

# **A Retrospective on Milestones and Lessons Learned**

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**Working to Create Beloved  
Communities Where We Can All Thrive**

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# “Liquefy”

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- The transformation from a caterpillar to a butterfly is a messy endeavor
- The caterpillar uses enzymes to liquefy itself
- DNA disks are left behind to organize and develop into a butterfly

[https://www.youtube.com/watch?v=vL73AE5yD\\_w](https://www.youtube.com/watch?v=vL73AE5yD_w)



# Building Beloved Community

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- Offers us the opportunity to love and care for one another as human beings and to build the trust needed to successfully leap into the unknown together— to imagine, to disagree, to risk. From there great things are possible.



# Beloved Community

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- Love is creative and redemptive
- Love is builds up and unifies
- Yes, love—which means understanding, create, goodwill, even for one's enemies  
—is the solution...

*Martin Luther King, Jr. 1957*



# Elements of Movement Building

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- Deep and sustained care for ourselves and others
  - Spaciousness
  - Breathing
  - Movement
  - Honest and compassionate communication
- Third Way thinking – non-binary
- Focus on “the Last Girl”



# Movements

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- Movement makers move when and with whoever is ready, willing, and open to move forward
- Movement makers build critical mass
- Movement makers do not wait for everyone to agree
- Those who do not want to lead can take their own path up the mountain.



# Forward Stance

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- Mind-body approach to movement building
- Emphasizes proactive, strategic action that draws from sustainable energy in a constantly changing environment
- 60/40 Stance™ - developed by the IZS-Applied Zen program of the Institute of Zen Studies.
  - Norma Wong



# Change vs. Transformation

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- Transformation: Transformation happens when people are ready for it
- Transformative change occurs in leaps and bounds
- Transformation is a radical strategy



# Strategic Thinking

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- Bold leaps and Badass moves
- Interrupt habits and establish practices
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- Focus on real solutions



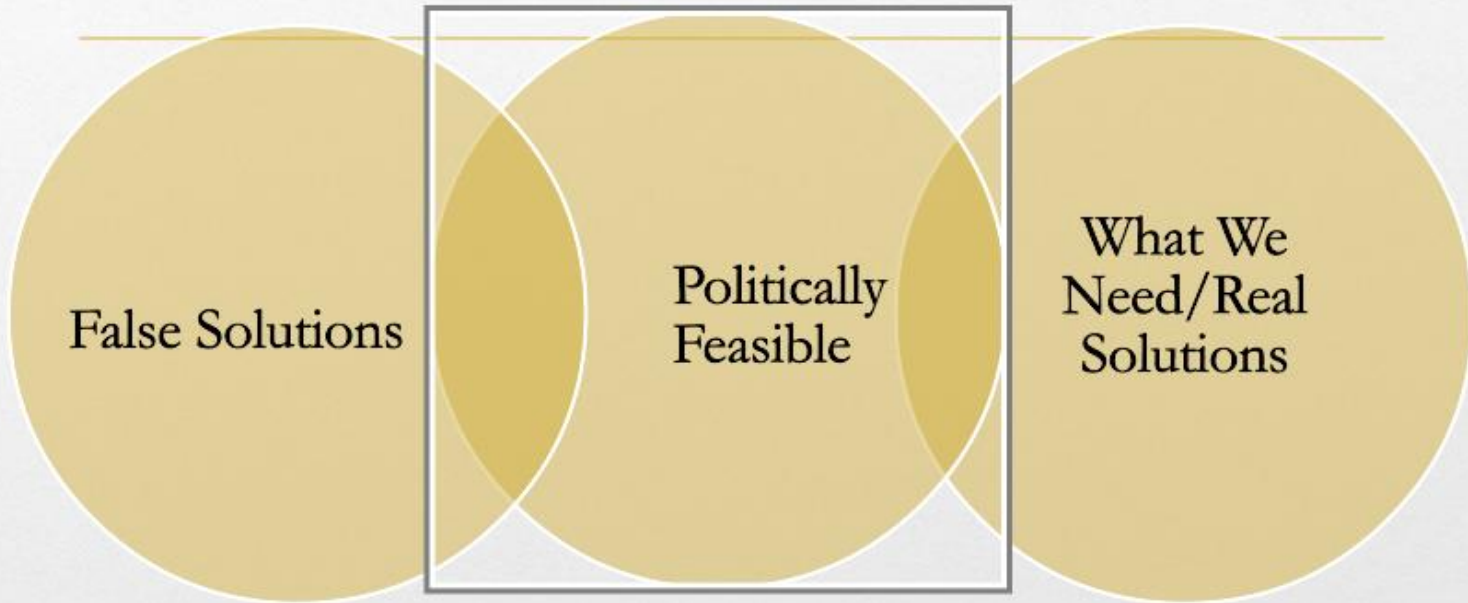
# Habits vs Practices

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- Interrupting Our Habits
- Learning New Practices



# False Solutions vs Real Solutions





# Paths Up the Mountain

- Gender and Racial Justice
- State Violence and Over Criminalization
- Economic Justice
- Democracy & Electoral Politics
- Environmental
- Culture Shift & Social Norms
- Standing with Indigenous Communities
- Immigration and Liberating Borders





Are we rebuilding in the path  
of the hurricane?

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Are we cattle running away from the  
Storm or buffalo running into the storm?





# Questions?



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