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ANCESTRAL RESISTANCE

OFFERINGS + PRACTICES

INTENTION + OFFERING

We offer this collection of prayers, practices and intentions for the sake of the ancestors, for the sake of our families and the Earth who made us, and for the generations to come. We give thanks for the ways that our ancestral practices have survived violence and erasure, and for the creativity to birth our own ceremony when blood memory cannot yet speak its secrets.

This document grew of a collective conversation among us who have been an active part of struggles on different fronts for the dignity and freedom of people who have been historically oppressed. The energy of Creation called for us to continue to actively honor the presence of Spirit in our resistance and our healing and to deepen our connections with each other. This is our attempt to do so and to share it with others as an offering.

Although the words shared here arise from various lineages, many of them share common themes: invoking ancestors, asking permission, breath work, being present in body wisdom, connection with earth and energetic forces, collective movement and Gratitude.

We are grateful for all the ways these elements have shown up both in our ceremonies and our active struggles. We hope that by sharing these pieces we are in some small way helping nurture the powerfully important but challenging resistance work of, as Grace Lee Boggs said, “growing our souls”. Feel free to use on your own or within group spaces, and to share as you see fit. And since this is a living document, we invite other people aligned with this vision to contribute your wisdom and prayers as well.

By Belia Saavedra



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HERE RISE

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healing
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humming
heart to heart
colibri and araña working hard
weaving
mariposa songs
dancing
with fuego
breaking
chains
freeing
suspiros
feeling
alivios antiguos
moving
with moon and ocean waves
honoring our ancestors
here presented
with these gifts
ofrendas
for our shared existence
sacred resistance



we offer
flores para el alma
con perfume de agua sol y montañas
somos besos en el viento
unstoppable
movimientos
en resistencia sagrada
lucha es ceremonia
ceremonia es lucha
struggle is ceremony
ceremony is struggle
rebirthing stars
estrellas dropping rocks
rattling in deep waters
to touch our highest powers
reminding us
we all got this
we one
in this
we won
in this
our
life
love
land
liberation
we heard it
in the ancient waters of our
children's laughter

thank you
to all our relations
for being
healing
justice

- Mariella Saba

Delia Bruje Fuego

WELLNESS MEDICINE KIT

With the clarity of the ancestral medicine of Colombia--Membe and Ambil

In free times, in difficult times, in tense times, in times of pain and confusion, in times of anger and rage, and in times of sadness and frustration, in times of impotence, in times of good health, clarity, and celebration we take breathes and we call on all energies, elements, spirits, beings and directions. Together we dialogue about the different needs that we must take care of, in what conditions they are being experienced or are showing up and how we are taking care of ourselves.

For example

- Headache, stomach ache
- Anxiety, trauma, stress, fear, insomnia
- Cuts and burns
- Gun shots
- Allergies, bee stings (medicine)
- snake bites (medicine)
- Pregnant people and their conditions
- Children with emotions

And more..



Collectively share information on how to make medicine for care and healing. Many people have knowledge about different types of medicine for different needs (taking into consideration remedies native to the area or other places). Plan with the understanding of the climate and environment, best storage for dry plants and herbs, where you can get fresh plants to use them effectively if they are necessary.

Including creating guiding maps for community to locate them in the area to make fresh medicine.

This work is essential to creating the space where we can remember and give honor to the medicine and ancestral and natural knowledge. This space of word, sharing and memory generates healing work to move energy and that feeling that makes us feel as though we are powerless. The people who receive this healing work can break silences and create their own healing and prepare themselves to be more present with depth, connection, and clarity in sharing medicine and healing with those that need it.

Decide whether it is necessary to create several medicine kits with a particular specialty or if only one is necessary or several of the same type.

Make a note or verbal plan (for security issues) of what specific person works with what medicine and where or with whom the medicine kits will be.

