LIFE FORMS IN MY MARGINS

*This activity adopted from an activity taught by the former nonprofit City-House

PURPOSE: This activity is a self-assessment tool to help us explore and find any learned prejudices and stereotypes we may unconsciously believe. Once identified, these beliefs may be investigated, challenged, seen to be false, and replaced with more truthful, helpful, and life-affirming beliefs that allow us to relate in a wise, loving, compassionate manner with all life forms.

How to Do It: See the picture of rings on the second page. In these rings, or outside of them, write where you place the humans, animals, and life forms based on the descriptions provided. We also ask that you place the different parts of your body-mind (see list below) in the ring too, so you see which parts of yourself you love and which parts you judge.

Tips:

- Be honest and genuine. This works best when you are honest and genuine. Don't share your answers with others if that helps you feel safer in doing the activity.
- Be compassionate to yourself. You did not ask for your family, culture, and experiences to condition yourself with hurtful prejudices and stereotypes, so if you find them, be compassionate to yourself, as they are not your fault, and do not reflect badly on you.
- Celebrate your loving intentions. This activity is done out of love to help you awaken and to create Beloved Community where all life is able to thrive. That is a beautiful and wonderful intention to be celebrated and enjoyed. Way to go!

Possible Groups to Place in the Rings

We list these groups to help stimulate your creativity and so you can reflect on your relationships to all of these life forms. Embrace the freedom to break these groups up if different life forms within a group belong in different rings. For example, within your family members maybe you feel safe with your sister and brother, but uncomfortable around your aunt, and indifferent about your uncle. Simply use this list to help jump-start your creativity in doing this activity.

Your Body/Mind
Notice how you relate to
individuals states and groups of
thought forms and add them to
the rings:
Mental States (tired, wired, brain
fog, etc.)
Bodily States (exhausted, ill, in
pain, cold, hot, etc.)
Emotional States (anger, hate,
crying, fear, etc.)
Thought Forms (skillful, unskillful,
repetitive, judgmental, etc.)
Body parts (skin, hair, eyes, body
shape, etc.)
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smape, etc.)
Humans
Family members ()
Homeless people
Poor people
Rich people
People of other economic classes
Asian people
Black people
White people
Hispanic people
People of other ethnicities, races,
and from other countries
Women
Men
Transgender or nonbinary people
Gay, lesbian, and bisexual people
People of other gender identities of
sexual orientations

People of other gende.
sexual orientations
Christians
Catholics
Protestants
Muslims
Jewish people
Hinduists
Taoists
Buddhists
Animists
Atheists
Agnostics
Scientists

Philosophers

Pro-Choicers Animal activists

Vegans/vegetarians

Occupy activists

Q Anon activists

Criminals

Terrorists

Murderers

Rapists

Tea Party activists

Other kinds of activists

Other people who do harm to people, animals, or the planet
Non-human Animals
Cats
Dogs (poodles, pit bulls, etc.)
Fish
Rabbits
Other individual or species of
animal companions
Deer
Squirrels
Rats
Mice
Insects
Spiders
Other species of wildlife
Monkeys
Beagles
Cats
Rats
Mice
Animals used in laboratories and
cosmetic testing
Elephants
Lions
Tigers
Bears
Horses
Bulls
Animals used to perform in
circuses, rodeos, and other acts
of entertainment
Mink
Bobcat
Rabbits
Lynx
Cows
Animals raised or trapped for their

pelts

Pigs

Cows

Sheep

Fish

Turkeys

Chickens

Animals raised to be eaten Other Life Forms Backvard Neighborhood Town Other lands and ecosystems near Oceans Rivers (Mississippi, Crow, etc.) Lakes Other bodies of water Prairies Mountains Forests Deserts Other types of terrain Trees Shrubs Bushes Flowers Weeds Invasive plants Other types of plants Rocks Soils Minerals Global Climate Landfills Asphalt parking lots Mines Superfund sites Overgrazed fields Manure lagoons Polluted waterways The garbage patches in the ocean Bleached coral reefs Nuclear power stations that store spent fuel rods Nuclear bomb test sites

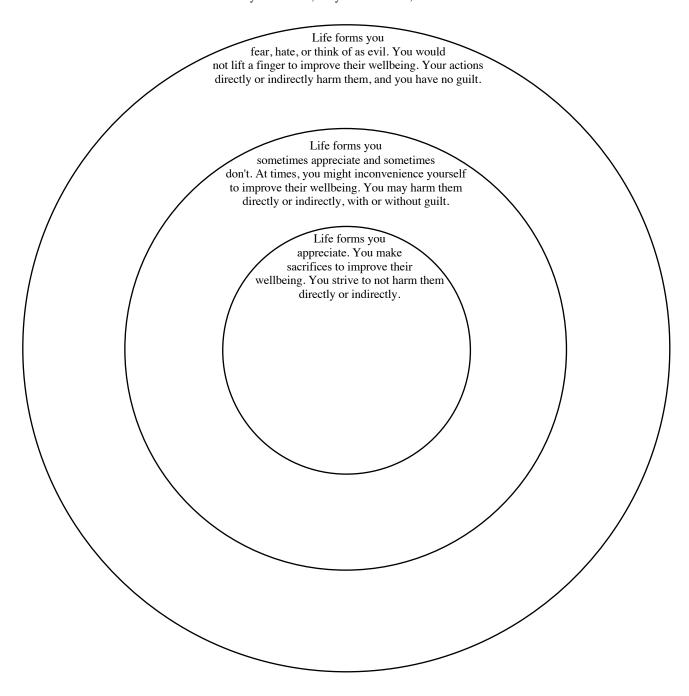


Other ecosystems and life forms

that have been poisoned or

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Life forms you don't care about or don't know what to do with. You generally would not lift a finger to improve their wellbeing. Your actions may directly or indirectly harm them, but you don't know, and don't care.



Notes/Observations:

