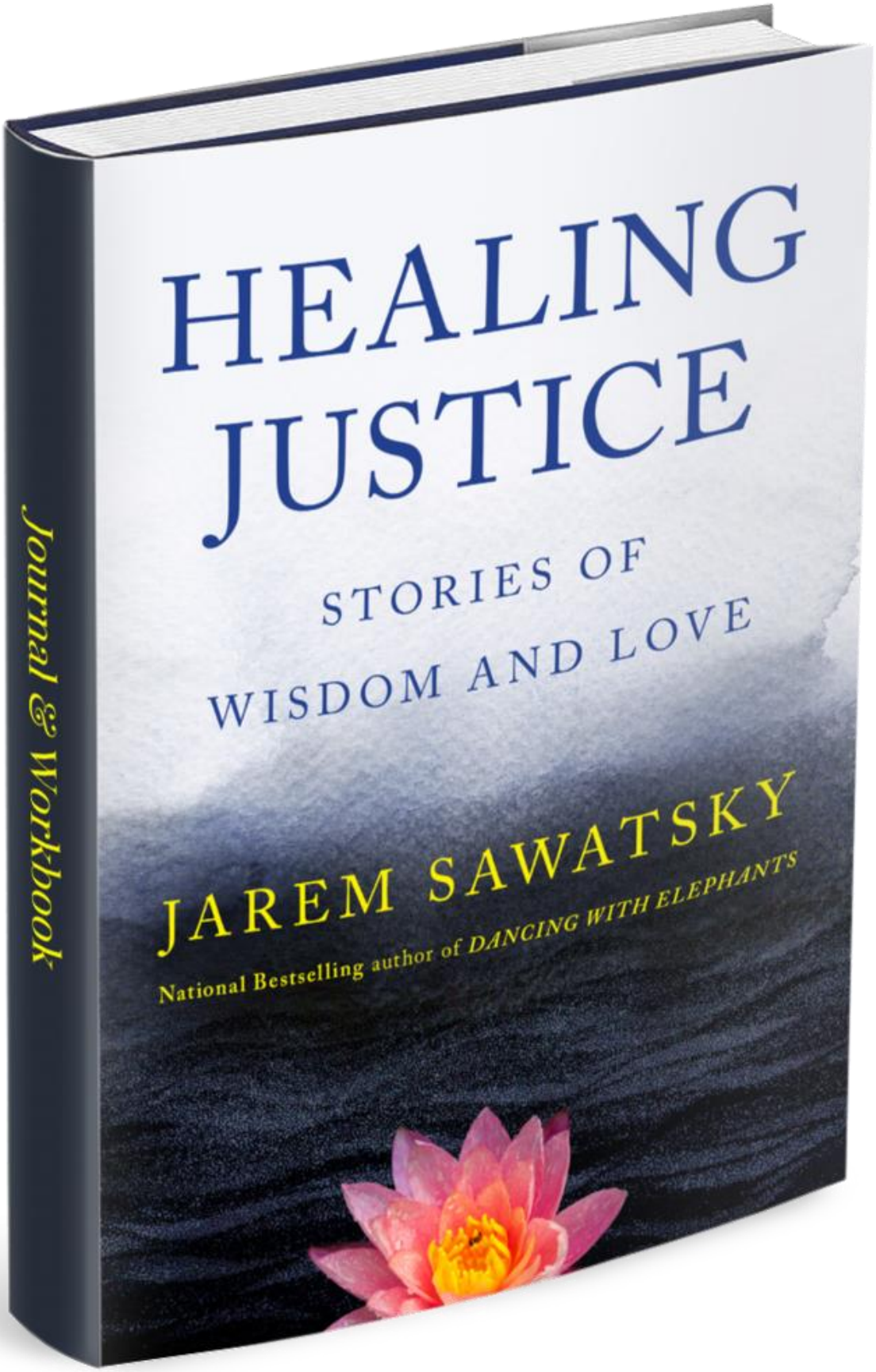
HEALING JUSTICE
STORIES OF WISDOM AND LOVE
JAREM SAWATSKY
National Bestselling author of DANCING WITH ELEPHANTS
Journal & Workbook

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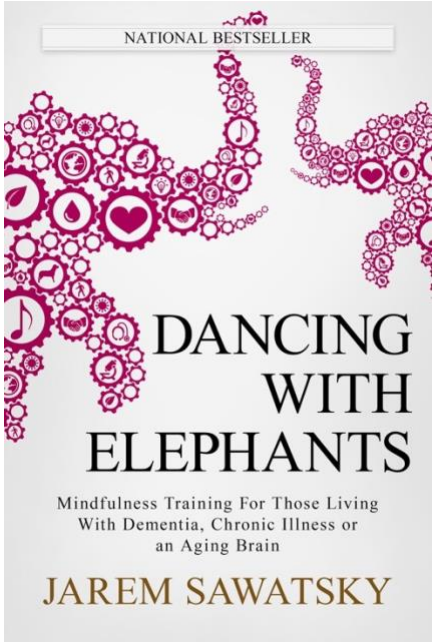
How to Die Smiling Series



