. moving between this wave of emotions is different to grieving always being a monotonous emotion. • you can't have love without grief. because life is always finite, sadly • important to think about capitalism as an obstacle to having the time/space to explore grief & heal!! • healing has been focusing on reinforcing boundaries, working w/my siblings to unpack trauma and also uplift, support each other, and also allowing myself to receive love/attention/pleasure from my partner • community care needs to come before self care • How do you get back into your body? ◦ Making music and listening to music and drawing ◦ smoking is a huuuuge part of helping me back into my body lol ◦ Listen to music, and let people hold me (not necessarily physically) ◦ I processed via watching v emotionally overwrought tv 'this is us' specifically which was so emotional in its plot i found myself crying every single episode ◦ Learning to let myself cry - I had realised living in a home where I wasn't able to express myself/be vulnerable made me so unreactive but I had a whole lot of out pouring when I was out of that space
	Black Sanctuary @the.community.witch @lateisha_davine @sapara222	
PLEASURE JULY 28TH MIXTAPE:	Sabah Choudrey @sabah.c Ama Josephine Budge @amajosephine	Radical Gratitude Spell from Pleasure Activism by adrienne maree brown Brontë Velez on the pleasurable surrender of white supremacy [podcast] Audre Lorde reads Uses of the Erotic: The Erotic as Power [video] Freshwater by Akwaeke Amezi [book] Mixed Identity Life-Coaching The Firebreath Orgasm [pdf] <i>Tips from guests:</i>

https://open.spotify.com/playlist/5eThUBeZ5Q9hJPbEb4XaV6?si=28AQ4B_MSruQ3iMhzaoLVQ

- Writing and reading fantasy has also been a huge tool for me to work through the possibilities and experiences of race, gender and desire.
- The exploration of Carnival as pleasure - that unites people from so many different experiences of pain and oppression, a coming home to body in so many ways
- Twerk is the home of pleasure, spirituality, self-love and health
- In so many ways we are taught pleasure needs to be accessed via permission (parents, partners, etc) that once we find out we are able to access pleasure on our own we subconsciously spend time / energy seeking that permission instead of granting it to ourselves.
- queer pleasure shouldn't have to be revolutionary!!!!
- I wasn't able to engage truly with pleasure whilst I wasn't safe - the basics of safety has to come first
- it's been hard to find/cultivate and create pleasure when dealing with acute anxiety and depression, just getting up and starting the day can be effort!
- I just wanted to give acknowledgement to those who find breathwork and body work triggering or dissociating or sensory overload. You are not missing out and these are not the only ways to explore our bodies or experience our pleasure. Some mindfulness and some pleasure theories can be ableist especially when we limit change to habit forming.
- you are enough, your work is enough, you are needed, your work is sacred, you are here, and I am grateful

Words of wisdom collected by Eliza (thank you!) :

1. "There is shame in being a seeker. Attention Seeking is Pleasure Seeking. Attention is Pleasurable."



2. "Starting Testosterone is granting me an exciting new journey to be more present in my body"



3. "Pleasure as a process of amounting a new world"

		 4. "Imagination as a portal to access pleasure in the mundane"  5. "Performance through carnival was a vehicle to conjure a decolonised world that we could exist in"  6. "Being sexualised gave me access to a realm of pleasure. And therefore I felt that attention was necessary"
BDSM AUGUST 25TH MIXTAPE: https://open.spotify.com/playlist/022tUmXe2lg3cFqxI4v7MA?si=pLp-ksuVTx-L3IFVvAVYAQ	Sabah Choudrey @sabah.c Aisha Mirza @uglyinahotway Blackest Brown & Yesyesmaybe @allofthefunz	Queeries: what can I learn about approaching intimacy with survivors of sexual trauma? gal-dem magazine [article] Perspectives on Healing and Personal Transformation Through BDSM. them. [article] Self consent - an exercise in finding yes and no in the body. Love Uncommon [article] Top or Bottom: How do we desire? [article] The Black Body in Ecstasy: Reading race, reading pornography by Jennifer Nash [book] Learning Good Consent - zine [pdf] Queer Attachment: an anti-oppression toolkit for relational healing [pdf] Got Game? QTBIPOC short kinky film by Fatimah Asghar [film] Fetlife - Social Network for the BDSM, Fetish & Kinky Community PDF Presentation Misery Meets: BDSM and Mental Health Workshop by Blackestbrown and Yesyesmaybe

