

**Positively Contribute**

**Sharing**

**Meditate**

**Reflection**

**Healing Work**

**Consent**

**Allyship**

**Be Clear,  
Be Real**

**Do Better,  
Be Better:  
A SELF HELP  
GUIDE**

**Calling in/  
Calling out**

**Body Scan,  
Breathing +  
Concentration**

**Play**

**Be Kind To  
Yourself +  
Others**

**Know Yourself**

**Accountability**

**Political**



# Positively Contribute

It takes a great deal of energy for anyone who creates anything to bring it to life, to explore and publicly share an idea in its physical or digital form. Remember this.

Remember that your support is important, needed and valued. Remember that, if you can be present with

another's work, do it however you can, give (when it is welcomed) advice, physical items, money, general care and

support. If you can attend an event, be willing to contribute to its existence long-term. If you enjoy it, tell

others. If you don't, consider how you can help make it better for you and your community.



# Sharing

Put simply - ensure you are rooting for everybody Disabled, queer, trans, intersex, Black and person of colour. Share their posts, events & work; do this by word of mouth, suggest folx for the right things, include them in your creations. By sharing, you help to ensure that the communities we have built and are building continue to grow sustainably.



# Allyship

Understand what privileges you may hold compared to other members of the QTIBPoC community. With this knowledge, you will be better equipped to see other points of view, consider behaviours - including your own with more nuance, and evaluate the impact they may have on others - check yourself when needed. Your voice is an instrument to uplift others in your community, but be sure to not speak over them.



# Accountability

If you're not willing or prepared to hold yourself to account, you should not continue to share space with others.



# Accountability

**Accountability** should not be about individual punishment; the overall goal is to fight oppression & transform all people and collective groups into supporters of equity, justice, reparation, respect & restoration.

Practise **Accountability** in real time - don't wait until the end of the harmful interaction to call someone in / out. It is necessary to **Hold** abusers and their supporters accountable too ; because as the proverb goes :

*\*Show me your friend and I will tell you who you are\**

*Call in / call out harmful behaviour so as not to enable it in the future or contribute to the harm caused*



# Accountability

## Calling in

A private addressal of harm that has been caused - particularly relevant when addressing harm caused by community members, racialised people, intimate friends and family

## Calling out

A public addressal of harm - particularly relevant when addressing intentional abuses of power. Being afraid to call out / call in harmful behaviour contributes to harm caused and may even enable it to continue in the future



# Cancel Culture

There is a very active shift in community actions towards ensuring we do not leave our own behind as a result of issues that could end in resolution.

When we 'cancel' people, we can do a lot of harm, harm that manifests mentally, socially & physically to them, and to us - often this cannot be undone.

We all are entitled to dealing with trauma in our individual ways; but there is always room for intentional and guided strategies towards resolution. We can employ these to address actions or words that are harmful. We encourage you to create a culture of calling in - this means communicating openly and honestly - with the aim of a resolution that allows for growth, healing and understanding.





# Political

Our collective freedom is something that we continue to fight for and our progress remains a combined effort. Supporting QTIBPoCs means doing this in everything, all the time. When called upon to vote, sign petitions, use your voice or simply stand up - be sure to show up (however is realistic and plausible for your existence) and do just that.



# Meditate

**Meditation** is a universally indiscriminate language that anyone can employ to heal / soothe.

It comes in many forms and methods with breathing being the main - and sometimes only concentration point throughout the session.

*'Don't forget to be, loves. Unclench those jaws, drop your shoulders, open your chest, spine straight - never folded over. Inhale and open your heart, Exhale and release that which has withered - remembering to always COME BACK TO YOU; the infinite, the start.'*



# Meditative Methodologies

## Body Scan, Breathing + Concentration

This is a physical + mental exercise whereby you either - Direct your attention to / focus your energy on a specific part of the body that requires healing or tension released from it.

You can harness / move energy around your body to help unblock and reset your being using your breath.

**Duration :** can vary from a minute to an hour - or more - if you so decide!

## Crystal Healing Work

Using the capacity of your chosen crystal/s, you can incorporate your intention into breath and focus to encourage physical healing.

This can be done via energy that is transmitted through the crystal and into your body / environment.

Each crystal has a different purpose and can affect : absorption, direction, diffusion, transmission & release of intended anatomical vibrations with/in and outside of the body.

Some crystals to consider: **Tiger's Eye, Rose Quartz, Yellow Jasper, Obsidian, Amethyst, Clear Quartz.**



# Know Yourself

Identify your needs and desires well enough to create ongoing personal discourse - which can aid & foster healthy internal, professional, platonic, sexual, spiritual, kinky and romantic interactions.



# **Be Kind To Yourself + Others**

**Fostering a healthy and sustainable relationship with yourself is imperative to navigating our current existences. Softness & kindness with ourselves goes a long way in helping us recognise and empathise with others.**



# Be Clear, Be Real

Through Communication, create a requirement of yourself to push through the discomfort that sometimes stops us from honestly and healthily sharing our truths aka *radical honesty.*



# Consent

Consent is key.

"Yes" means "Yes" - and it is okay to change your mind post "Yes" to say "No" (and vice versa!).

Silence means "No". "No" means "No".

We know that you know this to be true and it's something that we hope you take very seriously.





Carving out space for laughter, frolicking and free play is a mode of physical regeneration and mental rejuvenation that should be a priority for us all.

Spend time with the sound of joy in your throat, allow your body to remember what it feels like to be free and happy.

When you can, share your joy with your loved ones too, take time out to play, spread the love, spread the joy!





# Sexual Play

Harlotry, aka 'being a slag on your own terms' aka 'living your best hoe life' is something we are enthusiastic advocates of - you can do whatever you want to do with your body. It is an absolute necessity to counterchallenge shame culture that stops us from truly existing in the fullness of our sexual desires. Be unapologetic in your pleasure. Eroticism is useful in universally exhilarating and infinitely educational ways - not just for orgasms.



# Reflection

Reflection is the skeleton of everything noted in this guide. It is the main vein running through to ensure an effective meditative and healing process.



# Reflection

It requires; taking and giving yourself the time & space to sit with your achievements, decisions, experiences & interactions.

This is a truly transformative tool because in this capitalistic society where productivity and worth are made to feel mutually exclusive, it is imperative that we take the steps necessary for grounding and intentionally accessing the roots to the why's? of our actions.



# Reflection

Equally - acknowledging & understanding how things are going or how we are doing provides us with vital space needed to map out and clearly address that which serves us, what needs to be celebrated, reconfigured or terminated.



***"Don't forget  
to breathe,  
loves!"***

**Tobi Adebajo**

