

WELCOME

RE-CENTERING THE HEART
TO DECONSTRUCT
COLONIAL CONSCIOUSNESS
FROM THE INSIDE OUT:
AN AUTOETHNOGRAPHY

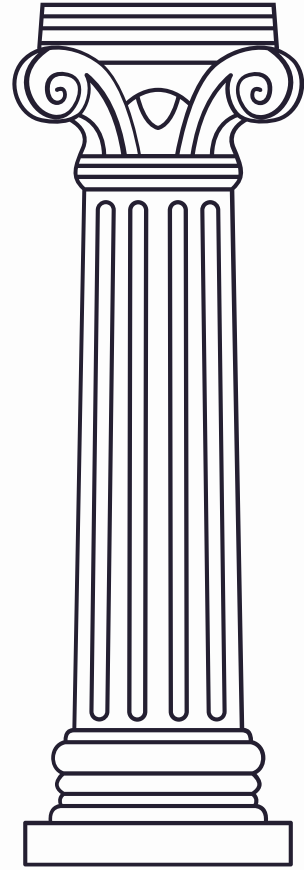
By Marin McCue,
MSW student



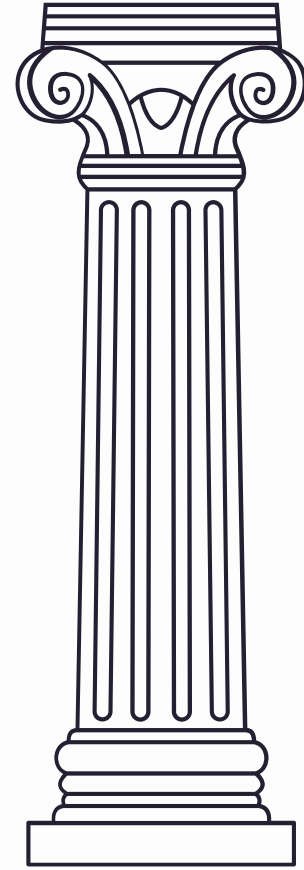
LAND ACKNOWLEDGMENT



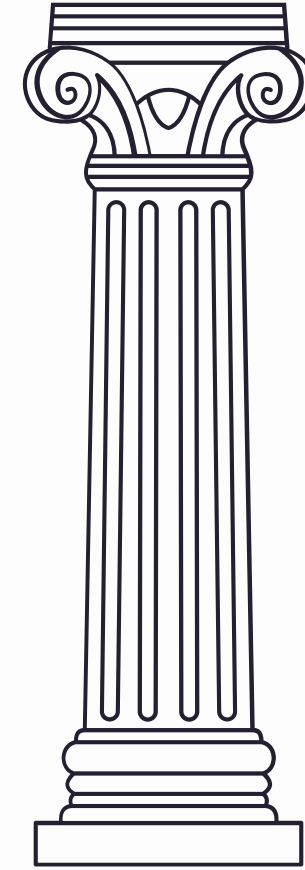
WHY WE ARE HERE



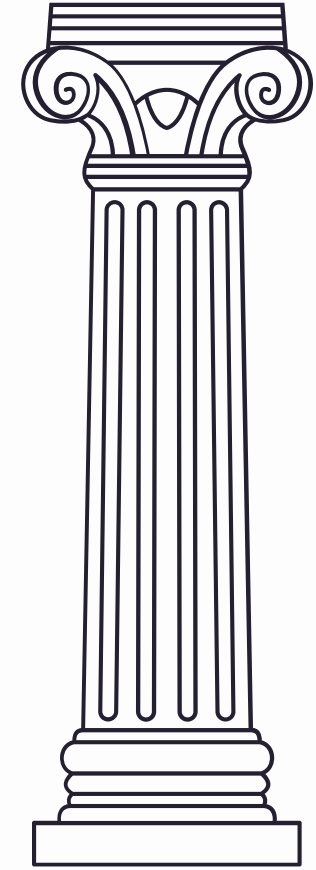
Accountability/
Autoethnography



Network of
Co-conSPIRITors

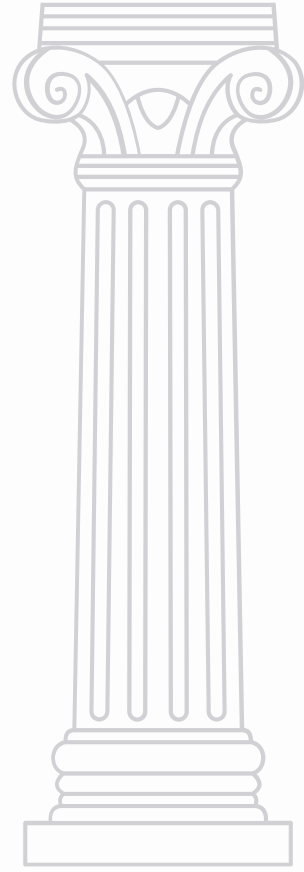


Collabroate and
feedback

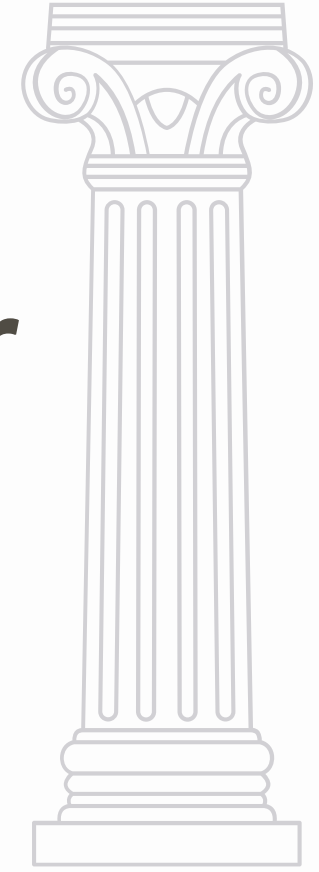


Experimentation
regarding clarity in
Research Question....

