

YO! California Healing Justice

Definition and Principles



Healing Justice is one of the four core strategies that ground our collective work at YO! Cali . We define Healing Justice as a framework that aims to address widespread generational trauma from systemic violence and oppression by reviving ancestral healing practices and building new and inclusive ones. We honor the lineage of this framework and definition by Cara Page, the Kindred Healing Collective, disability justice practitioners and all creators/builders/birthers of this framework.

Healing Justice is necessary for our Collective Liberation.

Healing is a practice of love, joy, celebration, reflection, release, growth & transformation. It is something we need to be in constant practice of. There are many healing practices we can do individually & in community - practices that we create, or that honor, reclaim and are a remembrance of our lineage. It is a journey of remembering and embodying our wholeness.

Principle 1: Healing Justice means we are practicing wholeness

- Wholeness is to feel seen , heard and have a felt sense of belonging in the space.
- We see practicing wholeness as being able to show up as we are , to show up fully as ourselves and acknowledge, accept, and re-integrate all parts of ourselves.
- Wholeness calls us to be good relatives to each other — to be in good relationship with self, each other, the land and all living relatives on this earth.
- We are in a constant practice of seeing each other's wholeness , even when things get hard in our relationships where seeing each other's wholeness may be blurred.

Principle 2: Healing Justice means affirming that we are the experts of our bodies, experience, and needs.

- We are bodied people and practice our body being our greatest teacher, we build with it , honor it and listen to it.
- We work to have a deep knowledge and understanding of our wants, needs, and desires.
- We are in deep practice of expressing our needs, making requests, and naming and honoring our boundaries and the ones of those around us.
- We collectively create sacred containers /spaces of care, love, joy and safety for ourselves and each other that honor all our bodies.

Principle 3: Healing Justice means that we honor our cultural practices, intergenerational wisdom, lineages and integrate new traditions into our movements.

- We honor the strong lineages we come from and intergenerationally rebraid what colonization and settler colonialism unbraided in our lineage.
- We celebrate the richness of hystory of our peoples , intergenerational wisdom, cultural practices, and holistic support of our communities passed down from generation to generation
- We call on and honor our healed ancestors and work with the remembrance of our gifts and power.

Principle 4: Healing Justice means we center love and joy in our movements

- We recognize the ways historical trauma and structural violence have caused harm, grief, crisis, trauma and further cycles of violence for oppressed peoples. (National Queer & Trans Therapists of Color Network)
- We step into Individual and collective care and liberation: by taking care of ourselves to be able to care for others and interrupting the habit of pouring from an empty cup.
- We center and follow the lead of those most impacted systematically; our Black, Indigenous, Native, Disabled, QTPOC relatives & those targetted by the criminal legal system.

Principle 5: Healing Justice means opening up a pathway to our collective liberation, envisioning a future of joy, love and infinite possibilities.

- Is rooted in expansiveness, vibrancy, and honors the practice of fullness
- Assists us in creating a world where we can dream up, imagine, and experience freedom
- Reminds us that hope is a discipline that we must be in practice everyday to make the unimaginable possible
- It requires that we constantly re-imagine what is possible regarding our healing, safety, sustainability, and fortification.

