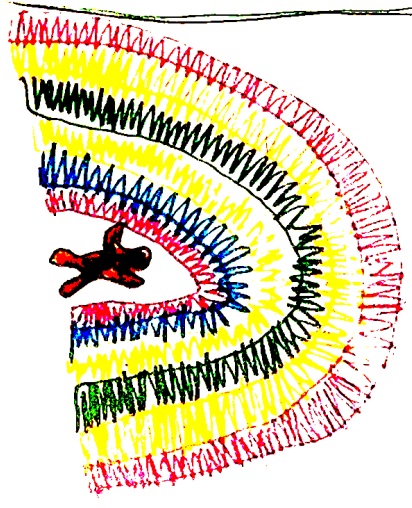


\* Acknowledge Indigenous Territories

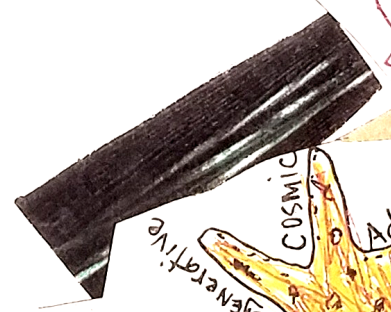


SEND  
HOPE

# SELF CARE

the only way is through

You Ready



Relationship  
with Yourself





# BUILD TOGETHER

Behind the Scenes

INSPIRED BY:

THE QUALITIES OF THE  
MAJESTIC BAOBAB TREE

ENVIRONMENTAL CARE

STRONG STRUCTURE

LONG TERM SUCCESS

TRANSPARENCY

CREATIVITY IN OUR ROOTS

PROTECTED PARTNERSHIPS

ILLUSTRATIONS

Kuwa  
jasiri Indomela

AND WRITING

Layout & Design  
Cover Photo

Language of Pages

Chichewa of Malawi

Authentic Creations Publishing Apothecary is a grassroots initiative spreading the wisdom of Seeds through tending the wounds of Communities Of Heritage (Of Colour) and their land with our programs since 2011.

We are able to freely offer programs because of various types of donations from folks like you! Keep track of us by signing up for our Moonly Newsletter.

[ArtisticApothecary.wordpress.com/donate](http://ArtisticApothecary.wordpress.com/donate)

## EXERCISE:

write a letter to your future self.

Letter To Self

The world reads this can I remain...



This image reminds me of great pain. Release. Allow. Flow. Feel.

travel around.  
Find your place there  
til Ghana.

Be unique  
Find a way through

Perception Journey.

Kuwa jasiri Indomela  
the great!





Lizzo - Soulmate  
 Drezus - Get up!  
 Frank Waln - Aboriginal

Sa Roc - Forever  
 Nina Simone - Feeling Good

Audra Day - Rise Up

# Essential TOOLS

Create a new model that makes the old obsolete.

**BELIEVE IN YOURSELF!**

<http://www.rosehipmedics.org>

Icarus Project -- [www.theicarusproject.org](http://www.theicarusproject.org)  
 Self-care resources & community for people

Adapted from Strategies For Healing Bay Area Nonviolent Communication  
[BayNVC.org](http://BayNVC.org) nvc@baynvc.org 510-433-0700

Library of Congress "Florida Folklife" Collection  
 Afrikan-American South and Caribbean folk songs collected by Zora Neale Hurston

Provided by TherapistAid.com

School of Liberation Healing and Medicine  
 by: Tai Scott

Melanated Tarot Deck: Dust to Onyx  
 by: Courtney Alexander

# Authentic Creations PROGRAMS

Authentic Creations

LIVING MY TRUTH



## Cultural Seed Drive

Requesting Seeds native to west Africa, the Caribbean & the Diné Nation for People of Heritage (of Color)

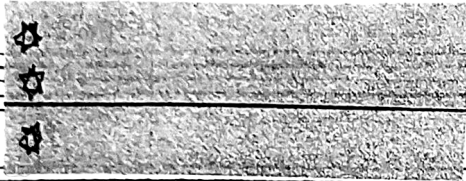
To donate, contact us:

<https://ArtisticApothecary.wordpress.com/contact/>





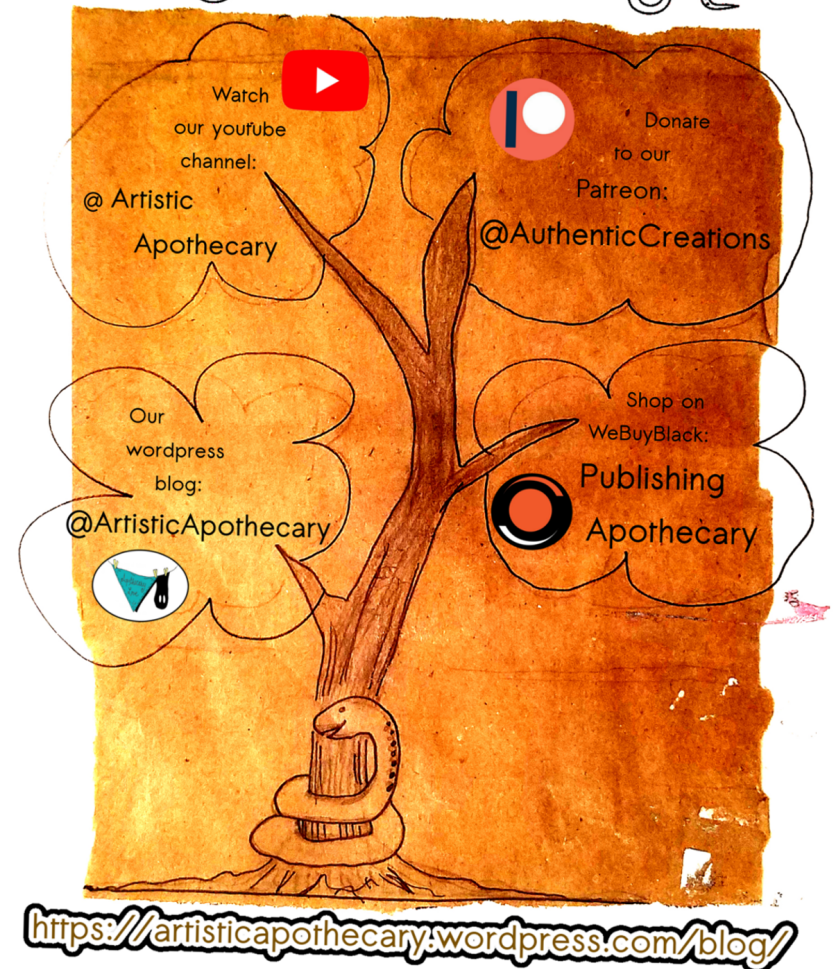
This zine is a liberatory process designed to nourish, build self-esteem, and outline tangible skills to tend our wounds. A lot of this work can be retraumatizing. To keep this process nourishing even though difficult:



  
 Your skills distinctly transcend reality. *We are ROYAL Maimouna Joussef*
  
**Dedication:** *African to those of the Diaspora*
  
*may this aide your path home* *La Diaspora Nitty Scott*
  
**Contents** *and \*Warnings\**


- Welcome
- Ancestral Greatness
- Full Body Connection and Emotional Support
- Boundaries
- Grief
- Spiritual Growth
- Physical Therapy and Integral Therapy
- Organization and Routine
- Feelings and Needs
- Conflict Resolution and Developmental Assets
- Rituals
- Reflection Questions
- Exercises


# Authentic Creations


LIVING MY TRUTH



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Donate to our Patreon:  @AuthenticCreations

Our wordpress blog:  @ArtisticApothecary

Shop on WeBuyBlack: Publishing Apothecary 

<https://artisticapothecary.wordpress.com/blog/>

Thank you for the gift of you showing up this lifeline.



