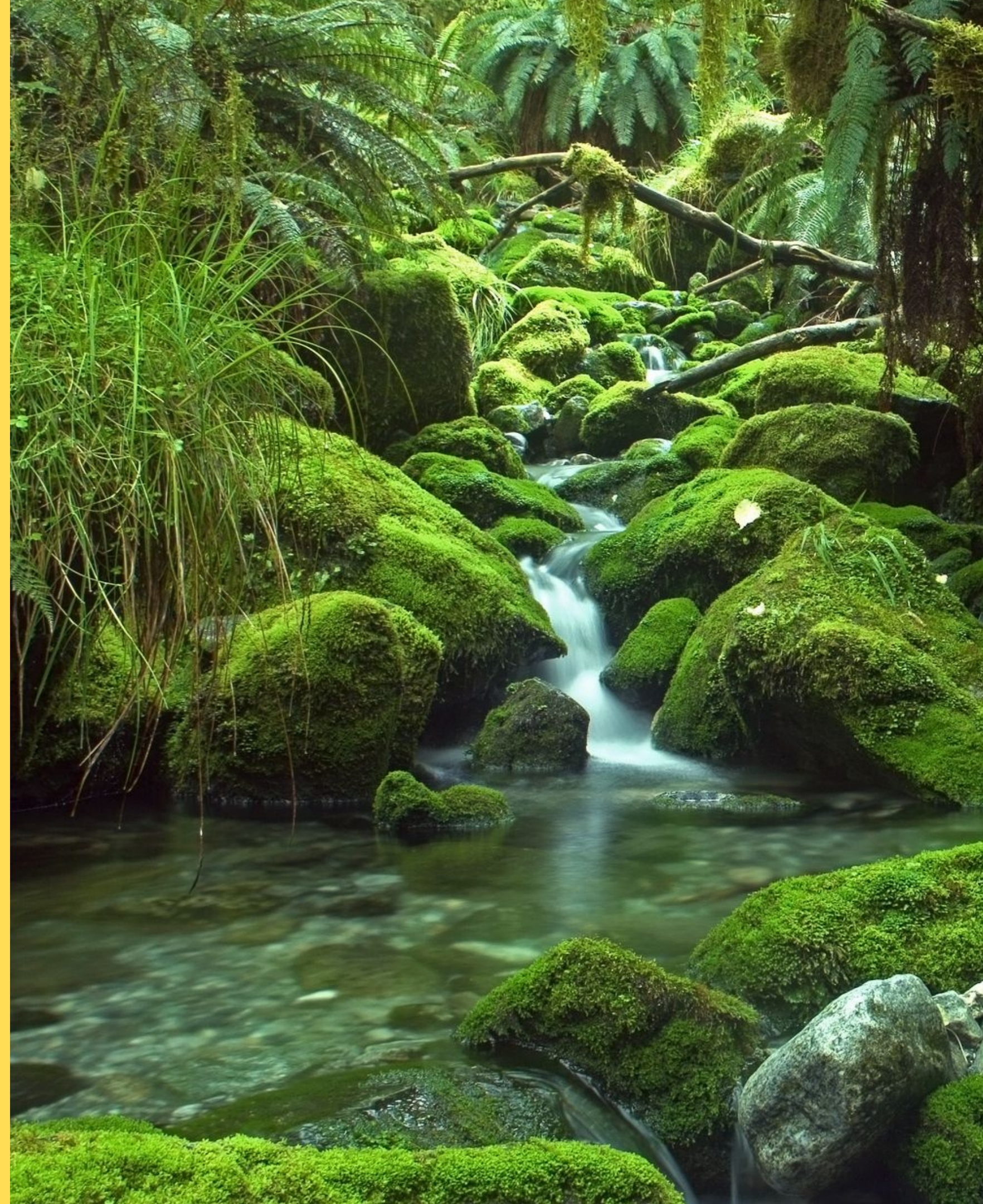




Empathematics

Abundance Culture Workshops

Liberatory financial practices that center your
community's healing and joy



What you'll get out of this series

Part 1: Quality

- A philosophy of abundance
- A well-defined sense of what makes life worth living for you
- Clarity around your community's healing needs

Part 2: Quantity

- A specific amount to receive or to circulate in community solidarity
- A budget designed around abundance and community healing
- Security and connection in an abundance culture

This is a big disruption to Scarcity Culture!

How to engage with this series

Part 1: Quality

Define your values

and emotional wellness

in an abundance culture

What is a scarcity mindset?

