

REST AS REPARATIONS

FROM:

*

letters
Publishing
Apothecary



Post Office

Send
Hope

TO:

*



* Acknowledge Indigenous territories/lands

Give Yourself LOVE

Published in Pueblo Territory

BY

kuwa jasiri Indomela

tribute

To the many possibilities
that have sprang forth from my rest practice.

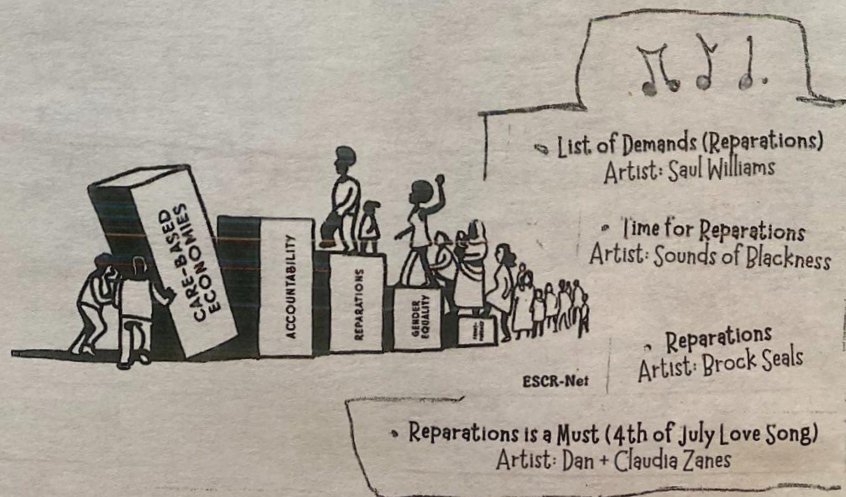


: Twi, a language of Ghana

29 = ADUONU NKRON 30 = ADUASA

BACK INSIDE COVER CALLIGRAPHY BY RASKAL, INMATE.

ArtisticApothecary.org/give



Resources: Decolonizing Medicine Podcast SOIE07
Tricia Hersey of the Nap Ministry.
Coach Syon Davis of Experiments In Freedom.
7 types of rest by Doctor Sandra Dalton-Smith
THE HEY GIRL PODCAST Tricia Hersey Communal Care
Patreon.com/AuthenticCreations
Artistic Apothecary Zine Making Consulting

About the Writer - My first name is kuwa jasiri. I use
the pronouns elle and beauty. I am intersex, Ghanaian,
Cuban, Seminole, Creole, Zulu and a
Keeper Of Ancient Wisdom

Kuwa Jasiri



Rest as
A gateway to PLAY



PAYPAL: @ARTISTICAPOTHECARY

• Activities •

CREATE A DESIGNATED PLAY SPACE. BE THAT A BINDER, TABLE, ROOM, SHELF TO PLACE ALL YOUR PLAY ITEMS FOR EASY ACCESS.

Receive the peaceful grandeur you deserve.

• Feelings and Messages •

SADNESS = DESIRING LOVE

ANGER = BOUNDARY VIOLATION

FEAR = DESIRING SAFETY AND COMFORT

DISGUST = NEGATIVITY ABOUNDS

JOY = MORE OF THIS

PAIN = AREAS DESIRING CARE

• Reflections inspired by Syon Davis and Sumi Franklin •

HOW DOES YOUR BODY FEEL? YOUR THOUGHTS SURROUNDING YOUR REST PRACTICE? WHAT ARE YOU GIVING UP TO MAKE MORE SPACE FOR RESTING? WHAT RESTFUL PATTERNS DO YOU HAVE? YOUR FAVOURITE WAY TO PLAY AS A KID? WHY AND WHEN DID YOU GIVE UP PLAYING? IN WHAT WAYS CAN YOU OFFER OTHERS LATERAL KINDNESS?

• Restful Affirmations •

I AM IMAGINATIVE AND CREATIVE. I AM PRESENT IN MY BODY. I AM SAFE WHEN EXPRESSING MYSELF. I HAVE A NEW WAY OF RELATING TO THE WORLD. I GIVE MY OLD WAYS OF BEING GRATITUDE AS THEY LEAVE MY LIFE. MY COMMUNITY SUPPORTS ME WHEN I REST. I PRIORITIZE MYSELF.

