

# resilient

A 21 DAY PRACTICE  
FOR CHANGEMAKERS



# resilient

Welcome to Resilient. This is a love letter to you and to our movements, for 21 days we will practice.

Our format is simple.

Every Monday, review the frame for the week, practices and the worksheets. Decide when you will give attention to the worksheets.

Every day, answer the journal prompts. This is an opportunity for you to take a pause, reflect through writing, drawing or movement. It is suggested that you jot down at least a few words about the journey so you can reference the learning.

Every day, create space to practice for 10-30 minutes.

This program is self-led, but the hope is that you will practice every day, reflect every day and depending on your week—set time aside to complete the worksheets.

It is recommended that you download soundcloud (<https://soundcloud.com/stream>) to your phone for easy access to the meditations anywhere or you can listen on a computer.

Welcome,



# WEEK 1

Welcome.

Let's begin; I'm so happy you are here.

Week one of Resilient is called *Steady*

Building a life of resiliency creates a steadiness in our lives and work that is foundational.

Most likely you know this and yet we continue to fall into routines and habits that counter this very truth. So, why? Because it is easier to be in overwhelm and disconnection in our culture. Our culture is addicted to a high pace of living. This addiction is real and releases the “flight or fight” hormone into our bodies so that slowing down literally becomes painful.

A daily practice is your rock in hard times, your encouragement in times of doubt and your trampoline when you need to be brave.

Practices are called practice because they do take practice, years of practice.

For our purposes, practice is anything that is connecting you with personal/collective healing/spirituality/connection/sacredness. However, yours may be different and that's great. Explore this week what practice means to you. The practices I offer in resilient are practices of meditation, self-reflection, community healing and breath work.

Let's start today to enhance what we are already doing.

So, what are your practices? Don't have any? I doubt it.

This can look a ton of different ways so I invite you to really dig deep and identify what you are already doing!

Let's begin.



# WEEK 1:

## steady practices

*Grounding Meditation* (10 minutes)

*Connection Breath* (9 minutes)

*Yoga Nidra* (29 minutes)

### Advanced Practice:

Every week I will offer advanced practice. These practices will likely stir up emotions. Check in with yourself around what you need most right now. Save this for later if you feel emotionally tender. If you have an aversion to snakes, avoid this meditation all together. If you choose to use this meditation, make sure to drink water and take more time before and after the practice to allow yourself to move through transitions with more spaciousness.

*Golden Serpent* (8 minutes)





# WEEK 1: worksheets



# MEDITATION GUIDE



Meditation is a practice of stillness that can be found in most faith and spiritual traditions. Practices of meditation vary based on the tradition or practice. The meditations I provide here are based in tantra yoga, which focuses on the subtle energetics of the body. Tantra uses visualizations to tend to the health of the spine. Through breath and visualizations, meditation helps to move emotional blocks, and the stagnant energy accumulated in the body by thoughts and habits.

Please remember, we all have complicated relationships with our bodies. Practice may bring up hard emotions or triggers for you. If you begin to feel unsafe, remind yourself to breathe and feel the ground and air around you and if it feels like you cannot calm down, come out of meditation. Shake it off (literally shake your body), drink some water and spend some time journaling what is coming up for you.

- *Find a safe and quiet place for your practice.*
- *Set yourself up for relaxation. There is no wrong here, except when you feel discomfort to the point of complete distraction. Sit against a wall or a tree, lie on the floor, prop yourself on bolsters or blankets. Take the time to get comfortable. The more you can relax your body from the beginning, the more likely your mind will follow.*
- *Invite kindness. Meditation and stillness practices are challenging. When we bring our bodies into stillness, our minds are likely to become loud. Acknowledge the chatter and keep bringing your attention back to the guided meditation.*
- *Try to be in your body. We spend most of our lives detached from our bodies. Meditation is an opportunity for us to connect to our bodies. This is both a gift and a challenge but with time will become easier.*
- *Remember it's a practice. Meditation is a practice. Even the most masterful meditation teachers still battle with stilling the mind. The important part of practice is to keep showing up no matter what.*



# BUILDING A COMMUNITY OF CARE AND SUPPORT

1. *What is support to me?*

2. *What is community to me?*

3. *What is care to me?*

4. *What does a community of care and support look like? (i.e. what images, words, symbols come to mind)*