Delia Bruje Fuego

I AM PRESENT, I SEE YOU, WE ARE HERE

(Individual or in circle)

Take one deep breath. Start shaking your legs and arms, shake the rest of your body, releasing and generating flow of blood and oxygen. Each person puts their hands together and rubs them and says "I am present" three times. Shift to snapping fingers and seeing each other around the circle (if its just you, close your eyes and see yourself or look into a mirror) and say "I see you" three times around the circle. Shift to start tapping your knees and running in place and set collective intention of why or what you all are doing. Start slow and increase momentum and sound. Keep eye contact with each other around circle. Say the following:

"We are here" three times. The fourth time you say it, increase the volume and speed of tapping knees and running in place and raise waving hands up to the skies saying your intention: "We are here.. heeeaaaalllliiiiii tthheee world". Keep hands to skies, look up, take deep breath, hands stretched up and feet rooted into the ground, your body is resilient, healing and powerful. Relax and be gentle with yourself and each other.



Delia Bruje Fuego

COLLECTIVE CLEANSING & PROTECTION

In a circle say your name and say the name of the rest of the people in the circle.

Invoke the ancestors by saying their name and the word 'presente', as you say the name of each ancestor pour water on the ground or in a clear container in the middle of the circle.

Face the person next to you and say the following I see you, you are my other me (in lak'ech - mayan tradition). Each person rotates to the person on your left and repeat to each other the same line. Do this a total of three times.

1. Come back together in a circle and greet the 6 directions (turn and face each direction as a group)

East-wind, South-water, West-earth, North-fire,
Center--depth of the inside of the earth, Sky/Heaven and stars

2. Come together around the plants/herbs with the person who will lead the cleanse. Share what the healing powers of each plant is

California Pepper Tree, Rosemary, Rue, Flowers
Sage, and others you may wish to include

Each person will create their own bundle asking the plants with respect to be part of the ceremony. When each person puts together their bundle, it must be tied with a red string or thin lace, put some rum or any other aguardiente (tequila, mezcal, brandy, etc) in your mouth and with your mouth spray the bundle so it will have your essence and it will be identified with you.

3. Invocation to yourself: Each person will speak their name 3 times in a loud voice onto the bundle you created all at the same time. This continues creating healthy and healing vibrations all over your body and energetic aura levels.

4. Each one of you can lay down or stand. With your plant bundle each one will reconnect with and activate their 7 chakras. The 7 chakras are the centers in our bodies in which energy flows through. For chakras location, see image below. People can stand or lay down to work with their chakras. Start from your Root Chakra, holding your plant bundle and tapping it in the chakra location to activate and awaken. Feel each chakra. Make sure to place next to you a transparent glass cup or container with water so that it serves as a receiver and container for everything you are releasing and assists you with flow through the water medicine.

FOLLOW CHAKRA LOCATION:



Crown chakra- say: I understand...

Third eye chakra- say: I see..

Throat chakra- say: I speak..

Heart chakra- say: I Love..

Solar plexus chakra- say: I make or I create..

Sacral chakra- say: I feel..

Root chakra- say: I am..

5. Standing, everyone will light a white candle in front of their body. Leave the transparent glass container filled with water next to you so it continues to hold everything you are releasing and cleansing off. Take your plant bundle and use it to sweep your body as though you are shaking off or sweeping off something. Start with your head and move down your body slowly all the way to the soles of your feet. As you do this, concentrate your mind on shaking off all that feels stagnant in your body, all that feels stuck in your body and all that is no longer needed. Sweep off pains and aches that have been in your body. Give it all to the fire of the candle in front of your body and water container next to you. When you are done sweeping yourself, place your plant bundle in between the fire and water next to your body.

6. You can sit, lay down, stand up, or position yourself in whatever way is most comfortable to your body. What messages are you hearing? From who, what are you feeling? Where on your body, how, what images are coming to you? Are there any animals or plants coming to you?

7. With your hands, intention a light circle and protection around you and around all of the participants.

8. After the cleanse ensure that you remain relaxed. Breathe intentionally. Gather water container and find a place on the earth, next to a tree or open space and empty the water there so that the earth absorbs and transforms everything that you released from the chakras and sweeping/cleansing of your body. Find a safe place if possible to leave candles to burn out. If you cannot leave the candles, each person blow out candles and take the candles with them, light them again in their safe space and burn them out. Burn plant bundles, bury them, throw them in a river, ocean, or large body of water, and if none of these are available, place it in a bag and dispose of it far from where you stay.