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Dancing with Elephants
Mindfulness Training for Those Living with Dementia, Chronic Illness or an Aging Brain

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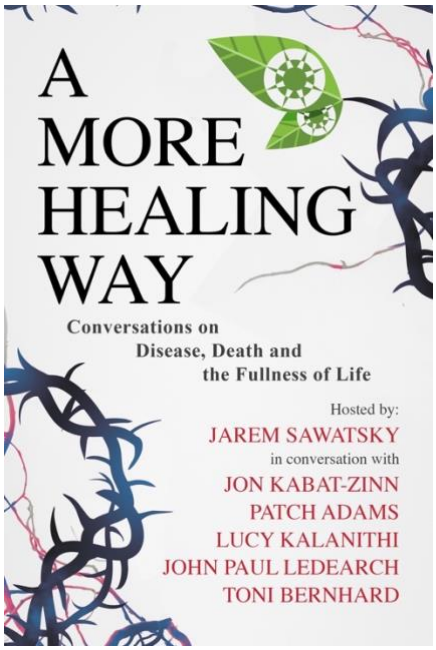

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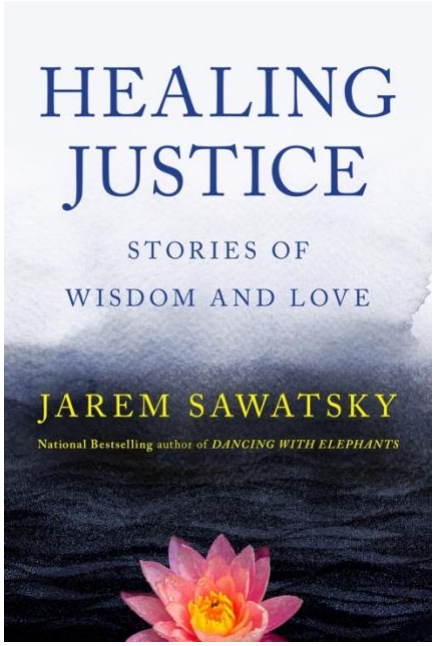

Vol 3
Healing Justice
Stories of Wisdom and Love

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Healing Justice Journal & Workbook

Day 1 – Shatteredness and the Unshatterable

Read the poem, The Unbroken, at the start of Chapter 1. Which lines from the poem resound most deep within you? Write those lines down and try to memorize them. Go for a slow walk and keep repeating to yourself the lines you've identified from the poem. On your walk, find a place to sit and listen. What do these lines stir within you? Why do these lines speak to you? Record your thoughts and feelings.

Healing Justice Journal & Workbook

Day 2 –

Read Chapter 1 - Shatteredness and the Unshatterable in *Healing Justice.*

In this chapter I share some of the ways I have experience shatteredness and the unshatterable. Where are those places for you? What do you need healing from? What do you take refuge in? Where do you go for healing? How is that working out? Journal your responses to these questions.

Healing Justice Journal & Workbook

Day 3 – Plum Village

Read the poem, Please Call me by My True Names, at the start of Chapter 2. Which lines from the poem resound most deep within you? Write those lines down and try to memorize them. Go for a slow walk and keep repeating to yourself the lines you've identified from the poem. On your walk, find a place to sit and listen. What do these lines stir within you? Why do these lines speak to you? Record your thoughts and feelings.

Healing Justice Journal & Workbook

Day 4 – Plum Village

Read Chapter 2 - Plum Village and the Playground of Thich Nhat Hanh in *Healing Justice.*

Plum Village teaches that justice should be about revealing your true identity as a beautiful being. Journal about your thoughts and feels about this approach.

Healing Justice Journal & Workbook

Day 5 – Plum Village

To give you an idea what Plum Village and Thich Nhat Hanh are like in full colour, please watch the following videos:

Thich Nhat Hanh with Oprah (22 min): https://www.youtube.com/watch?v=NJ9UtuWfs3U&t=66s