5. How does this (image) make me feel?

6. Craft a sentence of what a community of care and support looks like to me based on the answers and brainstorms above.

7. Now identify all the people, places and practices that currently make up my community of care and support.

**People**

**Places**

**Practices**

8. How do these people, places and practices cultivate care and support in my everyday life right now?

9. What are the ways that they can show up more?

10. What are 3 actions I can take this month to strengthen my community of care and support?



# WEEK 1:

## journal prompts

### Monday

1. *What are my current practices?*
2. *How do these make me feel (you can generally answer this question or go through the list of each practice you listed above, ask yourself why to go even deeper)?*

### Tuesday

3. *How is steadiness showing up in my life? My work?*

### Wednesday

4. *What do I need to alter, change or allow for practice to happen?*

### Thursday

5. *What thoughts or questions are arising from my practice this week?*

### Friday

*Checking in: Have you tried all the meditations yet? Have you looked at the Liberatory Leadership worksheet or completed the Building a Community of Care and Support Worksheet? If not, try today or schedule a time this weekend to dive in.*

6. *Which meditation have I connected to the most?*
7. *What does that tell me about myself?*
8. *My life?*
9. *What I need/want?*

### Saturday

10. *What am I learning from meditating daily? (after reviewing the Liberatory Leadership worksheet)*
11. *What aspects of Liberatory Leadership are strong in my life and work? What do I want to strengthen? How might I do that?*

### Sunday

12. *What have I learned from and about practice this week?*
13. *What have I learned about myself?*
14. *Any other reflections.*



## WEEK 2



Week two of Resilient is called *Love*.

Love. Self love and relational love is challenging. To love is to be vulnerable. Love opens us up to the possibility of pain, loss and grief. It also opens us up to liberation, connection and community.

The dominant culture does not show us how to love and be loved. Instead, we are taught to “deal” to “suffer in silence” to show up with only the “happy, good, together” parts of ourselves. So we build walls and hide our pain. We are only allowed to halfway show up in the world. This leads to creating inauthentic relationships to ourselves and with others. Perhaps as children we were able to show up in the world full of authentic love but maybe we never had that chance either.

It is only through practices that nourish love in our lives that we will finally be free to love and be loved fully.

Nourishment of the mind, nourishment of the body and nourishment of the heart is vital. There is no better way to nourish than to love self, and cultivate love for others.

I am not here to tell you what to do or even what is wrong or right. I am here to guide you towards those answers yourself. So take a deep breath and let’s get ready to be really honest.

Love is a hard one. We can get really stuck in negative thought patterns and ways of being that are malnourishing for our beings and for each other. Everyone does this. I do too. One of the most malnourishing things I do on a regular basis is I don’t stop to eat lunch or I will eat lunch while working. I know this is malnourishing and not loving to my mind, my body and my heart. So, I am going to take some action right now on that front. Be kind to yourself, it’s a process!

**More resources on love:**

*The Radical Politics of Self-Love and Self-Care*  
by Soojin Pate

*True Love, A practice for awakening the heart*  
by Thich Nhat Hanh

*All About Love, New Visions* by bell hooks





## WEEK 2: love practices

*Tender Heart (6 minutes)*

*Body Gratitude Meditation (13 minutes)*

*Blossom Breath (8 minutes)*

### **Advanced Practice:**

Every week I will offer advanced practice. These practices will likely stir up emotions. Check in with yourself around what you need most right now. Save this for later if you feel emotionally tender. If you choose to use this meditation, make sure to drink water and take more time before and after the practice to allow yourself to move through transitions with more spaciousness.

*Altar of Forgiveness (13 minutes)*

WEEK 2:  
worksheets



# UNCOVERING YOUR ESSENCE

Ask 3-5 friends, community members or colleagues to write about what they love about you. This will likely feel uncomfortable. If necessary, let them know it's for an assignment. Give folks two weeks and follow up with them if they have not submitted the information by the two-week mark.

After you receive the information, read it. Pause and read it a second time.

*Journal your immediate reactions:*

**In three days from now complete the rest of this worksheet.** Read the feedback again in three days and answer the below questions.