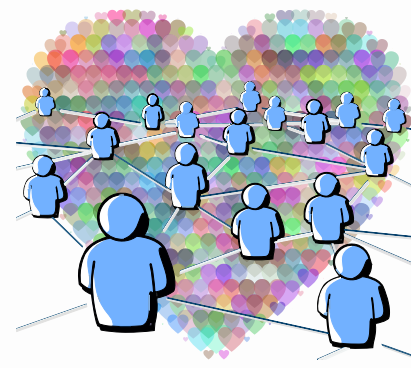
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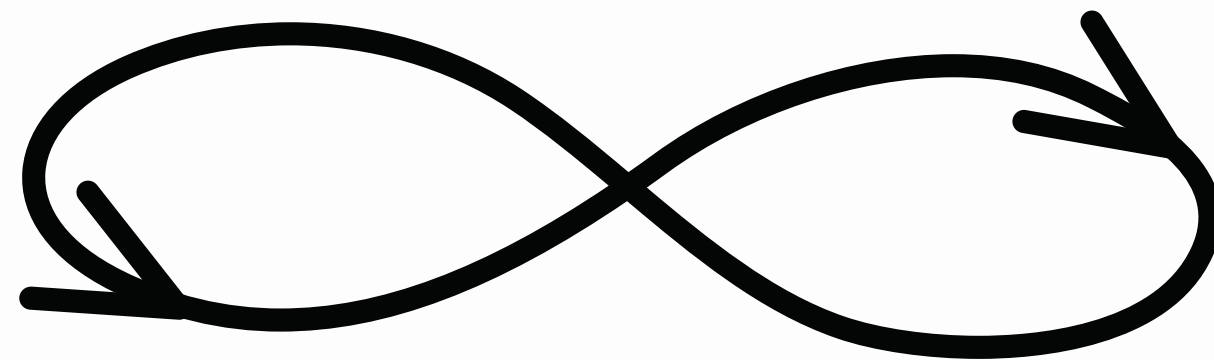
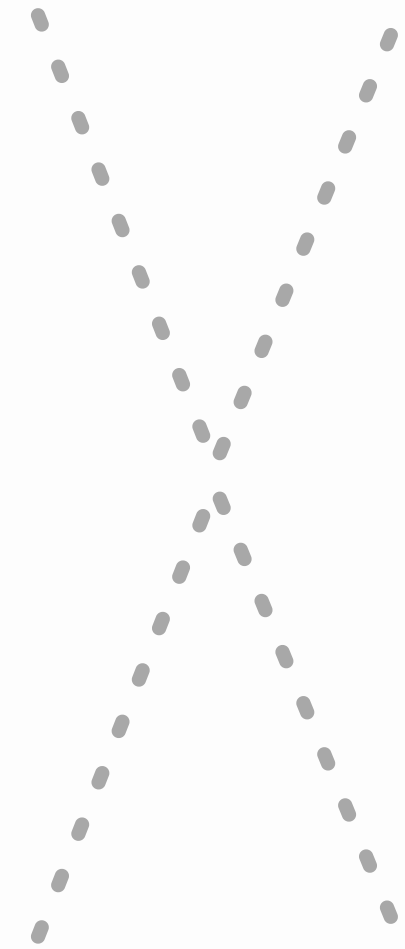
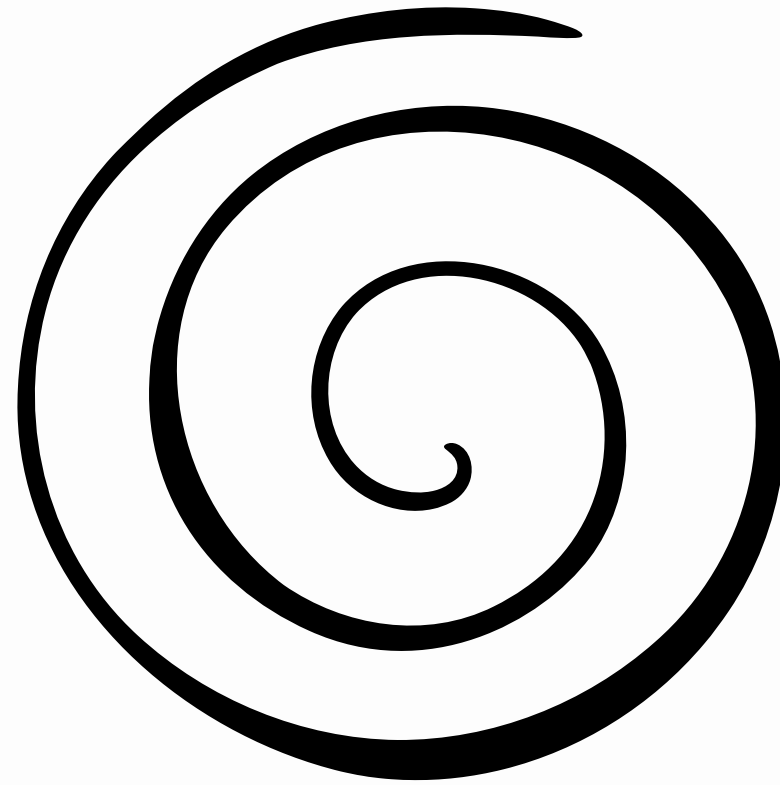
**How, as an ally, to stay grounded and/or
access regulation during activating
situations in race or equity related
conversations and inner-work**



