

Welcome  
@ CIVICUS,  
Activists/Labers  
and Interpreters!



# Ginhawa

Our Inner Worlds & Wellbeing

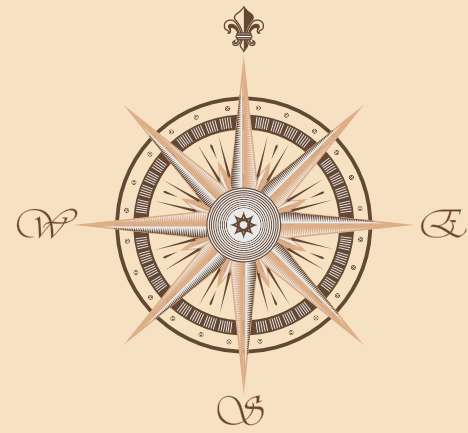


with your story-weaver:  
Naro



# Ginhawa

Map of October's  
Voyage



## Paghilom & Laya

Body Scanning  
Freedom Space

15 min

## Act 1

### Loób

Mapping My Inner World

40 min

10 min  
break



## Act 2

### Ginhawa

Holistic Wellbeing

30 min

## Pakikipag-kapwa

Being with each other

20 min



**There may be discomfort,  
let's embrace it.**

Let's create a safe and brave  
space. Practice curiosity.

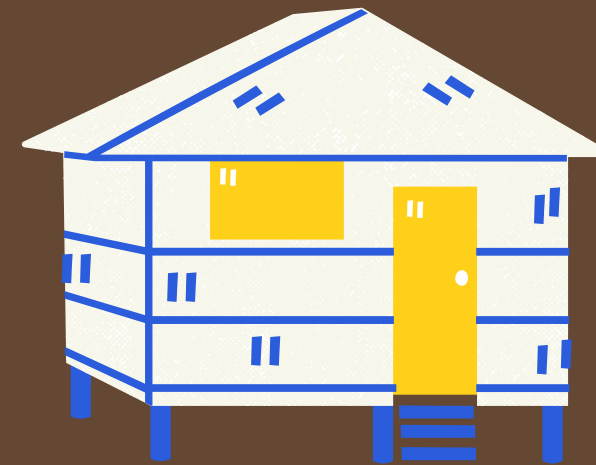
**Trust and believe we will  
keep each other safe.**

Practice respect, consent, and  
confidentiality. Avoid making  
judgments.

"RELAX"



**Tahanan**  
Our Safe Home



**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.

# Pakikipag-kapwa

being with each other

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

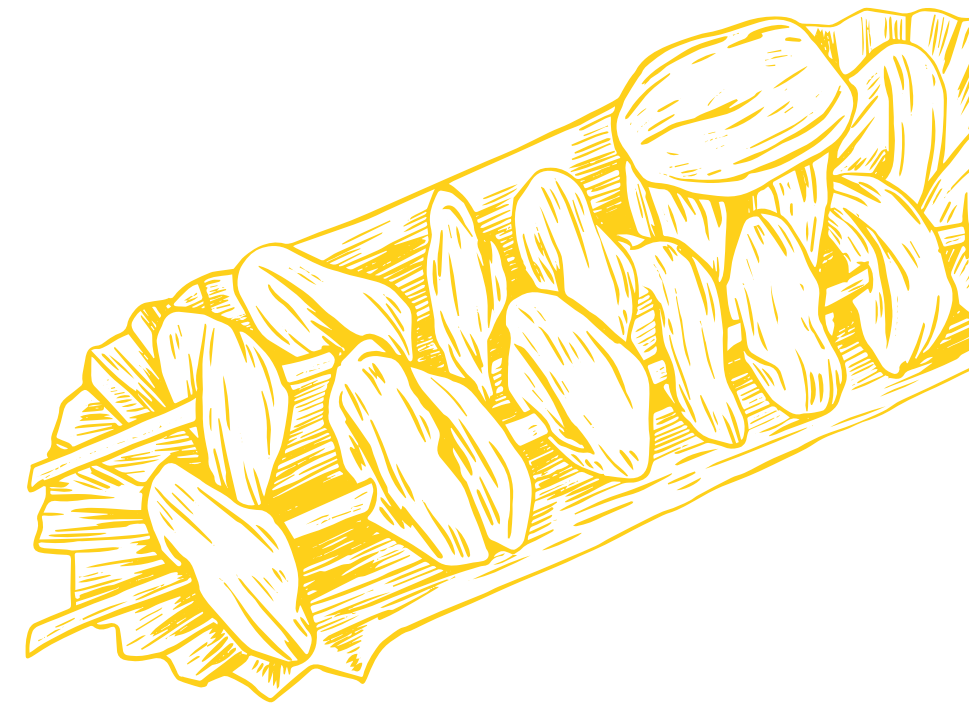
for self-awareness

for healing & freedom



# **pahuwqay**

**10 minute break**





# What is **Ginhawa**?

**"Fullness of Life" o "Total Wellbeing"**

- 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 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**

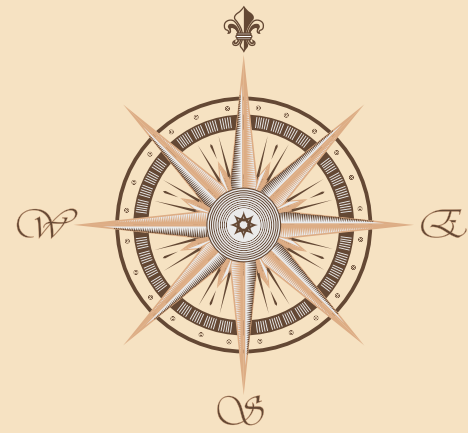
**Feeling driven and  
motivated**

When can I say that I feel ***Gaan (relaxed)***?

When can I say that I feel ***Gana (energy/drive)***?

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20 min



# Ginhawa

**Daghang salamamat!**  
**@ 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](mailto:keriforactivists@gmail.com)  
[fb.com/kerimentalhealth](https://fb.com/kerimentalhealth)

The logo for 'keri' features the letters 'ke' in red, 'ri' in blue, and a yellow 'e' in the middle. The letters are stylized and lowercase.

**See you next month!**

# PAKIKIPAG-KAPWA

BEING WITH EACH OTHER



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 LGBTIQ COMMUNITY.

- julio

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

- 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.

- juan

I WANTED BRING STEM OPPORTUNITIES TO LEARNERS LIKE ME AND THEY CONTINUOUSLY GIVE ME OPPORTUNITES THAT PUSH ME FORWARD AND HELP SHAPE THIS MOVEMENT.

- zaid

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

- takemore

VISUAL SUMMARY BY CLAUDINE DELFIN



# LOOB

MAPPING MY INNER WORLD

WHAT DOES MY INNER WORLD LOOK LIKE?



VERY DRY IT CANNOT EVEN CARRY LIFE

SOCIAL CHANGE BEGINS WITHIN OURSELVES



COMPLEX AND RICH AND HAPPENING IN QUEER TIME



TIMELESS AND SPACELESS, NEITHER EMPTY NOR FULL



NOT PEACEFUL BUT SLEEPLESS FROM MAKING PLANS



# 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



BEING ONE WITH NATURE



APPRECIATING ART

