

What are Healing, Movement Building, and Healing-Centered Movement Building?

1. Healing is an indigenous practice that facilitates the inner resiliency, leadership, and emotional fortitude of an individual towards authentic engagement in movement building.
2. Long-Term Dialectical struggle – a long-term process of change that acknowledges differences, disagreements, tension, and work to resolve the challenges on a higher level of understanding.
3. A movement to dismantle an oppressive system while at the same time building a new vision and working to make that a reality.
4. Supports the self-determination of local communities.
 - a) Providing resources – capacity building
 - b) Acknowledges and defer to historically Impacted communities recognized leadership and institutions in whatever form its takes.
 - c) Promote and support local effective tactics and participatory strategies.
5. Connect unity building and struggle
 - a) Local to Statewide
 - b) Statewide to Local
 - c) Share vision of change – dismantling of oppressive system to building a new vision.
6. Movement builders work through contradictions and disagreement to transform both the struggle and the movement builder to a higher vision.

Five Basic Stages of Movements

Throughout history, many social movements have dramatically changed society and others have failed to achieve their goal. Also, movements have life cycles that have a beginning and ending. Plus, some movements spawned new movements. Many of movements have been studied, examined, critique and highlighted as demonstrated examples. Bill Moyers¹ and others have described stages of successful movements. Thus, the Action Team is using as a guide the concept that there are essentially five basic stages of movements, and noting that these stages are historically cyclical in nature. They are:

Stage One: Critical Spark “A single spark can start a prairie fire” by Mao Tse Tung, 1930
A new social movement requires preconditions that build up over many years.
These conditions include historic developments, growing discontented victims and

¹ Bill Moyer, The Movement Action Plan, A Strategic Framework Describing the Eight Stages of Successful Social Movement, 1987, <http://www.historyisaweapon.com/defcon1/moyermap.html>

allies, and grassroots organizations, which create the basis and means for change.

- Pre-existing local elements of change
- Preexisting local communication network
- Historically developed organized groups
- Local experienced leaders
- Social Resources

Stage Two: Movement Building

1. Social Investigation: Conduct an investigation of both the local and statewide conditions
 - Organizations
 - Opportunities
 - Historical relationships and barriers
 - Historical material conditions – race, class, gender, socio-economic.
 - History of engagements and leadership
2. Participatory Strategic Planning
 - **Practical Vision** – what the group would like to see in place in 3-5 years' time.
 - **Underlying Contradictions** – the obstacles or issues that are preventing that vision from happening, and which must be dealt with in order to move forward
 - **Strategic Directions** – innovative courses of action that the group can take to deal with the underlying contradictions and move it toward realizing its vision.
 - **Implementation Plan** – a set of practical actions that will start the group's journey from where it is to where it wants to be.
3. Movement Centers
 - **Statewide** - Action Team
 - **Local Foci** –
 - a. Pooling of existing resources – preexisting local organizations
 - b. Tactically innovative and strategically placed actions
 - c. Collective and independent resources
 - d. Strategically focus leadership

Stage Three: Movement Peak

1. Successful locally and statewide
2. Reach critical mass – financially and number of people
3. Change the narrative locally and statewide
4. Change system and leadership

Stage Four: Crisis Moments

1. Fragmentation in forces
2. Unclear of vision
3. Decline in resources
4. Internal conflicts and loss of trust – gender and class
5. Burn-out
6. External forces

Stage Five: Anew process

1. Reassessment of balance of forces
2. Assessment of local and statewide conditions
3. Identification of spark
4. Engage in participatory strategy sessions