*What's surprising and challenging about what folks have written?*

*Imagine you are your closest friend. Write a letter describing what you love about yourself as if you are an outside observer:*

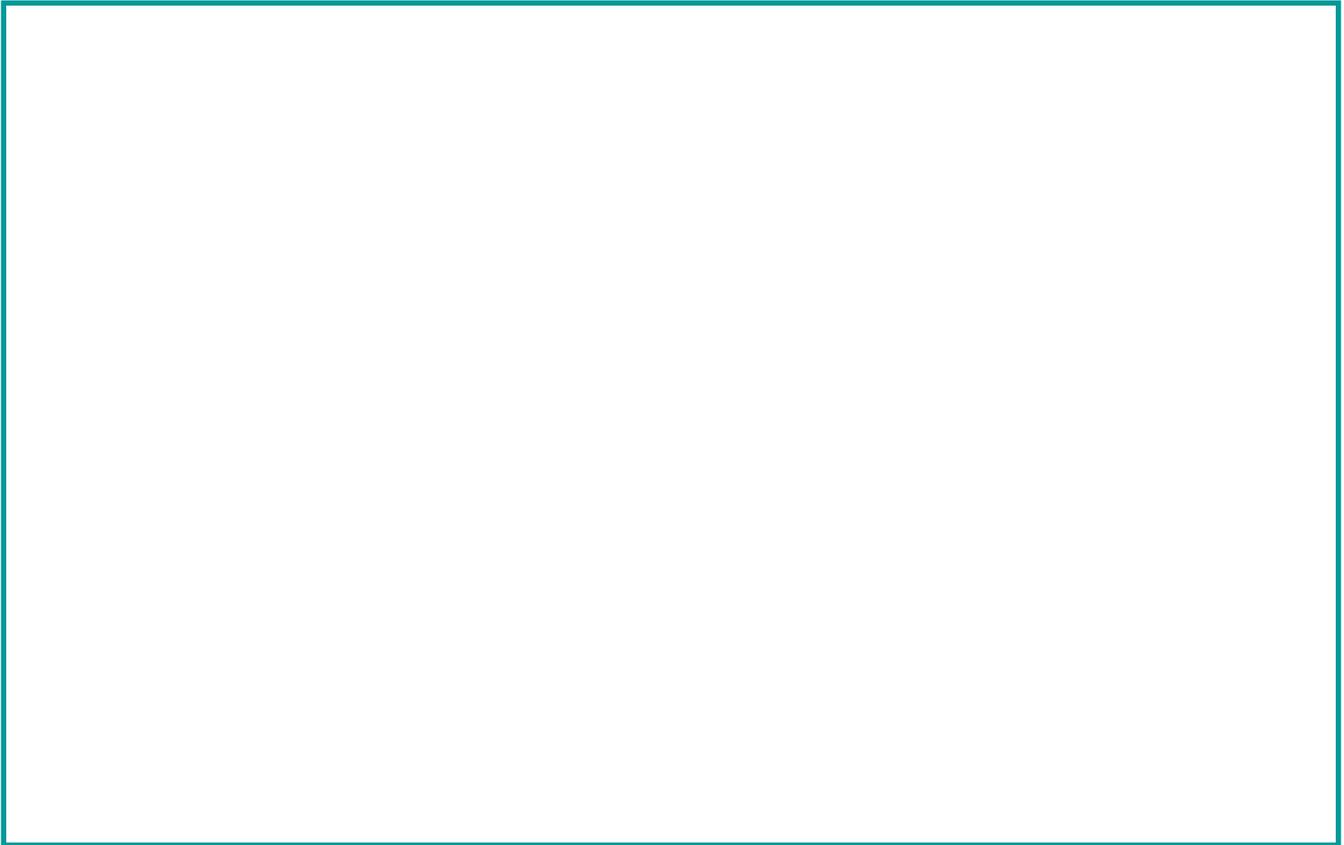
*Any key insights from the content of and the writing of the letter above:*

*What are your key takeaways from this exercise?*



# ALTAR OF FORGIVENESS

1. *If I were an altar, what would I look like? What colors, shapes, and materials would I be made of? Where would I be located? What kind of altar do I represent? Consider drawing, painting or even assembling an altar representing me.*



The Forgiveness Altar Meditation is short but powerful. Please be mindful of your space and time. Allow for a good 30 minutes for the meditation and for easing out of the meditation. As much as possible, set up somewhere you feel safe and protected. Please use this meditation with care and caution. This is something that you can return to again and again as you need, but like anything, you can overdo it. I wouldn't recommend this meditation any more than four times a year. After the meditation, drink a cup of tea or eat a nourishing meal. Expect to feel emotional afterwards.



