

No More Grind - Tricia Hersey

10.13.22

Interview w/ Glennon

BOOK: Rest is Resistance: A Manifesto

Grind culture is a collaboration
between capitalism + white
supremacy

①

↑ Look at through a lens of pulling
back the veil... trace the idea
back to see that capitalism
comes from the idea of looking
at a body like it's a machine

↓
Built on the
backs of slaves -
Plantations

filled with human
machines -

↓
Now happening in
corporations

↓
as a tool
for production
of wealth -
profit over
people

White supremacy is all about devaluing our divinity

↓ calls us to be brain-washed that our

② bodies don't belong to

↑ US. ↑ ↑ ↑ ↑ ↑

REST is a vehicle to disrupt this.

"I refuse to donate my body to the system any longer."

When you're exhausted and when you're on the grind and trying to keep up with this unsustainable pace — there is no time to make connections.

The more I rest, the more connections I make.

connections are rich...

I'm working 5 jobs and I still can't make it work.. why is that?

Connections help to pull back the veil.

There's no rush — it's a slow de-programming.

③ (No quick tip, no answers) it's a fall on decolonizing movement

This work comes from a black liberation lens

There needs to be a pause — and we've gotta have to take it. No one is gonna give it to us.

The inability to imagine is purposeful.

"If we rested I think the systems know it would be over for them."

I see rest to be a veil-buster

④

bell hooks - imagination is one of the greatest tools for oppressed people.

Manifestos challenge us - provoke us - what do you feel, believe?
And it brings us back to hope.

We can imagine a NEW way

imagination is a social tool.

To be able to imagine and wander.. that where the tools for liberation come from.

Sleep deprivation is a public health crisis

⑤ ↗ we can't get to a new place from this place because we can't make connections that will enable something new to be imagined.

"get back to work" means get back to helping sustain someone else's imagination.

"the systems socialize and brain wash us from birth..." *

You're gonna have to make choices.

The true resistance of rest is what we have to uncover a lot more. This is not going to be easy work. We are trying to disrupt and push back against very violent systems.

Grind Culture is VIOLENT (6)

There has to be some type of subversion, disruption, the ability to imagine something new with a world that resists it

Imagine the impossible

Her grandmother between jobs -
closed her eyes

♥ "Held court for her own healing"
I'm not sleeping - I'm resting
my eyes.
I'm listening to God...

She became the muse because I watched her make space for her own rest - I watched her slow down. I watched her uplift leisure.

We're going to have to reimagining rest - ~~the~~ your gonna have to look at rest at not what you think it is.

① Nap → centering self
longer shower
sit and pray - just BEING
connecting our mind + body

THIS REST work is a meticulous love practice that will happen to us for the rest of our days and there is no rush to get it right.

your rest is not a luxury (7)
It is the center of your life.
It has to be the North Star.

In a culture like this without a pause button, if you aren't snatching rest anyway you can... your participating

How are you participating in
Grind culture... white supremacy...
Capitalism? (8)

this conversation is a full-on
healing modality, looking
at yourself in the mirror

If your not looking at this
as a full-on ~~so~~ political
social justice deprogramming.
It's not gonna work.

It's not just change what
rest is

It's change WHY rest is

Part of grind culture is buying
shit so that you can rest
so that you can be more
productive... and grind more
so you can help us build stronger
white supremacy + capitalism!

Rest is a disruption (9)

The idea of productivity has been
taught to you by a Capitalist
System - we don't want that
curriculum.

Productivity is not what you think
it is. Resting is a generative state -
you generate ideas, you are
connecting to your body, spirit,
dreams →

Resting opens a *PORTAL*

Why we're resting: is so
we can reimagine what we
want to build instead of what
we have. So we can resist +
push back and disrupt

It allows you to ←
see things different. It allows
you to see outside of grind culture
to connect w/ something deeper
outside of yourself.

this portal idea is really centered in Afro-futurism - the belief that we can dream ourselves free.

(10)

Anything that's degrading us from the true divine beings that we are - we don't want that.

We don't need more toughness and going hard - we need softness, care, collective healing.

These systems are built to separate us from our humanity. My work is to uplift what it means to be human - and REST is the vehicle (one of the many) to get us there.

