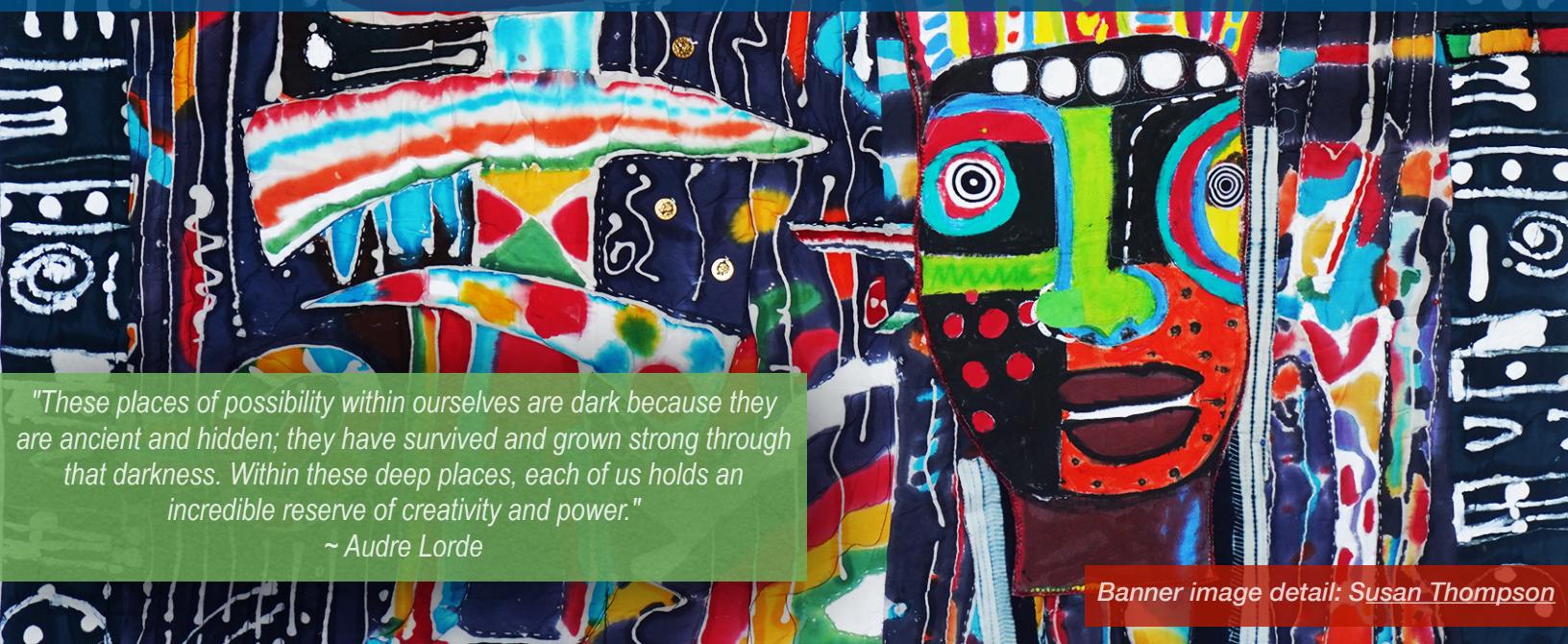


Passageways: The Place of Possibility Within Us



A Workshop Series sponsored by Transformative Action Project



"These places of possibility within ourselves are dark because they are ancient and hidden; they have survived and grown strong through that darkness. Within these deep places, each of us holds an incredible reserve of creativity and power."

~ Audre Lorde

Banner image detail: Susan Thompson

“Loving Our Shadows” with Rahil Rojiani and Guangping Chu

Date/Time:

June 2, 2021, 7:00-8:30 PM

UPDATED Workshop link: <https://northeastern.zoom.us/j/95451884672>

Description:

The world has told us that our shadows do not belong. We have told ourselves that our shadows do not belong. So we struggle to hide our rage, our fear, and our shame, from the world and even from ourselves... often unsuccessfully. What could it mean to embrace these shadows? Could we imagine loving ourselves so fully that we can invite our shadows to sit beside us, be held, and receive the care and attention they've so long been asking for? What possibility, healing, and power might emerge? We'll play with meditation, creative connection, and discussion to live out these questions. May this gentle trauma-informed exploration of our shadows help us get free, together.

Rahil Rojiani (they/them) is a psychiatry resident at Cambridge Health Alliance, and a mindfulness facilitator and teacher through multiple secular and Buddhist lineages. A queer South Asian Ismaili Muslim, Rahil is dedicated to the intersection of social justice, contemplative practice, and somatic healing for collective liberation.

Guangping Chu (they/them) is a Boston public school teacher and mindfulness meditation facilitator. They practice Buddhist meditation, yoga, and cultural somatics, and they see these contemplative practices as integral to social justice and our collective liberation.

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