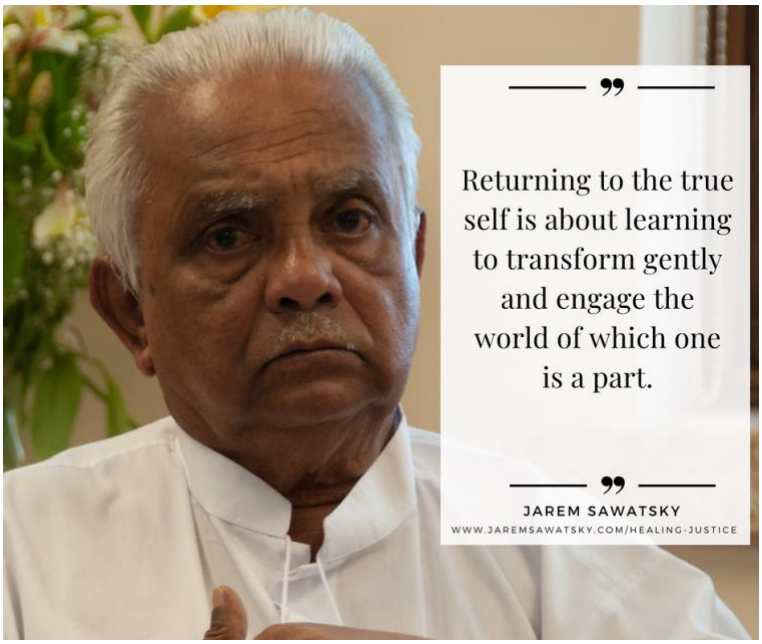
Summer at Plum Village (7 min): https://www.youtube.com/watch?v=X8W0Cd93Z2w

As you watch, take notes on what touches you.

Healing Justice Journal & Workbook

Day 6 – Plum Village

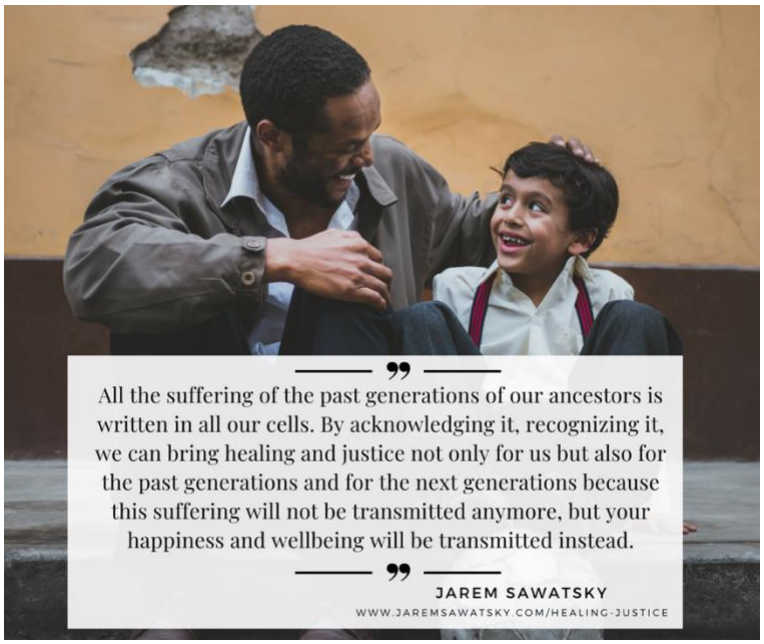
Read Chapter 2 again - Plum Village and the Playground of Thich Nhat Hanh in *Healing Justice.*



Look back at your journal entry for Day 2 – on what you need healing from. What parts of this chapter speak to your own need for healing justice? What can this chapter teach you about healing?

Healing Justice Journal & Workbook

Day 7 – Plum Village



IDENTIFY A HEALING JUSTICE PRACTICE from Plum Village that you will try on for three days. Chapter 2 tells stories of how those at Plum Village try to live out healing justice in the here and now. Look back through the chapter and pick one of their practices of healing justice which you want to explore more deeply. Some wisdom we only recognize by trying it on. Pick a practice or some wisdom nugget from the Plum Village. Make a plan of how you will try this practice on over the next three days.

Healing Justice Journal & Workbook

Day 8 – Plum Village Practice #1

Today try on Plum Village's wisdom living out the practice you identified on Day 7. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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Day 9 – Plum Village Practice #2

Again, try on Plum Village's wisdom living out the practice you identified on Day 7. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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Day 10 – Plum Village Practice #3

For the third and final day, try on Plum Village's wisdom living out the practice you identified on Day 7. Try it on. Live it out in the here and now. Record your thoughts and feels as it relates to this practice.

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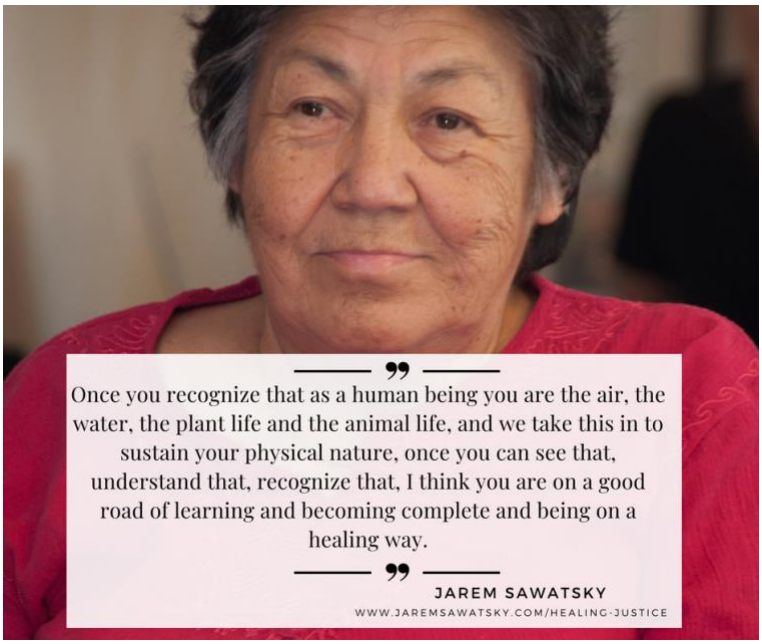
Day 11 – Hollow Water