## REFLECTION QUESTIONS

- ~ How do your current self-care practices align and/or diverge with your Ancestral ways?
- ~ Why is ceremony and ritual important to you?
- ~ What circadian ceremonies do you practice?
- ~ How can you become more present with the sacredness that is in every moment?
- ~ What ritual and ceremonies can you add to your life?
- ~ What is your experience with bringing your full being with your gender and sexuality into ceremonial space?
- ~ What is your place in the self-care and liberatory health movement?
- ~ What are your Ancestral ways of self-care?
- ~ What plants do you associate with liberation?
- ~ What is your experience with the interrelationship of health and harmony (place, mind, body, spirit)?
- ~ How are you in relationship to the plants and your environment?
- ~ What support do you need to be in harmony?

~ current blockages to move through?

"It is okay. Everyones survival seems a little bit like death sometimes"

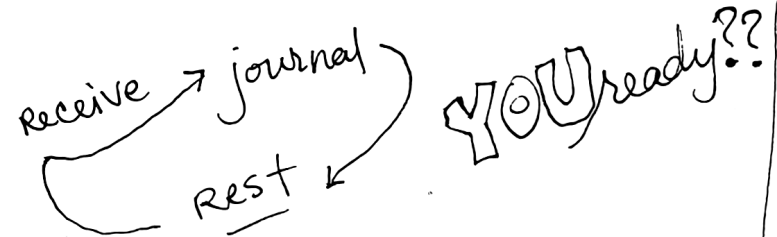
-Andrea Gibson

# Welcome

How do I start something as profound as loving your Self?

I think get a journal so you can track this journey. Be that an audio recorder, paper or coding yourself software; do you! Let this experience also amp up your skills!

As a pattern of life once we receive care we rest. So please make space for rest after you tend and/or acknowledge your wounds. It is so true life is a process and this work can take many generations, incarnations, lifelines. Be patient and gracious with Self.



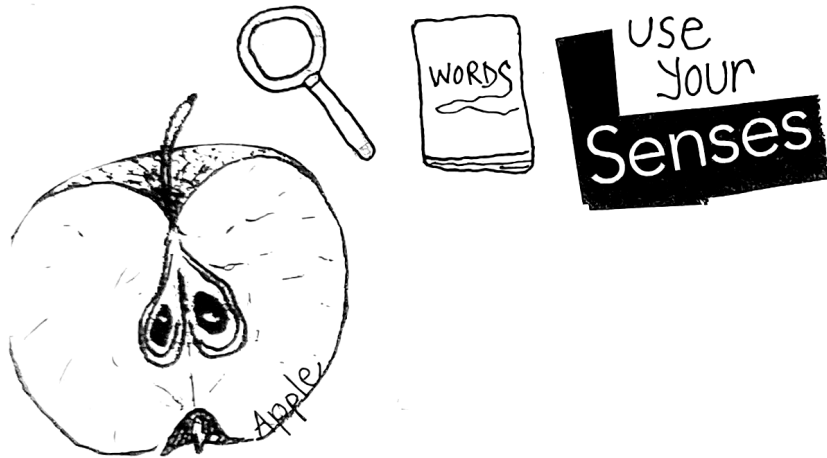
Take a deep breath, hold in the oxygen gift of plants and make an intention

EXHALE purpose into the world. Keep breathing.

Ol-WANI



You may need a magnifying glass and/or dictionary to experience parts of this zine more fully. I am aware that makes this text harder to access for folks, thus the disclaimer.



→ If you are *in crisis* you may be reaching inward to the deepest part of your being and gaining a new strength, courage and/or direction. Write a list of options for yourself when you are in this deep space. Hotlines, Local Response, Support Contacts, ways to meet your needs.

## CONTACTS

two-awiri

Create affirmations for yourself that you can repeat and sing often to lift your spirits.

Journal about what is going well for you. Skills you excel at. Prayers that got clear, direct answers. The newness you found.

EXERCISE: what images and/or colours come to mind when you envision feeling calm in every moment?

EXERCISE: Make a full list of all the self-care you can offer yourself. Attempt to do as many care tasks as possible. Journal ways to add self-care to your routine, your experience receiving self-care, and how each method syncs with your lifestyle?

