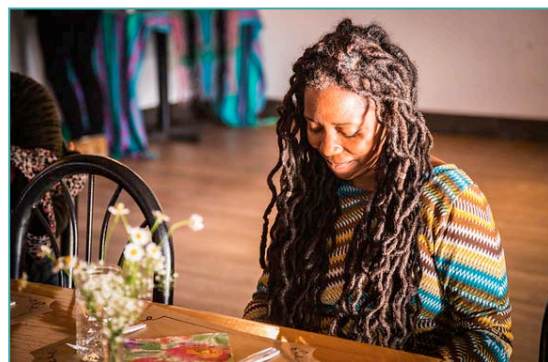




## SEEDS OF HOPE: *Storysharing for Healing Justice*

On April 14<sup>th</sup> & 15<sup>th</sup>, we met with 12 community women discussing healing and its role in justice movements in our lives and communities. Our intentions for the gathering were to:

- Provide a safe space where participants can share experiences in their work around healing, racial equity and community organizing.
- Collectively define, unpack and transform how we think about health and wellness individually, organizationally, and communally in Northern New Mexico.
- Map out the paths that connect our ancestral legacy of healing traditions towards new models of healing and justice inside of our communities and movements.
- Present this information through a graphic recording and written report as a to inform of our participants, NMHEP and its affiliates on how best to incorporate Healing Justice into our work in Northern New Mexico.





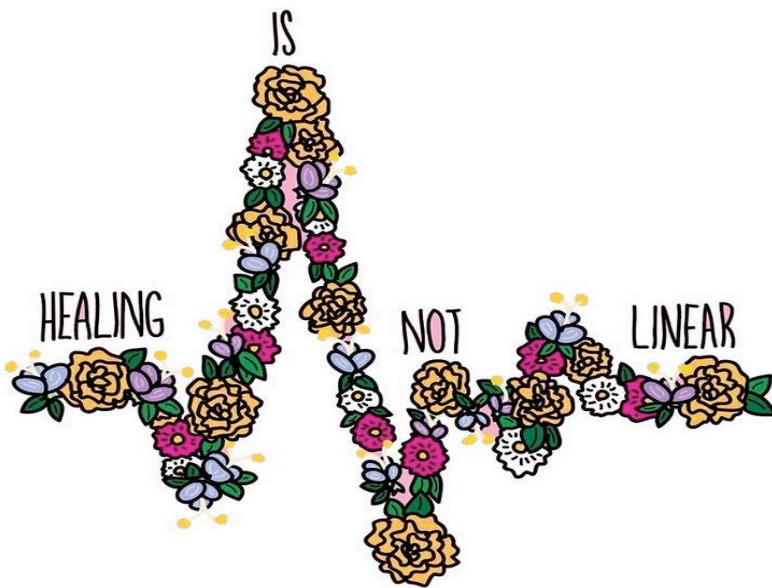
“healing justice... identifies how we can holistically respond to and intervene on generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts and minds.”

-CARA PAGE & KINDRED SOUTHERN HEALING COLLECTIVE



**ON HEALING AND POLICY**

Our participants shared the importance of starting on an individual and local level when advocating for policies and practices that include a healing justice lens before addressing larger political systems. Insuring children are loved, cared for and raised in a safe environment that allows them to become who they were meant to be is not only the beginning of intergenerational healing and wellbeing but also a traditional practice that insures communities thrive.



