



ACE Learning For Liberation Playlist
[Curated by Holistic Underground]

Reflection Prompts

1. Journal:

How can/ does spirituality, or a sense of connection to something greater than myself, my thoughts and my opinions support me to be an ally creating equity?

2. Conversation:

How has racism impacted my spiritual connection? My connection with my ancestors? My connection with nature and the earth? How can I reclaim this?

3. Journal:

What are three ways I can reclaim these connections that Racism has impacted?