OVERVIEW #1
SYMBOLS

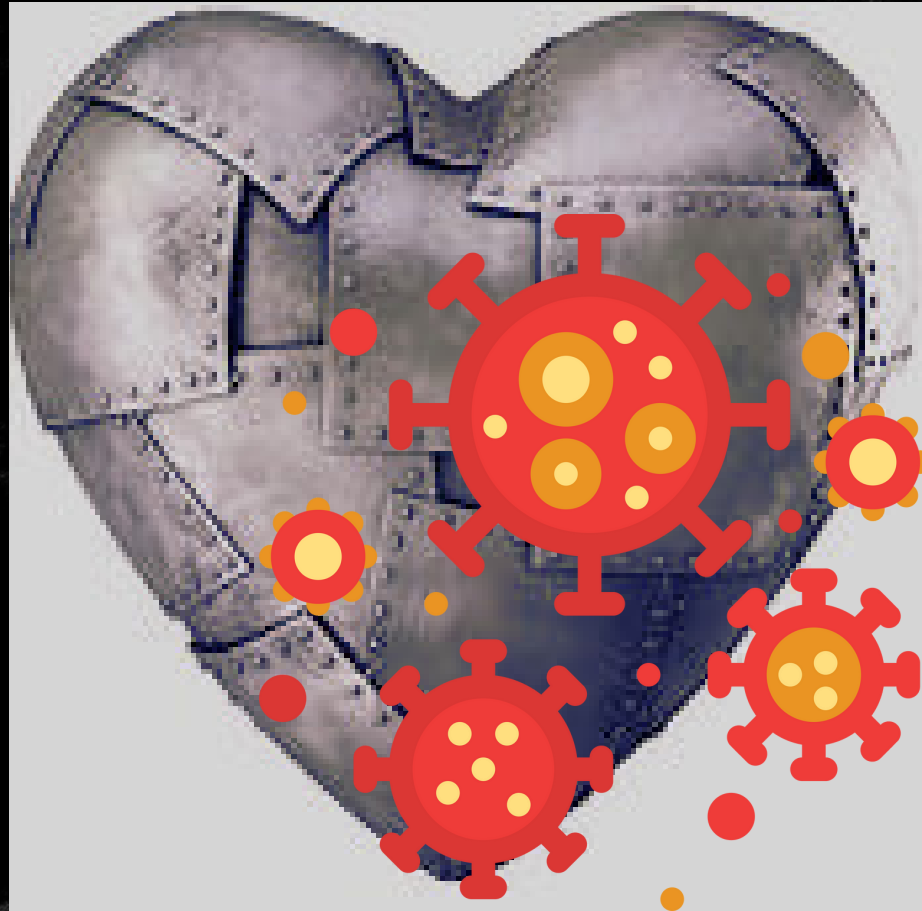


“traditional learning modalities eventually bring one to think intuitively, to think with the heart, to think Circles, to understand and utilize dream, metaphor, and symbol”



OVERVIEW #2

“HURT PEOPLE, HURT PEOPLE”



OVERVIEW #2

“HURT PEOPLE,
HURT PEOPLE”