List of kink spaces actually good for LGBTQIA+ BPOC in London by guests:

- Pxssy Palace
- Playground London
- Peaches
- Anomalie

Tips from guests:

- It's very powerful when one can tap into all of the emotions and feelings in the body let alone tap into their sexual energy. As I do the inner healing work, I tap into my sexual/pleasure energy too!
- I'm a mindfulness facilitator and training further in trauma informed mindfulness and have never heard of the idea of being in your body as self consent. But it's so perfectly put.
- love kink hate kink parties (RE: anybody else feel like their racialization impacted their relationship to consent?)
- even something like self consent and understanding you own boundaries is something which should be normalised in kink spaces, but I hadn't heard of it before until today
- Sometimes generic tropes get repeated even in so-called progressive spaces and when we engage in them it can feel like a betrayal of your own feelings and beliefs.
- some strategies for me that have been helpful when it comes to play incl. trying to always have conversations prior to play that also come absent of any assumptions re: dynamics the other person might want to engage with and trying to lend a space to share triggers but equally ways to support the play to feel affirming esp. re things like gender
- i really struggle with stepping into dominant power, but especially when i'm with a white partner. hope to get to a place where my desire can not give a fuck about whiteness no more
- really appreciate that misery is a sober space! think absence of substances in space def really makes a difference
- fatphobia is DEFINITELY something that should be addressed more in spaces in the way they are made accessible! fats are kinky too! and as a disabled person it can be especially frustrating that organizers of events don't take into consideration how not everyone who will be showing up to play, snack, watch, and sit will be skinny, able/bodied, neurotypical, or white!
- Re: clarification around subbing/domming in relation to bottoming/topping. bc in my head

		these are different things but i hear them used interchangeably loads? I get uncomfortable when these terms are used interchangeably because that to me suggests a lack of explicit consent to enter into a power exchange • engaging in kink during isolation has been mainly through the concepts of fantasy and reimagining my relationship with kink as a healing practice rather than hard and fast sex • virtual play in the pandemic has been really fun! video chatting can really open a lot of kinky doors :) • I always thought the human and physical element to play were essential for any kinky relationship/arrangement. Lockdown has allowed me to reimagine play and has also led me to question where I lie on the d/s spectrum. I used to be firmly on the dom side, but been exploring sub roles! • HOT CHEETOS • re: someone needing help trusting someone's yeses, a friend mentioned establishing a tool within her friend group that basically was just that giving someone a clear chance to either reaffirm the first yes they gave or take it back (of course there's always the ability to take it back, but in terms of just getting something started initially and trusting that they really mean it) • being held and having some quiet time maybe hydrate and smoke some weed together and listen to some lofi hip hop or some instrumental music is something I love after bottoming. also tops need aftercare!! after I top I typically just wanna lay down and process in silence. • not all the aftercare needs to be with the person you had the scene with-having a close trusted person to go to can sometimes work better than staying with the person you've played with. • good kink is wholesome af • incorporate harm reduction etc with in the bdsm notation
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FAMILY

SEPTEMBER
29TH

MIXTAPE:

https://open.spotify.com/playlist/6WKX8bRWOFOfxaz9UBjCPa?si=pOrnEsShT_CqBeX5ak63gw

Sabah Choudrey
@sabah.c

Bernice
@burneeca

[The short instructional manifesto for relationship anarchy](#)
[8 Podcasts to Get Started With Polyamory and Non-Monogamy](#)
[11 Books for Getting Started with Polyamory and Non-Monogamy](#)
[Kim Tallbear, The Critical Polyamorist](#)
[Black Poly Pride](#)

Tips from guests:

- My family is about bonds not blood or bodies
- I have redefined the meaning of what healthy love is within a family or chosen family. but to answer that question, family means unconditional love. it means supporting one another, giving and receiving energy without using up too much of one's own energy.
- The concept of chosen family has always felt out of reach and I'm completely estranged from bio family soooo... family can be just me tbh? I feel my own resilience and strength has taken the place of family even when it's at its lowest. That's the constant and the strongest connection I have, I didn't even realise it till now honestly.
- demonstrating our love for each other is more important than what we call each other
- I like to think of family as any resource that can help you feel safe. So yes family is within you and sometimes we get lucky enough to find safety/family in moments of connection however fleeting. Most bio families aren't safe at all tho.
- possible useful thinking prompts around family: what is the current function of "family"? what would be the role and function of that type of relationship if emotional transaction is taken away from the picture? function as in what is the social expectation of the current structure of family and emotional transaction is the expectation of reciprocity
- because platonic dynamics r ones we can intentionally choose to cultivate, they create a beautiful (but obvs difficult) space where we can learn + try to be our best versions of ourselves and receive the love we deserve whilst also being able to practice extending that. n yeah really appreciate being able to learn more emotionally mature ways to practice + receive care (ie w/o conditions, uncomfortable 'sacrifice')
- The elders pass down vital knowledge passed down by their elders about how the world works. As Diaspora, we are deprived of this, as we have a stronger understanding of the environment than they do
- the concept of healing 7 generations before and after you - that's part of the function of