2. *What were your 3 items?*

3. *How was that surprising? How was that not surprising?*

4. *How did it feel to place the items on the altar?*

5. *What do you need to be able to forgive those who have hurt you?*



6. *What do you need to be able to forgive yourself?*

7. *Who was in your circle of support?*

8. *How can you invite them to be a larger part of your healing journey?*

Healing habits is about opening ourselves up to pain and love. In order to heal, we must be willing to travel into the places inside that are hard, to confront our fears with compassion and to cheer ourselves on in hard times. When we are able to release from our pain by moving through it, then we invite greater connection and joy. However, this is not an individual journey. We need a community of care and support, practices of healing and spirituality, and strategies to build the world we need inside and out.



# WEEK 2:

## journal prompts

### Monday

1. *What are ways that you nourish yourself? (Activities, food, people)?*
2. *What are the ways that you engage in malnourishing actions?*
3. *What is one small action you can take towards greater nourishment in your life today?*

### Tuesday

4. *Today take ten minutes and write all the ways that you love yourself, your life and those you are sharing your life with (community, family, friends, partners, etc.).*

### Wednesday

5. *What are your current self-love and relational love practices?*

### Thursday

6. *What are love practices you'd like to adopt?*

### Friday

*Checking in: Have you tried all the meditations yet? Have you completed the worksheets? If not, try today or schedule a time this weekend to dive in.*

7. *Send a love text, a friendship text or write yourself a love letter. Consider recording this in your journal if you decide to write to someone else.*

### Saturday

8. *What am I learning from love and about love this week?*

### Sunday

9. *What have I learned from and about practice this week?*
10. *What have I learned about myself?*
11. *Any other reflections.*



# WEEK 3

Week three of Resilient is our last and is called, *Resilient*.

Over the last few weeks, we have practiced and will continue to this week.

Through spiritual and healing practice we move through a process towards creating the world we want by being the world we need.

Each of you is absolutely vital and yet so much of us feel expendable, like we are imposters who don't belong. We spend a lot of time in self-doubt, in pain, and in fear. Oppression shows up inside of us too, in ways that divide us from our connection to our sacredness, worth, intuition, to the natural world and our connection to each other.

The world is full of oppression and...so much resistance to that oppression. To return to connection is to return to liberation, to love in and live in the world we need.

The work of changemaking is a love letter to the world right now, and the world to be birthed.

And yet, it is often martyrdom, self-sacrifice, and perfectionism that are rewarded in our culture and in our work.

Instead, what if we showed up to our changemaking at that place where action and practice meet (see Liberatory Leadership worksheet)? This is the sweet spot where we get to embody our liberation in the building of collective liberation. If liberation is the goal, how can we be more liberatory with each other and ourselves in the process?



Practice often brings us in conversation with our inner truth, brings us in connection with others and helps us show up in the world as our best selves.

My practice brings up everything: my resistance to consistency, my impatience, my faith around my ability to show up, and my deepest fears (usually showing up and being vulnerable).

Often, our resiliency is strengthened when we show up to the conflict and challenge others and ourselves with softness and curiosity.

Practice helps sustain us so we can continue to show up, when it's easy but more importantly, showing up when we least want to. This is where healing really takes place. This is when our resiliency is strengthened.

In order for our work in the world to be impactful, we as activists, organizers, educators, artists and leaders must also be sustained. This happens through practices of connection, mindfulness and love. This happens through cultivating the relationship between practice and action.





## WEEK 3: resilient practices

*Courage Meditation (7 minutes)*

*Ocean/Fire Meditation (5 minutes)*

*Unconcerned Meditation (7 minutes)*

### **Advanced Practice:**

Every week I will offer advanced practice. These practices will likely stir up emotions. Check in with yourself around what you need most right now. Save this for later if you feel emotionally tender. If you choose to use this meditation, make sure to drink water and take more time before and after the practice to allow yourself to move through transitions with more spaciousness.