“Ask what makes you feel alive and go do it, because what the world needs is people who have come alive.”

-Howard Thurman, African-American philosopher and civil rights leader



18-Khumi n'zisanu n'zitatu

## SEXUAL THERAPY

Is more talk than sex. With a close friend or lover navigate the ways you want to experience sex and ways to regain yourself. Talk out harmful patterns to shift. Practice ways to bite, scratch, tickle, caress each other.

Map out a full sexual experience to have in the future. Then live it out.

Debrief after sex.  
Have a safe word or/and gesture. Be grateful for each other.

## Nature Based SELF-CARE



## four-ways Ancestral Greatness

there excellence continues  
in you

In my journey of finding self, letting my authenticity out, learning my truth, reconnecting with my Ancestry has been the deepest work thus far. Oh yes, this is a spiritually emotional endeavor. This zine is bits and pieces clumped together the best I know how. With some physical care lumped in.

In your search you will travel past many cultures. Please be aware that cultural appropriation might be your travel companion. Get educated so you can keep honouring cultures while reestablishing your place in yours. In general the experience of self-care is being culturally appropriated for the masses. So check your facts. Op-out if you need to and instead engage in activities that follow your ethics and honour your own Ancestry.

More about me! I am a descendant of the transatlantic slave trade and of the Afrikan diaspora. Through such research methods as traveling to and communing with my Ancestral continent(s),

academic articles, cultural storytellers,  
consulting with my Ancestral Council, inquiring with living family,  
rituals and books that affirm my people, I learned that I am Ghanaian,  
Cuban, Spanish, French, Kreole, Zulu, Sawakli. That is what I know thus far.  
Having access to these parts of me is repairing damage done to my psyche.

And so we rise!

Know your medicine! This includes:

- ~ Ancestral lifeways ~ Remedies that work for you
- ~ Your gifts and talents ~ Plants and Herbalists in your area
- ~ Local outlets that meet your needs

Please add these methods for acquiring and sharing your medicines: barter,  
EBT payments, sliding scale, trade, \_\_\_\_\_.



## Connecting With Our Ancestry

Choose an **Ancestral Plant** to work with for 3 months or more:

ways to connect with Ancestral Plant

First learn if your Plant Ally is toxic in  
any form such as edibility or skin contact

-meditate,

infuse in water/oil/alcohol,

draw,

dream with,

drink,

submerge in,

make medicine,

learn properties/growing conditions/native regions,

place on altar(s),

make offerings to,

related symbols,

give affirmations,

ways your ancestry uses plant,

collect seeds,

harvest plant,

learn plant relatives in your area,

be still with growing plant,

ask your Ancestral Plant for ways to connect with each other,

### Reflection Questions

Who am I? Where are my ancestral origins?

Ways I release?

How much do I know about my ancestral lifeways including how they tend their wounds?

Legacies I have and hope to reclaim?

Have I retained any family knowledge, cultural, traditions or ways of being?

**define**

**self-care.**

**self worth.**

**value.**

## SPIRITUAL THERAPY

A while back, I asked the universe for a spiritual being to be my talk therapist. You know why, it is so hard to find what you need in the way you need it in a therapist that takes payment in the form of Medicaid or other free insurances..

Simple really. Figure out what you want in a therapist like their skills, ways you need help and the outcomes you seek. Offer that up in a prayer request! Then the therapy sessions can be in any format you want. Be creative and finally **GET YOUR NEEDS MET!**

Some treatment options I use are vaguely listed below. If they peak your interest please do more research before you experiment.

Urine Therapy- this is the process of using our own pee to ingest or as a topical remedy. This is my main medicine choice when traveling overseas.

Darkroom Therapy- If you ever been to my home I use candles as my main source of lighting. Darkness allows messages deeply embedded in us to rise to the surface.

Go into Nature – reclaim your place in the wild. Commune with plants, animals, and the elements.