- family, blood and otherwise
- it takes a whole solar system to raise me

Affirmations from Bernice

- I am enough
- everything will be okay
- you've got this
- you can be compassionate and still have boundaries
- I am valued even when I'm not productive

Affirmations from guests (Bernice's workshop):

- you are made of light and stardust. you are a galaxy of possibilities
- its okay to make mistakes
- I am safe!!!
- i commit to being celebrated for my magnificence
- I am empowered. I am strong I am stable and secure. I am a creator
- I am worry-free. I am capable.
- be sad bitch it's ok
- I am love. I am earth. I am sun.
- I am willing to release anger
- You are worthy of love. You are worthy of respect. You are worthy of your desires and needs to be met.
- energy is flowing through me / i am in the world to love
- I am willing to release my need for excuses / I am willing to release exhaustion / I am willing to release fear and panic
- I am liked and cared for by people even when I don't feel this to be true
- I have strong thighs
- I will not always feel worthy of this love even though I have waited so patiently for it. That's ok. Wait patiently, again, for this feeling to pass
- these feelings come and go, sometimes fleetingly and other times not so much. but they do not cage you
- I am not my dad :')

		• I am worthy and strong enough to let go, move on and build the life that I deserve. • I am whole, (w)hole and complete • It's ok to have my own feelings, it's ok to not feel the feelings which aren't mine • i am expanding in abundance success and love as i inspire those around me to do the same everyday • It's ok that you will never see them again • You can do hard things • You have permission to rest • The universe is for me and so is everything else • I don't need to change to be worthy of love • you are allowed to be vulnerable with yourself <i>Affirmation tips from guests</i> • a song I love is holocene by bon iver - v affirmative especially the line 'and at once I knew, I was not magnificent' - idea that I don't need to be extraordinary and am good as I am • I listen to an album on Spotify of this group called Beautiful Chorus, they have songs where they sing affirmations in accapella! This might help some of you <3 • sometimes i find affirmations centred around basic needs helpful as a start: aka u deserve to eat / hydrate today to make sure i have solid foundation to work with • Another starting point I learned recently: I choose to live with *insert whatever theme or values are meaningful to you* • You could also say I will be (insert action) if you're not comfortable with "I am" • 'I am becoming' is also a good one to use if you're not comfy with I am • The song "Computiful" by Cro is a nice one for me. 12 minutes long of reminding yourself to love yourself • I have a page in my notebook called "10 things I like about me" • worthy affirmations help me too that helped me started to get use to affirming myself everyday • Having a few affirmations for each chakra ! Root Chakra – I Am, Sacral Chakra – I Feel, Solar Plexus Chakra – I Do, Heart Chakra – I Love, Throat Chakra – I Speak, Third Eye Chakra – I see, Crown Chakra – I understand • recognising that meditation practice can be inaccessible depending on where you're at . like,
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		in peak trauma we are hypervigilant, so closing our eyes and going inward can be difficult. so its best to ease into the practice of meditation • A mindfulness practice focused on safe external sensory anchors for instance sounds of nature or points of contact under feet can be safer spaces for people with trauma. • moving my body - dancing - or singing - can be a form of meditation for me too Natalie's pranayama daily classes on Zoom @nats_arm Liberate meditation app for BPOC (recommendation for Seben Selassie) fund also available if you can't afford the subscription Insight timer Today I Affirm: A Journal that Nurtures Self-Care Mantras in Love - Spotify Playlist FutureMe - write a letter to your future self The Nap Ministry
ADDICTION OCTOBER 27TH MIXTAPE: https://open.spotify.com/playlist/6XDehgp2XzmjacGV7TrdFz?si=FCPgOnUtQBKqVZvnMIJbHw	Sabah Choudrey @sabah.c Rasheeqa Ahmad @hedgeherbs @communityapothecary.wf	Queeries: I'm drinking too much in quarantine, what shall I do? A HARM REDUCTION TOOLKIT (pregancy and substance use but great tools for everyone) and best practices to avoid using stigmatising language Principles of harm reduction McDermott's Guide to Cocaine - harm reduction Towards a Less Fucked Up World - sobriety and anarchist struggle USING BUDDHIST PRACTICES AND PRINCIPLES TO HEAL THE SUFFERING OF ADDICTION <i>Queer specific substance use resources:</i> <i>LGBTQ weekly Narcotics Anonymous online meeting</i> <i>Antidote by London Friend, an LGBTQ run drug & alcohol service</i> <i>Narcotics support group for queer and trans sex workers</i> <i>Pieces to Pathways: peer-led substance use support program for LGBTQ hosting online harm-reduction meetings</i> <i>Misery: QTIBPOC mental health collective and sober club night</i>

