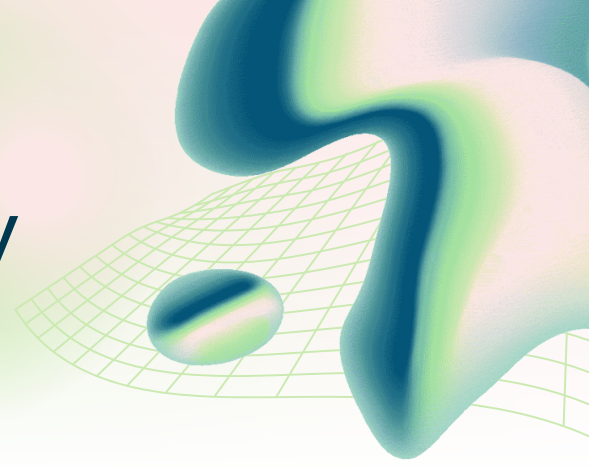


# THE CONSCIOUS LIBERATION JOURNEY

A map for your personal growth



This document outlines the Conscious Liberation Journey, a path towards understanding and dismantling systems of oppression, fostering healing, and promoting sustainable personal and collective liberation. It's a looped journey with each step informing the next, creating a regenerative cycle of growth and change.

## Journey Map

The Conscious Liberation Journey is a cyclical process, not a linear one. It involves continuous learning, reflection, and action. Here's a breakdown of each step:

### Step 1: Orientation

- Intro to Systems of Oppression
- Safety
- Language
- Entry

This initial phase focuses on grounding oneself in the fundamental concepts of oppression and establishing a safe and accessible entry point. It involves becoming familiar with the language used to discuss these topics and creating a supportive environment for learning and growth.

### Step 2: Understanding

- Liberation Foundations
- History
- Context
- Clarity

Delving deeper, this step emphasizes building a strong foundation of knowledge about liberation movements, understanding the historical context of oppression, and gaining clarity on the complexities of these issues. It's about developing a comprehensive understanding of the systems at play.

### Step 3: Integration

- History, Harm & Healing
- Processing
- Capacity
- Sustainability

This phase is about internalizing the knowledge gained and applying it to personal experiences. It involves processing past harms, building capacity for resilience, and developing sustainable practices for ongoing growth and healing.

#### **Step 4: Renewal**

- Return to Self Retreats
- Rest
- Restoration
- Recommitment

Renewal is crucial for sustaining the journey. This step emphasizes the importance of rest, restoration, and recommitment to the path of liberation. It involves returning to oneself, reconnecting with one's values, and reaffirming one's dedication to creating a more just and equitable world.

The journey then loops back to either *Foundations* (Step 2) for a deeper dive into understanding or *Practice* (applying what has been learnt), creating a continuous cycle of learning, integration, and renewal.

*Liberation is not linear. It is a rhythm.*