

👋 Hello! Thanks for being here. 😎 Check out our [workshop playlist](#) 📝

♥ Weaving Our Values & Practices ♥

Center for Liberatory Practice & Poetry

♥ About this Gathering ♥

Center for Liberatory Practice & Poetry gathers a community of learners around ways of being, sensing, and making that enact liberation in everyday life. As the Center slowly emerges, it feels crucial to intentionally gather a set of *Values & Practices* that may guide the Center's work with a collectively-sourced vision.

In the Spring - Summer of 2022, the Center facilitated the very first iteration of its *Values & Practices* with its inaugural team of Weavers, Denise Shanté Brown, Lukaza Branfman-Verissimo, Lizania Cruz, Kearra Amaya Gopee, Katie Giritlian, Lo, Georgia McCandlish, and Malcolm Peacock, in collaboration with workshop facilitators, Luz Orozco and Kimi Hanauer. This document includes the workshop materials that were used to facilitate this process. Feel free to use them for educational purposes while crediting where the materials come from. Thank you!

What are the Center's Values & Practices?

Values & Practices are a living and breathing set of agreements that invite those of us who gather through the Center to ground ourselves within a collectively-sourced vision of autonomous and liberated communities. These agreements are meant to be drafted and redrafted with the contributions and insights of folks who are part of the Center's community as it changes and evolves. Thus, the agreements that emerge through this slow, ongoing, collective-process will be tasked with the ability to hold ambivalences and a multiplicity of perspectives with rigorous honesty and fluidity.

These values will emerge from a deep reflection on the intuitions, embodied knowledge, and emotional sensibilities that guide us through interactions and events in our everyday lives. The workshop structure attempts to center our lived experiences as case studies through which our political frameworks emerge.

Values & Practices are offerings, not rules.

The *Values & Practices* we develop will emerge from our lived and bodily experiences of the world. We share these as offerings to the Center's community with the hope that they may support others in giving language to the intentions that guide their own communities, practices, and worlds. Some questions that guide this process are:

 If we start with our everyday experiences and explore them with rigorous honesty, what will we discover?

 What embodied knowledge, emotional sensibilities, and intuitions offer us guidance in moments of interpersonal tension, conflict, and uncertainty?

 What embodied knowledge offers us necessary grounding and moments of joy, pleasure, warmth, relief, and calm?

 What values do we embody that we struggle with or even desire to unlearn?

 What values exist in us that we have yet to give language to?

 What other questions would you add?

Most importantly, the intention of this workshop is to create a nourishing space for reflection and connection. We can shift and adapt the structures laid out below as needed.

♥ Workshop Flow ♥

- Welcome & Introductions. **10 min**
- Review flow of events. **5 min**
- Proposed Community Agreements, borrowed from Press Press's standard proposed community agreements for workshops. **10 min**
- Share working definitions for key words. These can be revised as needed within our discussion. **5 min**
- Free Write. **10 min**
- Tarot Spread Reflection Guide. **20 min.**
 - If you have time, take a pause and sit with your reflection: *How does your body feel when you move from card to card? What story emerges about you? What values are embedded in your experiences? Write or draw anything that is coming up or feels like needs to be added to your reflection.*
- **BREAK (6:00 - 6:10 PM)**
- Pare Discussions. **10 min**
 - Begin to share your own processing, thoughts, and reflections: *What values come to mind and what experiences or reflections are they rooted in?*
- Full Group Discussion. **20 min**
 - Guiding questions: *What values come to mind and what experiences are they rooted in? What would be the future impact if a community held these values? These are our very personal values: What does it mean to offer them as intentions for a space beyond ourselves?*
- Closing & Check Out. **10 min**
 - *What is one idea or feeling that most resonated with you from this discussion?*
- Thank you & Next Steps. **5 min**

Proposed Community Agreements

The following agreements were borrowed from Press Press's standard community agreements for workshops.

- We speak and listen from the heart.
- We understand that fruitful conversation sometimes requires that we are challenged and uncomfortable.
- We will not confuse safety with uncomfortability. We will not confuse conflict with abuse.
- We will use 'I' statements as much as we can.
- We will strive to remain present when others are talking and sharing.
- We will hold empathy and compassion in our actions and in our words.
- We will be mindful of the space that we take up.
- We will honor our shared vulnerability through confidentiality.
- We will approach conflicts, disagreements, and misunderstandings with curiosity, seeing them as opportunities for learning, growth, and deep collaboration.
- We will practice consent as best as we can, recognizing that all prompts, questions, and activities proposed are by invitation.
- **What's missing? Any revisions or additions?**

Shared Working Definitions

 **Values:** Ideas that serve as foundational and/or aspirational personal truths. Values come together to form a system of beliefs for ways of being in the world.

 **Intuitions:** Something that one knows or considers likely based on an indistinct feeling, rather than conscious reasoning.

 **Embodied Knowledge:** The knowledge that is held in our bodies through our interactions with the world. Forms of knowledge that emerge through our lived and passed down experiences. Forms of knowledge that are felt but might not always have verbal language.

 **Practice:** A series of repeated attempts; repetition of an action to gain proficiency.

 **Liberation:** The sense of freedom from forces of domination. Since structures of domination are all interlinked, liberation must be premised on the understanding that *none of us are free until all of us are free.*

 **Autonomy:** As a state of awareness for an individual, autonomy may describe a person who is able to bridge the gap between their own desires and the needs of the community they are a member of. An autonomous community, where all members hold this state of awareness, rests on its members' capacity to see the inherent worth, in themselves and in one another as living beings.

 **Weaving:** Weavers, as defined by Deepa Iyer and BuildingMovement Project's [Mapping Our Roles In Social Change Ecosystems Map](#)^{*}, “see the through-lines of connectivity between people, places, organizations, ideas, and movements.”

*Learn more about Mapping Our Roles In Social Change Ecosystems Map at www.buildingmovement.org.

10 Minute Free Write

Write, draw, or process a stream of consciousness thoughts, ideas, associations, and memories in response to the prompts below.

Reflect on a specific personal or interpersonal interaction where your emotional sensibilities and intuitions guided you. Who were the actors in the interaction? What did your body tell you to do? Was trusting your emotional sensibilities an option? Were they clear or foggy in the moment? What can you observe about your own relationship to your embodied knowledge from this specific example? Are there any values that come to mind through reflection on the specific experience you cited? Are your values and bodily intuitions in alignment?

Tarot Spread Reflection Guide

Trigger warning: This reflection can get very personal; please work on it according to your own needs. If you pursue it and end up with material you don't feel comfortable sharing in the group, that's understandable. Please feel free to keep your reflection to yourself.

 The reflection guide is based on a Past, Present, Future Tarot Spread and is inspired by the 7th Generation Principle*. You can print it out, keep it digital, or interpret your own version of it.

 Using your free-write as source material, work through this reflection guide as it feels good to you. Start with Card #1 using your free-write reflection, then move to #2, #3, and #4. Questions for each card appear above it.

 You can write, draw, collage, or fill in the cards in whatever processes compel you.

 You can focus on a portion of your free-write or any associations that come up.

 Feel free to reinterpret and adjust this reflection guide or use another process as needed.

*Learn more about the 7th Generation Principle at www.haudenosauneeconfederacy.com/values

[Access the reflection guide →](#)