• Creating Firmer Boundaries •

1. RELEASE GUILT, SHAME AND BLAME
2. CLEAR OLD SOCIAL CONTACTS
3. ASK FOR SUPPORT
4. BELIEVE!
5. DISCERNMENT
- 6.

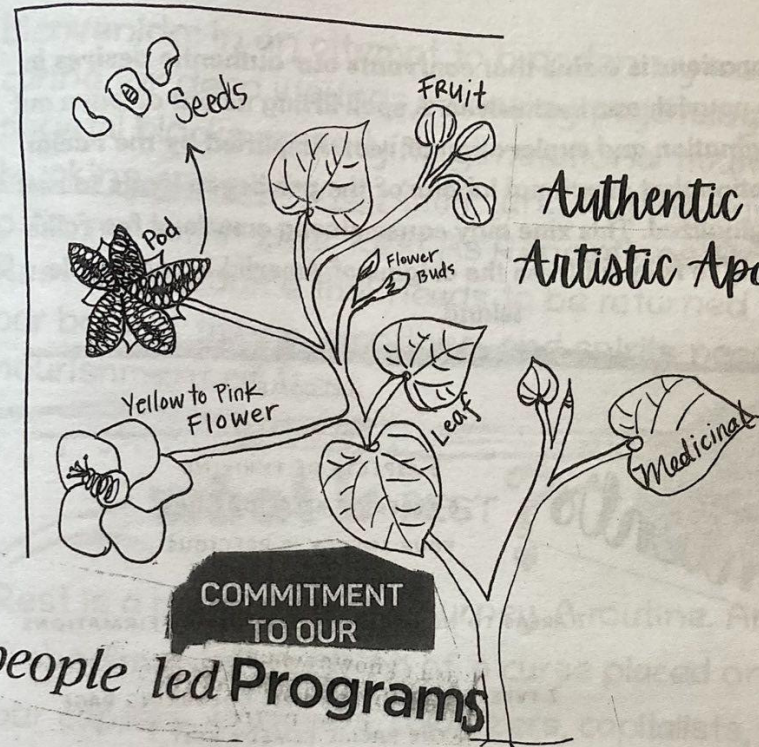
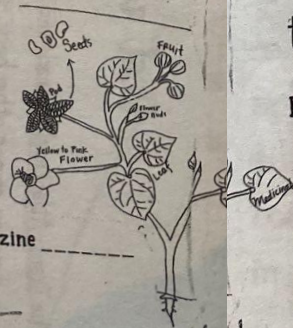
• Games •

of hibiscus plants found in zine _____

#29 _____

#30 _____

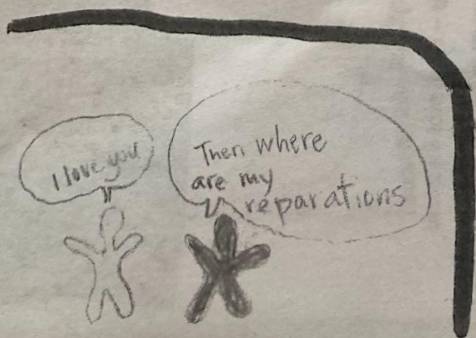
Two Language Numbers



*Authentic Creations
Artistic Apothecary*

Our grassroots collective care prioritizes mental health, spiritual wellness, and Ancestral wisdom to affirm the societal greatness of genderqueer People Of Culture. We practice zero-waste principles, returning to ancient traditions of land stewardship. With our BY US, FOR US model, we center intersectionality, blackness, differently abled, houseless, Nature, and those incarcerated. We specialize in the return of stolen, withheld, and usurped resources. You can contribute reparations through our

[PATREON.COM/AUTHENTICCREATIONS](https://patreon.com/authenticcreations) OR [SHOP/ARTISTICAPOTHECARY.ORG/](https://shop.artisticapothecary.org/)



Rest As Reparations is a zine that confronts our authentic desires in an attempt to nourish our best selves. A spell lifting us out of burn out into the imagination and exploration of rest. Amplified by the racial remedying notion that emotional labour of the privileged leads to rest for the marginalized. This zine may cause strong emotions for folks who have yet to fully address the origins of Amerikkka on Turtle Island.

WELCOME

WHAT IS REST?