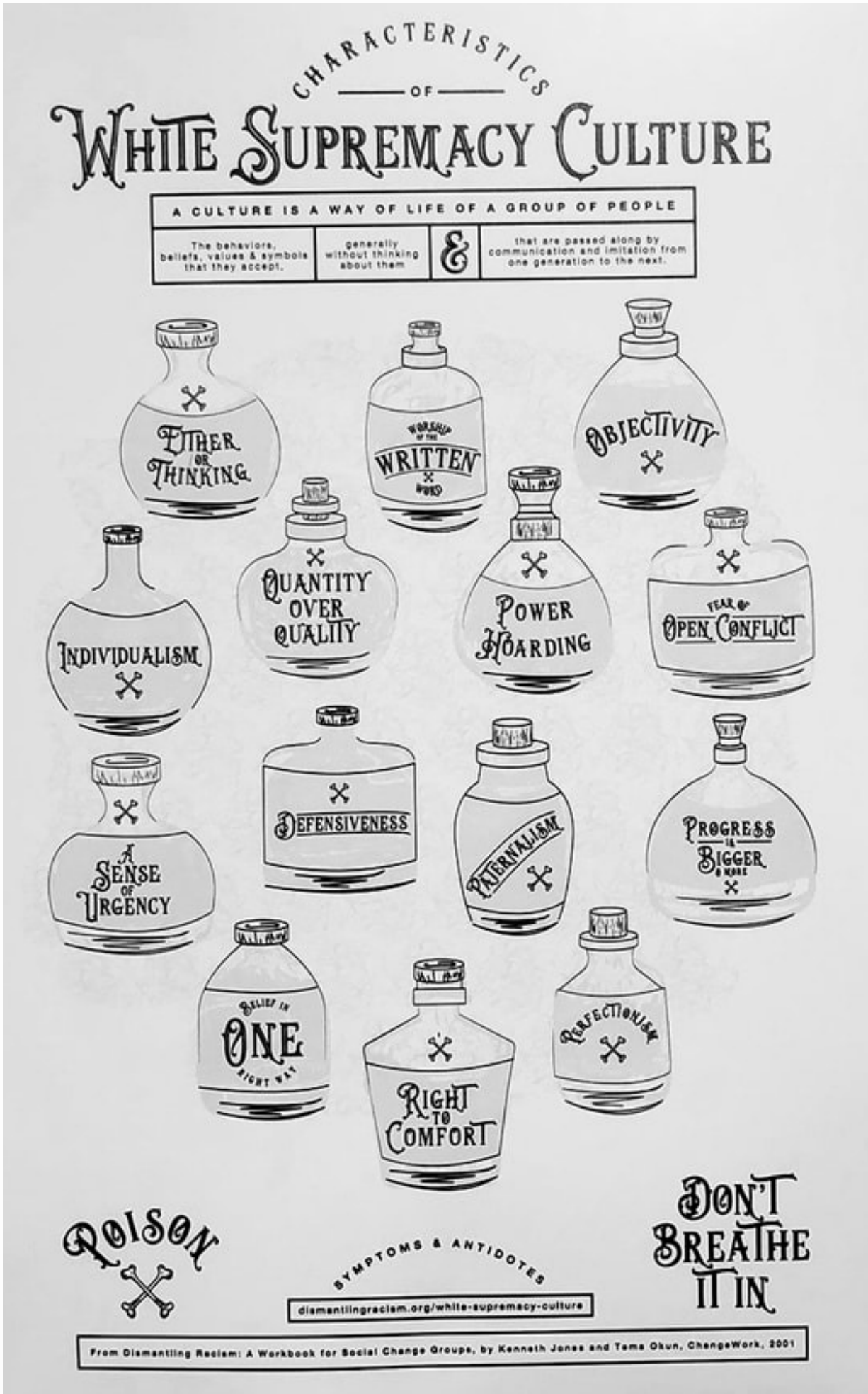
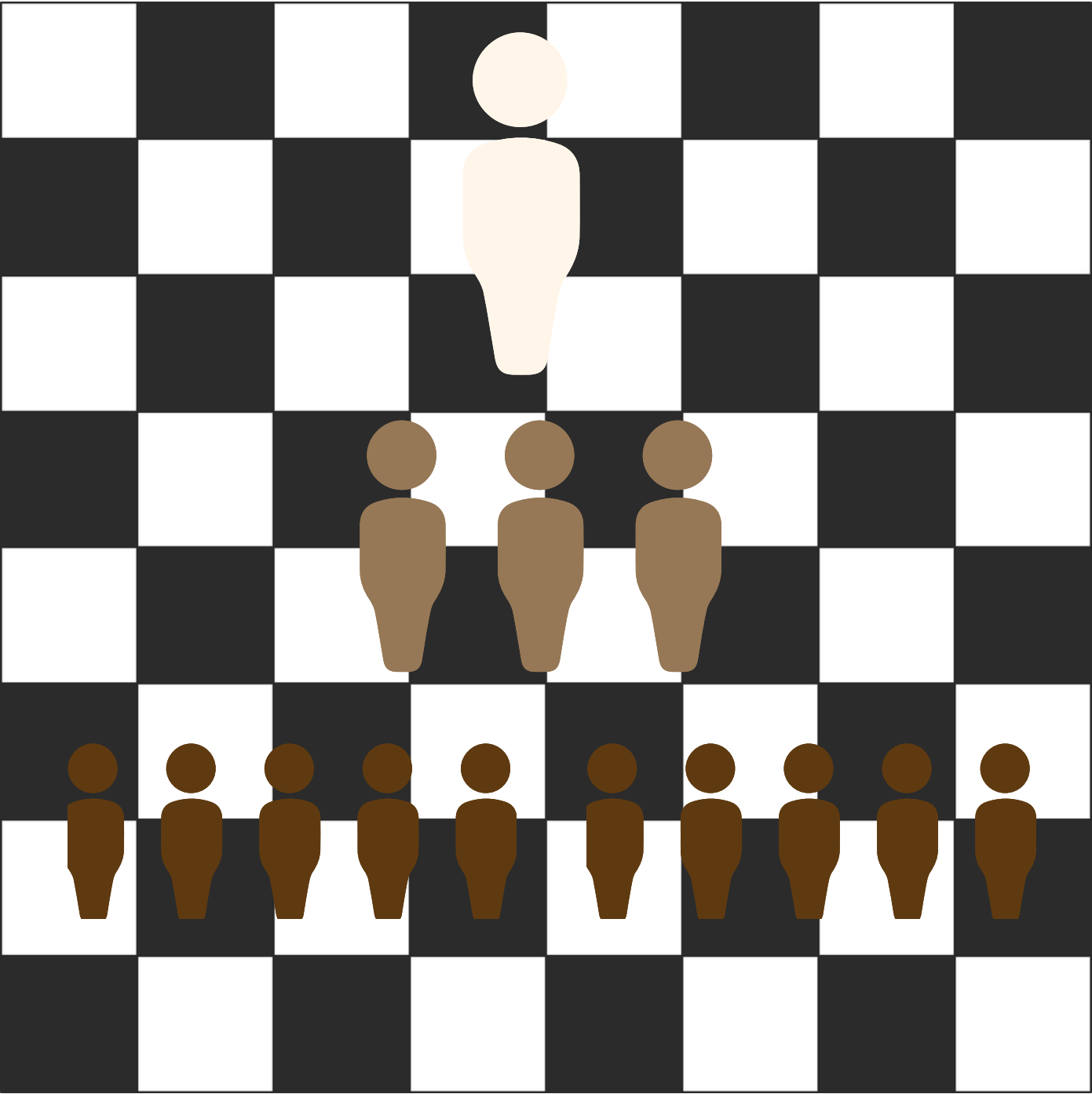