9. After this ceremony, drink lots of water, eat greens, and light foods, shower and use cedar pine oils, sandalwood, or lavender oils for protection of all your open body and energy centers. It is normal to have dreams, hear messages, feel light headed as if you are floating. Don't be afraid, stay close to the earth and if needed lay down or touch with your bare feet and hands so that you get well.

Delia Bruje Fuego

TALISMAN

Create collectively a charm or talisman for protection with plants, images, crystals, animal parts that each person believes and knows will be for protection. Activate it by spraying with your mouth the talisman 3 times with “aguardiente” (a clear alcoholic drink made in Colombia).



PROTECTION TALISMAN DOLL

(For all Generations) hands on for 3+yrs

Gather the following items: old socks, sweaters, pieces of cloth, photos, sticks, rocks, feather, leaves, branches, crystals, gems, bones, shells, essential oils, paint, glitter, glue, scissors, needles, string, beads.

Make a circle with all the medicine in the center and 1) give thanks and honor the land and elements 2) give thanks and honor all children and beings present. Burn sacred medicine (copal, sage, sweet grass...) to clear the space and any unneeded energy.

Do a playful dance/stretch, wiggle where the whole body is activated. Call for protection. Call out intentions collectively. (For example, intention for clarity, health, openness, playfulness, creativity, truth, healing, protection, release of trauma, release of fears, filled with love, etc.)

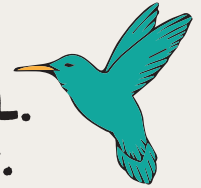
Through play, make faces, stick tongue out, hold the heart, make “imaginary fire”, fly around space, root into ground and stretch to touch the stars and skies...

Create a protection doll with the children. Once finished, activate with children taking some water or tea and blowing into doll and smudging.

Make food together, laugh, dance together, massage each other, do storytelling, share photos, go for walks together, be silly and share light with each other.

Landis Pulido

MORNING RITUAL. MORNING FLOW:



Breaths of affirmation to begin the day.

The following is a short practice of affirming your strength and setting intentions that can be used to begin your day. If you are able place your hands on your belly, becoming present with your morning rhythm, sounds, and your body.

Breathe in over that area with a slow calming breath, inhaling for a count of three and releasing. If you are able to stand up, in your mind or out loud say the following:

Good morning beautiful being of mine.
With these morning breaths I rise.
I rise with love filled vibrations
I rise with power.
I rise with grounding energy.
I rise with gratitude for another day.
I rise for collective peace.
I rise for collective liberation.
I rise for collective existence in resistance.
I rise for those present and those to come.
I rise for... (add your own)

EVENING RITUAL. EVENING FLOW.

Breaths of affirmation to
acknowledge and release the day.

Shared continuous practice that began in the morning.

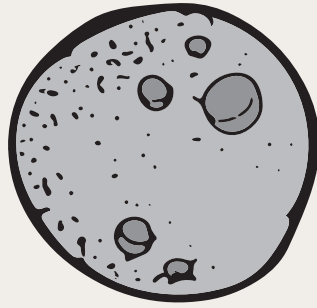
If you are able to, place your hands over your belly, (and any other parts of the body that call to you) and become present with your evening rhythms, sounds, and your body.

Breathe in over that area with a slow calming breath, inhaling for a count of three and releasing. With a light touch and calming breaths, either to yourself or out loud, say the following affirmation over each area:

I acknowledge this area of my being with gratitude for the day.
I acknowledge this area of my being with love and light.
I acknowledge this area of my being with strength.
I acknowledge this area and the emotions that it has carried throughout the day.
I acknowledge this area (add your own acknowledgements here...)

I thank my being for existing in this moment in time.
I thank my being for the movement of the day.
I thank my being for receiving wisdom and light from the land, water, my ancestors.
I thank my being for (add your own gratitude here...)

Wrap your arms around yourself and give a huge, loving, affirming hug to yourself and to those around you.



