




# Catch Your Breath


A Moment to Pause, Rest and Reset

*w. Teresa Mateus (she/her), E.D. at Reciprocity Foundation*




# Overview of Our Time:

- Welcome & Intro to Reciprocity Foundation
  - Discussing AYN/Reciprocity as we find our way in work and life in a semi-post Pandemic world
  - Caring for Ourselves: The Active Practice of Liberation Now
  - Guided breath and meditation practice
  - Building a Rhythm of Life: Care Practices for Ourselves
  - Collective Conversation on Present & Future Care Rhythm
  - Closing Movement and Grounding Ritual
- 


A woman with long dark hair, wearing a grey and white patterned top, is massaging the head of another woman. The woman being massaged is lying down, wearing a bright yellow top, with her eyes closed and a peaceful expression. The background is a plain, light-colored wall.

our breath, and our environment.



*The body, not the thinking brain, is where we experience most of our pain, pleasure, and joy, and where we process most of what happens to us. It is also where we do most of our healing, including our emotional and psychological healing. And it is where we experience resilience and a sense of flow.*

**Resmaa Menakem**, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*





# Ayni (reciprocity in Quechua)


## Circle of Everything

Dark/heavy-light,  
joyful/painful,  
celebration/grief,  
temporary state of  
everything

## The Practice of Reciprocity

giving/receiving,  
relationship of balance,  
humans & natural world





*If you need to rest, let the earth hold you. If you feel overwhelmed, go and let the silence find you. If you are numb and terrified, call on the Mother. If you are feeling stable and resourced, dedicate some of that energy to others who feel depleted.*

**Lama Rod Owens**, Author of *Love and Rage: The Path of Liberation Through Anger*




A decorative terrazzo pattern in the top-left corner, featuring irregular shapes in shades of light blue, dark blue, orange, and grey on a white background.

# Liberation Now


*Guided Meditation Practice*

*w/song LAm by India Arie + Beautiful  
Chorus*




*“Call your spirit back. It may be caught in corners and creases of shame, judgment, and human abuse. You must call in a way that your spirit will want to return. Speak to it as you would to a beloved child. Welcome your spirit back from its wandering. It may return in pieces, in tatters. Gather them together. They will be happy to be found after being lost for so long. Your spirit will need to sleep a while after it is bathed and given clean clothes. Now you can have a party. Invite everyone you know who loves and supports you. Keep room for those who have no place else to go. Make a giveaway, and remember, keep the speeches short. Then, you must do this: help the next person find their way through the dark.”*

**Joy Harjo, Conflict Resolution for Holy Beings:**  
*Poems*







*Your no makes the way for your yes.  
Boundaries create the container within which  
your yes is authentic. Being able to say no  
makes yes a choice.*

**Adrienne Maree Brown**, *Pleasure Activism:  
The Politics of Feeling Good*



# Building A Rhythm of Life:

- Art of the “necessary no” - boundary-setting
- Opening and closing the day in a grounding way
- Finding space for breath through the day
- Honoring your own worth & finding daily liberation in self-care and support
- Self-Permission to pause & restore
- The “Practice of Imperfection”
- “Dimming Down” as a Night Rhythm (quieting the noise)
- ...Build Your Rhythm of Life






# Building our rhythms of life

*A Collective Conversation*





*Joy is a freedom. It helps a person to find his/her own liberation. The person who is joyous takes responsibility for the time he/she takes up and the space that he/she occupies. You share it! Some of you have it ... you share it! That is what joy is! When you continue to give it away you will still have so much more of it.*

**Maya Angelou**





# Closing Practice

*Movement + Breath*

# Connect with Us:

- [www.reciprocityfoundation.org](http://www.reciprocityfoundation.org)
- Email: [Teresa@reciprocityfoundation.org](mailto:Teresa@reciprocityfoundation.org) |  
[Deena@reciprocityfoundation.org](mailto:Deena@reciprocityfoundation.org)
- Instagram: [@thereciprocityfoundation](https://www.instagram.com/thereciprocityfoundation)
- Youtube: [@reciprocityfoundation8766](https://www.youtube.com/@reciprocityfoundation8766)
- New Programming Beginning Fall (Sept) 2023!