**Art**  
**Therapy**

16-Khumi n'zisanu n'chimedzi

I am currently becoming my best self or am always bettering self. In this process I find that advocating for myself is necessary when I leave the house. This is my reality in Amerikkka, with pale folks reluctant to own their colonizer culture. I had this section about **responding to microaggressions** that I edited out and now am adding back in differently. Of course there are the all too common microaggressions. Learn which ones crappy people offer you and **CREATE** a response to them that keeps the focus on you, your experience and throws the oppressor out of their comfort zone. My favorite activity. Which then doubles as play!

I got one of those game buzzer. I buzz it at folks that microaggress me when I have little or no energy to fight back. The buzzer totally is changing my life and allowing me to take up more space in the world! I like.

I find a need to center pleasure and get constant reminders when I ask "what is next?" to rest. **Rest and Play** are among the most important to prioritize. Rest is NOT binge watching television. MORE like going into Nature, reading a book, napping, taking a bath/shower, being attentive to your body, chilling with a tree,

perhaps watching one movie or one episode.

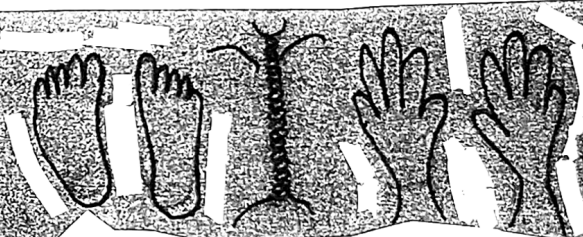
**FUN**

15-khumi n'zisanu

AUDRE LORDE TAUGHT US THAT CARING FOR OURSELVES IS "NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."

## Full Body Connection

Our bodies are pure genius in my opinion. I know there to be at least three areas of the body that connect directly to every part of the body those being our hands, feet and spine. Explore the possibilities.



## Emotional Support

JOURNAL what works for you in each area

WAS TO COPE

WHAT I CHERISH

WHAT SATISFY ME

MY VALUES

MY GOALS

SUPPORT TO ME IS

SYMBOLS THAT BRING ME JOY

06-aSanu modzi



# What are Boundaries?

boundaries are the limits and rules for ourselves within relationships.

## Common traits of

### Rigid Boundaries

Avoids intimacy and close relationships.

Unlikely to ask for help.

### Healthy Boundaries

Values own opinions.

Knows personal wants and needs, and can communicate them.

Accepting when others say "no" to them.

Most people have a mix of different boundary types.

For example,

someone could have healthy boundaries at work, porous boundaries in romantic relationships, and a mix of all three types with family.

JOURNAL YOUR

## Experience

### Porous Boundaries

Overshares personal information.

Accepting of abuse or disrespect.

Intellectual

Sexual

Emotional

Spiritual  
Physical

Types of Boundaries

Clearly expressing how I am without blaming or criticizing

Empathically receiving how you are without hearing blame or criticism

OBSERVATIONS

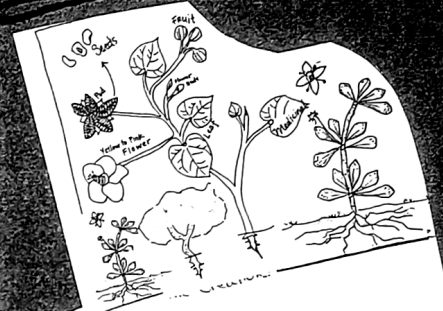
FEELINGS

NEEDS

REQUESTS

## CONFLICT RESOLUTION

Forgiveness  
Reconciliation  
Confrontation  
Boundaries  
Enmeshment

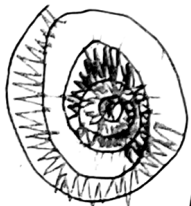


Responsibility  
Integrity  
Honesty  
Values  
Caring  
Skills  
Self Esteem  
Purpose  
Identity  
Future Aspirations  
Cultural Practices  
Family Care  
Positive Relationships  
Support  
Collective Parenting  
Compassionate communication