Landis Pulido
**PRESENCE WITH
PACHAMAMA AND YEMAYA:
WRITING EXERCISE**

With guidance and protection from our ancestors, Pachamama, also known to many as Mother Earth, and Yemayá, our water ancestor whom represents waterways, ocean, seas, essential to life. These two entities connect always, seen and felt differently depending on where you are, what you have access to in your surrounding. I invite you to bring present the ways you have connected to Pachamama and Yemayá, honoring the many traditions that support in connection to Mother Earth and our source of life, water.

Honoring the many directions our mind and thoughts go, I invite you to take time to listen to your intuition, as you receive the guidance from the energy of Mother Earth and the water that surrounds you. When we give permission for our being to flow freely, we trust in our process, in our thoughts, in our being.

Offering of words and questions to write out freely individually or collectively.

What ways have you been able to share your presence with Pachamama and/or Yemaya?
Word to define and support free writing (word brainstorm actually, encouraging folks to breakdown those words for themselves and to define it for themselves in order to support answering the question):
Presence

How have Pachamama and/or Yemaya shared life and wisdom with you during this moment?
Words to define and support free writing: Life and Wisdom

Sofia Campos

COLLECTIVE BREATHS WITH INTENTIONS

Stand in circle and invite everyone to close their eyes. Ground the circle. Remind folks to loosen their knees, and focus on their breath. Invite them to inhale through the nose and exhale through the mouth, feeling their belly expand and contract, their feet on the ground, their blood flowing from toes to fingertips to heart to brain.

Let the circle know we will take 3 deep breaths together, each with a communal intention. Take your time stating each intention. Pace and patience is important. You can also invite folks to hold hands if you want the connection between folks to be physically felt (touch can help calm anxiety, stress, fear).

This first breath is for you. Your being and your resilience. This breath honors all that you are--your spirit, your light, your presence in this circle, on this Earth, in this life. Because you matter. You are needed. And you are loved. We take this breath to remind ourselves we are sacred, full of gifts to give and purpose to practice.

Breath: Everyone takes deep inhale and long exhale together

This second breath is for our family of freedom fighters, warriors, lovers, survivors. This breath is for this circle. For each other, for the connection between us, the energy that passes through each one of us, gaining strength and ability and power. For the light and the hope we sustain by being in circle and in struggle together. We take this breath to honor our collective power, beauty, and love.

Breath: Everyone takes deep inhale and long exhale together

This third and final breath is for the Earth. Our Mother that holds us up. For the elements fire, earth, wind, water. For the spirits from past, present, and future. For our ancestors and our generations to come. This first breath reminds us we are part of a legacy that neither begins nor ends with us. This breath is also for everyone who is incarcerated, detained, criminalized. Because this breath is for our people, the people we fight for and with. The people you can't see here, but you can feel them because they give us the strength to rise and stand here today. We take this breath to honor all of this abundance, around and within us, lifting us up, today and always.

Here you can finish with a final collective breath or invite everyone to let out a collective yell, whatever kind of yell they want. Think of it as a calling to all of those people, spirits, elements we named in our intention. Close by showing gratitude and appreciation to everyone for participating in building our collective breath and energy.

"You're encouraged to play around with this exercise to make it fit your style and needs. Take these collective breaths in whatever order fits the space, moment, and energy of the circle. Starting with the abundance of Mother Earth and focusing inwards, or starting with the individual and expanding outwards-- whichever way you choose to order the intentions will have a particular impact on the circle and how folks move through and transition from the exercise to the next activity, discussion, etc.

Ernesto "Eroc" Arroyo-Montano

SACRED SHOWER MEDITATION AND PRAYER

Duration 10-20 minutes

What you will need:

- Access to a shower
- A candle
- Lighter or matches
- (If possible, at least one of the following) Sage, Palo Santo, Copal or Incense
- (Optional) a music player/portable speaker

Many people find it difficult to create a moment for themselves during their busy day. While we strongly suggest finding these moments in our schedules, I know from first hand experience that this may be easier said than done. As a parent of three young children, who works and is an active member of my community, I often feel overwhelmed with responsibility. I have learned to be strategic about self-care. One of the ways I prioritize self-care in my life is by incorporating this sacred ritual into my showers (and on rare occasion, baths).

