

Healing Justice

Holistic Self-Care for Change Makers

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A Healing Justice Manifesto

Humans are naturally inclined to care—for others and for self.

Healing justice is both a paradigm and a set of practices that invites practitioners to heal themselves from the same kinds of intergenerational oppressions and traumas that are hurting the world.

Healing justice is a practice done with and on behalf of the whole self, which includes the body, mind, heart, spirit, community, and natural world.

Healing justice is about being in relationship—with oneself, others, and the environment.

Learning to stand with one's own truths requires both vulnerability and courage and can pave the way for empowered action and resistance.

Mindfulness is an act of resistance to disconnection, marginalization, and internalized oppression.

Practicing conscious communication and taking responsibility for one's feelings and needs can prevent emotional colonization and help to heal individuals, groups, and organizations.

Healing justice means that one heals one's own relationship to the environment and its resources in order to help heal the wider global community.

Healing justice implies critical engagement with holistic self-care practices, including questioning the science of mindfulness, attending to cultural appropriation, and resisting the commodification of self-care.

Transforming the conditions in organizations and institutions that may impede worker well-being, rights, and empowerment is a necessary condition for healing justice.

Sharing self-care practices with others is an ethical imperative of transformative social change efforts and likewise a natural outgrowth of the embodiment of one's healing journey.

Getting to know self-care resources for oneself, making referrals, and helping the people who need access to them get access are core healing justice mandates for people with privilege.

Healing justice means that one works to make self-care spaces more accessible and inclusive and creates new ones where people can feel welcome and safe to do self-care and spiritual practice.