

# Activist Reflection

The 'Activist Reflection' is based on the Examination of Consciousness. It is a technique that encourages us to reflect on where we find energy for what we do as well as where the challenges come from ... to step back and observe these in a non-judgemental way ... to sit with our experience and see what emerges. It is not about thinking through or analysing our experience but about feeling and letting that experience speak to us.

Often people use it in the evening to reflect back over the day. I suggest we use it to reflect back over our time as activists, focusing on these 2 questions:

1. What has been energising and given you life during your activism?
2. What has been draining and taken life away during your activism?

I encourage you to try it out at least once. It is a practice and I've found that I get more from it the more regularly I do it so you may want to give it a few tries before you decide whether or not it's a method for you.

## How to do it

Set 10 - 15 minutes aside for this.  
Find a relaxing space and get comfortable.  
Close your eyes or find something to focus on.  
Be still. Become aware of your breathing.  
Cast your mind back over your time as an activist.

And, when you're ready, bring the first question to mind, spend some time with it ...  
... and then move on to the 2nd question.

You may want to mark the end of the reflection in some way ... reading or saying an inspiring quotation, with a prayer, a number of deep breaths, some sort of 'ritual' that is meaningful for you.

Spend about 5 minutes (of the 10-15 minutes) writing down anything that came to you.