Next time you shower alone (for parents of minors this may be a luxury), I invite you to put this Sacred Shower Meditation & Prayer into your practice. Read over the steps before you start.

Step 1. If you haven't already, shut the bathroom door and acknowledge your surroundings. Take a moment to reflect on your current access to running water. Water is sacred, water is life. Light the candle and focus on the flame for a moment.

Step 2. (Optional) Play music, preferably music without lyrics, music that helps you to personally zone out and relax. This could be meditation or reiki music, classical, Hip Hop instrumentals, or something else.

Step 3. Read this Prayer aloud (Feel free to replace with a favorite prayer or mantra).

"Praying for those whose actions have hurt me, betrayed me, and pained me
and for those whom my actions have hurt, betrayed and pained.

Releasing the thoughts of ill will and judgment.

Creating a space for self-love and forgiveness of self and others.

Breathing in the pain and releasing the light.

Breathing in the light and releasing the pain.

Succeeding at loving the person I am - when I just am, by myself or with others.

Proving myself to no one but myself.

Being myself for myself and in turn walking in this world with no fear.

Challenging my thoughts when inevitable fears permeate.

Recognizing my human imperfections, gently, without beating myself up in the process.

Manifesting a new way of being.

Guided by love and light of the ancestors, asking that I may continue to see

the blessings.
-Ashe/Amen"

Step 4. Burn sacred medicine such as sage, Palo Santo, copal or a favorite incense. Choose one or a few of these to burn.

As you are burning them, be intentional. Acknowledge and honor your ancestors. Take deep breaths and affirm the survivor spirit surrounding your existence. Remind yourself of the resilience in your DNA.

Repeat this mantra: "I am the manifestation of my Ancestors Prayers" (3 times)

If you do not burn Sage, Palo Santo or Copal, please consider researching and including them in your Sacred healing practice.

Step 5. Turn on the shower to desired temperature and hop in.

Step 6. While showering be aware of your breaths, listen to your body and stretch as feels right. Feel the water hitting your body and focus on the actions you are taking to clean yourself. Close your eyes and affirm your being. Focus on your breaths. Be gentle with yourself. Begin considering what and for whom you are grateful for. This is a good time to check in with yourself, take inventory, if someone comes up, include them in your prayers in that moment. If certain people keep coming up for you, I invite you to express your gratitude to them directly later.

Step 7. When you are done with your shower, be intentional about blowing out the candle, this is how you will be closing ceremony. Thank the ancestors and affirm your existence. We are grateful that you exist.



Most importantly, this is simply a template for you, I hope you find it useful, the goal is to get you to use that shower time, as sacred time. You can do whatever steps in this process feel right. Honor, develop and listen to that divine intuition and remix this ritual however your body, heart and soul guide you to. This is not a dogmatic meditation. It is an invitation and a reminder of what deep down inside you already know, that taking the time to take care for yourself, and be in the moment, is the best way to honor those you love. I wish you good skill in nurturing your practice.

Bless.

Wash, Rinse & Repeat!





Francisca Porchas

MORNING PRAYERS



: to the universe, your ancestors, your guiding spirits

We are all spiritual beings having a material experience. We are so much more than the terrible things that happen to us and so much more than what the systems of oppression, the oppressors and society tell us and reinforce about us. Reminding ourselves of our power, worthiness and our divinity can fortify us and the collective.