www.dopeame.com/blog



Alexander Milov, 2015 - Burning Man festival, Nevada

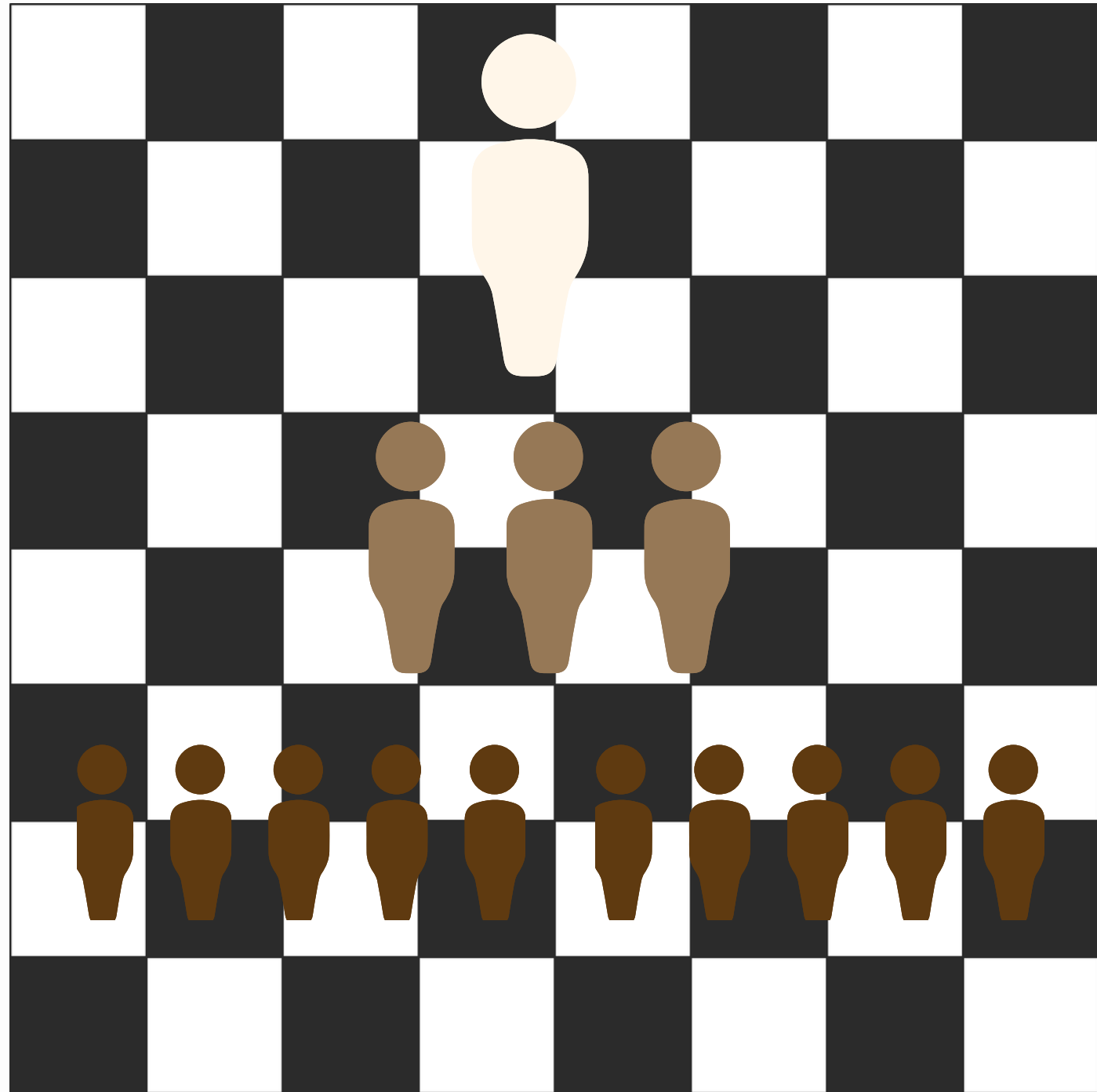
OVERVIEW #3
COLONIAL CONSCIOUSNESS
CONTINUALLY RECREATED



Ghosthorse, 2021; Lorde, 1984; Okun, 2023; Todd, 2019

OVERVIEW #3

COLONIAL CONSCIOUSNESS CONTINUALLY RECREATED

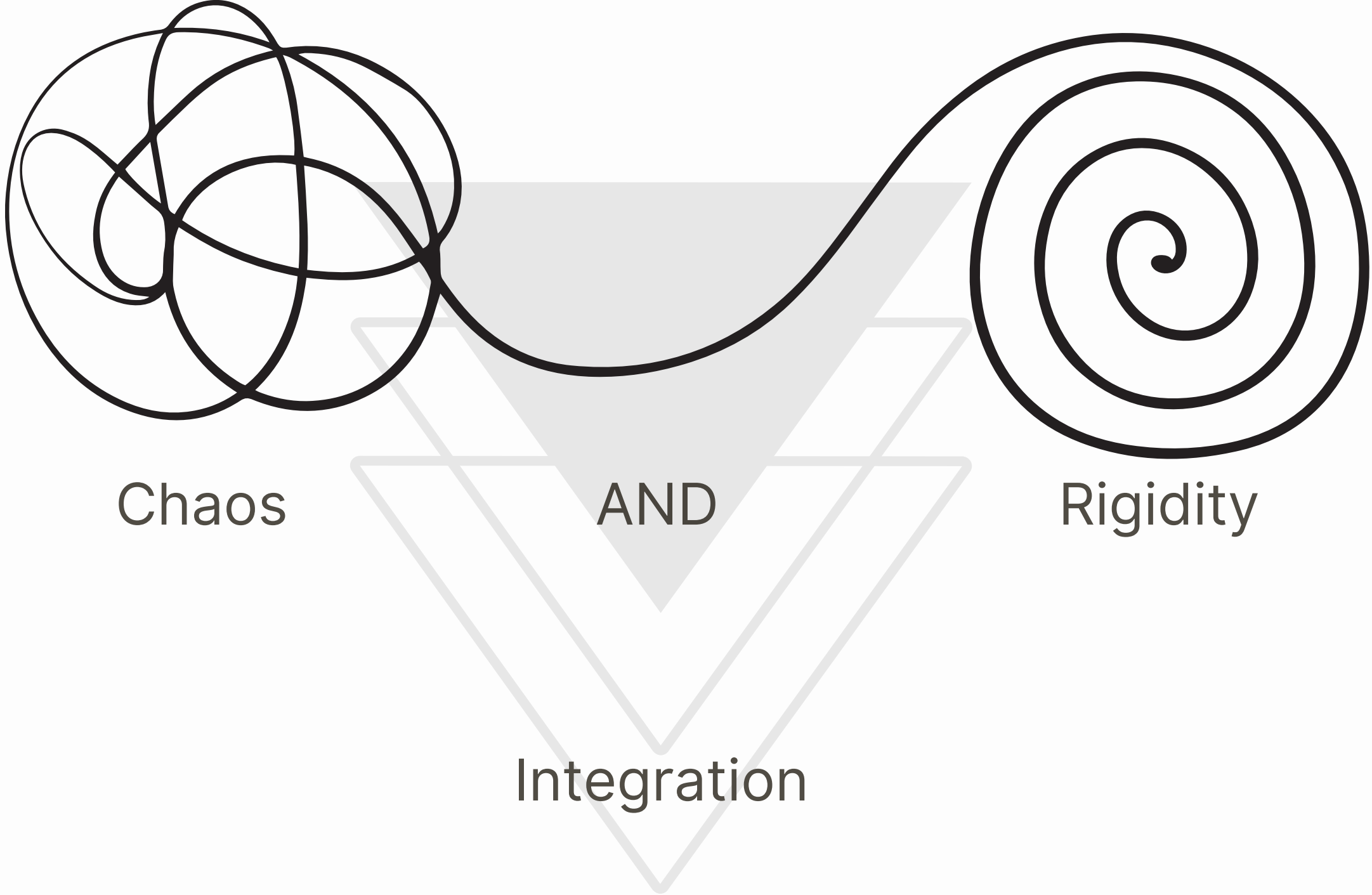


1. Am I maintaining hierarchy and status quo?
2. Can I notice, shift and examine multiple perspectives?
3. Am I using dualistic language or comparison that is inherently exclusive or uses “power over”?