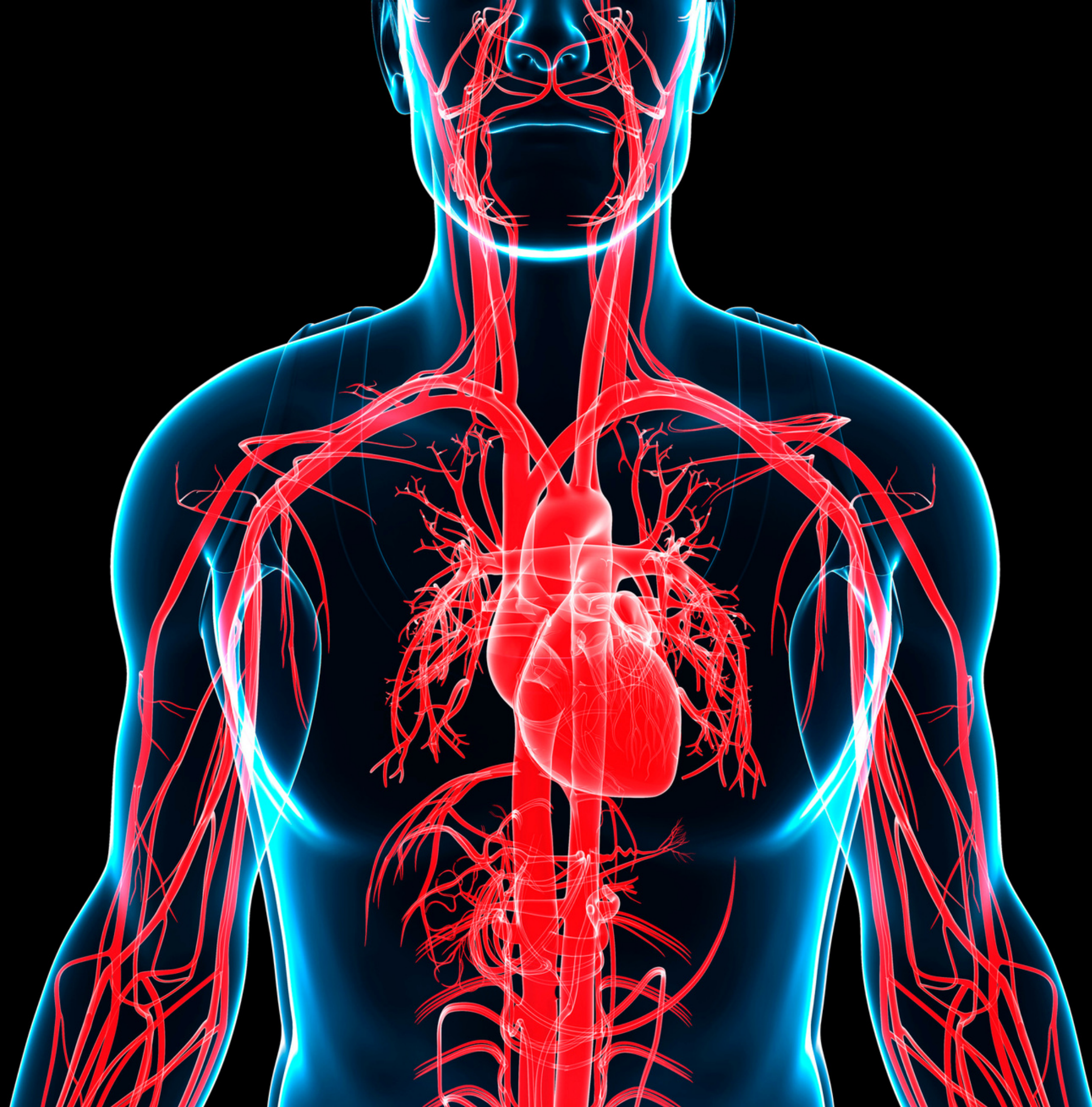
What is a scarcity culture?

What is an abundance mindset?

