


feels

good!

reflections on  
mindfulness & healing  
in QT/BIPOC community



"i don't think healing follows directions.  
the truth is that i don't know what we become when we heal. none of us does..."

FOR ME, MINDFULNESS IS

COMMUNITY.

MY SISTER SAVED MY LIFE

WHEN SHE TAUGHT ME

HOW TO MEDITATE,

HOW TO BREATHE

SHE SIGNED US UP TOGETHER

FOR A CLASS CALLED THE

"BLACK FEMINIST BREATHING  
CHORUS"

21 DAYS OF BREATHING MINDFULLY

WHILE LISTENING TO THE WORDS OF

AUDRE LORDE, PAULI MURRAY,  
MELVIN DIXON, OCTAVIA BUTLER,...

IT WAS THE FIRST TIME I ENCOUNTERED

QUEER BLACK THOUGHT TREATED AS  
ITS OWN

SCRIPTURE

◀ IT CHANGED ME ♡

I LEARNED THAT WE CAN LOOK TO  
OUR OWN BELOVED COMMUNITIES  
FOR THE HEALING PRACTICES THAT  
CALM, CENTER, BALANCE & STRENGTHEN  
US ———

& THIS IS MINDFULNESS!

FINDING WAYS TO LOVINGLY DEEPEN  
OUR AWARENESS: OF OUR MINDS,  
OUR BODIES, OUR FEELINGS, & OUR  
CONNECTION WITH EVERYTHING  
THAT IS

"i know that when i opened  
up to myself i became more  
of me. i became curious &  
porous. i cried more  
& argued less..."

# PRACTICES to try.....

... AFFIRMATIONS...  
@HOME WITH OURSELVES

INDIA.ARIE SAYS, "THE WORDS THAT COME FROM YOUR MOUTH / YOU'RE THE FIRST TO HEAR" ... HOW DO YOU SPEAK TO YOURSELF? MY FIRST QTBIPOC THERAPIST HELPED ME TO HEAL MY SELF-IMAGE BY LEARNING TO FOCUS ON WHAT I DO LIKE ABOUT MYSELF. AT FIRST I COULDN'T SAY POSITIVE THINGS ABOUT MYSELF WITHOUT FEELING REALLY EMBARRASSED, BUT OVER THE YEARS I'VE GOTTEN REALLY GOOD AT COMPLIMENTING & APPRECIATING MYSELF. IT'S BEEN LIKE MAKING A NEW FRIEND, 😊 THIS RE-MEETING & RE-RECOGNITION OF ALL THAT'S GOOD & WORTHY & BEAUTIFUL IN ME. NOW I START EACH MORNING BY LOOKING IN THE MIRROR & SAYING A LINE FROM QTBIPOC POET ESSEX HEMPHILL:

:- " i love myself enough -  
:- to be who i am!" -

"i knew where my fight  
belonged & where it didn't.  
i knew where i belonged,  
& i insisted on remaining."

HEALING TOUCH:  
HUGGING MEDITATION ☺

THIS IS MY FAVORITE PRACTICE TO SHARE  
WITH FRIENDS! IT FEELS SO GOOD TO GIVE  
& RECEIVE LONG, MINDFUL HUGS & ENJOY  
FULLY: FEELING THE OTHER PERSON IN  
YOUR ARMS; THE RHYTHM OF THEIR BREA-  
THING AS THEY INHALE & EXHALE; THE  
PRECIOUSNESS OF THEIR LIFE & THE JOY  
THEIR FRIENDSHIP BRINGS TO YOUR OWN  
LIFE; CHOOSING TO ALLOW YOURSELF TO  
SOFTEN & TO BE ☺ HELD ☺ BY A LOVED ONE ...

YOUR PRESENCE, YOUR HUG, YOUR  
FRIENDSHIP CAN HEAL SO MUCH ☺

DEEPENING FRIENDSHIPS:  
TRUST & CONVERSATION ☘


A COUPLE OF MY CLOSE FRIENDS & I MAKE SPACE REGULARLY TO PRACTICE MINDFUL LISTENING WITH EACH OTHER. ONE PERSON SPEAKS EVERYTHING THEY WANT/NEED TO SAY, WHILE THE 2<sup>ND</sup> PERSON LISTENS WITH ALL OF THEIR ATTENTION. NO RESPONDING, NO INTERRUPTING, JUST HEARING DEEPLY.

WHEN THE FIRST FRIEND FEELS LIKE THEY'VE SHARED ALL THAT'S ON THEIR HEART & MIND, YOU SWAP! & NOW THE 2<sup>ND</sup> FRIEND CAN OPEN UP & TRUST THAT THEY TOO WILL BE HEARD. EVERY TIME YOU LEARN SO MUCH, ABOUT YOUR FRIENDS & ABOUT YOURSELF...

— IT TAKES COURAGE TO SHARE YOUR THOUGHTS & FEELINGS WITH A LOVED ONE FOR 10, 20, 30 MINUTES... & IT TAKES FOCUS & PRESENCE TO REALLY, REALLY LISTEN ☘

EXTRA  
GOODNESS... ♡

affirmations:  
"SELF CARE PACKAGE"  
(album by LONDRELLE ♡)

representation:   
"QUEER LOVE IN COLOR"  
(book of photo-essays by  
JAMAL JORDAN)

hugging tips!  
"BORN TO CUDDLE: THE RADICAL  
POTENTIAL OF PLATONIC CUDDLING  
TO OVERTHROW THE HETEROPATRIARCHY"  
(zine: cuddlezine@gmail.com)

WITH LOVE, GRATITUDE  
& RESPECT...

PRACTICES SHARED BY  
ZEN MASTER THICH NHAT HANH

quotes on healing  
from Prentis  
Memphill, "the  
wisdom of Process"

dedicated  
TO  
Jenelle ♡

Seattle's  
LGBTQ+ Center  
formerly Gay City <sup>TM</sup>

nata davis-reed ♡