Give Yourself LOVE

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To the many possibilities
that have sprung forth from my rest practice.

tribute

Page #: Twi, a language of Ghana

Back inside cover calligraphy by Raskai, Inmate.

ArtisticApothecary.org/give

Resources: Decolonizing Medicine Podcast S01E07
Tricia Hersey of the Nap Ministry.
Coach Syon Davis of Experiments In Freedom.
7 types of rest by Doctor Saundra Dalton-Smith
THE HEY GIRL PODCAST Tricia Hersey Communal Care
Patron.com/AuthenticCreations
Artistic Apothecary Zine Making Consulting

About the Writer - My first name is kuwa jasiri. I use
the pronouns elle and beauty. I am intersex, Ghanaian,
Cuban, Seminole, Creole, Zulu and a
Keeper Of Ancient Wisdom

Kuwa Jasiri

Broken Pencil Zine Awards
SHORT LIST 2021

Support Intersex

AFRO CREATIVES

Rest as
A gateway to PLAY

List of Demands (Reparations)
Artist: Shol Williams

Time for Reparations
Artist: Sounds of Blackness

Reparations
Artist: Brock Seals

Reparations is a Must (4th of July Love Song)
Artist: Dan + Claudia Zanes

AFRO CREATIVES

PayPal: @ArtisticApothecary
* Activities *
CREATE A DESIGNATED PLAY SPACE. BE THAT A BINDER, TABLE, ROOM, SHELF TO PLACE ALL YOUR PLAY ITEMS FOR EASY ACCESS.

Receive the peaceful grandeur you deserve.

* Feelings and Messages *
SADNESS = DESIRING LOVE
FEAR = DESIRING SAFETY AND COMFORT
JOY = MORE OF THIS
ANGER = BOUNDARY VIOLATION
DISGUST = NEGATIVITY ABOUNDS
PAIN = AREAS DESIRING CARE

* Reflections inspired by Syon Davis and Sumi Franklin *
HOW DOES YOUR BODY FEEL? YOUR THOUGHTS SURROUNDING YOUR REST PRACTICE? WHAT ARE YOU GIVING UP TO MAKE MORE SPACE FOR RESTING?
WHAT RESTFUL PATTERNS DO YOU HAVE? YOUR FAVOURITE WAY TO PLAY AS A KID? WHY AND WHEN DID YOU GIVE UP PLAYING? IN WHAT WAYS CAN YOU OFFER OTHERS LATERAL KINDNESS?

* Restful Affirmations *
I AM IMAGINATIVE AND CREATIVE. I AM PRESENT IN MY BODY. I AM SAFE WHEN EXPRESSING MYSELF. I HAVE A NEW WAY OF RELATING TO THE WORLD. I GIVE MY OLD WAYS OF BEING GRATITUDE AS THEY LEAVE MY LIFE. MY COMMUNITY SUPPORTS ME WHEN I REST. I PRIORITIZE MYSELF.

* Creating Firmer Boundaries *
1. RELEASE GUILT, SHAME AND BLAME
2. CLEAR OLD SOCIAL CONTACTS
3. ASK FOR SUPPORT
4. BELIEVE!
5. DISCERNMENT

* Games *
# of hibiscus plants found in zine
#29
$30
Two Language Numbers

Authentic Creations
Artistic Apothecary

COMMITMENT TO OUR
people led Programs

Our grassroots collective care prioritizes mental health, spiritual wellness, and Ancestral wisdom to affirm the societal greatness of genderqueer People Of Culture. We practice zero-waste principles, returning to ancient traditions of land stewardship. With our BY US, FOR US model, we center intersectionality, blackness, differently abled, houseless, Nature, and those incarcerated. We specialize in the return of stolen, withheld, and usurped resources. You can contribute reparations through our

Patreon.com/AuthenticCreations or Shop.ArtisticApothecary.org/
Rest As Reparations is a zine that confronts our authentic desires in an attempt to nourish our best selves. A spell lifting us out of burnout into the imagination and exploration of rest. Amplified by the racial remedying notion that emotional labour of the privileged leads to rest for the marginalized. This zine may cause strong emotions for folks who have yet to fully address the origins of Amerikkka on Turtle Island.

Emotional Labour uses empathy, forethought, self reflection and self regulation to nourish harmonious relationships within community.

Emotional Labor Notice
Offence: wants you to explain why microaggression offended you
Infraction price: $100

* Warnings and Contents

WELCOME
WHAT IS REST?
5 ASPECTS OF THRIVING
6 TYPES OF RELATIONSHIPS
YOUR ENERGY IS PRECIOUS
BURN OUT NARRATIVES
7 AREAS TO NOTICE BURN OUT ART & AFFIRMATIONS
10 STAGES OF REST
7 TYPES OF REST SELF CARE COLOURING PAGE
THE RACIAL REMEDY REST!

REAL APPRECIATION

REPARATIONS

The Trans-atlantic slave trade and its ongoing effects deserves Africa's families of rest. Engaging Rest as Reparations.

Rest as reparations include checking yourself on micro-aggressions and rejecting colonial mentality (i.e., the expectation for people to "hustle" or struggle for less than we deserve)

European settlers who benefit from this deprivation to initiate racial reckoning by

Increase the Peace

Begin with Reparations
Bienvenido: In an attempt to broaden my work of caring for deep wounds, releasing psychological-societal blocks, remedying generational trauma, breaking generational binds, and freeing ourselves, I offer my tenth zine, Rest As Reparations. Realizing Rest is a resource that needs to be returned to us. That our bodies, minds, emotions, and spirits need the nourishment of Rest.