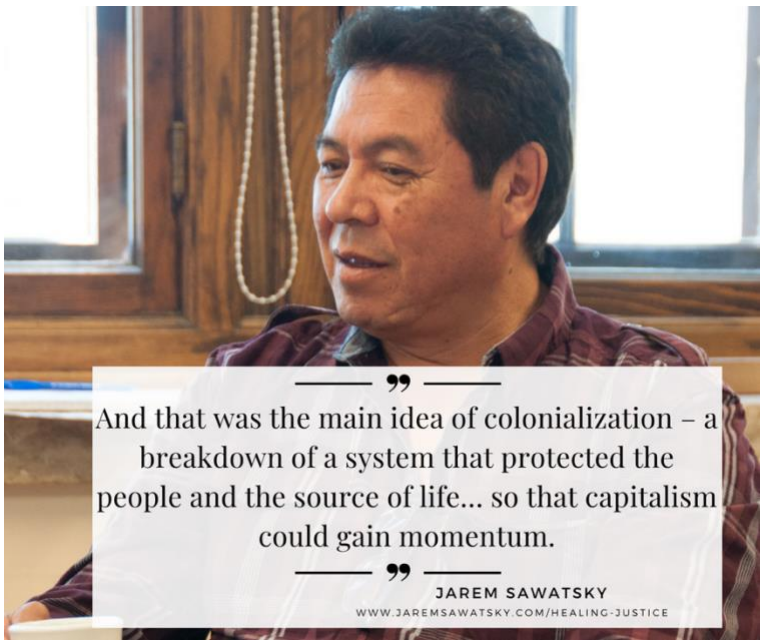
Read Chapter 3 - Hollow Water Community and The Holistic Circle Healing in *Healing Justice.*



The Hollow Water story suggests that while we can start the healing journey by ourselves, we need to engage wider and wider circles of the community to walk in a healing way. What are the advantages and disadvantages of such an approach?

Healing Justice Journal & Workbook

Day 12 – Hollow Water



To give you an idea what Hollow Water is like in full colour, please watch the following videos:

National Film Board Documentary (49 min): https://www.nfb.ca/film/hollow_water/

If the above link does not work outside of Canada, you can see part of the video here (11 min): https://www.youtube.com/watch?v=MMKIvv5p164&t=52s

As you watch take notes on what touches you.

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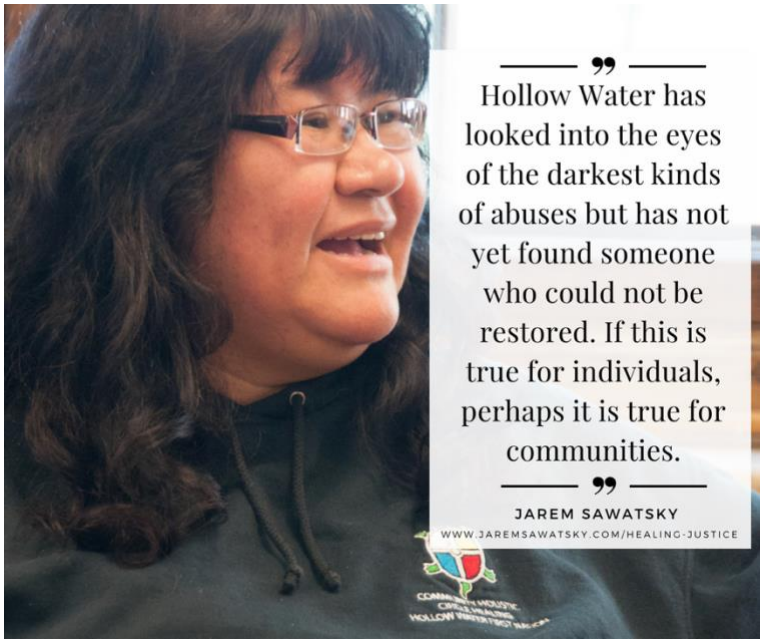
Day 13 – Hollow Water

Read Chapter 3 again - Hollow Water Community and The Holistic Circle Healing in *Healing Justice.*



There is a power that comes from knowing that those who have experienced some of the darkest things this world has to offer, still rise again in a healing way. What does it mean that hundreds of years of colonialism can not crush the healing spirit? What does it mean that generations of sexual abuse by family members can not crush the healing spirit? Journal your responses.