Praise

I give praise to the universe
I give praise to mother earth
I give praise to all of nature and its beings
I give praise to all my guiding spirits
I give praise to my ancestors
I give praise to all that came before me in this struggle
I give praise to my elders
I give praise to all those who have cared for me, protected me, guided me and loved me
I give praise to...(add any others you wish to give praise to)

Gratitude

I thank you for allowing me to wake up this morning
I thank you for my breath
I thank you for my body
I thank you for my journey
I thank you for those who brought me into the world
I thank you that all basic necessities are met on a daily basis—(sunlight, water, the food on my table, the clothing on my back, my home, my mobility, my job...)
I thank you for my family (you can name one by one if you wish)
I thank you for my community (you can name then one by one if you wish)
I thank you for my comrades (you can name them one by one if you wish)
I thank you for my elders (you can name them one by one if you wish)
I thank you for...(you can add anything else you are thankful for)

Forgiveness

Forgive us for the harm we do onto you (you can name the earth, the water, other beings, nature overall)
Forgive me for the harm I do to myself
Forgive us for the harm we do to one another

Protection and Blessings

Protect me (us) from death
Protect me (us) from sickness
Protect me (us) from litigation
Protect me (us) from loss
Protect me from ...(add anything else you want to be protected from)

I pray for long life, good physical, spiritual and mental health
I pray for a cool head and coolness in the world

I pray for fortitude
I pray for resiliency
I pray for clarity
I pray for courage
I pray for a self-love

I pray for...(add anything else you pray for including people)



Francisca Porchas

LIBATIONS

Libations are an age-old practice used by many indigenous peoples across the globe. It is the act of pouring cool water or alcohol on the earth and ground to invoke coolness in our spaces and in ourselves. Libations can be done before a ritual or conversation, whether at a protest or in your home, your office, a meeting, or other spaces that may be part of your daily life or community space or events.

The concept of "coolness"

Water is life, we are water and our world is water. Water is of major importance to all living things, in some organisms, up to 90% of their body weight comes from water. Up to 60% of the human adult body is water. The earth is 71% water. The concept of coolness is integral to the delicate balance of our planet, the rise of 1 to 2 degrees in temperature of the world's oceans that hold 95% of the earth's water has been catastrophic thus far (hurricanes, tsunamis, melting ice caps). Similarly, when we get "hot headed" as individuals or lose our cool, we don't think clearly, we allow emotional challenges to take over such as anxiety, anger, frustration, self-doubt, etc. We must maintain our own coolness to think clearly, calmly and strategically and for our own well-being, that of the collective, and that of mother earth.

Directions

Use a small bowl and put half a cup of water in it. Ensure the water is room temperature or cold (do not use hot water). Dip your index finger into the water and drop a few drops of water onto the ground while chanting the first phrase below "May the earth be cool". Repeat the process while you chant each one of the phrases that follow.

May mother earth be cool
May our guiding spirits be cool
May our ancestors be cool
May my (our) heads be cool

You could add:

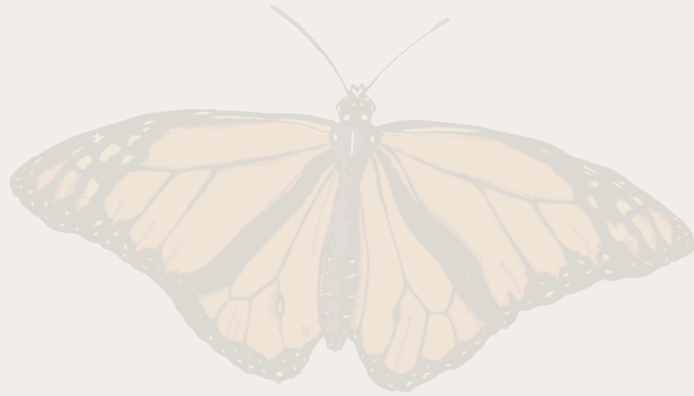
May conversations be cool
My the day be cool
May our movement be cool
May my (our) comrades be cool
May those who want to harm me (us) be cool
May this day be cool

May.....(add any other thing, situation, event, etc you want to bring coolness to)

Close out the libation with call and response three times.

You say: May it be so
Group responds Surely shall it be!

NOTES:



CONTRIBUTIONS:

Belia Saavedra is a Yonsei Xicanista, Coach, Restorative Justice Educator, and Olorisha initiated to Ochun Ibu Ana blooming in East LA.

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Francisca Porchas is the coordinator of Seeds of Resilience national wellness project based out of Phoenix, Arizona, an immigrant, mother of two, organizer and Orno Awo with 8 years of initiation into the IFA tradition.

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