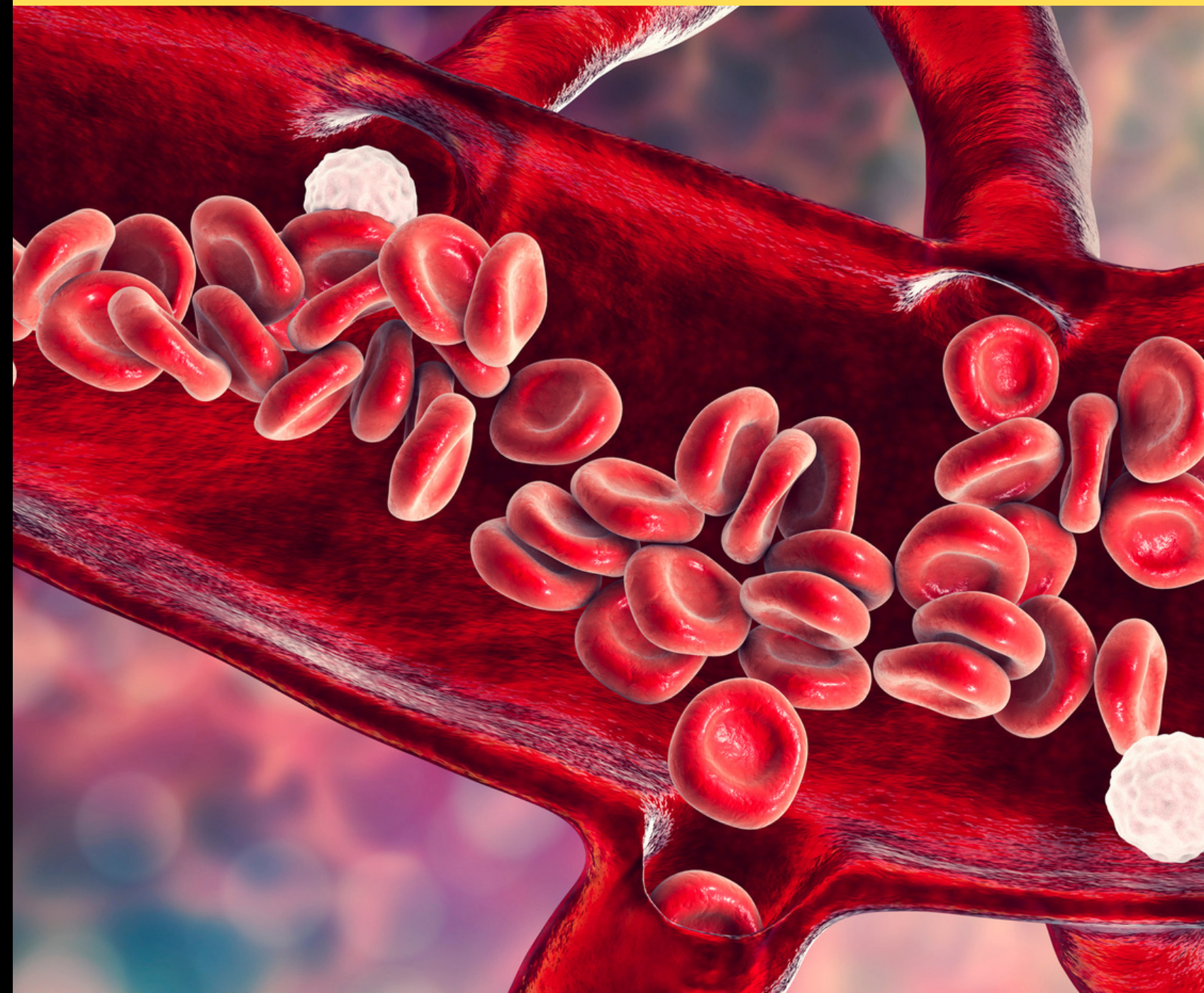
What is an abundance culture?

Metaphors

Money is...