Simply: this work is to bring us back to our natural state.

on plantations - they were really auto-mating us. How far can we push a human body re: hours worked, food/water withheld..

or rest or
Slow down

creating this machine-like worker

(11)

When we sleep, there is a chemical that coats our brains that allows us to heal from trauma, be more creative..

To be human is to know that you are divine. And so is the person next to you.

The body is a site of liberation
↳ so whenever our bodies are, we can find rest + liberation

Challenge: people aren't believing they are worthy of rest.

White Women: (12)

Dismantling your mind around being an accomplice to white supremacy.

↓ Go deep to understand the legacy you come from ~~of~~

The Widdened Wound
by Wendal Berry

↓ white people have not had the chance to heal from the wound - or even understand there is a wound -

to understand that it was killing us as well. that is a spiritual deficiency

How do you temper that fear of not being productive?

this will not be easy and some will never get it.

↓ But where there is life there is hope.

↑ This is healing work.

we've been robbed of our humanity as well.

Make time in your calendar - rest days, sabbath days, limit meetings to 30 min, have clear boundaries, be concise.

The Nap ministry is the opposite of white feminism.

↓ we were taught that feminism is to try to be the best of at this horrific system - just lean in harder

↑ "perfectionism"
White feminism - you are literally trying to be a part of a system that hates you. we keep uplifting it and making it richer, more viable... "what can we do for you?"

(13)

we're doing the work for them
the systems that oppress us.

"The buck stops with me. Let
the chips fall where they may.
I will never donate my
body to a system by grinding
that still owes my ancestors
reparations, that hates me,
that was built on the backs
of my ancestors." (14)

"Rest saved my life. I don't
need nobody to verify that for
me."

For me to truly be free, every
one around me has to be free.

It's emotion to understand that
you've been lied to—it's a
grief moment. Resting supports
that.

This is like practice + theory
combined.

Women of color have historically
been on the front lines of making
it easier for white women to
have leisure.

White women → sit and
deepen into
the work.

- See the connections
- Look for ways to slow down
- Push back
- Disrupt
- Hold space for others to slow down
- don't be an agent of good culture

(15)

See yourself
as someone
who will no
longer be a
part of the
oppression. — I'm done,
It stays with me. ♡

are you pushing?
Pushing?
Expecting?
Do you have
boundaries.

"Let the chips fall where they may..."



How?

or... how do we survive the or?

(16)

Say no to 90% of what is asked of me

I don't overbook my calendar

I allow space for the mystery
consciousness of the sacredness of
what could happen

I only say yes to what I feel
a real yes about

I've lost money, I've lost
projects, opportunities, I'm an
outlier.

And the deeper I get into this
work, the lonelier I've become -
b/c grand culture has us in
its grips.

Black people don't even understand
what leisure is...

because we're told everything has
to be monetized.

(17)

REST

this is an outlier movement -
It's slow, it can't be rushed, it
will take time.

Liberation is a process

an unraveling

Your body is your
best teacher.

expand on
this work

GO
SLOW

When you rest, there
is information waiting
for you that you can't
get when you're awake

It's not
static

It's NOT a waste of

Transmission time.

Downloads
Connections
Dreams
Imaginations

there is
information
your body, your
ancestors want to
give you.

To slow down is to allow the
portal to open, the antenna
in, to allow you to get
information to allow you
to see your way out.

↓
and create a
new world

(18)

Imagine ^{ation} work
dream work
Bending time
Emergence
The Now
~~Nowhere~~

"I will
← recapture
← the dream
← space
← that was
stolen
from
you."

What could they
have figured out if they were
more rested?

You don't have to rush

Harriet Tubman would stop to
pry because she would get a word from God.

Be a counter narrative to all
that was taught to you.
The lies.

GO SLOW

^
Say
No
to

Liberation is IN the body - it
always has been. But capitalism
had told us it's out there - and
to go get it.

(19)

Audre Lorde "Caring for myself
is self preservation, and THAT
is an act of political warfare"

Resting is so completely
grounded in ENOUGH and
deep radical faith to be able
to push back against the
system to say "I've had enough."

Make SPACE FOR WHAT
IS POSSIBLE

You cannot do this work
alone. Community care will. ^{save} us