

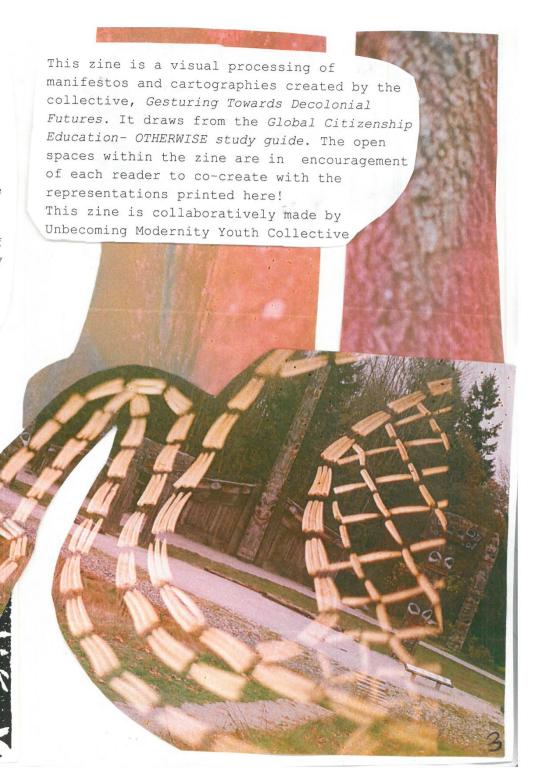
## Land acknowledgement

This gathering takes place on the traditional, ancestral, and unceded territories of the Coast Salish peoples – the  $s\underline{k}w\underline{x}w\acute{u}7mesh$  (Squamish), selı́lwitulh (Tsleil-Waututh), and  $x^wmə\theta k^wə\dot{y}əm$  (Musqueam) Nations.

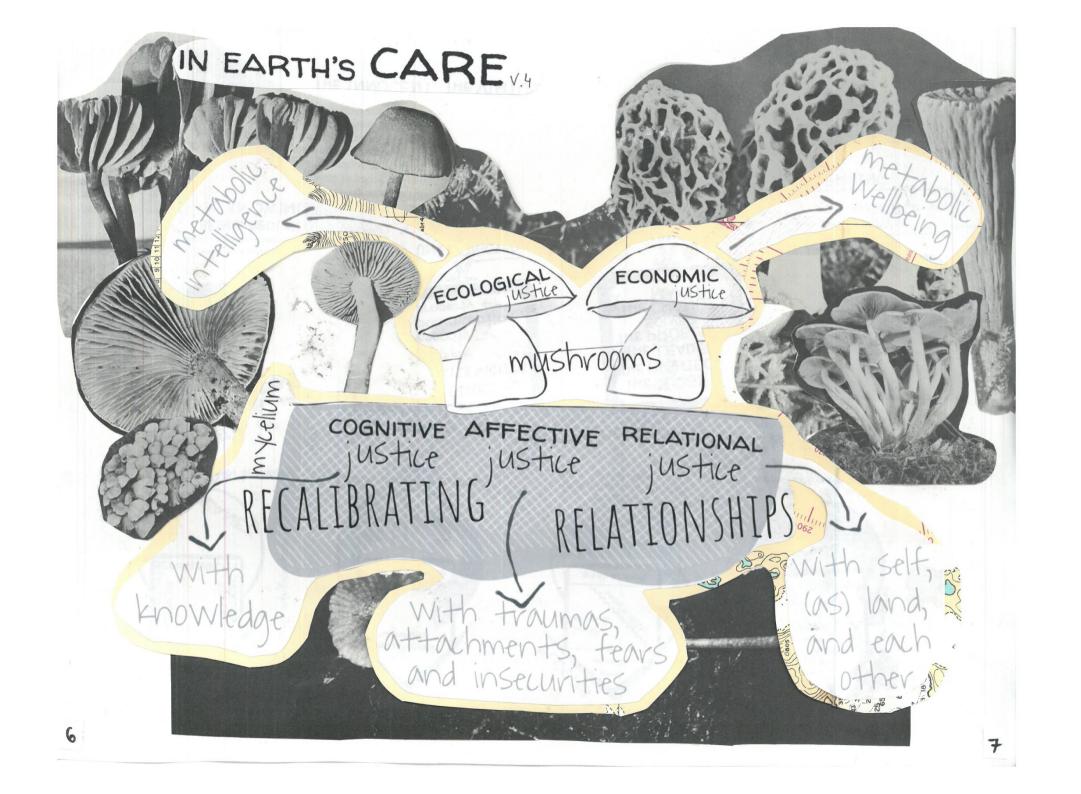
The creators of this zine live, learn and love on the lands known as "Vancouver, British Columbia". The University we attend occupies the lands of Hənqəminəm speaking  $x^w m a \theta k^w a y a \phi m$  people-People of the River Grass.

