



## I meditate

You don't hear about that often  
and not from no Black male

But I'm now recognizing that  
the air is hitting my skin, right?

They're stars in the sky  
Life is still happening

People are going to open up  
to stop being caught up  
in the present situation

And realize  
Life is still happening

Right in front of you.

I meditate  
By acknowledging my feelings, right?

I acknowledge that  
I'm hurt right now

Once I acknowledge it  
I inhale it  
then I breathe it out

UNWORTHY

**Trauma hurts, breathing heals.**

Philly, let's take a big breath together.

— Kenn Bourne, MSW, LSW ANEW Founder

# PHILLY

## Let's Take a Big Breath Together

To protest the trauma inflicted on our communities. The ongoing trauma rooted in racism, inequities and injustices.

Everything that makes it difficult to breathe.

But breathing is our basic right—a very real, personal act of trauma healing.

In taking a big breath together, we are making a public proclamation that no one can take the right to heal away from us.

If you agree, **join us.**

**Take a big breath. Literally and metaphorically. Alone and together. For ourselves, and for our community.**

Every time someone new joins us, Philly's big breath will deepen, expanding our solidarity in protesting trauma and fighting for our right to heal.

Witness the symbolic breath in your neighborhood grow as we unite to become a city of breathers, dedicated to staying present, grounded and connected in our healing.

**Trauma hurts, breathing heals.**

**So, take a big breath with us.**

**Launching in 2021**

**FACT:** Deep breathing is a healthy response to stress. Let oxygen come in through your nose to fill your lungs, then exhale the carbon dioxide. **Repeat.**

**OUR WORDS HEAL**