

# ELEVATING THE SOUL:

## GUIDELINES FOR REGENERATION DURING IMPACT MOMENTS

*“We already possess everything we need to meaningfully respond to the moment”*

This quote embodies a core belief of the UndocuHealing Project. With this belief in mind, we developed the following resource to help individuals, partnerships, groups, families and organizations uncover where imbalance may exist. These imbalances highlight important lessons as well as opportunities to heal, reconcile, and reconnect.

# HOLISTIC BEING & CARE FRAMEWORK

We invite you to openly investigate different aspects of your life by engaging with the questions within each section of this resource. This main graphic below represents the UndocuHealing Project's core framework for holistic care. We hope the resulting reflections can be particularly helpful during *"impact moments"*— situations that disturb, undermine and/or disrupt our central way of being. We wish you health, happiness and help on your path to regaining, returning and/or rebuilding your center.

## VOCATIONAL BALANCE

What is our purpose in life? There is probably no other question more core to our existence as human beings. Here we are mindful of the things that give us direction and purpose. This can be far more than a job or career — it is about how we create ways to contribute, how we affect the lives of others and what legacy we leave behind before we pass away.

## PHYSICAL BALANCE

Our sacred body is the home for everything! It is our temple and our foundation. Here we are mindful of what we absorb, ingest, and release. Our body, like all of nature, looks to optimize rather than maximize energy creation and output. We are mindful of the balance between action, rest, regeneration and preparation.

## CONNECTIVE BALANCE

Every aspect of our being is built for connection, interdependence and relationship. Here we bring mindful intention and attention to our relationships with family, friends, romantic partners, co-workers, strangers, animals, the Earth, our ancestors and the rest of the universe.

## EMOTIONAL BALANCE

As human beings, we have a deeply rich and complex emotional life. Here we are mindful of what actions and thoughts our emotions are directing us toward. We seek to understand and form new relationships with the energy we generate during a specific emotional state or when a combination of emotions arise.

## SPIRITUAL BALANCE

Our spiritual connection is both extremely innate and, often difficult to maintain in our society. Here we bring mindful attention to the things in our lives that we cannot explain or that exist far beyond our perception. The universe we live in is vast in ways we can never completely comprehend. Faith, imagination and intuition are powerful doorways to elevating our spiritual existence. We look to find ways to unlock and unblock the things which prevent us from tapping into our spiritual consciousness and maturity.

## MENTAL BALANCE

The mind is the forerunner of all things. Here we are mindful of the stories we tell ourselves about the world around us. Our mind is a "meaning-making" organism which allows us to critically investigate our lived experiences in search of meaning, patterns and connection. Here we are mindful of our mental complexity, flexibility and acceptance in order to negotiate difficult and/or sudden experiences. This type of "belief-flexibility" can be helpful in a messy world filled with harsh and complicated contradictions.



## SLEEP



- How many hours do you normally sleep at night?
- At what time do you normally go to sleep at night?
- How do you normally feel when you wake up?

## ILLNESS



- How often do you tend to get sick in a given year?
- When you do get sick, how often do you take time off from work/school?
- Do you have someone in your life who can care for you when you are sick?

## SITTING



- How many hours a day are you in a sitting/static position?
- What is your typical seated posture?

## EXERCISE



- How many hours of exercise do you get a week?
- Do you have any physical conditions or injuries that tend to persist and/or prevent your physical mobility?

## SUBSTANCES



- Have you utilized substances to influence your physical/emotional/mental state? Which ones?
- What mood(s) contributes to and/or follows your use of certain substances?

## INTIMACY



- How often has your sexual intimacy been consensual, safe and satisfying?
- Do you and your partner(s) speak/communicate to each other throughout sexual intimacy?
- How comfortable and/or safe do you feel with physical/sexual intimacy?

## HYDRATION



- How much water do you drink throughout the day?
- How much water do you consume from bottled water?

## NOURISHMENT



- How consistently do you eat full and nutritious meals during the day?
- What time is your latest meal?

## TOUCH



- How often are you able to engage in physical touch that is safe, soothing and satisfying for you?
- Do you feel discomfort or anxiety during physical contact with others?