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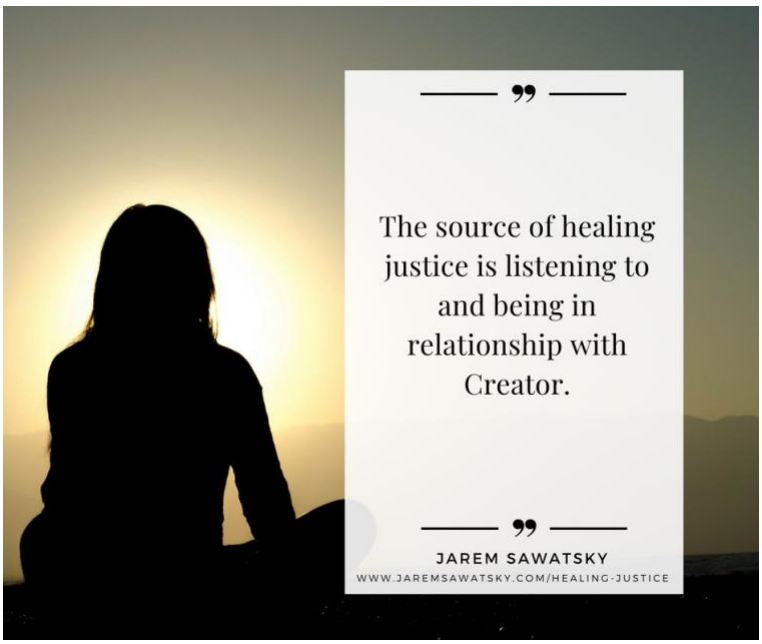
Day 14 – Hollow Water



Look back at your journal entry for Day 2 on what you need healing from. What parts of this chapter speak to your own need for healing justice? What can this chapter teach you about healing?

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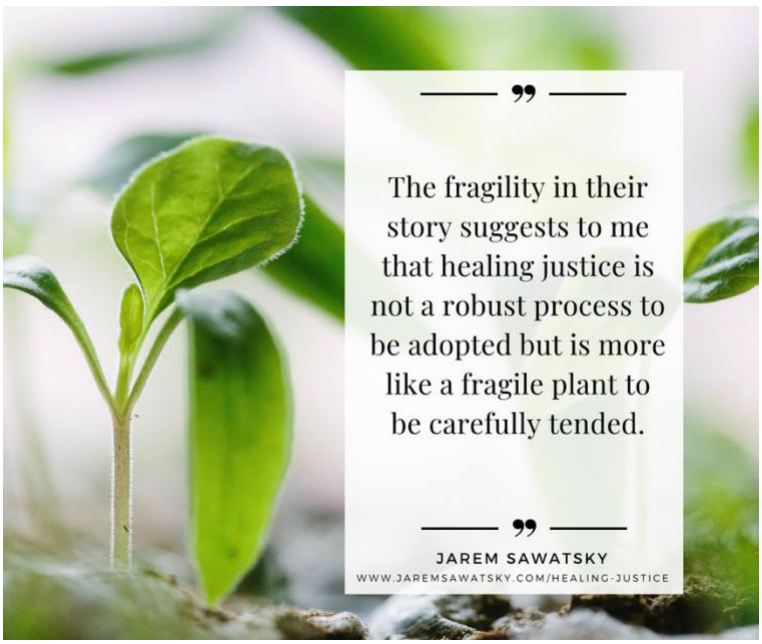
Day 15 – Hollow Water



When the international community started to learn about Hollow Water, many wanted to take the 13-step process and use it in their own context. But Hollow Water is not a process. It is a people trying to re-learn their identity as a resilient, healing community. What would change if we saw healing justice as a fragile plant to be carefully tended? Journal your thoughts and feelings.

Healing Justice Journal & Workbook

Day 16 – Hollow Water

IDENTIFY A HEALING JUSTICE PRACTICE from Hollow Water that you will try on for three days. Chapter 3 tells stories of how those at Hollow Water try to live out healing justice in the here and now. Look back through the chapter and pick one of their practices of healing justice which you want to explore more deeply. Some wisdom we only recognize by trying it on. Pick a practice or some wisdom nugget from the Hollow Water. Make a plan of how you will try this practice on over the next three days.