5 ASPECTS OF THRIVING

6 TYPES OF RELATIONSHIPS

YOUR ENERGY IS PRECIOUS

BURN OUT NARRATIVES

7 AREAS TO NOTICE BURN OUT ART + AFFIRMATIONS

10 STAGES OF REST

7 TYPES OF REST SELF CARE COLOURING PAGE

THE RACIAL REMEDY REST !

* warnings AND
Contents

Emotional Labour uses empathy, forethought, self reflection and self regulation to nourish harmonious relationships within community.

Emotional Labor Notice

Offence: wants you to explain why
microaggression offends you

Infraction price: \$100

I love you!

That's cool.
But what are your
thoughts on reparations?

@doodlesmarkus

@handstand.illustration

Rest as Reparations

The Trans-Atlantic slave trade and its ongoing effects deprives African families of rest and money, among other basic rights. We invite non-African settlers, particularly European settlers, who benefit from this deprivation to initiate racial reckoning by engaging Rest as Reparations.

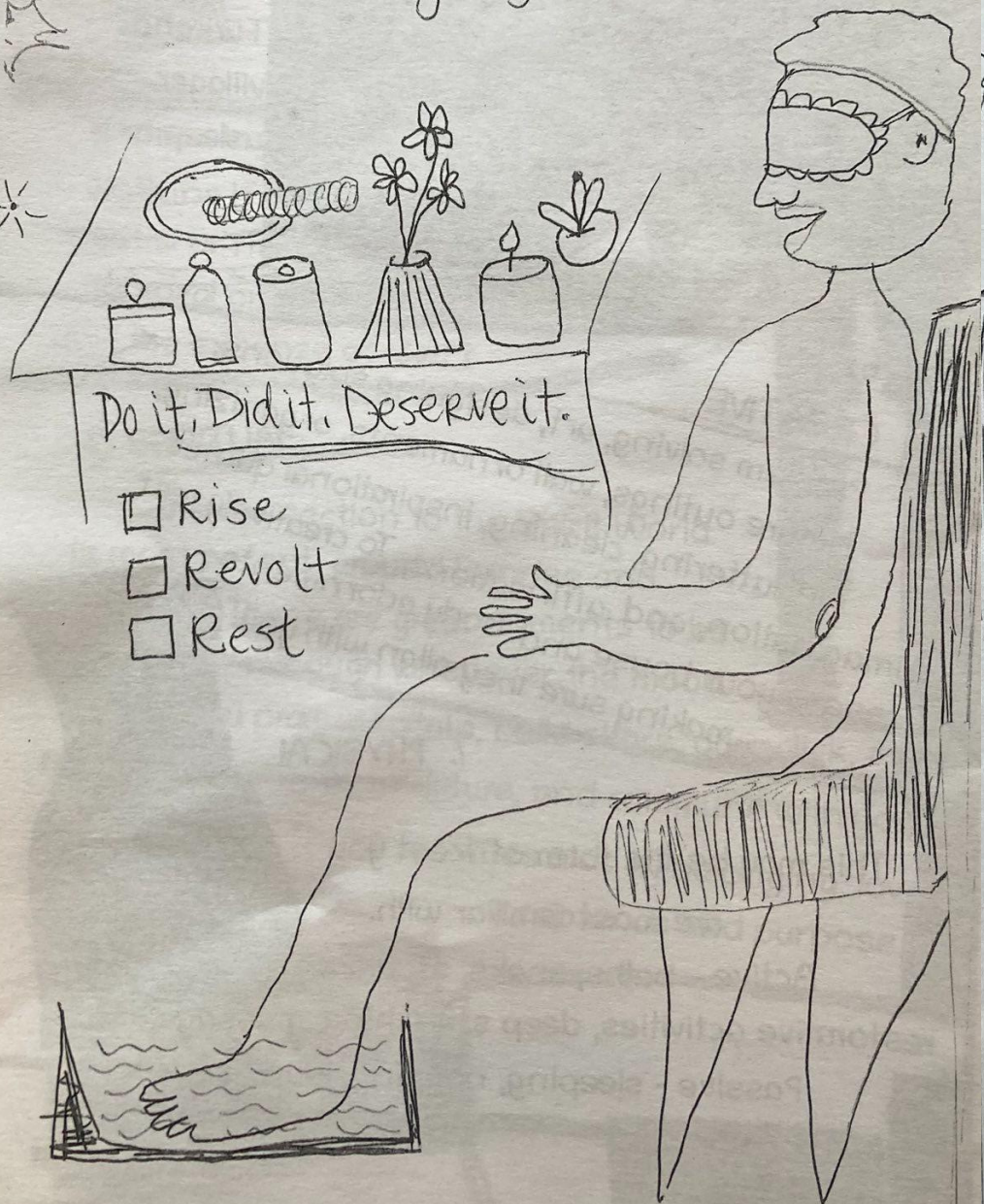
Rest as reparations includes checking yourself on micro-aggressions and rejecting colonial mentalities (ex. the expectation for people to "hustle" for less than we deserve) to minimize emotional labour for African persons. Rest is a soft-solution that creates space for African families who have been impacted by chattel slavery to access the necessary joys in life – spontaneity, playfulness, deeper exploration of self, hobbies, aspirations, reflection, imagination, and yes, Rest!