DEVELOPMENTAL  
27  
ASSETS

Creativity  
Self Motivation  
Social Engagement  
Reading For Pleasure  
Play  
Sometimes Stay Home  
Spiritual Community  
Affinity Space  
Role Models

Boundaries  
Community Values All  
Mingle in safer spaces  
Conflict Resolution  
High Expectations



07-Sanunziwiri

# Needs Inventory

(without reference to specific people, time, actions, things - partial list)

## AUTONOMY

Choice  
Confidence  
Freedom  
Independence  
Privacy  
Space

## CONNECTION

Acceptance  
Affection  
Appreciation  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Love  
Mutuality  
Nurturing  
Respect / Self-respect  
Safety  
Security  
Stability  
Support  
To know & be known  
To see & be seen  
To understand & be understood  
Trust  
Warmth

## HONESTY

Authenticity  
Integrity  
Presence  
Congruence  
Continuity  
Transparency

## MEANING

Aliveness  
Awareness  
Awe  
Celebration of life  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution (to exercise  
one's power by giving that  
which contributes to life)  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Learning  
Mourning  
Participation  
Purpose  
Self-expression  
Stimulation  
Understanding  
Wholeness  
Wonder

## PEACE

Beauty  
Spiritual communion  
Ease  
Equality  
Equanimity  
Harmony  
Inspiration  
Order  
Tranquility

## PHYSICAL WELL

Air  
Balance  
Comfort  
Food  
Movement



## PLAY

Joy  
Humor  
Adventure  
Laughter  
Spontaneity  
Fun

# Grief

"The only way out is through."

As we continue our journey to Emotional Emancipation,

it is essential that we uncover the condition of our hearts.

When we are feeling stuck, numb, or in a cycle of emotional breakdown,

it may be tied to grief that needs acknowledged or processed.

There are 5 Stages of Grief:

Denial and Isolation, Anger, Bargaining, Depression, and Acceptance.

The stages are not in any particular order, however, knowing the stages will help you understand and put into context.

Heart Work

bouncing back and forth between 1 or more stages

Take a breath and begin

(intimate relationships, family relationships, friendships,

the loss of an opportunity, the loss of a job, etc.).

the loss of a function pertaining to your body or mind,

- Make a list, as this will be a guide for your continued work.

- Ask your heart which loss you need to focus on first.

Listen for the answer and trust it.

- Bring to mind the losses experienced in your life

- Release the urge to control.

Honor yourself by allowing yourself to feel.

14-Khumi n'zinayi

08-Sanu n'zifatu



# An Exercise

## Goodbye Letter to what you lost

To: \_\_\_\_\_

I am saying goodbye because \_\_\_\_\_

Saying goodbye makes me feel \_\_\_\_\_

I remember when we \_\_\_\_\_

You taught me \_\_\_\_\_

Something I want you to know is \_\_\_\_\_

I will always remember \_\_\_\_\_

From: \_\_\_\_\_

6. Read your letter aloud to Divine Spirit  
allowing yourself to feel your emotions.

7. Ask Divine Spirit for what you need. Write down what you receive.

Lean in.

Grief is tricky. I find myself grieving most often after establishing, firming up healthier boundaries in the world. Then I grieve the lost opportunities and relationships that did not meet my needs, demands and/or standards.

09-Samu r/zinayi

## Feelings Inventory

(internal sensations, without reference to thoughts, interpretations - partial list)

### LOVING

warm  
affectionate  
tender  
appreciative  
friendly  
sensitive  
compassionate  
grateful  
amorous  
trusting  
open  
thankful  
radiant  
adoring  
passionate

### PLAYFUL

energetic  
effervescent  
invigorated  
zestful  
alive  
lively  
exuberant  
giddy  
adventurous  
mischievous  
jubilant  
goofy  
buoyant

### SAD

lonely  
gloomy  
miserable  
melancholy  
distant  
despairing  
sorrowful

### MAD

impatient  
pessimistic  
irritable  
edgy  
grouchy  
cantankerous  
animosity  
bitter  
rancorous  
irate, furious  
angry

### GLAD

happy  
ecstatic  
optimistic  
glorious  
grateful  
confident  
hopeful  
joyful  
proud