Healing Justice Journal & Workbook

Day 17– Hollow Water Practice #1

Today try on Hollow Water's wisdom living out the practice you identified on Day 16. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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Day 18 – Hollow Water Practice #2

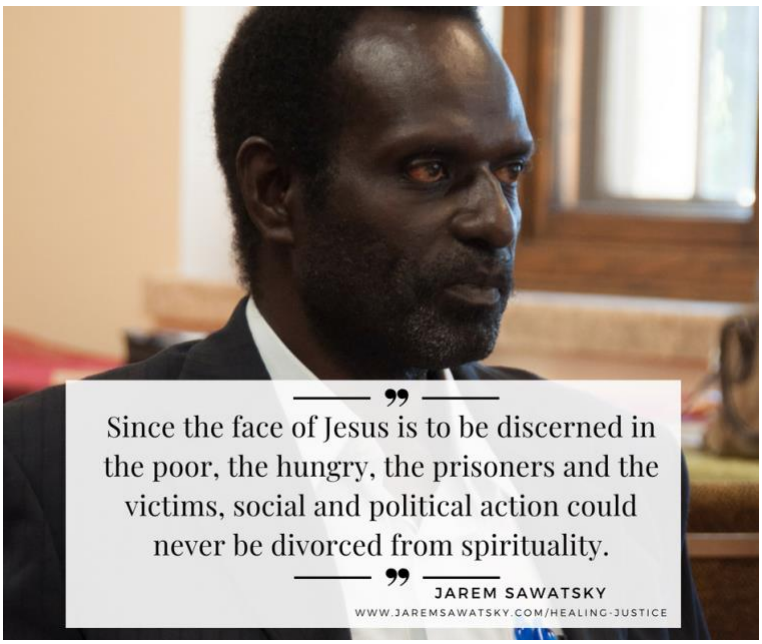
Again, try on Hollow Water's wisdom living out the practice you identified on Day 16. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

Day 19 – Hollow Water Practice #3

For the third and final day, try on Hollow Water's wisdom living out the practice you identified on Day 16. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

Healing Justice Journal & Workbook

Day 20 – The Iona Community

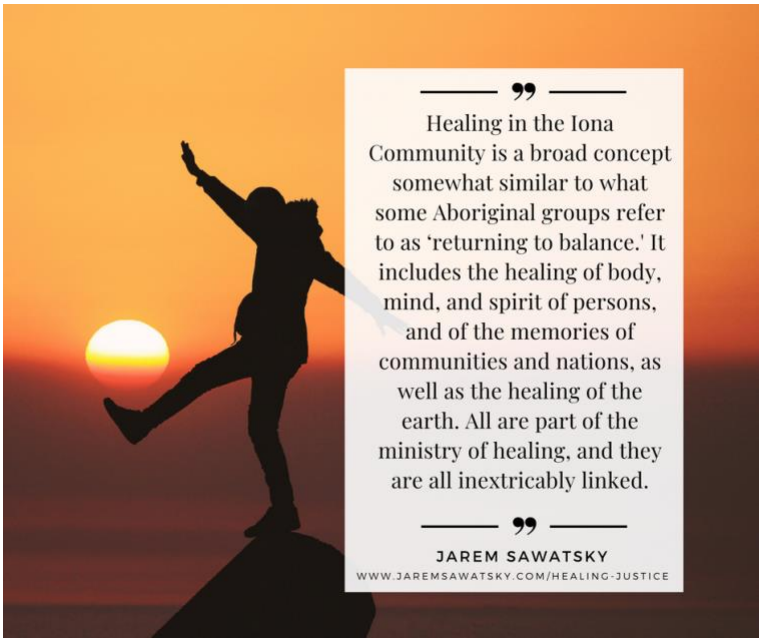


Read the song, A Touching Place at the start of Chapter 4. Which lines from the poem resound most deep within you? Write those lines down and try to memorize them. Go for a slow walk and keep repeating to yourself the lines you've identified from the poem. On your walk, find a place to sit and listen. What do these lines stir within you? Why do these lines speak to you? Record your thoughts and feelings.

Healing Justice Journal & Workbook

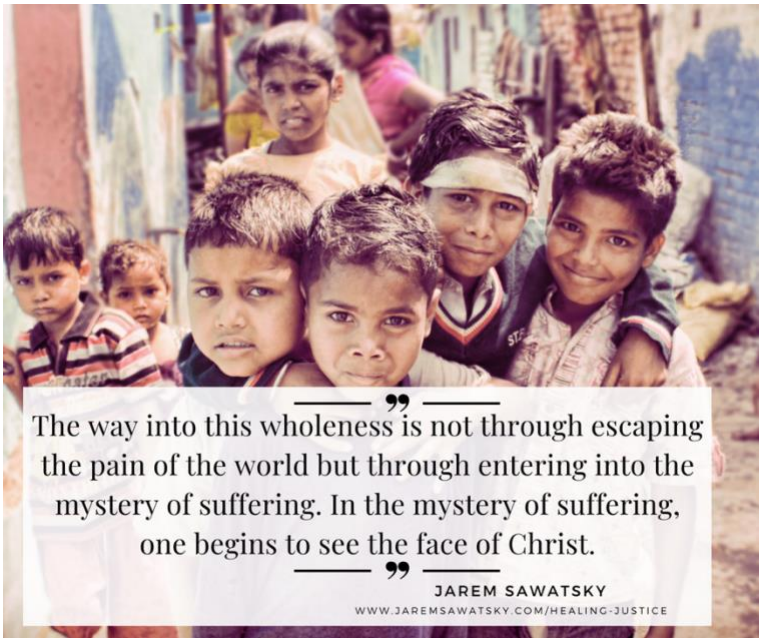
Day 21 – The Iona Community

Read Chapter 4 - The Iona Community and the Wild Goose in *Healing Justice.*



Look back at your journal entry for Day 2 on what you need healing from. What parts of this chapter speak to your own need for healing justice? What can this chapter teach you about healing?

