

## SEEING NO STRANGER

Valerie Kaur  
See No Stranger  
(2020)

About learning how to love OTHERS  
When we WONDER about others, we  
GRIEVE with them, and choose to FIGHT  
with and for them. We can build the  
kind of solidarity the world needs.

## TEND THE WOUND

Learning how to love our OPPOSITIONS  
When we RAGE in safe containers to our  
our own WOUNDS, and LISTEN to understand  
theirs, we gain the information to  
REIMAGINE solutions.

## BREATHE & PUSH

Learning how to love OURSELVES  
When we BREATHE amidst the labor, PUSH  
ourselves to go deeper, and summon  
our wisest selves in times of  
TRANSITION

"US"

Trust + listen  
Empathy & compassion  
easy  
"bad" - b/c of  
circumstance  
Complex and  
multi-dimensional  
more likely to  
intervene  
when violence  
worthy of our  
care and  
concern

"them"

fear and resent  
Empathy &  
compassion hard  
"bad" - b/c of  
essence  
Simple and  
one-dimensional  
more likely to  
stand by when  
violence  
Not worthy of  
our care + concern

concept of how we

Make people  
strangers to themselves

\* in the US, white supremacy  
is intertwined w/ christian  
supremacy - one an  
extension of the other

How we're  
programmed

Dominant  
stories  
in our  
social  
landscape

Internalized  
stereotypes

we breathe  
them in  
consciously  
unconsciously

↑  
we live in  
a culture  
that makes  
us strange  
to  
ourselves







See No Stranger - Valarie Kaur

"this book is about how to labor  
"Your breathlessness is a sign of your bravery.  
It means you are awake to what's happening  
right now. The world is in transition."

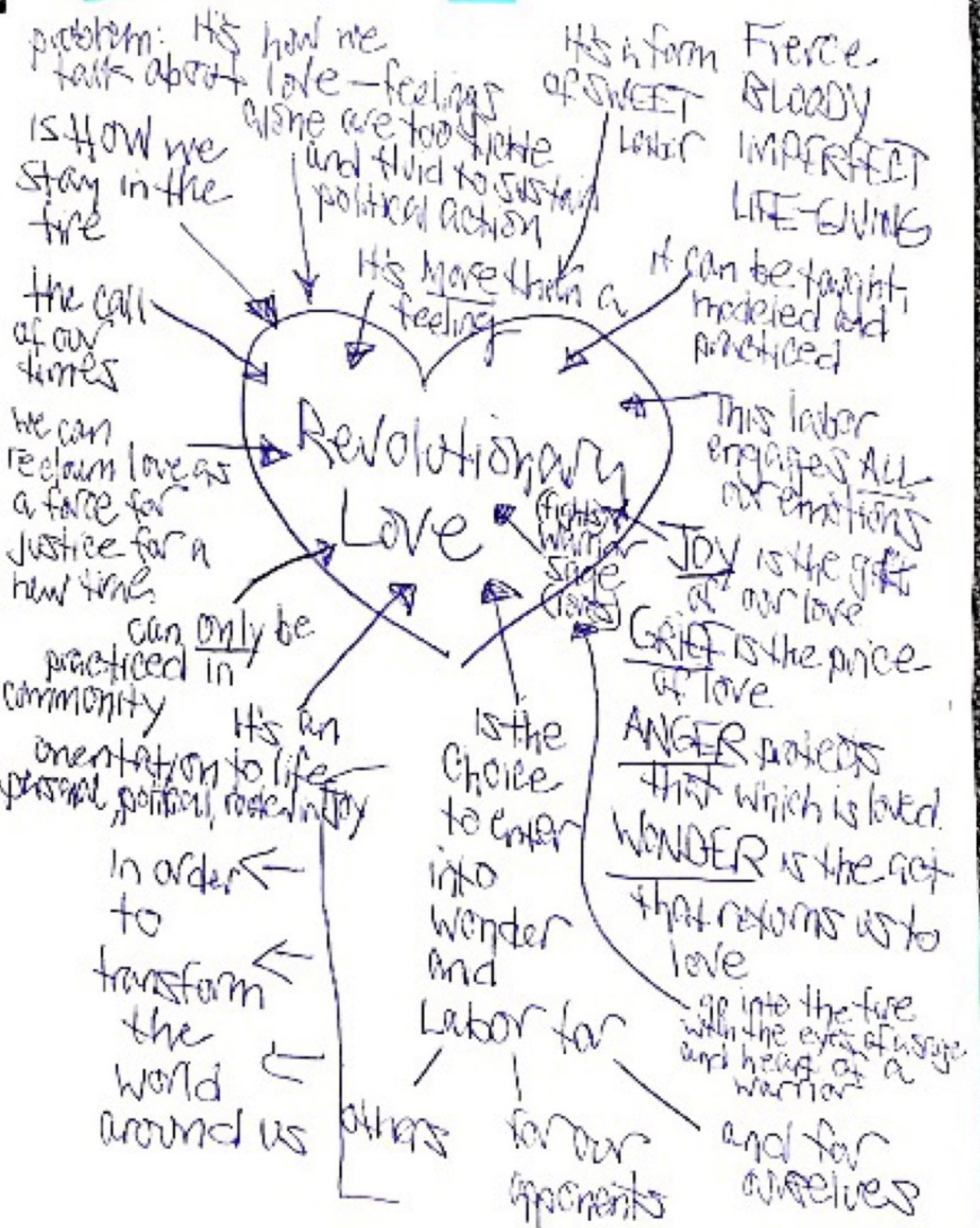
"What if this darkness is not the darkness  
of the tomb but the darkness of the womb?"

