



What sort of activities it may involve?

- **Wise**
- **Present**
- **Intuitive**
- **Grounded**
- **Emotionally Attuned**

- Holding circles or gatherings
- Offering emotional support
- Timing collective actions
- Reading group energy dynamics



Rigoberta Menchú, a K'iche' Maya woman, has spent her life as a guardian of Indigenous memory, voice, and rights. In the face of brutal civil war, she chose storytelling as resistance. Her autobiography – I, Rigoberta Menchú – gave voice to the struggles of her people and the spirit of Indigenous survival. Awarded the Nobel Peace Prize, she holds the pulse of a culture threatened by colonisation and conflict, embodying resilience, spiritual depth, and the enduring power of ancestral knowledge.