Eichler & Burke, 2006; Ghosthorse, 2021; Lorde, 1984; Todd, 2019

OVERVIEW #3

COLONIAL CONSCIOUSNESS CONTINUALLY
RECREATED



OVERVIEW #4

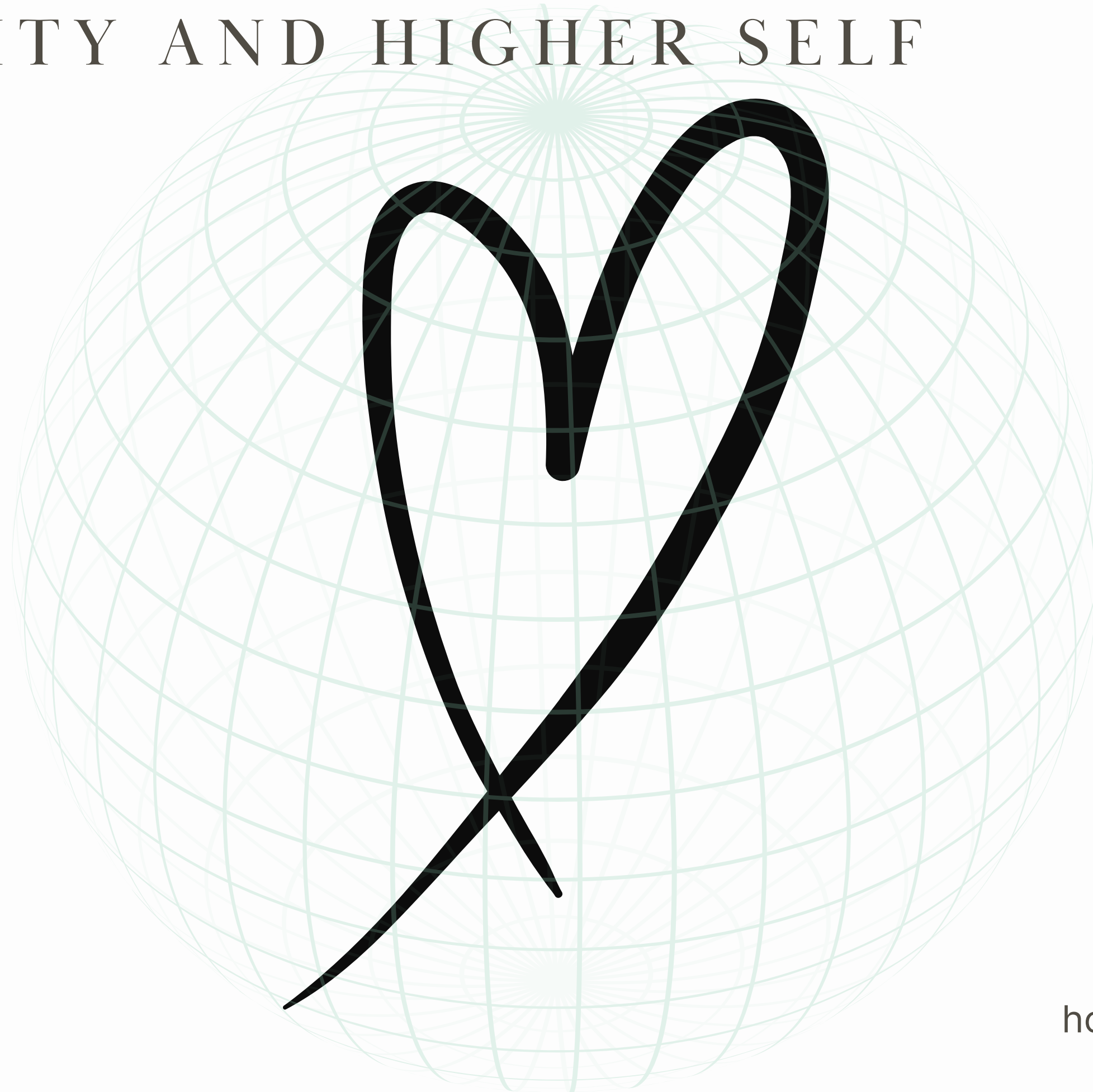
MULTIPLICITY AND HIGHER SELF



**Schwartz & Sweezy, 2020;
Scott, n.d.**

OVERVIEW #4

MULTIPLICITY AND HIGHER SELF

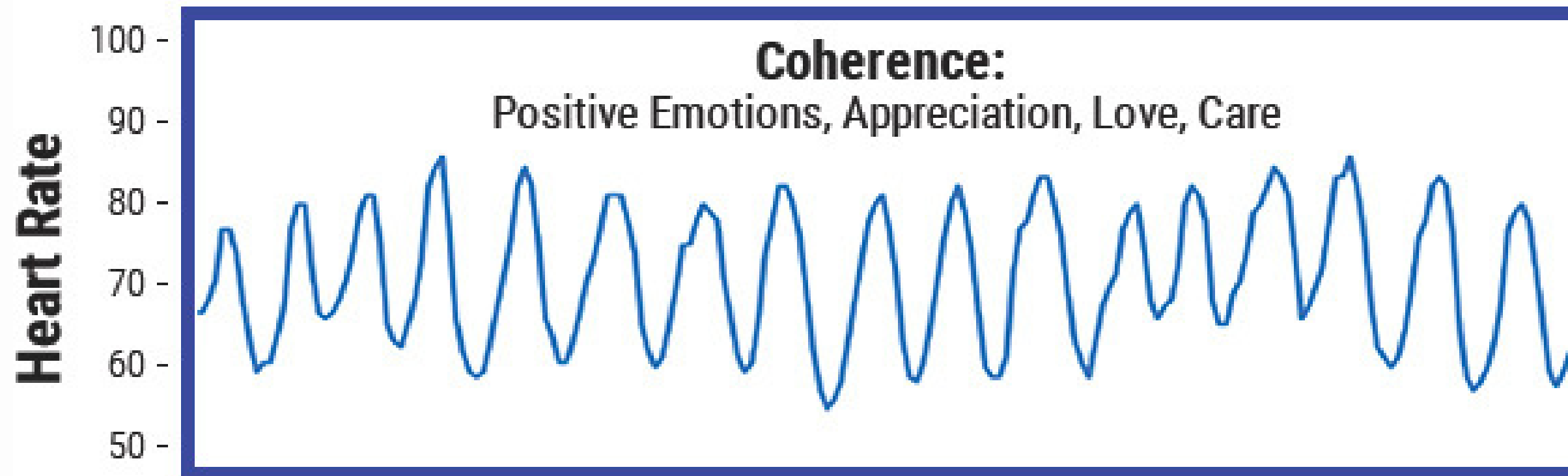


hooks, 1996; Godden, 2017

Heart-Rhythm Patterns



**Impairs
Performance
(Incoherence)**



**Promotes Optimal
Performance
(Coherence)**

1 50 100 150 200

Time (Seconds)

HEART-BRAIN COHERENCE



Heart-Centered Qualities: LOVE

