

Reader Review from g.c posted on amazon.com

For those of us seeking to honour the links between social justice and spiritual awareness, it can be difficult to find signposts on our journey to embodying our visions. On one side there's go-go-go activist culture fueled by anger and indignation that often leads to burnout. And on another, there's Lululemon yogis finding inner peace with themselves to work more efficiently at their corporate jobs. For those of us coming from traditions stolen, erased, or commodified, and wary of appropriating others', it can be hard to know where to look. What a gift it is that Zainab Amadahy has recognized this need and shared some tools for these journeys.

In this follow-up to "Wielding the Force: The Science of Social Justice" Zainab provides 13 concrete ways to bring indigenous and traditional wisdoms (which western science has finally caught up to) into our everyday community building efforts. In "Ways of Wielding the Force" we find tools to strengthen our groups, collectives, and relationships in ways that honour the multi-faceted realities of political resistance. The booklet is written in a way meant to be accessible to people coming from many different approaches and identities, including those who don't necessarily identify with spiritual practice or language.

I found the delineation of expressive, sacred, and transformative art particularly useful. Zainab offers exercises that are about transformation - "change that enhances your individual and collective capacities" (pg 24) and not limited to self- or group-expression (which are worthwhile in and of themselves, depending on the purpose). This work is about building together. Zainab takes the care to set up realistic expectations and outline ways to care for ourselves, each other, and the space before getting into the exercises, ensuring we are coming into the work with our whole selves.

I am looking forward to putting these exercises into practice in group contexts. Moreover, I have a feeling I'll be picking up this book time and time again to bring the playful, sacred, and transformative into each of my relationships.