### PEACEFUL

tranquil  
calm  
content  
expansive  
serene  
loving  
blissful

### nervous

fidgety  
reluctant  
jealous  
jittery  
withdrawn

### CONFUSED

skeptical  
hesitant  
hurt

### INTERESTED

inquisitive  
intense  
helpful  
alert  
curious  
eager  
enthusiastic

### SCARED

afraid  
fearful  
desperate  
suspicious  
insecure  
sensitive  
apprehensive  
anxious

### TIRED

indifferent  
weary  
helpless  
heavy  
passive  
dull  
inert  
lethargic

13-Khumi N'zitatu

# Organization and Routine

Leave space for  
the unknown.



## Your CHECKLIST

make some  
lists

self-care  
adventures, play on Amigx

next rituals, ceremonies  
house chores, hopes, wishes

social/date ideas  
commitments to self

Goals  
giving up/to get

- AREAS to focus on:
- Why do I choose?
- What is working for me:
- What is working against me:
- List of Tasks, Responsibilities, Needs in this area:

12-khumi n'ziwiri

spiritual growth

Loud about it, commit to your spiritual growth and ask for help prioritizing. think of spiritual growth as a great gift to yourself, a wonderful treat you deserve. Believe you can become your authentic self!

Spiritual growth involves developing the ability to understand ones-self. Learn your truth. Give attention to your patterns (physical, mental, spiritual and emotional).

Spiritual growth, like any skill, takes discipline. Knowing what is truth and what is illusion is how you keep steady on your spiritual path.

Past fears and concerns may surface. Notice how long these difficult moments last. As you grow you will move through these emotions more and more rapidly. As more feelings of clarity, purpose and direction arise. Your abilities to nurture yourself and serve others will increase.

I do my best spiritual work while I dream. Oneiromancy or dream divination is how I receive messages, do deep spiritual work, play and gain closeness with self. Figure out what spiritual practices work best for you!?

One strategy to grow your spirituality:

- Ask for what you need
- Listen and feel into the answer/message
- Follow the answer/message direction
- Give gratitude for the direction/information
- Celebrate moving forward

ten-khumi



## SPRAINS AND STRAINS PHYSICAL THERAPY

I am currently in integral therapy for my elbow which is the phase after physical therapy when you ease your limb back into circadian use.

Physical Therapy sessions are 45-60 minutes with a focus on connection, stretching, strengthening, icing, and massage. This process completes after about 12 sessions over 2 Moon cycles. Each session will be a little bit different depending on your recovery process.

Welcome/Connection: Start every session with deep listening to your body. Connect to your breath and find your center. Get clarity from your body what needs there are for the therapy session. Which of the 5 aspects needs the most focus, the least and why? Oh you know it, get a journal or track in another way. My way to track is the image there

Stretch: Learn up to 22 types of stretches hold for 20-30 seconds each and do three sets of the

stretches you choose for your session.

**\*\*Wear a brace or other support gear\*\***

Strengthen: Maybe they have an official name but I call them gadgets or tools that build muscle.

Acquire 4 types of muscle building equipment. Do 20 repetitions with each gadget you choose for your session. **\*\*Wear a brace or other support gear\*\***

Ice: I like the method of freezing water in a paper cup. Then you can tear down the edges while you ice your injury in a massaging pattern. This also gets you more clear what needs to be the focus for the oil massage. Have a towel nearby as the ice melts into water. Ice for a maximum of 15 minutes.

Massage: Focus on your injury area, connection points and affiliated symptoms. I do an herbal infused oil massage. I do a pressure point type massage if I am taping my wound with kinesotape. Massage and/or tape for 15 minutes maximum.

That concludes your physical therapy session.

→ Now find a quite place to rest, and reflect.

session	Welcome Connection Notes	Stretch			Strengthen			ICE		Massage		
		types	minutes	Notes	# gadgets	minutes	Notes	minutes	Notes	minutes	Area	Notes
1												
2												

11-Khumi

n'chimodzi