## INGEST

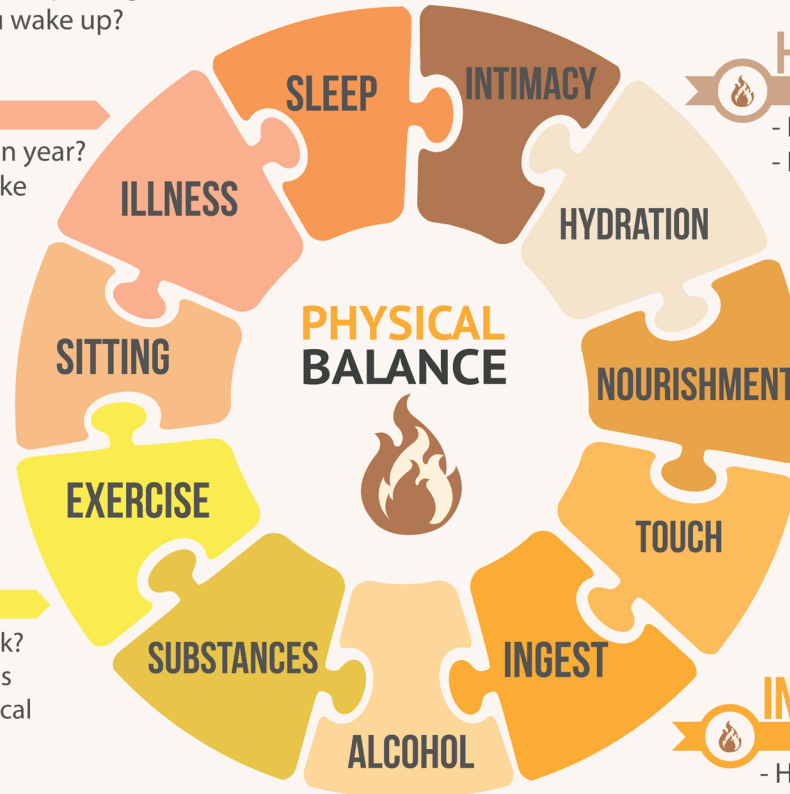


- How much caffeine do you consume daily?
- How much sugar do you consume daily?
- How much sodium do you consume daily?

## ALCOHOL



- How often do you consume alcohol in a given week?
- What mood(s) usually lead to you drinking alcohol?



## LOVE

- Have you felt deep love recently? If so what was the source of it?
- What consistently brings you love?
- In any given situation you experience, is love/empathy your main/consistent initial response?

## JOY

- Have you felt deep joy recently? If so, what caused it?
- What consistently brings you joy?
- In any given situation you experience, is joy your main/consistent initial response?

## ANGER

- Have you felt deep anger recently? If so what has caused it?
- What consistently makes you angry?
- In any given situation you experience, is anger/confrontation your main/consistent initial response?

## FEAR

- Have you felt deep fear recently? If so, what has caused it?
- What consistently brings you fear?
- In any given situation you experience, is fear/anxiety your main/consistent initial response?

## SADNESS

- Have you felt deep sadness recently? If so, what has caused it?
- What consistently brings you sadness?
- In any given situation you experience, is sadness/depression your main/consistent initial response?





## ARGUMENT

- When was the last time you had a spirited and healthy debate?
- When someone makes a more compelling point or argument than you, how are you left feeling?

## INVESTIGATION

- Do you feel equipped to be able to research the questions that are unanswered in your life?
- If you don't know something, what is your normal response?

## LEARNING

- Do you know your learning style? (Visual, Logical, Aural, Verbal, Physical)
- Is there a hobby or skill you've been wanting to learn?

## DREAMS

- Do you remember your dreams?
- How often do you write down all of your dreams?

## CHALLENGES

- What life experiences still do not make sense to you?
- When your beliefs are directly challenged, what is your main reaction?

## MEMORY

- Do you keep a diary or journal? Have you read it since you last wrote in it?
- What types of memories do you tend to remember very vividly?

## YOUR STORY

- Why does the world operate the way it does, in your mind?
- Why do people do the things that they do?