We humbly acknowledge ourselves as extensions of the lands that grow (with)—us, and are immensely grateful to the more-than-human and the ancestral stewards of these lands present since time immemorial, and to the medicines they carry.

We also recognize our complicity in the settler colonial project, and situate ourselves as uninvited guests on this land, attending a university that is a colonial institution and imposition. We aspire to be deeply mindful of these implications in every facet of our lives, to interrupt and unsettle patterns of colonial separability that permeate our lives, and to walk with these lands gently, in a good way







## Wanna be an ally?

don't do it for charity, for feeling good, for looking good, or for showing others that you are doing good don't put it on your CV, or on Facebook, or in your thesis, don't use it for self-

promotion

don't try to "mould" me, or to "help" me, or to make me say and do what is convenient for you

do it only if you feel that our pasts, presents and futures are intertwined, and our bodies and spirits entangled, do it only if you sense that we are one metabolism that is sick, and what happens to me also happens to you

and expect it to be, at times, messy, uncomfortable, difficult, frustrating, infuriating, boring and painful and prepare for your heart to break and to be stretched

do you still want to do it?

then share the burdens placed on my back, the unique medicines you bring, and the benefits you have earned from this violent and lethal disease take a step back from the center, the frontline from visibility relinquish the authority of your interpretations, your choice, your entitlements, surrender that which you are most praised and rewarded for

don't try to teach, to lead, to organize, to mentor, to control, to theorize, or to determine where we should go, how to get there and why

offer your energy to peel potatoes, to wash the dishes, to scrub the toilets, to drive the truck, to care for the babies, to separate the trash, to do the laundry, to feed the elders, to clean the mess, to buy the food, to fill the tank, to write the grant proposal, to pay the tab and the bail

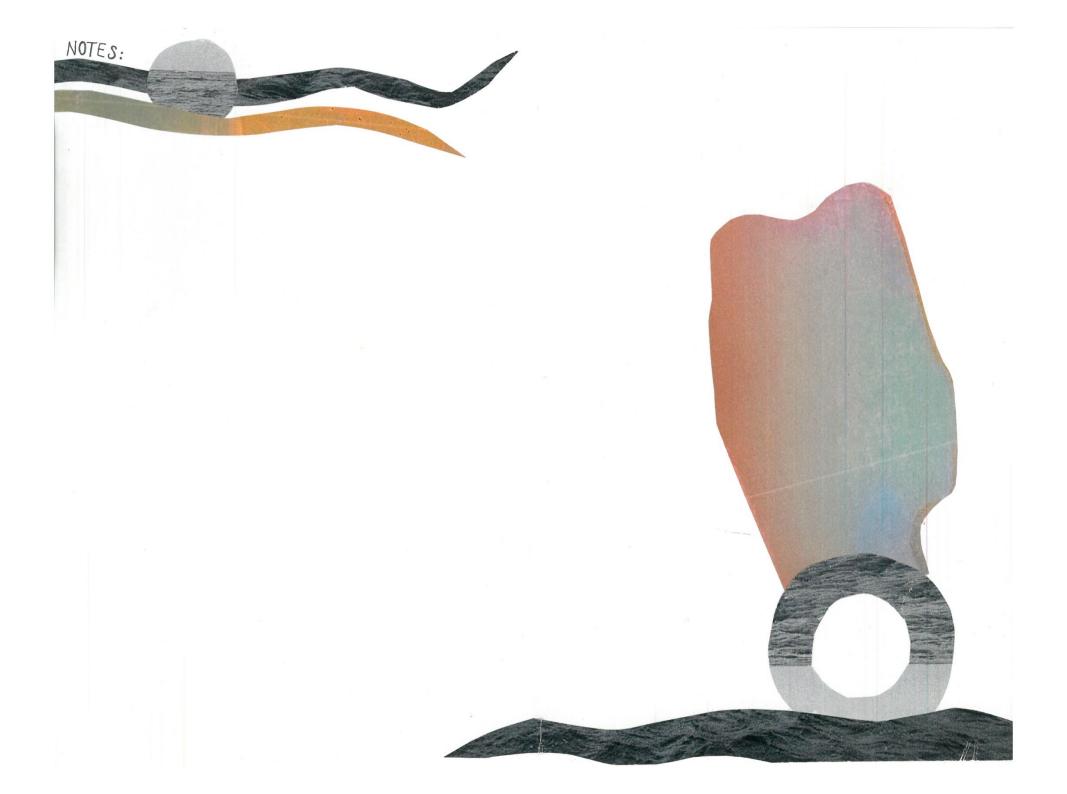
to do and support things you can't and won't understand, and do what is needed, instead of what you want to do, without judgment, or sense of martyrdom or expectation for gratitude, or for any kind of recognition