What does the midwife tell us to do?  
"Breathe. And then? Push!"

"We are at a crossroads - will we birth a  
nation that has never been - multi-racial,  
multi-faith, multi-cultural, and multi-gendered...

or  
... we will continue to descend into a kind  
of civil war - a power struggle with those  
who want to return America to a past  
where only a certain class of white-people  
hold political, cultural + economic dominion

Will we marshal the vision, skill and solidarity  
to solve these problems together or will we  
perish? I don't know.  
All I know is that the only way we will endure  
is if each of us shows up for the labor





Valerie - Kate & Mike Show

"the way we make change is just as important as the change we make"

our goal is not to just unseat a few bad actors...

our goal is to imagine a world where all of us are free of cages... to liberate all of us.

there are not such things as monsters in this world. There are only human beings with ~~problems~~ <sup>anxiety, longing, anxiety, blindness, suffering.</sup>

Loving our opponents is more than a moral call - it's pragmatic. It's strategic.

the "how" we do it.

work as birth: how do we stay in the labor?

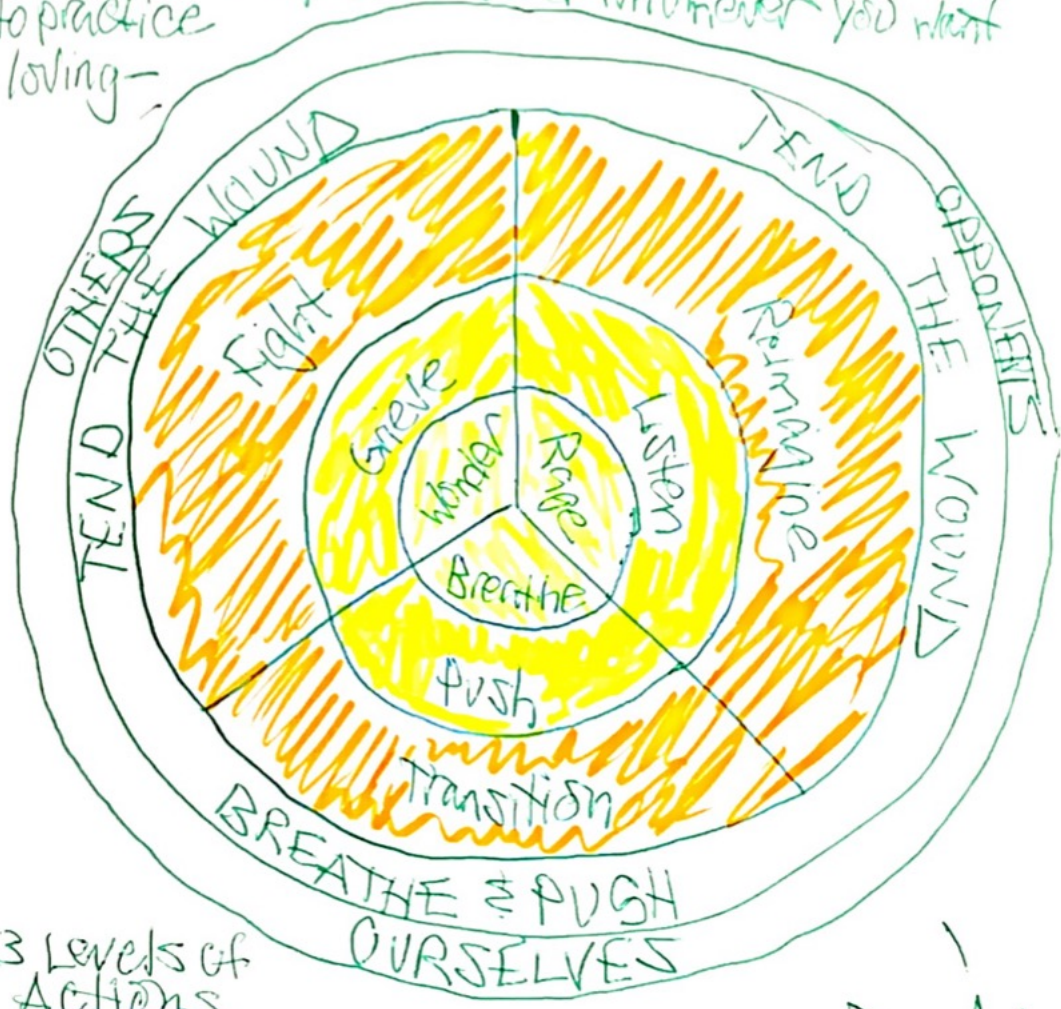
when part of us doesn't want to?

part of us doesn't think we can?

they're doing out of their own

# Revolutionary Love Compass

Point this compass toward whom ever you want to practice loving-



3 Levels of Actions

Internal actions - where transformation happens within one's own mind & body

Interpersonal actions - transformation happens in relationships

Social actions - transformation in context of society, systems, etc.