8 C's - Compassion, Clarity, Connectedness, Courage, Calm, Centered, Confidence, Creativity

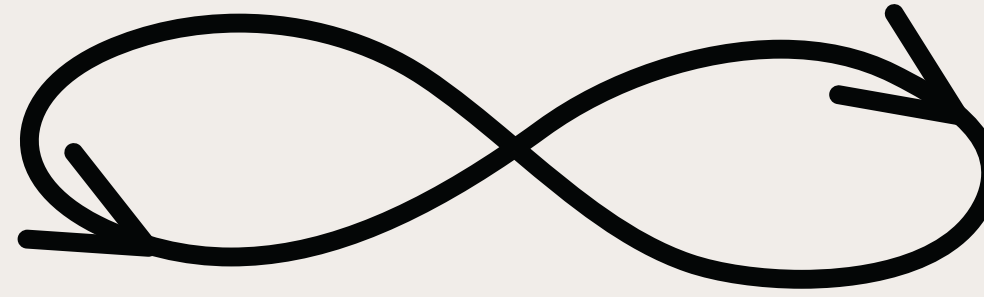
5 P's - Playfulness, Patience, Perspective, Persistence, Presence

Steps:

1. Cultivate a balanced rhythm of breathing (example, 5 seconds inhale and 5 seconds exhale)
2. On the Inhale, 70% expansion in low belly and back, 20% ribs, and 10% heart/chest
3. On the exhale, total relaxation
4. Focus on your heart and choose a heart-centered quality or emotion
5. Imagine your balanced rhythmic breath as the messenger carrying and delivering your heart's message throughout and around your body

