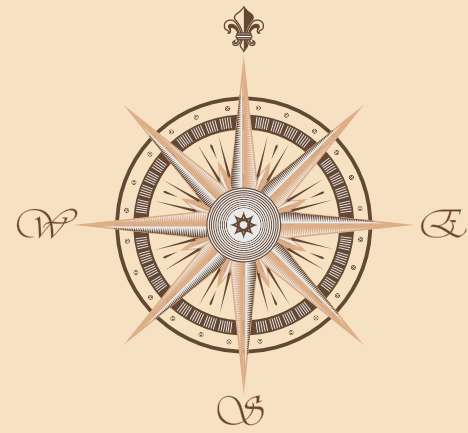# Ginhawa

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

Pakikipag-kapwa

Being with each other

20 min

Act 2

Ginhawa

Holistic Wellbeing

30 min

There may be discomfort, let's embrace it.

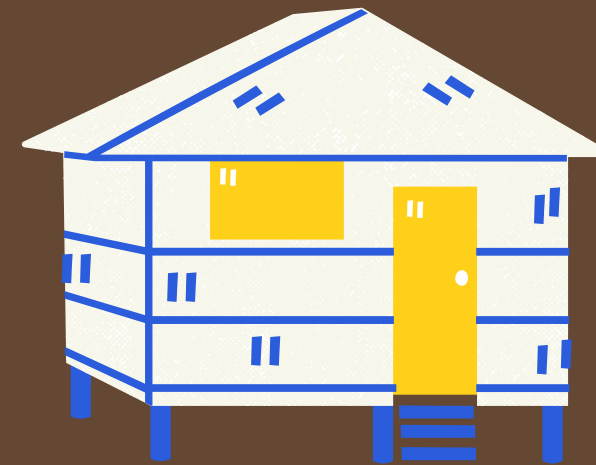Let's create a safe and brave space. Practice curiosity.

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

Loób

What is Loób or Kaloóban?

all that you hold/carry

what fills you

what is inside you

how deep or wide are you

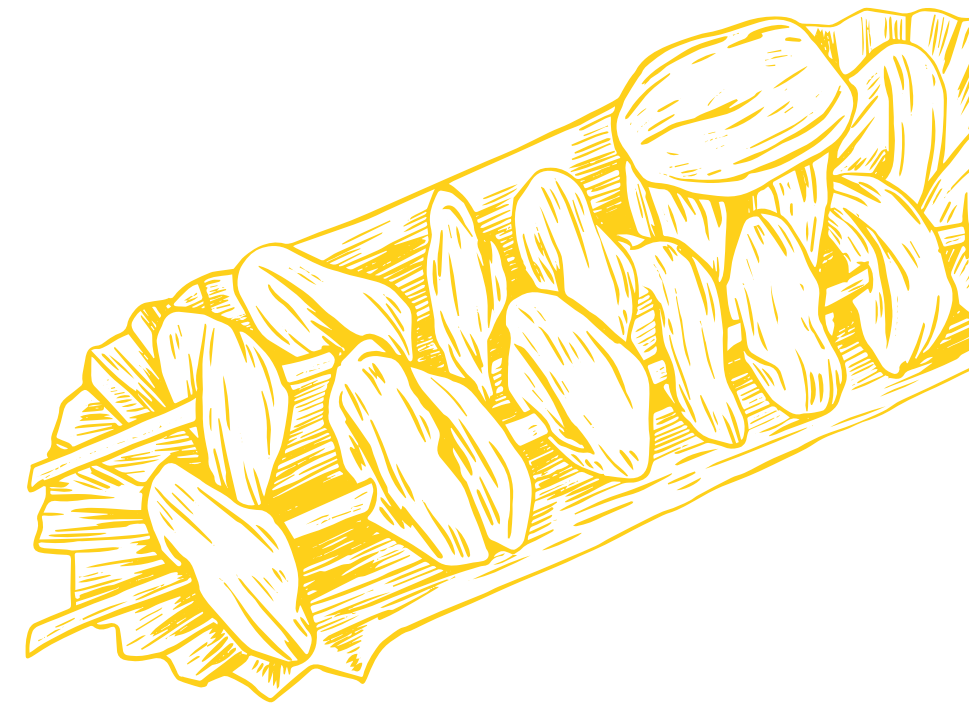## Where/When Can I Apply this?

when you're feeling stressed or overwhelmed

for self-awareness

for healing & freedom

pahuway

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)*?

Ginhawa

Map of October's Voyage
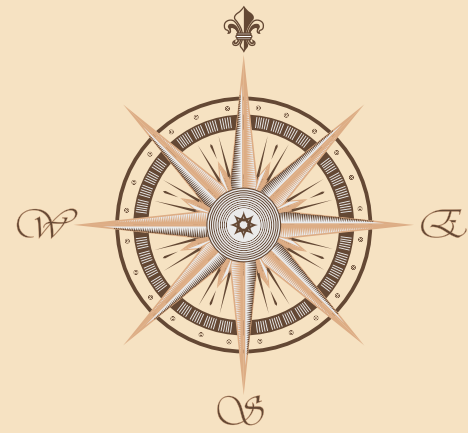
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Ginhawa

**Daghang salamat!
@ 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
fb.com/kerimentalhealth

keri

See you next month!