

WHOLE

by the Visioners for Abortion Freedom

Experience Guide



Hello dear one,

Thank you for journeying with us. We are a collective of visioners, truth-seekers and dream makers envisioning a liberated future that holds us all with love. And if you want to join us, you can, too.

W H O L E is a creative offering that is meant to transport us to a space and time where Black wombed bodies are free and all of us experience the fullness of life on our own terms. Our vision is vibrant and alive. We want you to feel your way there with us. Once we feel it, we can believe it, know it, and bring it into being.

Simply viewing and listening to the album won't get us there. It is in how we make meaning of what we've experienced, the conversations we have with ourselves and others about this vision, and the small shifts that will make this world real.

We offer this Experience Guide to you, dear one, that you may engage in the reflection and ritual that will bring about this reality for you, your loved ones, and our collective societies.

If you've already experienced W H O L E, read below for reflection prompts to take your experience deeper. If you would like to curate a W H O L E group experience, read below for ritual ideas to spark meaningful dialogue and connection in ways that get us closer to the world we want.

To us, abortion is not only a human right but a sacred part of the W H O L E of life - our experiences, our stories and our history.

Let's make it a sacred part of our futures as well. See you on the other side.

With love,

The Visioners for Abortion Freedom

PREPARE

We recognize that this project may be experienced in one of two ways:

- 1 Individually** - You may be watching this alone on your laptop, phone or television. Either way, it's at your own convenience.
- 2 In a Group Setting** - Maybe an event is being hosted. Maybe you are having a night with friends and/or family. Either way, it's in community with others.

We encourage you to:

- Engage with the piece in its entirety.
- Consider viewing it twice: first, to simply take it in. A second time, to keep notes throughout the screening so that no thoughts are lost while viewing.
- Take note of any questions and/or feelings the piece conjures. These will be helpful for deeper reflection later.

After experiencing the complete project, we encourage viewers to use the questions provided below for each section to continue the learnings of this project. These questions can be answered alone, as journal prompts, discussed with loved ones, or in a group setting.



REIMAGINE & DIG DEEPER

The following are suggested activities + reflection questions for all who have completed the full audio-visual journey.

Remember... You are an essential part of this vision. This is an invitation to make this vision of W H O L E ness your own. Add to it. Improve it. See yourself and others as a true part of the collective. We are the vital creators of this future today and every day.

Solo Experience

Community starts with you—how you show up for yourself and how you allow yourself grace to grow. To do so, self-discovery is a vital step.

We've provided some activities for deeper self-engagement. Explore whichever topics resonate with you. Write about them, discuss them with a friend, paint your feelings out—express yourself in the best way you see fit.

Possible Exercises

- **Write + Reflect:** How do you see yourself in W H O L E? How does understanding abortion through the lens of Black experiences shift your view?
- **Write + Reflect:** Consider your own experiences with abortion—whether personal, in support of loved ones, in community or otherwise. What about that experience felt aligned with this W H O L E world of abortion freedom? What made your experience possible? What would have made this experience more supportive? How do these reflections help shape a tangible vision for abortion freedom?
- **Write a handwritten letter to yourself from your future self.** What is life like in a world where your future self is free? What does your future self want you to remember?
- **Your relationship with your body is your most important.** Take a moment to spoil it by doing what feels best.

REIMAGINE & DIG DEEPER CONT.

Group Experience

This vision for abortion freedom will come about when we collectively make it so. As humans, we need rituals to make sense of and integrate the experiences of our lives. When performed in groups, we also deepen bonds and create beloved communities through collective vulnerability, witnessing, and cultivating resources together.

If you'd like to organize a group experience, consider viewing **W H O L E** together (on video chat or in-person), then engaging in one of the following rituals together:

Possible Exercises

- Make a date with a friend where you cook your favorite recipe for them while asking the questions from the “Communities” section.
- Doodle how this experience made you feel and share it with the group.
- Share with a group what this experience has revealed to you about abortion.
- Gather for a group poetry session where you write and share poems in reaction to **W H O L E**
- Support a friend having an abortion by viewing **W H O L E** together, then creating a ritual like the one in Futures to honor their experience.



REFLECTION QUESTIONS

Consider the questions below as a starting place to reflect or discuss with those around you.

Origins

- Take a moment to consider the truth that humanity was born from Black bodies. What emotions, images, and realizations come up when you think of this?
- What would it look like if you trusted your own and others' bodily knowledge? What would you do differently?
- What do our origins have to teach us about our futures? What did your ancestors know that you want to remember in these times?

Bodies

- What parts of your body spoke to you during this meditation? What sensations did you notice?
- How might you create more sacred space to listen and give your body what it wants?
- How do you speak to and honor your body? Spend 5 minutes just listening to your body. What did it say?
- What if all people with wombs had full power over their whole bodies?
- How might your life change if you valued rest and ease more than overworking?

Relationships

- Ask and answer these questions for yourself: what do you love about your body? What do you like to do naked? When do you feel the most loved?
- What part of you do you especially want to be held and seen by another?
- How do you want to be adored? How do you adore others?



Communities

- What do foods from your lineage have to teach us? Why is engaging with the ancestral lineage of foods important?
- Are you a part of a community that offers support and advice while allowing space for your autonomy? Share some examples of what that does or might look like.
- How is your community medicine for you?
- Which ingredient of Gumbo is most like you?

Futures

- When have you made a decision that was true to you even if others disagreed?
- What does this song give you permission to do?
- Since you were born to be free, what do you want to do with that freedom?