...Blood in the social body



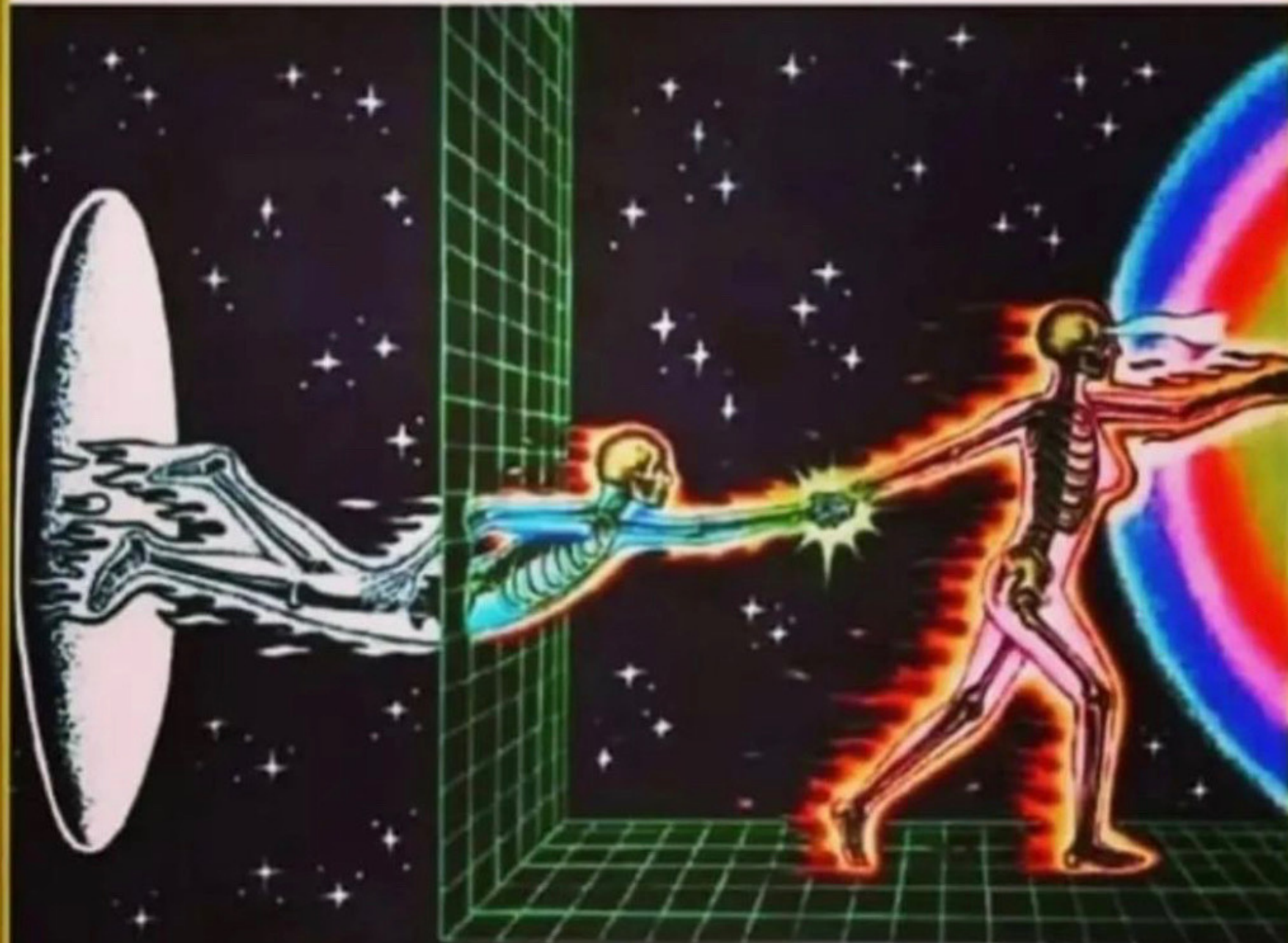


...Water



...Artform

Me tryin to explain to peeps what I do for "work"



...Absurdity

@southernandroid00

What culture are we creating?

How does an abundance culture feel?

What is an abundance culture in your unschooling community?

What does this mean for us specifically?

What's the vision?

Unschooling as Healing



**Healed people
heal people**

How does healing happen?

**Imagine what healing
is like for you.**

Joy spreads.

Untangle These!

Effort

Value

Joy

Healing

Money

Work

Rest

Play

Sources of joy and self-worth

**What do you want to
fill your life with?**

**Your friend's healing
is your healing.**

**Your friend's joy
is your joy.**

**Your friend's poverty
is your poverty.**

**Anti-poverty work
is healing and joy
research.**

**You are missing out
on healing and joy
if you don't do
anti-poverty work!**

Friendship as anti-poverty work

Take social responsibility for getting community members all the way out of poverty.

If someone is caught in a poverty trap, create small, friendly, intimate support groups until they are on the other side (I have tools for this).

Intimacy and connection are key to humanizing solidarity.

Bureaucracies get you by; friends get you out.

Listen well, listen often, support deeply.

