

Support Resources For Sustainable Activism

➤ Organizations

Common Ground Meditation Center

Website: commongroundmeditation.org

- A meditation center in the Seward neighborhood of Minneapolis that offers meditation free of charge. Gabe Keller-Flores, who led the meditation and qi gong today, leads meditation at Common Ground.

In Defense of Animals' Sustainable Activism campaign

Website: idausa.org/campaign/sustainable-activism

- A national organization that has resources and a monthly video conference to help all animal advocates deal with burnout, stress, and trauma.

Boundless Love Project

Website: boundlessloveproject.org

- An organization that provides meditation classes and resources free of charge, mostly in the southern suburbs.

➤ Retreat

2018 Animal Rights Advocates Wellness Retreat

Website: <https://ninab52.wixsite.com/mysite>

- A retreat from May 11-13 at the Metta Retreat Center in Janesville, MN with a similar intention and activities as this wellness day

Unny Nambudiripad / unnypn@gmail.com / 612-293-6876

Facebook/Instagram: unnypn / unnypn.wordpress.com

➤ Books

Aftershock by pattrice jones

- Aftershock sets the stage to begin healing the trauma associated with not just resisting oppression and injustice, but having to experience it. She offers real steps toward recognizing and correcting the problems facing humans, our planet and our animal relations. This book is a light in the dark for those of us who have dared to challenge the status quo.

Nonviolent Communication

- Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain.

Power of Now by Eckhart Tolle

- Power of Now the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light.

Untethered Soul

- Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness.

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