*Tunneling in the Body (12 minutes)*

A photograph of a campfire burning brightly in a stone fire pit. The fire is the central focus, with orange and yellow flames rising from a pile of logs. The fire pit is made of dark, rough-hewn stones. In the background, a dark tent is visible, and the scene is set at night with a dark sky. The overall mood is cozy and warm.

WEEK 3:  
worksheets



# ALIGNING PRIORITIES

In order to best address how you are spending time, resources and energy fill out the below columns to the best of your ability. **Involved**, should include commitments you have made that you feel dedicated to. For example, singing in the choir, grant writing at your work. The **Involved** category should include all your work and life projects, any caregiving or friendships that require a substantial amount of attention. Under, **Inspired** column, add trainings, programs, work-related and life projects that you have made some preliminary moves towards but have not full on committed to yet. For example, if you spend two hours a week looking up leadership trainings, you may be inspired to sign up for one at some point. The **Visions** column is for bigger visions that may not happen until five or even ten years from now. These may include items such as own a home, financial stability, or travel to Brazil.

## EXAMPLE

### Involved

*Grant writing*  
*Communications*  
*Train interns*  
*Org. Strategic planning*  
*SURJ chapter*  
*Father in hospice*  
*Weekly Farm volunteer*  
*Wellness Workshop in KS*  
*Cultural Organizing Training*  
*Organize Annual Event*  
*Board Meeting prep*  
*Org Leadership Team*  
*Childcare assistance*

### Inspired

*Advanced Yoga Training*  
*Learn Spanish*  
*Dance classes*  
*Ayurvedic Course*

### Visions

*Own a house*  
*Live Abroad*  
*Write a book*  
*Lead international retreat*



Involved

A large, empty rectangular box with a teal border, intended for notes or responses under the 'Involved' heading.

Inspired

A large, empty rectangular box with a teal border, intended for notes or responses under the 'Inspired' heading.

Visions

A large, empty rectangular box with a teal border, intended for notes or responses under the 'Visions' heading.

*Now look over your columns. What do you notice about them?*

*Say each item out loud and observe what happens to your body. Write down any reflections and connections that seem relevant to you.*

Go back and circle the items that made you feel aligned/good/happy/hopeful. Allow yourself to feel this out and avoid logically choosing. For example, your work does not need a circle if it doesn't feel in line with your values or energy right now.

Go back to the items you didn't circle. Can you get rid of up to three? Really challenge yourself to drop a few items off of your list. This doesn't have to be a forever reality but chances are you have an excess of responsibilities, obligations and thoughts occupying your heart and mind space.



List the circled items here in order of importance. What would you like to spend the most time on, add that to the top. Now add the non-circled items that you haven't completely crossed off, in order of energetic importance below.

**Involved**

**Inspired**

**Visions**

*What are the ways that you can center what's most important to you in your life?*

*How can you energetically shift the aspects of your life that are least matched up with your values, desires and visions?*

