

Words for Liberation

keep them in your pocket
and your heart

As you prepare your breakfast, think of others
(do not forget the pigeon's food).

As you conduct your wars, think of others
(do not forget those who seek peace).

As you pay your water bill, think of others
(those who are nursed by clouds).

As you return home, to your home,
think of others
(do not forget the people of the camps).

As you sleep and count the stars,
think of others
(those who have nowhere to sleep).

As you liberate yourself in metaphor,
think of others
(those who have lost the right to speak).

As you think of others far away,
think of yourself
(say: "If only I were a candle in the dark").

Mahmoud Darwish (1941-2008)
Palestinian poet and author

Translated by Mohammed Shaheen

"We live in poison.
The planet is dying.
We can choose to
consume each other,
or we can choose
love. Even in the
midst of despair,
there is always a
choice. I hope we
choose love."

Kai Cheng Thom
*I Hope We Choose
Love: A Trans Girl's
Notes From the End
of the World* (2019)

Compiled by **Creative Arts Therapists &
Students (CATS) Against Genocide**. Join us!
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"I entrust you with Palestine — the jewel
of the Muslim crown and the heartbeat
of every free person in this world. I
entrust you with its people and children,
whose pure bodies have been crushed
under Israeli bombs and missiles.

Do not let chains silence you or borders
restrain you. Be bridges toward the
liberation of the land and its people,
until the sun of dignity and freedom
rises over our stolen homeland."

Anas al-Sharif (1996-2025)
Final message and will written in April 2025.
One of 238 Palestinian journalists killed by
Israel from Oct 7, 2023 to Aug 10, 2025.

"Our relationship with the earth was not one of
domination, but of a mutual relationship. The
earth is not something you can take, nor
something you can own. She is a being in her
own right, and we are part of her. This is a
connection that runs through our blood, through
our bones, through our very souls. We are her
children, her caretakers and her stewards.

The settlers came with their foreign ideas of
land as property, as something you could steal,
divide, or sell. They signed treaties that they
never meant to honor and made promises that
they never intended to keep. These treaties
were just a way to pacify us, to lull us into
submission while they brought violence to
everything; the land; her abundance of
resources; our Indigenous spirits. But the land
doesn't belong to anyone. The land, the rhythm
of her seasons and the pulse of her life are what
sustain us as we belong to her."

Hay Sha Wiya, Lakota, Dakota, Nakoda writer
We Are the Land (2024)
[https://dark.society.systems/contribution/
wearetheland/](https://dark.society.systems/contribution/wearetheland/)

"May we seek to dismantle all forms of
oppression, recognizing that our
freedom, rights, and liberation must be
collective and, therefore, include the
most vulnerable among us.

May we learn from the Land, from the
Indigenous people of the Land, and
engage in reciprocal relationship with
the Land, as well as one another.

As we slowly awaken, undo, and
decolonize our mental and emotional
behavioural care systems, may we allow
for room to not know and to learn from
people we serve."

Dr. Jennifer Mullan
*Decolonizing Therapy: Oppression,
Historical Trauma, and Politicizing Your
Practice* (2023)

"Instead of a predestined trend
line, think of and experience the
future as the living story that
descendants live in, in which they
describe how ancestors imagined
it and then made it true. Creation
requires just that – both the
imagining, and the hard work of
making it true.

... Where do we start?"

Norma Kawelokū Wong
*When No Thing Works: A Zen and
Indigenous Perspective on
Resilience, Shared Purpose, and
Leadership in the Timeplace of
Collapse* (2024)

"To refuse to participate in the
shaping of our future is to give it
up. Do not be misled into passivity
either by false security (they don't
mean me) or by despair (there's
nothing we can do). Each of us
must find out work and do it."

Andre Lorde (1934-1992)
*Sister Outsider: Speeches &
Essays* (1984)