Increase the Peace

REAL APPRECIATION

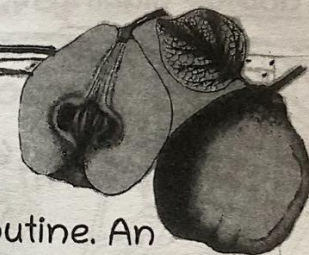
Begin With
Reparations

Self Care Colouring Page



Bienvenido: In an attempt to broaden my work of caring for deep wounds, releasing psychological-societal blocks, remedying generational trauma, breaking generational binds, and freeing ourselves, I offer my tenth zine, Rest As Reparations. Realizing Rest is a resource that needs to be returned to us. That our bodies, minds, emotions, and spirits need the nourishment of Rest.

what is REST?



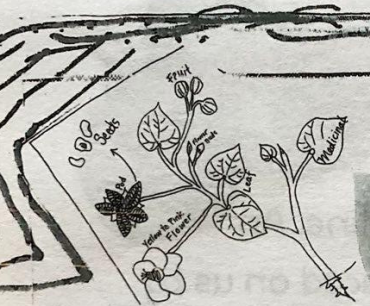
Rest is a hard choice. A journey. A routine. An Embodiment. A breaking of a curse placed on us by our captors, enslavers, colonizers, capitalists, sexists, racists, and able bodied folks. Rest is everyone's inherent and basic dignity!

Even so for the land. Sacred landscapes are where the Earth goes to Rest. At these spiritual landscapes we, humans, Rest, play, connect, give gratitude and pray. So do other animals. Those actions and behaviours rejuvenate our Planet. The Earth draws from these spiritual practices and spaces to do their work supporting all life forms. Reminding us that the connection to spirit, Nature, and Natural Rhythms is imperative.



glow: Balance the 5 aspects of thriving.

1. Living - pee/poop, hygiene, eating, breathing
2. loving - care, support, romance, intimacy, sex
3. being - in the present, noticing, deep breathing
4. resting - MORE ON THIS LATER
5. doing - making money, offering care, emotional labor



6 types of relationships

WITH YOURSELF & OTHERS

1. **Societal:** email, text messages, newsletter, app, video, song, news, books
2. **Humans:** friendships, partners, romantic, peers, coworkers, family, relatives, Self, generational attachments, past life attachments
3. **Communal:** organizations, social groups, culture, religion, spirits, events, affinity groups, crews
4. **Nature:** plants, other animals and expressions of life, lands, minerals, elements
5. **Places:** locations, dream world, spirit realm, out of body, astral travel, imagination, inside of body
6. **Regulatory:** norms, structures, rules, policy, plans, calendars, schedules, frameworks, containers



Kenya-
Turkana
villager
asleep

6.

CREATIVE

Problem solving, art, designing solutions, Nature outings, wall ornaments, organizing, decluttering, cleaning, inspirational quotes, imagination, and affirmations. To creatively rest assess your house and body adornments making sure they align with you.

7. PHYSICAL

This may be the form of Rest you are most familiar with.

Active - baths, soaks, steams, restorative activities, deep stretching, massage,
Passive - sleeping, napping, lounging





3. SOCIAL

Contact and engagement with others, energy exchanges, social contracts conscious and unconscious. To socially rest assess how you feel in your relationships and what you want out of them. Remove yourself from social situations.

Expressing your boundaries.