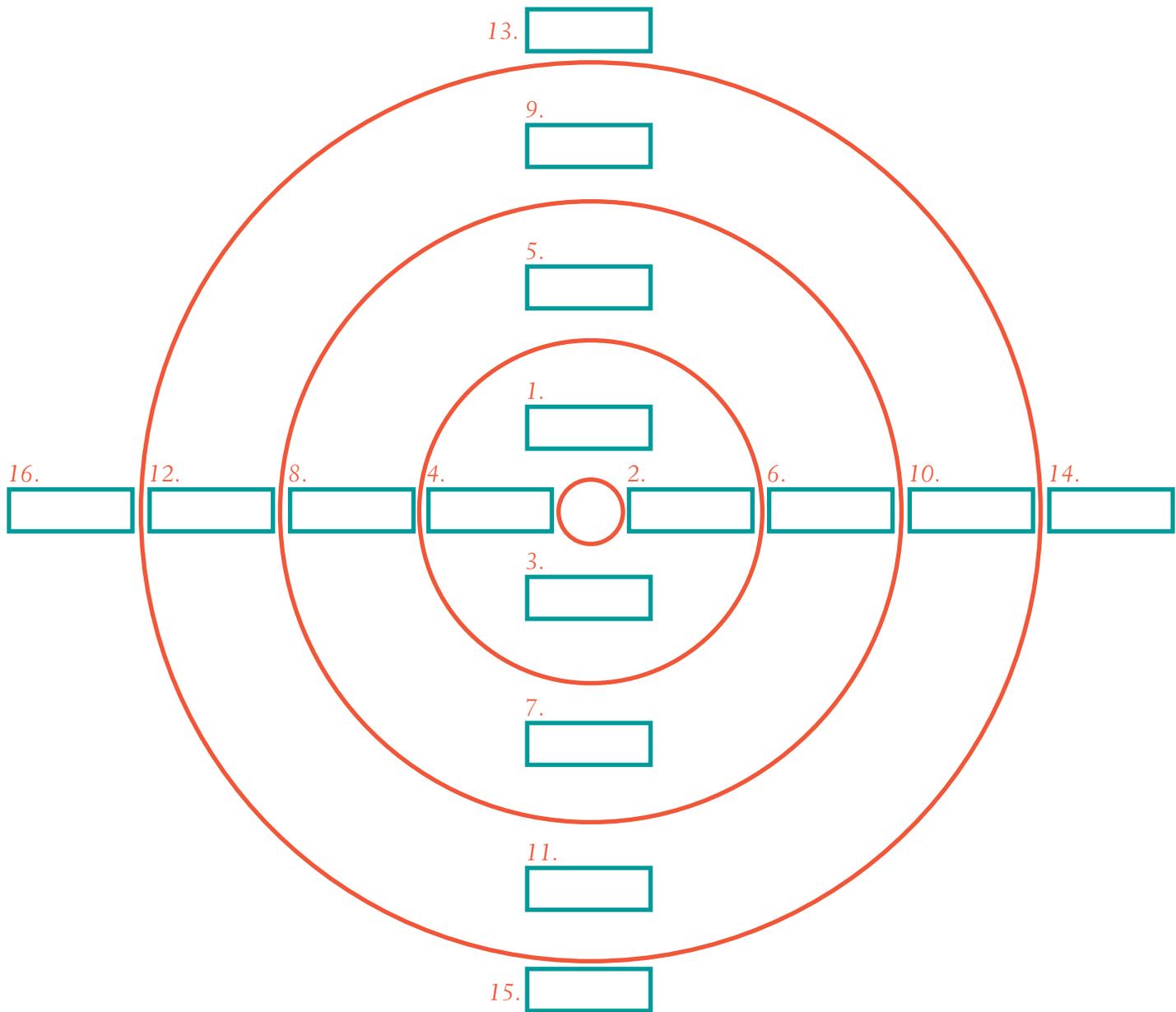


# PRESENT LIFE MAP

Take a few moments to ground in your body by breathing intentionally three times. When you are ready, honestly coordinate on the circles what you spend most of your energy on. Some categories may be: Wellness/Healing, Family/Community, Work/Creative Projects, and Travel/Learning. Feel free to make up your own categories. Be honest with yourself.

Now fill in the boxes starting in the center and moving out. The items you spend the most time on should be in the center of the map. What do these activities look like? How do you feel about them? What about them takes up energy? Review the **Aligning Your Priorities** worksheet and make sure these are included.





