Welcome @ CIVICUS, Activists/Labels and Interpreters!

Ginhawa

Our Inner Worlds & Wellbeing

with your story-weaver:

Naro
Ginhawa
Map of October’s Voyage

Pakikipag-kapwa
Being with each other
20 min

Act 1
Loób
Mapping My Inner World
40 min

10 min break

Act 2
Ginhawa
Holistic Wellbeing
30 min

Paghilom & Laya
Body Scanning Freedom Space
15 min
There may be discomfort, let’s embrace it.
Let’s create a safe and brave space. Practice curiosity.

Trust and believe we will keep each other safe.
Practice respect, consent, and confidentiality. Avoid making judgments.

Listen and share with our entire emotions & being
All emotions and thoughts are welcome here.

Be who you are.
You can be as clear, indirect, confusing, complex, blunt, as you are. Genuinely human.

"RELAX"
Our Safe Home
What has been your journey so far as an activist/advocate?
Kapwa
Filipino Indigenous & Liberation Psychology

Unity of "I" and "other"
Shared self or identity
Togetherness
Act 1. Body Mapping
Guided Visualization Exercise

- Find a comfortable position. You can close your eyes.
- Let us take several deep breaths together. Listen and feel our breath. Feel it enter through the nose, moving around your body, and out through the mouth.
- Focus your attention to the different parts of your body. Your feet touching the hard floor, your fingertips, moving inwards, into your chest.
- Imagine there is a vast world inside you.
- This world holds all your emotions, your struggles, your memories, your experiences.
- What does this world look like?
- What colors do you see? What do you hear, smell, feel? Are there mountains, buildings, animals, people?
Act 1. Body Mapping
Breakout Rooms Sharing
(20 minutes)

Instructions

• In your smaller circles, give the people a tour of your inner world.
• Try to answer the following questions:
  • What does my inner world look like?
  • Why does it look like that?
  • What am I carrying inside me?
• Use the Jamboard to visualize, add pictures, or text to describe your worlds.
Example:

"My inner world is rich, like a tropical rainforest. It's filled with trees and rocks. There's also a huge waterfall."

Example:

"My inner world is filled with woody trees, it's quite dark."
Act 1. Body Mapping
Whole Group Sharing

Pagbabahagi
sharing our parts
Act 1. Body Mapping
Core Concept

Loób

What is Loób or Kaloóban?

all that you hold/carry
what fills you
what is inside you
how deep or wide are you

Where/When Can I Apply this?

when you're feeling stressed or overwhelmed
for self-awareness
for healing & freedom
10 minute break
Having a life that is organized, whole, and eventful.

Having a life that is full of *sarap* (pleasure) and *ligaya* (happiness/positive experiences).

Having a life where we feel *gaan* (lightness) and *gana* (drive or motivation).

---

**What is Ginhawa?**

"Fullness of Life" o "Total Wellbeing"
What does it mean to have a life that is organized, whole, and eventful?
What does it mean to have a life that is organized, whole, and eventful?

- **Organized**: having some structure, system, & justice.
- **Whole**: all aspects of our lives are interrelated
- **Eventful**: experiencing all of life's givens
What gives me **sarap** (pleasure)?
What gives me **ligaya** (happiness)?
It's important that we outweigh "negative" experiences with "positive" experiences of sarap (pleasure) and ligaya (happiness). These are what makes life liveable and worth living.

Do not wait for them to happen naturally, but rather, actively create pleasure and happiness for ourselves.
Gaan

Feeling lightness in ourselves and our Loob
Feeling calm, relaxed or at ease

Gana

Feeling energized and full with life
Feeling driven and motivated
When can I say that I feel *Gaan* (relaxed)?
When can I say that I feel *Gana* (energy/drive)?
Ginhawa
Map of October’s Voyage

Pakikipag-kapwa
Being with each other
20 min

Act 1
Loób
Mapping My Inner World
40 min

10 min break

Act 2
Ginhawa
Holistic Wellbeing
30 min

Paghilom & Laya
Body Scanning
Freedom Space
15 min
Daghang salamat!
@ CIVICUS, Activists/Labers, Interpreters & Artists

Feel free to get in touch any time. We are here for you and for any social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

See you next month!
What has been your journey so far as an activist/advocate?

I was inspired when I went to live with my grandmother in the countryside and discovered all the challenges she faced. I wanted to provide better conditions for landless workers, especially the LGBTQ+ community.

- Chemwa

My disability had a big influence on my life and my family. Seeing the challenges that we faced motivated me to make the road easier for others.

- Julio

I started my activism because I wanted to advocate for equal opportunities to all children in the country, especially in the rural areas and fight for academic freedom and socio-economic justice for our communities.

- Juan

As an activist, I come in with an open mind and that I can bring change and social and economic empowerment to women and girls.

- Zaid

I wanted STEM opportunities to learners like me and they continuously give me opportunities that push me forward and help shape this movement.

- Takumure

Visual Summary by Claudine Delfin
LOOB
MAPPING MY INNER WORLD

WHAT DOES MY INNER WORLD LOOK LIKE?

SOCIAL CHANGE BEGINS WITHIN OURSELVES

VERY DRY IT CANNOT EVEN CARRY LIFE

COMPLEX AND RICH AND HAPPENING IN QueeR TIME

TIMELESS AND SPACELESS, NEITHER EMPTY NOR FULL

NOT PEACEFUL BUT SLEEP-LESS FROM MAKING PLANS

VISUAL SUMMARY BY CLAUDINE DELFIN

CIVICUS
Ginhawa
Holistic Wellbeing

What is your definition of a peaceful and organized life?

- There is order and nothing overlaps and you do not feel overwhelmed
- Being present, acknowledging our contribution to the world and acting daily to make things happen
- Having systems within ourselves and our broader context

What gives you pleasure?

- Making people smile
- Appreciating art
- Being one with nature

Visual Summary by Claudine Delfin