6 months of living expenses (unconditional healing time)



Supporter

Supporter

Bottom-liner

Supporter

Center

Supporter

Supporter

Supporter

Discomfort



Use the budget!

and don't forget about the abundance culture we're a part of

Support Roles

- **Bottom-liner: Organizes the other supporters, ensures success**
- **Tech support**
- **Emotional support**
- **Curating media (articles, videos, etc)**
- **Financial facilitator / mover**
- **Giving rides**
- **Child care**
- **Legal support**
- **What else?**

What is trust?

**What have you learned about trust
in your unschooling practice?**

**Where is trust present
that you don't usually notice?**

Diversify trust

Mindset 1

I'm on my own and cannot ask for help.

I don't have or make enough money.

I can't afford to heal or be well.

I shouldn't spend money on things I need.

I can't afford things I want or enjoy.

I must sacrifice in order to make money or
enjoy spending my money.

Spending money on things I enjoy is not
worth it.

Reparations are not my personal
responsibility.

I have to invest in the stock market to
prepare for old age.

What do these feel like in your body to

Mindset 2

I am supported and cared for by my community.
We are co-creating systems of care.

The care I contribute multiplies.

The way I invite money and share money can
change.

I am supporting my friend's emergent intelligence.

Abundance exists all around me.

Money is medicine that wants to support me.

Money works best when it is circulated. It wants to
be circulated. It is not static.

I spend freely on experiences I value because it
gives me a Return on Healing.

I give freely. I receive freely.

I'm always rich because I'm always me.

There's always more where that came from.

If I can afford Replication, I can afford Reparations.

Mindset 1

I'm on my own and cannot ask for help.

Mindset 2

I am supported and cared for by my communities.

We are co-creating systems of care.

Mindset 1

I have to invest in the stock market to prepare for old age.

Mindset 2

Collective liberation is my retirement plan.

The systems of care that I contribute to will care for me in my old age.

I trust in liberated youth to make oppressive systems obsolete.

I trust in the power of black, brown, and youth liberation to chart a freer path.

I invest in my and my community's radical healing.

I invest in the healing of black and brown femmes.

I invest in the intelligence that emerges from alleviating oppression.

Mindset 1

Reparations are not my personal responsibility.

Mindset 2

If I can afford replication, I can afford reparations.

Mindset 1

I don't have or make enough money.

Mindset 2

The way I invite money and share money can change.

Mindset 1

I am entitled to my money; I earned it.

Mindset 2

I steward funds for the purpose of radical healing, whether for myself or my community.

I acknowledge that resources are distributed based on historical patterns of privilege and oppression.

Mindset 1

Money is real

Mindset 2

Money is absurd.

Money is a social fiction.

Life experiences are real.

Mindset 1

I measure my success by my money

Mindset 2

I measure my success by how my
relationships feel.

Mindset 1

Money is necessary in society

Mindset 2

The future is voluntary

Mindset 1

Money is the currency of capitalism

Mindset 2

Healing is the currency of liberation

Joy is the currency of liberation

Define your values and emotional wellness

... as if we lived in an abundance culture

Principles of Abundance

People care about you.

Move money towards healing.

Seek a return on healing.

Small is all

Keep it flowing

We are stewards of funds, not owners

Scarcity Mindset creates Scarcity Culture;

Abundance Mindset creates Abundance Culture

Money is a social fiction; it's only as real as we make it.

Keep listening (for where healing is needed).

"We got us," not "I got me"

**“We are showered every day with gifts,
but they are not meant for us to keep.
Their life is in their movement,
the inhale and the exhale of our shared breath.
Our work and our joy is to pass along the gift
and to trust that what we put out into the universe
will always come back.”**

- Braiding Sweetgrass, page 104

Reflection Questions

1. When were times scarce for me?
2. What lessons did I draw without realizing it?
3. Do I believe others will take care of me? Why or why not?
4. What do I believe about others when I manage my finances?
5. Describe your scarcity mindset. What does it look and feel like?

Reflection Questions

1. Describe your abundance mindset. What does it look and feel like?
2. Share a time when you put trust in someone, and it came back around to help you.
3. What is your self-worth tied to?
4. Where else can you find worth?
5. If you do have a secure sense of self-worth, where does that come from?
6. What would your days look and feel like if we didn't live in a monetary society?
7. What's your current relationship with abundance? What are some examples of abundance that you have experienced or are experiencing?

Come back for part 2!

... to translate your community healing and joy into financial practices

Spending money to get out of poverty

... get what you need!

(move this to Part 2)

Look back. Who supported you?

how are they doing?

(move this to Part 2)

Listen. Who's struggling now?