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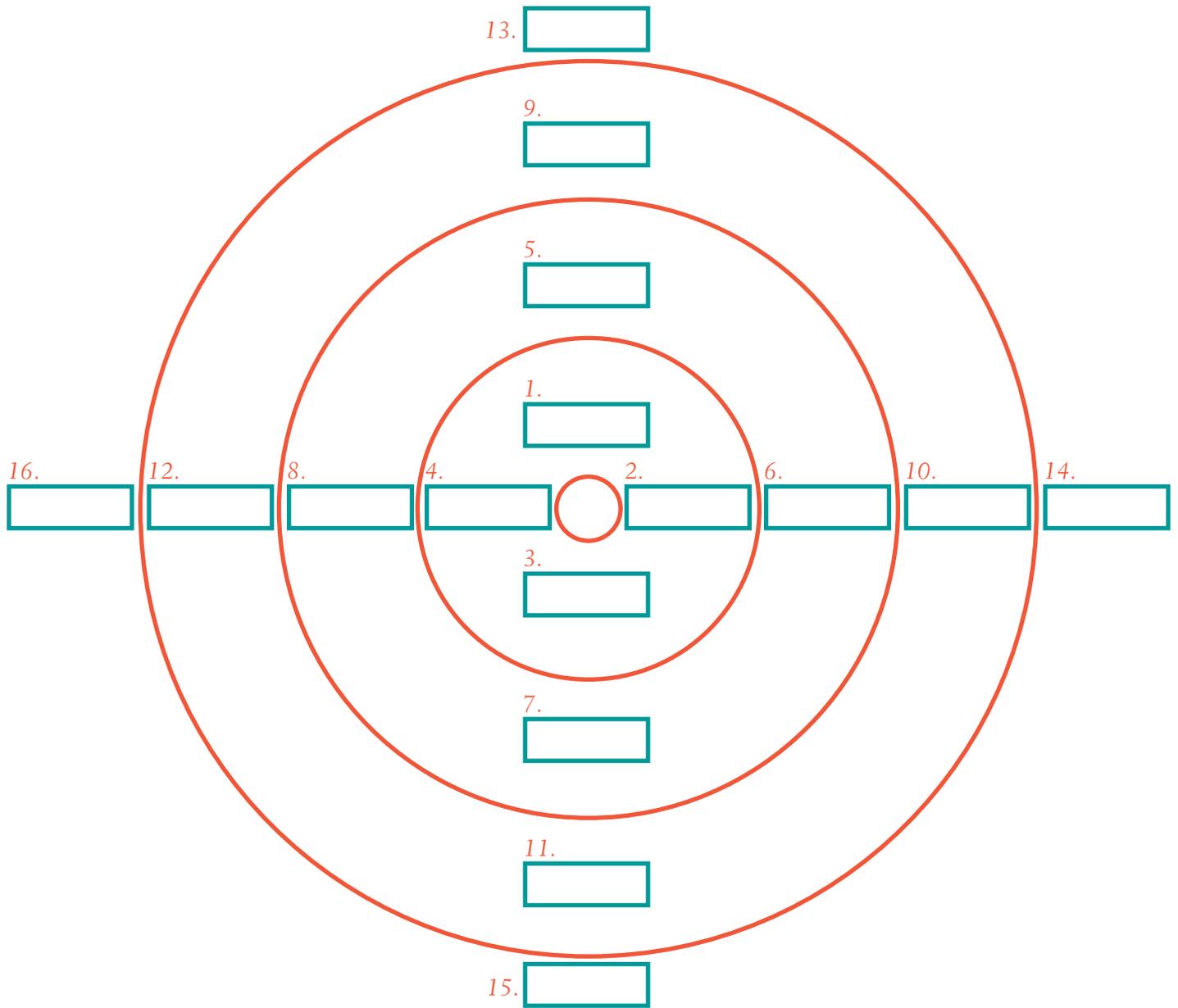
16.

# VALUES MAP

Take a few moments to ground in your body by breathing intentionally three times. When you are ready, honestly coordinate on the circles what you would like to spend most of your energy on. There are no musts here. This is your ideal life. Some categories may be: Wellness/Healing, Family/Community, Work/Creative Projects, and Travel/Learning. Feel free to make up your own categories. Be honest with yourself.

Now fill in the boxes attached to each map point. What do these activities look like? How do you feel about them? Why do you want to spend energy on them? Review your **Aligning Your Priorities** worksheet and incorporate any of these that you want in your life.





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Oftentimes, how we spend our time and energy is different than how we think we do. Take a moment to review the two maps above.