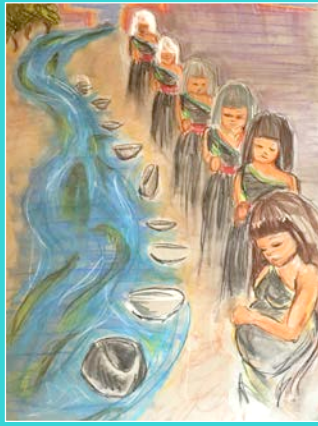
“If we carry intergenerational trauma (and we do), then we also carry intergenerational wisdom. It’s in our genes and in our DNA.”  
- Kazu Hoga

Our participants identified the need to advocate for policies that addressed issues most impacting our communities. Some of the topics that came up the most are:

ENVIRONMENTAL ISSUES (Land, water, seeds, nuclear waste & disarmament)

FAMILIES ( Insuring communities have Sexual Assault Nurses available, Caring for our Elders, Protecting our Youth)

REPRODUCTIVE HEALTH (Caring for our pregnant and parenting families)



## Reflections

In New Mexico, with a long history of colonization and intergenerational trauma, those working towards health equity and justice are often in need of their own healing. Many come to social justice and non-profit work due to a commitment that they have made to insure that our future generations have lighter loads to carry. It is crucial to the wellbeing of our communities that we address the trauma that impacts our ability to be present, grounded, and connected. We believe that personal healing and community work are absolutely relational. We find healing through experiences that honor our safety, our body sovereignty, our joy and our light. As we plant the seeds of healing justice in our communities we recognize that we are stepping into a lineage of women who have come before us. Our Ancestors strength moves through our bloodlines and the waters of our bodies and we are more resilient because of it. Through honoring our connections to Mother Earth, opening our hearts in prayer, and allowing ourselves to be vulnerable, we stand together to let our voices rise for peace, justice and beauty for our families and all generations to come.

### QUESTIONS, THOUGHTS, & WISDOM SHARED...

*"How do we not lose ourselves (in this work)? This is the place I really want to heal, this valley, this community."*

*"How do we reflect upon the process of grief - and upon the things that pull us through?"*

*"creating new narratives for my family and community..."*

*"I am only a seed breaking open now"*

*"We can reclaim the heart of this culture of violence."*

*"for the future my wish is for our young people to have genuine friendships & partnerships to be strong as they carry their weights into the future"*

*"We can be the lightbearers, or the one who distinguishes the light. I refuse to extinguish the light."*



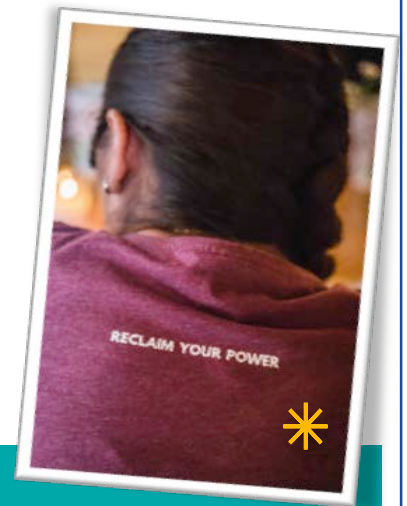
**"We heal so that we can act & organize"**

- Cara Page



“You can begin by doing small things at the local level, like planting community gardens or looking out for our neighbors. That is how change takes place in living systems, not from above but from within, from many local actions taking place simultaneously.”

-Grace Lee Boggs



# THANK YOU!

The Indigenous Women’s Health & Reproductive Justice Program would like to extend a heartfelt Thank You to all the participants of our Seeds of Hope: Storysharing for Healing Justice retreat! We are so honored that you all have taken the time to have conversations about healing, wellness and the future of our communities.

Corrine Sanchez  
Emily Arrasim  
Diana Halsey  
Sarah Ghiorse

Kathy Sanchez  
Nathana Bird  
Beata Tsosie-Pena  
Pilar & Sabina Trujillo

Evelyn Naranjo  
Veronica Iglesias  
Paula Mirabal  
Stephanie McCreary

A special thank you to MiJan Celie Tho-Biaz who provided the heartfelt facilitation for our conversations, to Simone & Coleman for nourishing us with your yummy food, to Katy Gross for helping us see this event with photography, and to Autumn Gomez for the beautiful graphic recording.

We are very grateful to the New Mexico Health Equity Partnership Small Group Grant for allowing this experience to be possible!