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

"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."

J. Our

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

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."

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.

"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.

"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 Wiÿa, Lakota, Dakota, Nakoda writer We Are the Land (2024) https://dark.society.systems/contribution/wearetheland/

Final message and will written in April 2025. One of 238 Palestinian journalists killed by israel from Oct 7, 2023 to Aug 10, 2025.

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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."

"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.

Translated by Mohammed Shaheen

Mahmoud Darwish (1941-2008) Palestinian poet and author

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

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

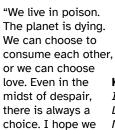
As you sleep and count the stars, think of others (those who have nowhere to sleep).

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

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

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

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



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! IG: @catsagainstgen0cide

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keep them in your pocket and your heart