*Any insights from the Present Life Map and Values Map exercise?*

*What is one of your biggest takeaways from this exercise?*

*What are some next steps you can take to start living your values map more?*

*Now go back to the Aligning Your Priorities worksheet. Are there items that no longer belong? Consider shifting or eliminating more items so that you are able to create more space towards living a value-centered life as opposed to a time-committed life.*



# WEEK 3:

## journal prompts

### Monday

1. *How am I tending to my practices so I can tend to the world?*

### Tuesday

2. *How is my resiliency important to me, to the world?*

3. *What does my resiliency look like?*

### Wednesday

4. *How do I deal with conflict?*

5. *How do I want to approach conflict?*

6. *What do I need to do this?*

### Thursday

7. *Create a resiliency practice for your work, community or a comrade. Determine a time to practice with others, leading them through your practice. Make sure to record your learning from practicing in community, revise and try again and again!*

### Friday

*Checking in:* Have you tried all the meditations yet? Have you completed the worksheets? If not, try today or schedule a time this weekend to dive in.

8. *What was my favorite meditation or practice from this week?*

9. *What does this tell me about what I need?*

### Saturday

10. *What are questions or challenges that have arisen for me during this week? Over the last few weeks?*

11. *What do I need?*

### Sunday

12. *What have I learned during this 21-day practice?*

13. *What commitments am I making beyond this program?*



# big love to you for participating in resilient

Thank you for participating in Resilient.

For 21 days we practiced. Likely we did that imperfectly. Likely we didn't do as much as we had hoped. Perhaps we did more than we thought we would. Give thanks.

Take a breath.

You showed up. Acknowledge that and give gratitude.

Please use this guidebook (and credit the work) as needed for yourself and with others.

Practicing is a practice. Our movements deserve you. As you take care, I hope that together we will weave more care and love into the world and work. May we continue to strengthen our resiliency with every breath, with every practice, with every connection we make.

You are made of stardust!

Big Love,

A handwritten signature in teal ink that reads "Jardana". The signature is fluid and cursive, with a long horizontal stroke at the end.

P.S. Stay connected with my monthly newsletter, Love Letters for Liberation [here](#).

# PRACTICES

## WEEK 1: steady

- Grounding Meditation (10 minutes)  
Breath work and simple visualizations work to get you grounded and steady.  
<https://soundcloud.com/jardana/grounding-meditation/s-ikTyP>
- Connection Breath (9 minutes)  
Meditation and breath for transition and greater connection.  
<https://soundcloud.com/jardana/connection-breath/s-hc6qy>
- Yoga Nidra (29 minutes)  
Set yourself up on some blankets on the ground. Make sure you are comfortable! Yoga nidra means deep sleep. You may actually fall asleep during this meditation, that just means your body needed it! This meditation is working to get deep into your parasympathetic nervous system for restoration and repair. Benefits are many, including great for stress relief, better sleep and general healing.  
<https://soundcloud.com/jardana/yoga-nidra/s-zEOEH>

### Advanced Practice:

- Golden Serpent (8 minutes)  
Works to clear blocks and pain in the body.  
<https://soundcloud.com/jardana/golden-serpent/s-zZCOZ>

## WEEK 2: love

- Tender Heart (6 minutes)  
Gentle heart opening practice.  
<https://soundcloud.com/jardana/tender-heart/s-EdE5P>
- Body Gratitude Meditation (13 minutes)  
Body-love meditation.  
<https://soundcloud.com/jardana/body-gratitude/s-Mnoxy>
- Blossom Breath (8 minutes)  
Breath work to root to the earth and open your heart.  
<https://soundcloud.com/jardana/blossom-breath/s-8wH4m>

### Advanced Practice:

- Altar of Forgiveness (13 minutes)  
A meditation that works to open your subconscious through visualizations.  
<https://soundcloud.com/jardana/altar-of-forgiveness/s-aFYs8>

## WEEK 3: resilient

- Courage Meditation (7 minutes)  
Cultivate space inside of your life and body for courage to grow.  
<https://soundcloud.com/jardana/courage-meditation/s-EVTkR>
- Ocean/Fire Meditation (5 minutes)  
A meditation for grounded concentration and integration.  
<https://soundcloud.com/jardana/oceanfire-meditation/s-G4imk>
- Unconcerned Meditation (7 minutes)  
A meditation to release thoughts and decrease anxiety.  
<https://soundcloud.com/jardana/unconcerned-meditation/s-AB1yK>

### Advanced Practice:

- Tunneling in the Body (12 minutes)  
Go deep into the body to heal, examine and explore pain and tension.  
<https://soundcloud.com/jardana/tunneling-into-the-body/s-SJR16>