## TRUTH

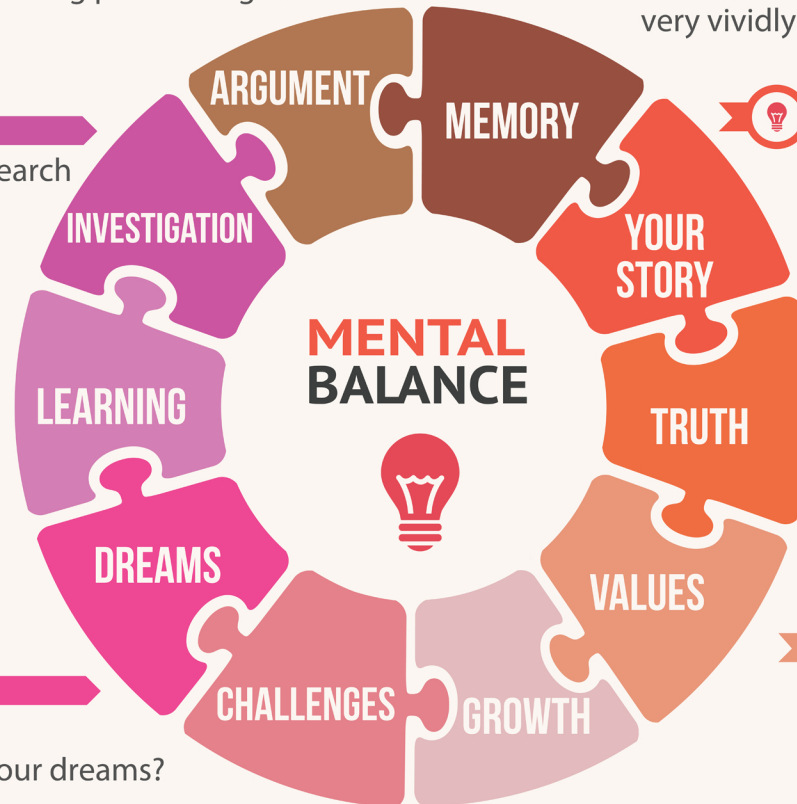
- Who/what do you rely on to tell you the truth?
- How difficult is it for you to change your mind about something you believe in deeply?

## VALUES

- What are core values that you would have a difficult time letting go of?
- Have there been core values you've changed in your life?

## GROWTH

- How often do your actions match your values?
- Why do you struggle to embody certain beliefs?



## PRAYER

- Do you have a consistent prayer life?
- When do you normally find yourself in prayer?

## HISTORY

- Do you know the historical experience of your people, community and/or identity in the United States?
- When confronted with the oppression, state violence, discrimination and targeted exploitation of other human beings, what is your normal reaction?

## MEDICINE

- Do you know what your ancestors used as traditional medicine?
- What type of home remedies were used on you as a child?

## ROOTS

- How connected do you feel with your ethnic/national traditions?
- How connected are you to your language of origin?

## RITUAL

- Do you have a tradition or ritual that you rely on for grounding?
- Do you have a sacred space in your home, workplace and/or vehicle?

## ENERGY WORK

- Have you ever received energy work/healing and what was the effect?
- Do you understand what you need to maintain energetic balance?

## ANCESTORS

- What do you know about the lives of your ancestors?
- Have you met your grandparents?
- How familiar are you with your parents' life journeys?

## EARTH

- How does the destruction of nature affect you?
- Do you interact with animals, insects or plants on a consistent basis?
- When was the last time that your bare feet dug into soil?



## DISLIKE

- What traits in people do you find challenging? Do you dislike?

## EXPECTATIONS

- How do you react when someone in your life does not meet your expectations?

## CONFIDENTIALITY

- How often do you find yourself complaining about the people in your life?
- Have you ever asked for confidentiality within a relationship? Was it upheld?

## AFFIRMATIONS

- How often do you share compliments and affirmations with the people around you?
- What does it feel like to receive genuine praise and affirmations?

## DEEPEN

- Have you ever explicitly asked a friend to deepen your friendship/connection?

## FORGIVENESS

- Do you have people in your life you have not forgiven?
- How difficult is it for you to forgive transgressions against you?

## LISTENING

- Are you able to listen actively and mindfully?
- Do you get distracted or day-dream when in conversation with others?

## EXPRESSION

- What method do you use to express yourself most?
- Do you find yourself holding back when you have something important to share?

## VULNERABILITY

- Who in your life do you feel completely vulnerable with?
- What does it usually take for you to open up to people?

## COMPROMISE

- Is there anyone in your life who drains you?
- Is there anyone in your life who makes you feel invisible or inferior?



## VALUE

- How do you measure the value of someone's work?

## STRENGTHS

- If you could only offer one skill to an organization, what would it be?
- What is something you could easily teach to other people?

## BLOCKS

- What consistently prevents you from doing the things you are passionate about?

## LEGACY

- Are you doing the things you were EXPECTED to do as a child?
- Are you doing anything EXCEPT the things you were expected to do as a child?

## ENERGY

- What type of things give you an "infinite" amount of energy?
- What things can you do well despite being tired?

## REFLECTION

- How often are you able to sit and reflect on your life purpose?
- When was the last time you asked someone to help you reflect on your life purpose?

## ROLE MODELS

- Who are your closest role models?
- Why are these people your role models?

## CONTRIBUTION

- What is something that you do which improves the lives of others?
- What is something that you do which can help those who are most marginalized, targeted and discriminated against?