Noticing if yours are porous, neutral or rigid. Are you seeking approval or pleasing others at the expense of Self?

5. SPIRITUAL

The connection to the Spirit World is most potent around Sunrise and in Winter. These are great moments to be spiritual although whenever the mood strikes you pray, meditate, build altars, do majick, make herbal medicine, be in Nature, and commune with your Ancestry. These activities aide in belonging, love, acceptance and purpose.



Nematodes

27 = ADUONU NSON

Precious

Break the cycle.

ENERGY

before we can even get to rest we have to acknowledge where we are. We might identify that we are out-of-balance or acting out of alignment with what we are expressing, our needs and/or desires.

Moving towards or experiencing

BURN OUT in any of your relationships is a yellow or red flag. Also imagine this in terms of your 5 aspects of thriving

22 = ADUONU MMIENU

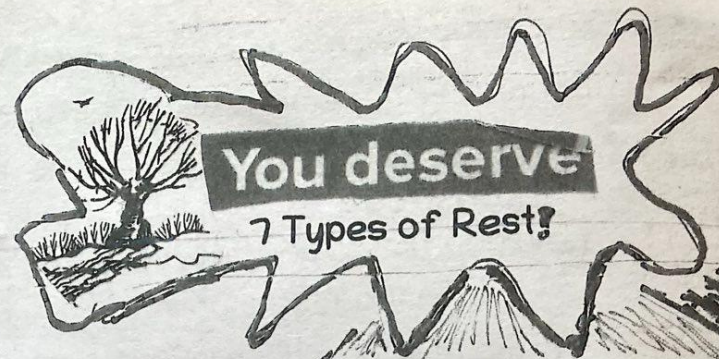


take care of your **L I F E**

Break the cycle.

Notice the

messages burn out is conveying to you. Activists, employers, slave captors, grassroots and community organizers have normalized burn out to the point where some of us really have to challenge and make that hard choice to quit the narrative. What I notice happening to our Elders, leaders and peers is they get lengthy prison sentences or burn out. Both resulting in less community engagement.



You deserve

7 Types of Rest?

1. SENSORY

To sensory rest dampen one or more of your senses in short or long pauses. Some ways to do this is in a dark room, with eye masks, ear plugs, or by being alone. The two most habit forming moments in our lives are one hour before going to sleep and the first hour after waking. During these habit forming hours decrease sensory stimulants (caffeine, sex, altering substances, negativity, stress, screens, noise, lights, people).

2. MENTAL

The mind is steadily moving. Take some moments to pause, check in and recenter



READY FOR Rest!

My journey of deepening my Rest has 10 stages.

Similar to the stages of grief, these can happen in any order, one in a moment or many at once.

1. soothing activities - relaxation, chilling, ease, luxury
2. grounding activities - breathing, meditation, stretching
3. Resting - MORE ON THIS LATER
4. communal care/Rest - do 10 stages in public/^{with} others
5. spirituality - majick, culture, religion, elements, Nature
6. play - joy, freedom, wildness, adventure, fun, whimsy
7. pleasure - joy, kink, laughter, beauty, sensualness
8. self expression - art, fashion, language, hobbies, ^{boundaries}
9. full emotional expression - acknowledge, release, ^{tend}
10. imagination - adventure, fantasy, dreaming, creating



Restore
simple
pleasures

25 = ADVONU NUM

A TREATMENT

This can be done by recognizing the signs of BURN OUT sooner. Naming for yourself and community members that you or/and they are burnt out. Instead of narratives like "wow, you do it all".

7 Areas to Notice Burn Out

- energy level:** exhaustion, sudden zap when you show up/leave, slow energy drain, staying in bed
2. **Body:** out of body experiences, bubble guts, holding body tension, stiffness, posture, ailments, illness
3. **Emotions:** frustration, anger, holding in, blockages
- Routines:** losing your routine(s) such as spiritual, social, hygiene, money making, intimacy, hobbies
- Self Expression:** lack of expressing no, yes and your desires. Lacking self praise, balance, groundedness
6. **Creativity:** less play, unable to imagine a future in that relationship, blockages, losing creativity
7. **Determination:** less excitement in your tasks, frequently cancel last moment, unable to hold

information in your mind
(while in meetings,

Sessions,
planning)

24 = ADVONU NAN





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Pause

Life is a vacation!