Is it you? Speak up!

Is it your friend? Put them in your budget. Join a support group.

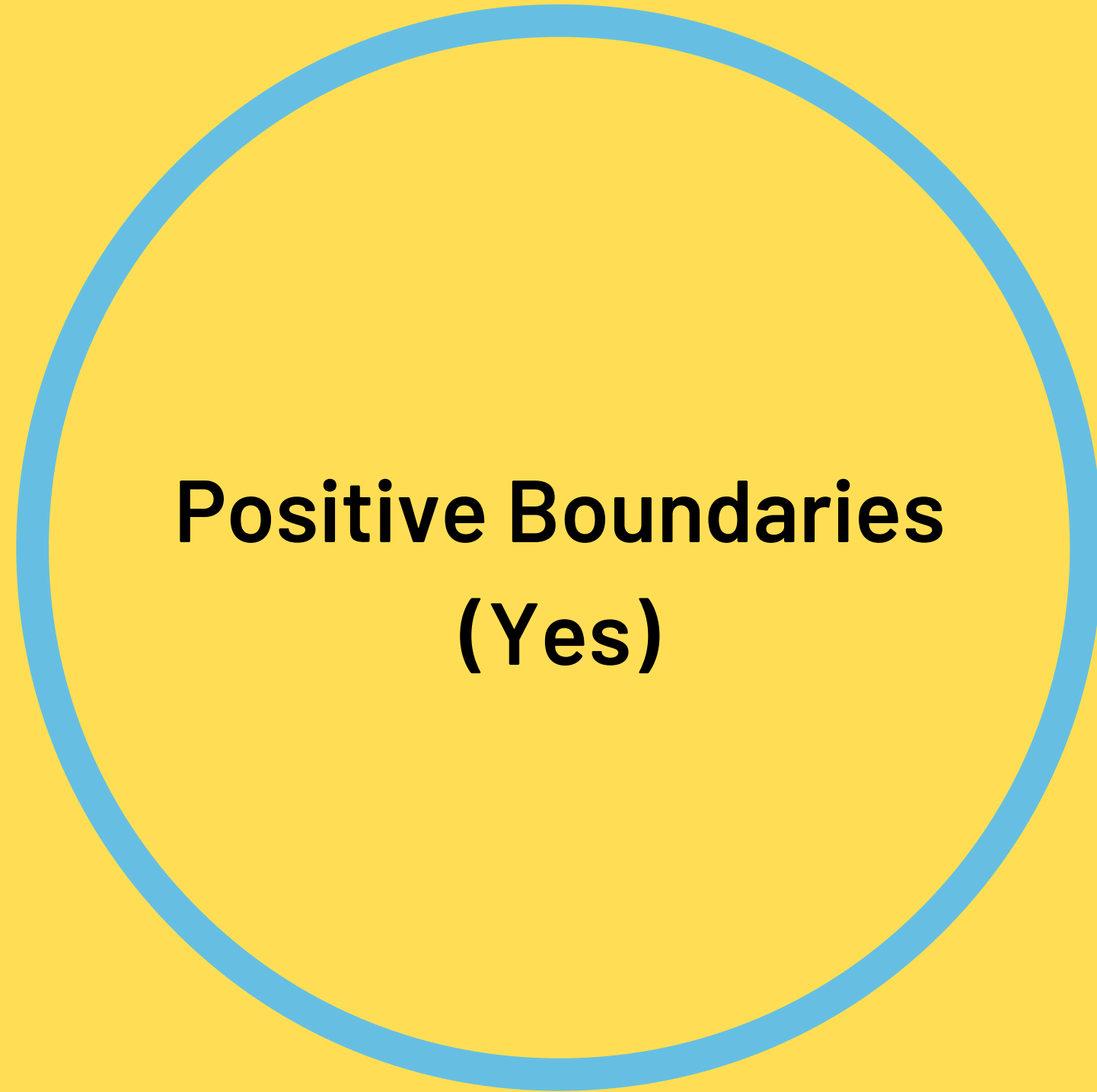
(move this to Part 2)

Dream Antennae:

**What feels authentic to you
in your life right now?**

**What do you want your life force
to be going toward?**

**Negative Boundaries
(No)**



**Positive Boundaries
(Yes)**

**"Measure your success by how your
relationships feel."**

- adrienne maree brown

**Why am I bringing this up in
liberatory financial practices?**

**hold yourself
accountable
to your values!**