General substance use resources:

Online mindfulness-based addiction recovery course (starts April 27)

NHS addiction support finder

Mind addiction & recovery resources

Never Use Alone hotline & Facebook chat

Alcoholics Anonymous online meeting finder

Narcotics Anonymous online meeting finder

Mindfulness for addiction courses and resources by Breathing Space

Harm Reduction Guide to coming off psychiatric medication by The Icarus Project

From Hedge Herbs:

1. [Nervine Herbs](#)
2. [Nervines Pics and Links](#)
3. [Herb Tasting!](#)
4. [Seasonal Foraging Guide](#)
5. [Plants! Medicine! Juicy Resources!](#)

From Rasheeqa's workshop:

[Herbs for Mental Health](#)

[Twitter thread by Nabihah Iqbal on plants and herbal remedies](#)

[Nabihah Iqbal - lockdown herbalist \(instagram\)](#)

[Black Forager \(Alexis\) amazing foraging and plant knowledge \(instagram\)](#)

[Plant Lore - a collection of traditional uses and folklore of plants](#)

[Recipe - golden milk turmeric tea](#)

CONFIDENC
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NOVEMBER
24TH

MIXTAPE:

https://open.spotify.com/playlist/6OTVTrT5RHooAeAZUZOK6t?si=ITBFoF_KQ3GCWd4RuZjhWw

Sabah Choudrey

[@sabah.c](#)

Bronze Ablon

[@bronzebonzebonzebro
nz](#)

E

Felix Ablon

[@duanensis](#)

House of Ablon

[@houseofablon](#)

Gems from guests:

- “You cannot be what you do not see” - Dr Ronx
- a quote on Insta: “Whenever I see queer affection in public I receive it like a little gift, a quiet reminder that I am whole and the way that I love is valid. There is nothing more restorative than stumbling across unabashed queer love. It’s so courageous, still. And I am endlessly grateful for it”
- “There is nothing stronger than a broken woman who has rebuilt herself.” Hannah Gadsby
- “On self-confidence: I know 100 percent I’m a bad bitch. So I never really care about how other people see me. I only care about how I see me. And I see myself as such an amazing, beautiful person who has been able to accomplish so much. I’m never self-conscious or nervous. I’m usually like, OMG, yes, girl, yes. The thing is it’s just me. It’s literally just my personality. People are like, OMG, you’re so funny. I’m like, that’s literally me, every single day. That’s me with my friends. That’s me with my family. I feel like me just being me is funny, and people like that. I guess it’s just me being myself. So it’s not something that I can keep up with or try to alter or change. It’s just who I am, naturally. I think it’s so important to make myself happy in the process as well as making others happy.” [From an interview with Elsa Majimbo](#)
- “[Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind](#)” by Kristin Neff PhD
- “[When Things Fall Apart: Heart Advice for Difficult Times](#)” by Pema Chödrön
- [BLACK TRANS FOUNDATION](#) - working towards the wellbeing of black trans people in UK
- what do u think of the concept of behaving in a way as to attract the desired outcome? or do u think that’s not faking and it’s something else
- i’m wondering if there’s anybody out there who has never felt confident? so it’s less a case of finding ways to recuperate lost confidence, but trying to figure out how to gain it full stop
- i am restored through nature
- i will always have earth earth she got my back
- I love having naked conversations with myself in the mirror
- an important distinction :inner vs outer confidence
- never settle for anything less than being someones MAIN BITCH