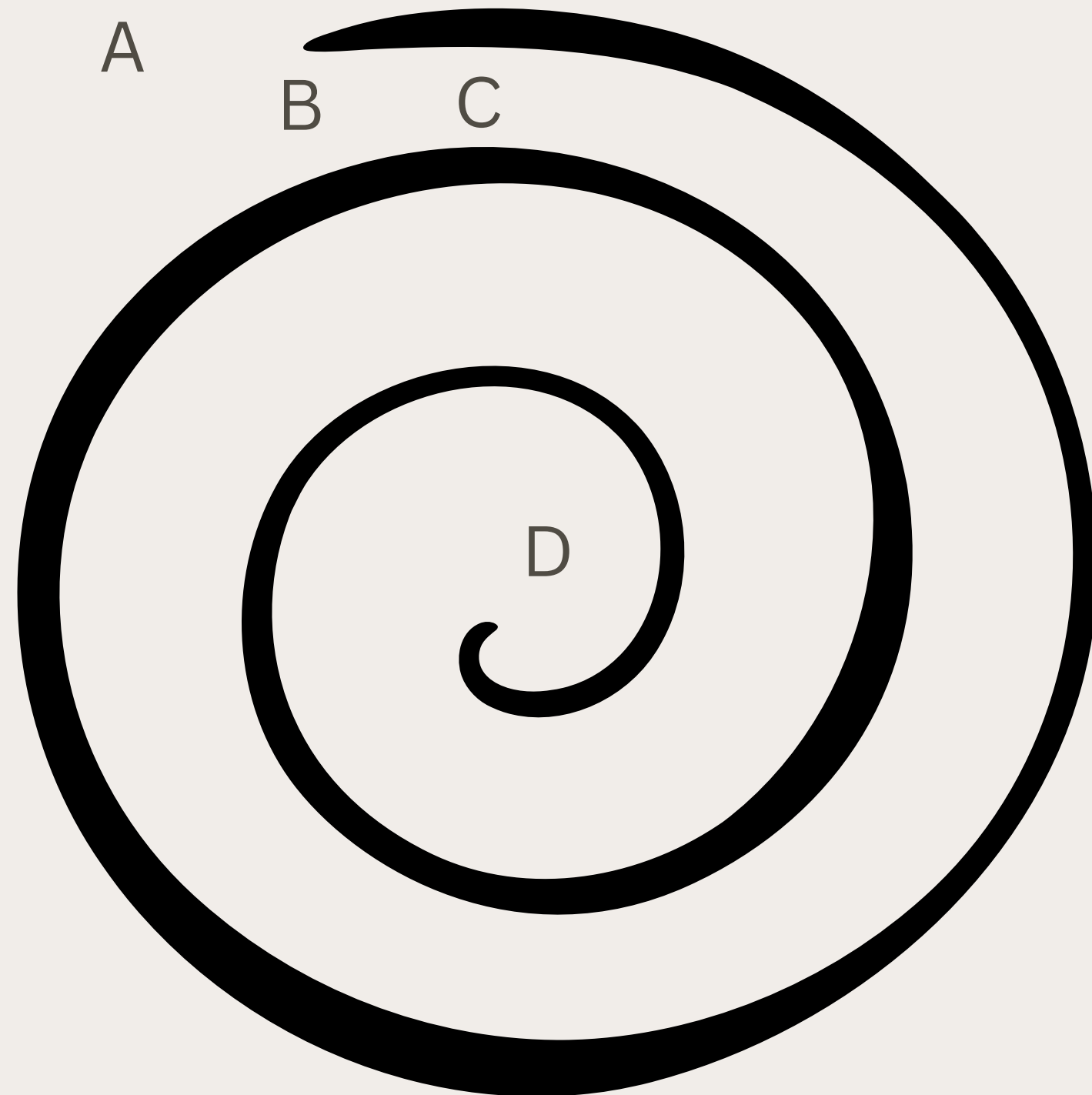
Edwards, 2017; Schwartz & Sweezy, 2020

“Self Realization is a process of radical inclusion”
(Bhambra, 2014).



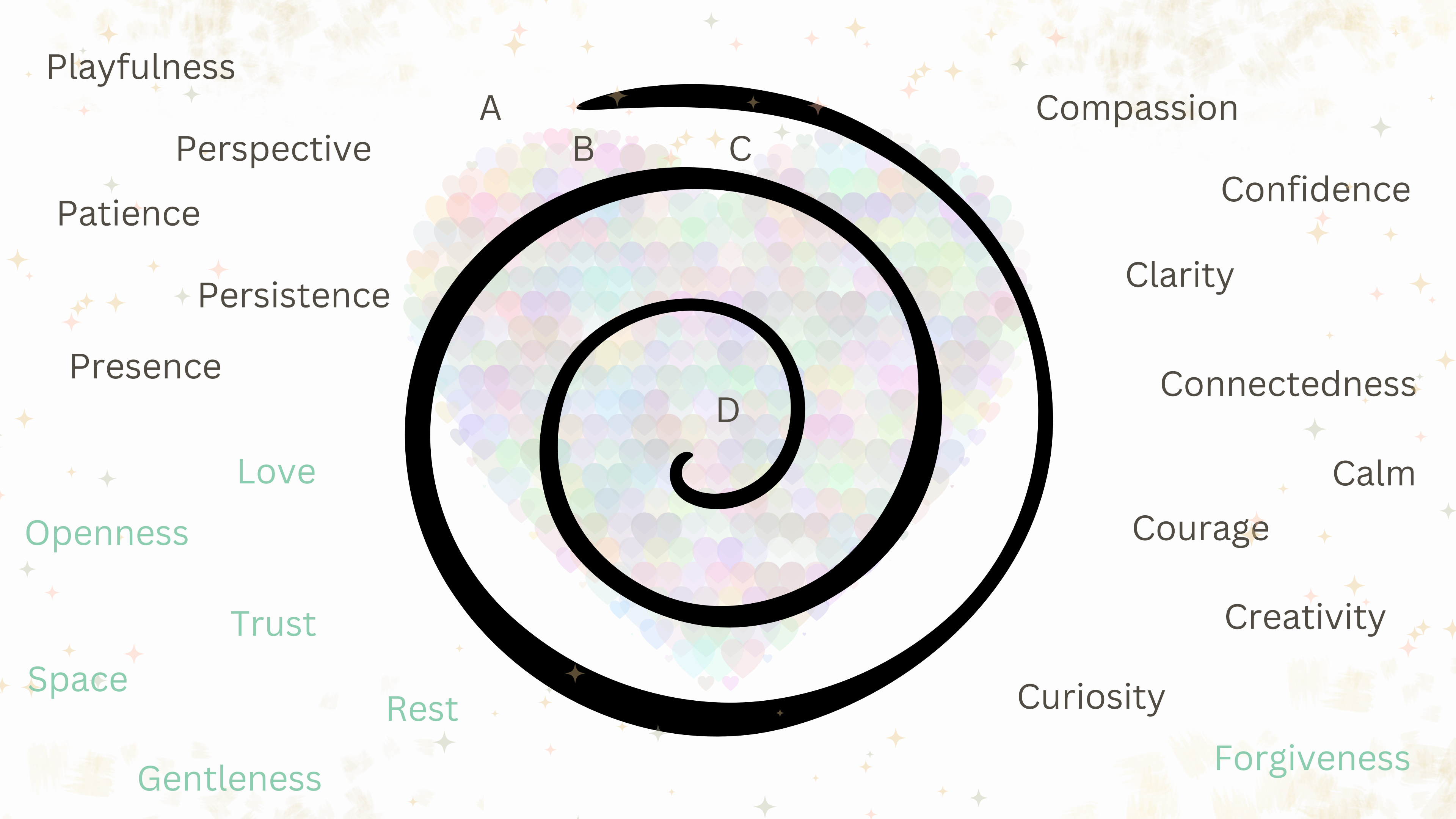
4 - Foundation, Stability

- A: Accept, Allow (Welcome)
- B: Breathe - HB Coherence
- C: Center your Nervous System
- D: Differentiate



8 - Infinity Loop, Continuity, Spiral

- D: Deep Question
- C: Inter-Connectedness
- B: Bilateral Stimulation
- A: Appreciation and Anchor in presence, improvise and collaborate with heart-centeredness



Playfulness

Compassion

Perspective

A

B

C

Patience

Confidence

Persistence

Clarity

Presence

Connectedness

Love

Calm

Openness

Courage

Trust

Creativity

Space

Rest

Curiosity

Gentleness

Forgiveness

D

THANK YOU

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