Day 22 – The Iona Community



To give you an idea what The Iona Community is like in full colour, please watch the following videos:

John Bell on Iona (3 min): https://www.youtube.com/watch?v=bpmt_mcLo3E&t=48s

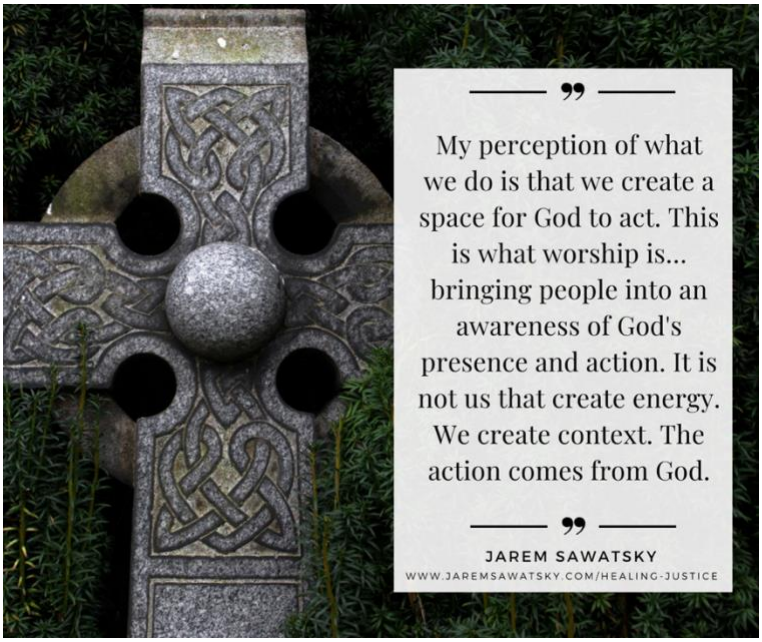
Talk by John Bell (34 min): https://www.youtube.com/watch?v=MMKIvv5p164&t=52s

As you watch, take notes on what touches you.

Healing Justice Journal & Workbook

Day 23 – The Iona Community

Read Chapter 4 again - The Iona Community and the Wild Goose in *Healing Justice.*



IDENTIFY A HEALING JUSTICE PRACTICE from The Iona Community that you will try on for three days. Chapter 4 tells stories of how those at the Iona Community try to live out healing justice in the here and now. Look back through the chapter and pick one of their practices of healing justice which you want to explore more deeply. Some wisdom we only recognize by trying it on. Pick a practice or some wisdom nugget from The Iona Community. Make a plan of how you will try this practice on over the next three days.

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Day 24 – The Iona Community Practice #1

Today try on The Iona Community's wisdom living out the practice you identified on Day 23. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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Day 25 – The Iona Community Practice #2

Again, try on The Iona Community's wisdom living out the practice you identified on Day 23. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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Day 26 – The Iona Community Practice #3

For the third and final day, try on The Iona Community's wisdom living out the practice you identified on Day 23. Try it on. Live it out in the here and now. Record your thoughts and feelings as it relates to this practice.

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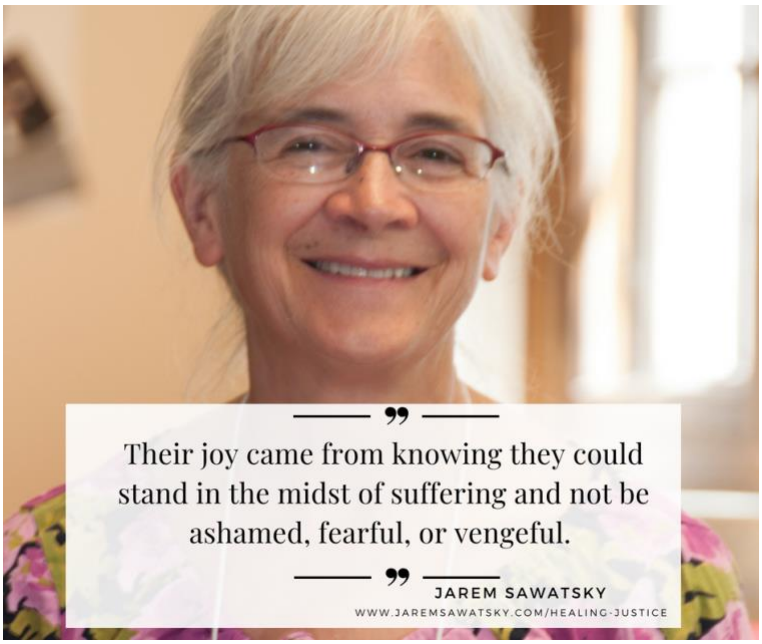
Day 27 – Listening to the Stories