What is Rest?

Rest is a hard choice. A journey. A routine. An Embodiment. A breaking of a curse placed on us by our captors, enslavers, colonizers, capitalists, sexists, racists, and able bodied folks. Rest is everyone’s inherent and basic dignity! Even so for the land. Sacred landscapes are where the Earth goes to Rest. At these spiritual landscapes we, humans, Rest, play, connect, give gratitude and pray. So do other animals. Those actions and behaviours rejuvenate our Planet. The Earth draws from these spiritual practices and spaces to do their work supporting all life forms. Reminding us that the connection to spirit, Nature, and Natural Rhythms is imperative.
glow: Balance the 5 aspects of thriving.
1. Living - pee/poop, hygiene, eating, breathing
2. Loving - care, support, romance, intimacy, sex
3. Being - in the present, noticing, deep breathing
4. Resting - MORE ON THIS LATER
5. Doing - making money, offering care, emotional labor

6. types of relationships

WITH YOURSELF & OTHERS

1. Societal: email, text messages, newsletter, app, video, song, news, books
2. Humans: friendships, partners, romantic, peers, coworkers, family, relatives, Self, generational attachments, past life attachments
3. Communal: organizations, social groups, culture, religion, spirits, events, affinity groups, crews
4. Nature: plants, other animals and expressions of life, lands, minerals, elements
5. Places: locations, dream world, spirit realm, out of body, astral travel, imagination, inside of body
6. Regulatory: norms, structures, rules, policy, plans, calendars, schedules, frameworks, containers

6. CREATIVE
Problem solving, art, designing solutions, Nature outings, wall ornaments, organizing, decluttering, cleaning, inspirational quotes, imagination, and affirmations. To creatively rest, assess your house and body adornments making sure they align with you.

7. PHYSICAL
This may be the form of Rest you are most familiar with. Active - baths, soaks, steams. restorative activities, deep stretching, massage. Passive - sleeping, napping, lounging.
Contact and engagement with others, energy exchanges, social contracts conscious and unconscious. To socially rest assess how you feel in your relationships and what you want out of them. Remove yourself from social situations.

Expressing your boundaries. Noticing if yours are porous, neutral or rigid. Are you seeking approval or pleasing others at the expense of Self?

5. SPIRITUAL

The connection to the Spirit World is most potent around Sunrise and in Winter. These are great moments to be spiritual although whenever the mood strikes you pray, meditate, build altars, do majick, make herbal medicine, be in Nature, and commune with your Ancestry. These activities aide in belonging, love, acceptance and purpose.

Before we can even get to rest we have to acknowledge where we are. We might identify that we are out-of-balance or acting out of alignment with what we are expressing, our needs and/or desires. Moving towards or experiencing BURN OUT in any of your relationships is a yellow or red flag. Also imagine this in terms of your 5 aspects of thriving.
Take care of your life. Notice the messages burn out is conveying to you. Activists, employers, slave captors, grassroots and community organizers have normalized burn out to the point where some of us really have to challenge and make that hard choice to quit the narrative. What I notice happening to our Elders, leaders and peers is they get lengthy prison sentences or burn out. Both resulting in less community engagement.

You deserve 7 Types of Rest:

1. SENSORY
Hear, Touch, Smell, Taste, See, Emote, Energetic, Spiritual
To sensory rest dampen one or more of your senses in short or long pauses. Some ways to do this is in a dark room, with eye masks, ear plugs, or by being alone. The two most habit forming moments in our lives are one hour before going to sleep and the first hour after waking. During these habit forming hours decrease sensory stimulants (caffeine, sex, altering substances, negativity, stress, screens, noise, lights, people).

2. MENTAL
The mind is steadily moving. Take some moments to pause, check in and recenter.
MY JOURNEY OF DEEPENING MY REST HAS 10 STAGES.

1. Soothing activities - relaxation, chilling, ease, luxury
2. Grounding activities - breathing, meditation, stretching
3. Resting - more on this later
4. Communal care/rest - do 10 stages in public with others
5. Spirituality - majick, culture, religion, elements, nature
6. Play - joy, freedom, wildness, adventure, fun, whimsy
7. Pleasure - joy, kink, laughter, beauty, sensualness
8. Self expression - art, fashion, language, hobbies, boundaries
9. Full emotional expression - acknowledge, release, tend
10. Imagination - adventure, fantasy, dreaming, creating

This can be done by recognizing the signs of burnout sooner. Naming for yourself and community members that you or/and they are burnt out. Instead of narratives like "wow, you do it all".

7 AREAS TO NOTICE BURN OUT

1. Energy level: exhaustion, sudden zap when you show up/leave, slow energy drain, staying in bed
2. Body: out of body experiences, bubble guts, holding body tension, stiffness, posture, ailments, illness
3. Emotions: frustration, anger, holding in, blockages
4. Routines: losing your routine(s) such as spiritual, social, hygiene, money making, intimacy, hobbies
5. Self expression: lack of expressing no, yes and your desires. Lacking self praise, balance, groundedness
6. Creativity: less play, unable to imagine a future in that relationship, blockages, losing creativity
7. Determination: less excitement in your tasks, frequently cancel last moment, unable to hold information in your mind (while in meetings, sessions, planning)

RESTORE SIMPLE PLEASURES
Pause

Life is a vacation!