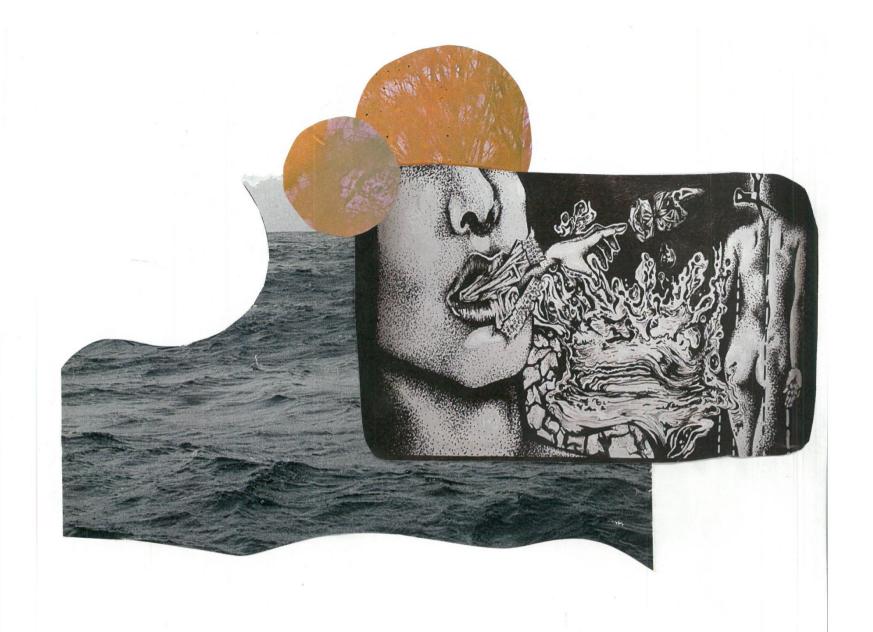
then you will be ready to sit with me through the storm with the anger, the pain, the frustration, the losses, the fears

and the longing for better times with each other

and you will be able to cry with me, to mourn with me, to laugh with me, to "heart" with me, as we face our shadows and find other joys, in earthing, breathing, growing, cooking and eating, sharing, healing, and thriving

side by side







Existential accountability: activate your sense of connection with the collective pain and joy of the whole world; find the cooking pot for your unique medicine and make time to cook it; offer it with humility; integrate it with other medicines.

existential accountabilit

GROW UP

intellectual surrender UNDO THE INDIVIDUATE

SELF

Undo the individuated self

Intellectual surrender: de-clutter your existence so that an organic intelligence can guide you; identify your distractions; learn to let go; tap into collective exiled capacities; tune in to the metabolic intelligence in the "bio- internet".

## Radical Tenderness Manifesto "Me in You"

RADICAL TENDERNESS is engendering new forms of co-existence

It is respecting different medicines, cooking them together and integrating them

It is witnessing ourselves and each other moving between our comfort, stretch and panic zones

It is relating beyond identity, knowledge and understanding

It is dissolving the limits and weight of our bodies by allowing other beings to move through, with and for us It is neither me nor you, it is me and you, me in you

It is not either or, but both and more

RADICAL TENDERNESS is being receptive to the teachings of our shadows

It is fermenting ourselves, mourning illusions, composting our shit and being courageously vulnerable It is looking in the mirror and confronting what is not beautiful without turning the gaze

RADICAL TENDERNESS is being critical and loving, at the same time

It is disinvesting in arrogance, superiority, and status

It is to embrace oneself as both cute and pathetic

It is not being afraid of fear, disappointability, or nothingness

It is discovering a whole bus of people inside oneself

RADICAL TENDERNESS is practicing resonance and attunement

It is engaging with each other beyond desires for consensus, coherence and control

It is letting go of possessions, of possessiveness

It is feeling part of a wider metabolism with a much longer temporality

It is interrupting patterns of consumption and narcissism

It is being present to what we don't know yet and what is unknowable (in ourselves and in others) It is not casting upon everything a blanket of interpretation

RADICAL TENDERNESS es el dolor de traspasar el corazón (or the pain of piercing the heart) It is not about belonging, it is about being whole with the whole shebang

It is looking at painful and difficult things with the love of really wanting to see

It is learning from repeated mistakes in order to only make new ones in the future

It is listening to the non-human authority, and caring about our relationship to it It is about being open to what we can't and may never understand

It is learning to breathe water together

Radical Tenderness is to practice engaged detachment as we hospice a dystopic world ...while respecting the teachings it offers // Radical Tenderness is assisting with the birth of something new, which is potentially, but not necessarily, wiser...without suffocating it with projections