Read the poem, Reconciliation, at the start of Chapter 5 in *Healing Justice.*



Re-read the poem, Reconciliation, at the start of Chapter 5. Which lines from the poem resound most deep within you? Write those lines down and try to memorize them. Go for a slow walk and keep repeating to yourself the lines you've identified from the poem. On your walk, find a place to sit and listen. What do these lines stir within you? Why do these lines speak to you? Record your thoughts and feelings.

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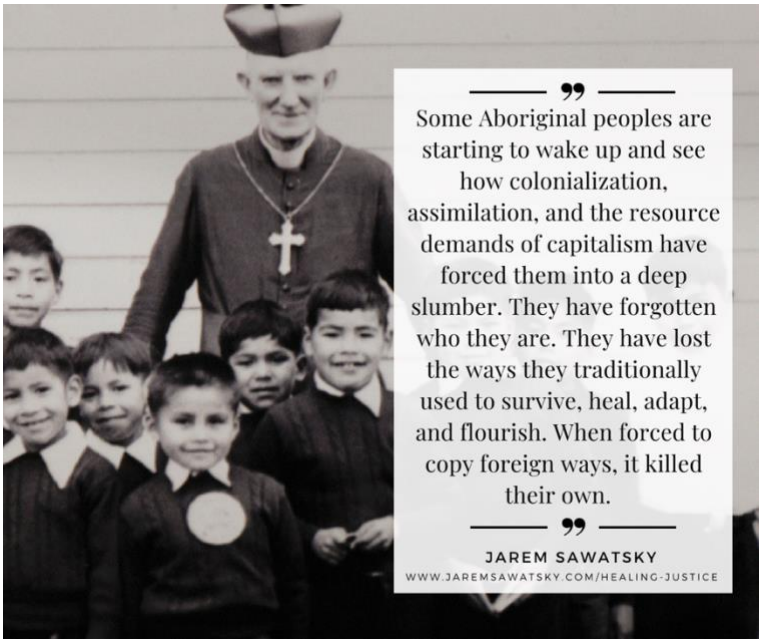
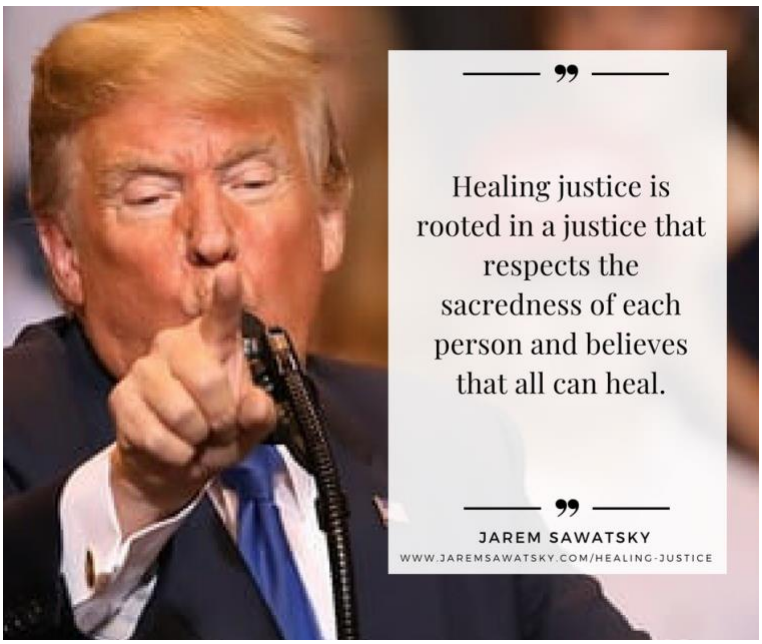
Day 28 – Listening to the Stories

Read Chapter 5 - Listening to the Stories: What Kind of Love and Wisdom is This? in *Healing Justice.*



Go back through all your entries in this journal. What have you been learning about yourself and the healing justice journey. Write a letter to yourself on what you want to remember about this journey.

Day 29 – Listening to the Stories



Who do you think might be beyond healing? What if they weren't beyond healing? What if healing was possible for all. How might this insight change how you live your life?

Day 30 – Listening to the Stories

Read Chapter 5 again - Listening to the Stories: What Kind of Love and Wisdom is This? in *Healing Justice.*

What do you need to put into practice from this book? How might healing justice help you to live differently?