		• 100% this is my mindset everyday at work surrounded by basic men in suits... if they can be confident, why can't I? • Sometimes got to snatch up that white boy confidence • good enough is not good enough • The way you related having ones pleasure senses hijacked and manipulated to stage fright resonated so much. • im here for the loud inner critic as a positive force • we can affirm babies for literally doing nothing but existing, we should to the same for ourselves - speak lovingly to your inner child • I feel emotional just picturing that exercise of going to meet your child self and talking to them on a bench • colonisers stole our confidence • <3 the resting research pirate (RE: Dawson's Creek) • it's very important to re-write the narrative that we tell ourselves about ourselves - through affirmation and re-framing beliefs about ourselves and our abilities. • Hadn't thought about the difference between surrounding yourself with "successful" people vs people who are "working on themselves". One seems a lot more fragile and thinking about times ive been with the former, it only makes me feel worse by the constant comparison • this little session has made me realise freedom and confidence look different for everyone so ofc whatever confidence and freedom i find will be unique to me <u>on: where does our confidence come from</u> • pole has helped a lot too, seeing I'm stronger than I think and encourages me to have patience and courage to keep at it. • I think it helped me to identify where the confidence killing notions were coming from, facing them head on and pointing out that they weren't coming from me but from the outside. ie. who made me think I'm weak? maybe it was X and I look at that feeling of weakness in myself and tell myself that's not me that is X • I never had confidence growing up, the confidence came from trusting that I could protect myself, set firm boundaries and not budging from them. • Similar to speaking to yourself like you'd speak to a child, like the way you can be kind and
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		loving to others makes such a difference to how you can see yourself - gassing your friends up for literally everything gives me confidence bc it reminds me of what I can be gassing myself up about too • sometimes I think about how much I adore my friends and how I must be pretty great if they want to have these friendships with me <u>on : fake it til you make it</u> • Fake it till you make it is something I've relied on - it's a survival tactic first, and sometimes for me it can translate into real effects but not always • I faked it till I BREAK'd it, so now I just got to own my mental health innit lol • fake it til you make it takes me away from my authentic self • I guess the idea of faking mysely doesn't sit right with me. and what is the 'it'? is 'it' a destination constructed to not let us feel good and confident about where we *are*? • I think fake it till you make it can be a useful tool so long as there is awareness of it, as that, like a tactic. Thinking specifically of having to be outside and functioning whilst severely depressed and getting help - it can be useful but it cannot be a lifestyle WORKSHOP: FINDING CONFIDENCE THROUGH MOVEMENT THE OLD WAY HISTORY & CULTURE.... The Luna Show (there's a lot of episodes – really insightful) – the best way to get to them all is to search her channel for the number of the episode you want to watch. Jamalmilan.com – Ballroom Status and other history/info... Kevin Omni's Timeline – sooooooooooooo much history here!!!!!!! CLIPS, CLIPS & MORE CLIPS..... Sugachampagne - probs the BEST youtube channel for classic clips of many categories; shows many Icons & Legends in their prime. With patience you can find real gold scrolling through her uploads.
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		These four channels have more recent clips and often full balls (uploaded in parts), with Brtbvtv going much further back also: Ballroom Throwbacks (Brtbvtv) (has both older and newer clips) Kiki Vidz (clips from the kiki scene in the states) Paris Ballroom TV Kendrick Mugler BeNeLuv Ballroom Streams For more classic Old Way / House tracks that will be good for getting into the vibe, and other ballroom beats check out Bronze & Felix's Spotify profiles. There are also plenty of amazing videos on YouTube of early performance (add a random year to your search, pre 2000's), so keep doing your own research (& make your own playlist/s) and enjoy the rabbit hole that is Ballroom! Here's a playlist to get you started - you can check out the other ballroom & voguing clips on Bronze's profile here too to get a feel for the different styles and categories :) MORE FUN THINGS TO CLICK ON... Re: the 42nd street cinemas that used to show kung fu movies on the cheap... Josh Toussaint-Strauss on Why So Many Black People Love Kung Fu Festive vocals from Shane The Golden Voice....a.k.a. Jamal Milan! @divamimu for classes and fab-ness Facebook group for sometimes relevant news xD @houseofabloh for any questions and for upcoming events <3 #LondonBallroomScene See ya soon, and remember we're always here (digitally at least) if you need anything or just wanna chat (read: exchange cat memes) Biggest & Deepest Love, Bronze & Felix Abloh
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Iuv u bye