Joi Unlimited, Coaching and Consulting

Encouraging our ultimate health, not just our ultimate sacrifice

Orange Method (OM) Radical Self-Care (Healing Justice) and Radical Hospitality (Social Justice)

~Meditation
~Mindfulness
~conscious Movement
~eMotional Liberation
Dear Ones,

It is with the wisdom of my ancestors and the great humility of being in healing justice that I write to you the work of me Dr. Joi. I am honored to share some today. My name is Dr. Joi Lewis; people fondly call of the work we get to do in so many amazing people, and I hope we get to work with you, in person community with and through our online platform, The Joi of Healing. Thank you for tuning into the webinar; we are so glad that the MN Department of Health asked us to contribute to this learning community.

Thank you also program in for Healing your overwhelming interest in the OM Community Coach Justice. We were thrilled to get approximately 30 questions from viewers; that is so awesome! Given the time of year and the many demands we have on our time with current communities we are supporting, we are unable to answer some themes each question. We did, however, read through all of them, and identified of the kinds of questions that were asked. We are sending you document to address some of what was raised, in hopes that many of your questions this will get answered here and through the other resources we are sending.

Before I go any further, I do have a special request for you as we go into the closing out of the year: hug your loved ones tightly and take some time to get renewed through some Radical Self-Care. I know I plan to. I am seriously reminded of the importance of slowing down. My Dad just had a stroke yesterday, and it was seriously scary to think we would lose him. Fortunately, he is still with us and I will unexpectedly get to travel “home” to East St. Louis, IL, to be with him. So, I hope you will take these few things we are sharing with you about our process for now. If you or your organization want to learn more, or would like a complimentary 20 minute consultation, please do reach out to us at info@joiunlimited.com and visit our website http://www.joiunlimited.com.

It is clear that we cannot reach most of those suffering from oppression-induced historic and present-day trauma without the assistance of technology. This project will provide accessible healing and mental and emotional support to folks online, which will in turn create more space and tools for organizing in person. The Joi of Healing is an online platform and app for training and certifying Community Coaches in Healing Justice, and it will connect them with those in our community who need a coach, a space holder to guide them through the healing process. It promotes the process of healing from trauma and access to joy through the principles of radical self-care in community (healing justice) and radical hospitality (social justice). Our vision at Joi Unlimited, Coaching and Consulting is to create an on-ramp to healing from trauma and access to sustainable work for invisible emotional laborers, who are committed to healing justice for people from historically marginalized communities and their allies. The focus on healing justice will turn lived experiences into social and economic capital, revitalize communities, create a clear pathway for better health, reduce the trauma inflicted upon communities, and increase well-being and employment. This would address the lack of access to resources for mental health care and economic liberation, as well as over-policing, in poor communities. Community coaches may serve as first responders in moments of conflict in order to alleviate unbalanced exchanges of power. The initiative would connect trained community coaches with people in communities who are experiencing trauma through a text, talk, and video platform, where we can “put healing in the hands of anyone, anywhere.”
None of us have been untouched by the continued trauma that plagues our nation. There is no systematic emergency response for any of us to deal with the erosion of our humanity that happens as we live with this kind of trauma. I am inspired for us to reclaim our humanity, have tools to interrupt and heal from trauma, and reclaim joy. We developed the Orange Method (OM) framework that builds capacity and is primarily led by people affected by structural inequality and/or those most committed to transforming those structures. We value those experiences and commitments as high intellectual, cultural, and economic capital to fulfill a growing market need of skilled cultural brokers and interpreters of community, organizations, government, and private agency culture. The Orange Method galvanizes the practices used for centuries by those who possess the sacred asset we call “invisible emotional labor,” defined as labor that is not situated in traditional structures but its prolonged absence would cause communities as we now know them to crash.

We are in desperate need of crisis and conflict response from present day trauma and space for people to heal from the historic trauma. These partnerships will help to alleviate this trauma. Given the persistence of toxic stress and trauma in our country and the fact that our healthcare system is leaving many people left without access to mental and emotional health support, it is urgent to create an accessible online platform that connects trained healers and light-workers.

We are creating an online training program and tools connection platform to connect culturally relevant coaches with individuals experiencing trauma. The Joi of Healing distinction allows individuals experiencing the impact of trauma to connect immediately with trained culturally diverse community healers through text, talk or video. We will grow the resources to serve communities that have been historically left out and create new jobs and economic opportunity for community healers. We aim to serve the 58% of Americans suffering from trauma and mental health issues who are not currently being served by the system, creating jobs and strengthening community resilience in order to eliminate these disparities.

In order to fully imagine a world of interconnected liberation, we need resourced spaces for healing and recovery for communities, front line organizers and invisible emotional laborers in times of social unrest. Our methodology will help to “put healing in the hands of anyone, anywhere.”

We are sharing with you the 4 practices of the Orange Method and a little about how they can be used. We are also attaching a one-pager about the platform. Please know that we have worked with a variety of communities, ranging from front line activists and workers, to police, city officials, medical professionals, and executives. We also have worked with folks with multiple and intersecting identities, from seemingly homogeneous communities, immigrant communities, Indigenous communities, people of color, the Deaf Community and Disability Communities, faith communities, and so many more. We can share what has been successful, lessons we have learned, and how to correct for those disconnects as well. We would love to connect with you on implementing the Orange Method in your community.

The OM Coaching Program in Healing Justice is grounded in the Orange Method of Radical Self-Care (Healing Justice) and Radical Hospitality (Social Justice)

1. We train coaches in the Orange Method, to hold space for healing from historic and present day trauma.
2. We work with institutions and organizations to adopt the Orange Method as a way of correcting imbalances of power and centering issues of social justice, through workshops, retreats and community meetings.

3. We coach leaders through our Executive Coaching and Leadership sessions to integrate the Orange Method into their work.

Some of what we do in training: develop case studies; leaders/coaches/facilitators need to be grounded in 4 Orange Method practices before they even enter the room.

1. curating space / making space beautiful and welcoming
2. using self as instrument
3. holding humanity - say "hey"
4. adapting Radical Self-Care practices to address first hand and secondary trauma
5. identifying positional and informal leaders
6. naming tension, offering tools to address it
7. giving people to each other / building authentic relationships across difference / create connection
8. shifting power dynamics: naming how power is being used in oppressive manners AND naming subversion; privileged and marginalized groups (individual and organizational)
9. using narrative as critical pedagogy
10. developing ritualized and regular interactions (schedule regular meetings, supervision meetings, plan for crisis response) --- this helps make people feel safe

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Some tools we use: use a timer for all of these; a talking instrument may be useful for mindfulness and emotional liberation

- meditation (includes recorded guided meditations of varying lengths / grounding practices)
- mindfulness (includes several clearing practices: prompting questions to use at start of a meeting / check in question / writing reflection; bingo)
- conscious movement (includes ways to "get up" and move the tension and trauma that is stuck in your body and your mind, way to bring levity and expansiveness; instructions for yoga, dance breaks (with music), stretching)
- emotional liberation (includes instruction for compassionate listening: reminders about what to have in your mind as you listen to others, pairs or triads or small circles)

Thank you for your time and interest.

Sincerely,

Dr. Joi Lewis
Founder and CEO
Joi Unlimited Coaching and Consulting