

Summer 2021

# Mapping Onward

a healing-centered journal presented by TraumaVenture



## Mapping Peace



## editor's note

Welcoming you to our Summer Issue —

This summer marks five years since I founded TraumaVenture, and I wanted to pause to check in with myself as I celebrated this momentous moment. What began as a company, turned into a community. I am so grateful, humbled and honored to everyone who has accompanied my steps in this journey. I took a little break in between MappingOnward issues to center myself, engage in self-care and continue to map out a way forward. I have also been super busy, too; it has been a blessing.

There is a painting that hangs in my office that states: "Let nature and imagination light the way." In that spirit, this past May, my mother and I took a course on tree tending offered by the Pennsylvania Horticultural Society. The 4-week course was wonderful, packed with insightful knowledge and quizzes: I did not know there would be quizzes! As part of the lesson plans, one of our homework assignments was to walk around identifying urban stress on trees. As I snapped photos as part of the homework, I reflected on how grateful I was to spend this time with my mom and also give thanks for nature always being an integral part of my trauma recovery. I also reflected on the racial disparity in access to trees in urban settings as well as the role we can all play in climate justice.

In this issue, we are focusing on peace—feeling peace internally as well as externally; how to build a more peaceful world. As we map our way forward, I think back to the words by Rumi, inspiring us to: "Raise your words, not your voice. It is rain that grows flowers, not thunder."

I hope the pages in this issue bring you peace, shed light on new portals for creating more peace in your life, and support your imagination for a new day from today.

*Curated with love and wishing you well-being,*

*Cecilia*

[MappingOnward.com](http://MappingOnward.com)

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## Mapping Peace

a reflection

By Cecilia M. Cardesa

[Cecilia@MappingOnward.com](mailto:Cecilia@MappingOnward.com)

## Mapping Peace, a reflection

Healing has been and is my challenge, commitment, and covenant to building trauma-conscious and healing-centered cultures of care so that we can finally feel peace within and peace outside of ourselves.



In 1999, the United Nations General Assembly adopted the "Declaration and Programme of Action on a Culture of Peace". The Declaration describes a culture of peace as

"... a set of values, attitudes, traditions and modes of behaviors and ways of life that reject violence and prevent conflicts by tackling their root causes to solve problems through dialogue and negotiation among individuals, groups and nations".

Over 20 years after its adoption, I continue to wonder what peace is and what it entails.

Earlier this year, I led a parallel event during the United Nations 65th Session of the Commission on the Status of Women (CSW). I had attended CSW twice before as a Delegate; once in 2007 and then in 2013 but never as the lead organizer for a parallel workshop.

Back when I had been at the UN headquarters building in Manhattan participating in previous CSW sessions, I would always find myself wandering off to the UN Plaza building across from HQ to attend parallel events where advocates from all over the world would share about their work. When I had the opportunity to organize my own panel workshop for this year's CSW events, I was so excited and delighted to lead a conversation on the intersection of mental health and trauma from a leadership perspective. I was also flooded with a rollercoaster of emotions.

The Coalition for the UN We Need reminds us that over 75 years ago, a group of leaders came together to form the United Nations after the horrors of wars witnessed at the beginning of the 20th century in hopes of imagining a new world without fear and hate.

The newly formed UN system sought to establish mandates for us to live together peacefully by putting We the People at the center of its chartered work. Today, decades after that original mission, we are all still living with fear, persecution, grief, and anxiety.

*Today, We the People* are not okay; we are not doing well, and we are still living with the aftermath of hatred, inequity, and trauma from the individual and collective life-

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altering events that continue to exist 75 years after the UN was formed.

Examining how the historical absence of peace and justice manifests in multigenerational trauma is one instrument for identifying the mechanisms for mainstreaming healing and well-being.

Civil unrest throughout our world coupled with the mismanagement of COVID-19 created multiple pandemics for marginalized people. We have the opportunity to further access good health and well-being and make the UN's Sustainable Development Goal 3 (SDG3) of ensuring healthy lives and promoting well-being for all, at all ages, a reality.

I have spent the last three decades of my life promoting peace throughout my healing journey to repair the damage caused through critical, life-altering events in my life.

TraumaVenture's workshop aimed at imagining conversations and policies reflective of individuals struggling with mental conditions. Workshop speakers presented on diverse contours of lived experiences and the lack of equity in the mental health intersectionality gap; acknowledging disability and inclusion policies that only further abandon or de-norm these special needs.

Examples of peace education building cultures of care abound if we pause to learn about them. Organizations such as Green String Network, The Elders, and Fundación FePais embody these principles in civil society.

To hear my presentation at the CSW65's parallel event and hear from all speakers, please [click this link](#).



### *Spotlight on Fundación FePais*

Headquartered in Buenos Aires, Argentina, the vision of Fundación FePais (Fuentes Educativas para la Integración Social; in English, Educational Foundations for Social Integration) is to build cultures of peace through sustainable education (SDG4). Since 2011, FePais works to construct positive coexisting communities through the strengthening of respectful, collaborative and supportive practices in the practice of non-violent conflict mediation, resolution and transformation. Through sustainable education in elementary and high school schools, FePais' training, workshops and initiatives weave non-violence and cooperation as a way of teaching and learning.

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FePais also works in the provision of innovative and practical tools that will improve the school, work and social environment of learners in relation to strengthening community ties; all with the aim of fostering cultures of peace through curricula on justice and solidarity.

In 2015, the United Nations created 17 Sustainable Development Goals (SDGs) to help create a more equitable and sustainable world. SDG4 promotes sustainable education and is at the center of FePais' mission. FePais believes education is a human right, and its teaching is trauma-conscious and child-centered; considering, what is happening or has happened to this child?

In conversations with Marta Lescano, I discovered what moved her to found FePais with her husband. She shared that many years ago, she witnessed a boy had started a fire in his classroom because he was frustrated about not knowing how to write and for not having the tools to write things if he knew how. As she shared with me, she reflected on how looking at his behavior needed to consider what happened to him holistically. Soon after that experience, Marta dedicated herself to thinking about what she could do to work with and provide meaningful education outcomes for children.

Education can transform our lives and we can also transform academic pedagogy. The UN's SDGs and the work of FePais challenge us to create an environment where our children can have access to quality education, to education that transforms our imagination and catapults our brains and hearts to new heights.

*“Education can be transformed. The SDGs manage not only to take care of the environment, but also of citizens so that they can develop in a sustainable way, over time, and sustainably, in relation to the environment.”*

*- Marta Lescano*



*Photo by Fernando Calzada; 2020*

It is my honor and joy to serve as Senior Advisor and US Representative for FePais. To learn more about FePais, please click [here](#).

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Whenever I share with individuals that I was born and raised in Argentina, many times they will make a reference to soccer's Messi and Maradona, or to Evita's "Don't Cry for me Argentina". What comes to mind for me when I think of that song is, instead, how I have cried for Argentina, how I have cried because of Argentina, or how I have cried with Argentina.

As I think of my beloved Argentina and the United States, a lovely song comes to mind that has carried me through the many days: Helwa Ya Baladi, as sung by Ishtar Alabina.

"My country is beautiful  
A beautiful word and many more  
My country is beautiful  
A beautiful song and many more  
My country is beautiful  
My hope was always  
To come back to my country  
And stay with you forever  
Memories from the past  
My country I remember  
My heart is full of stories"

In mapping out my trauma healing and recovery, I have chosen to focus on beauty and hope; not because I am naive, but because I long to feel and live in peace.



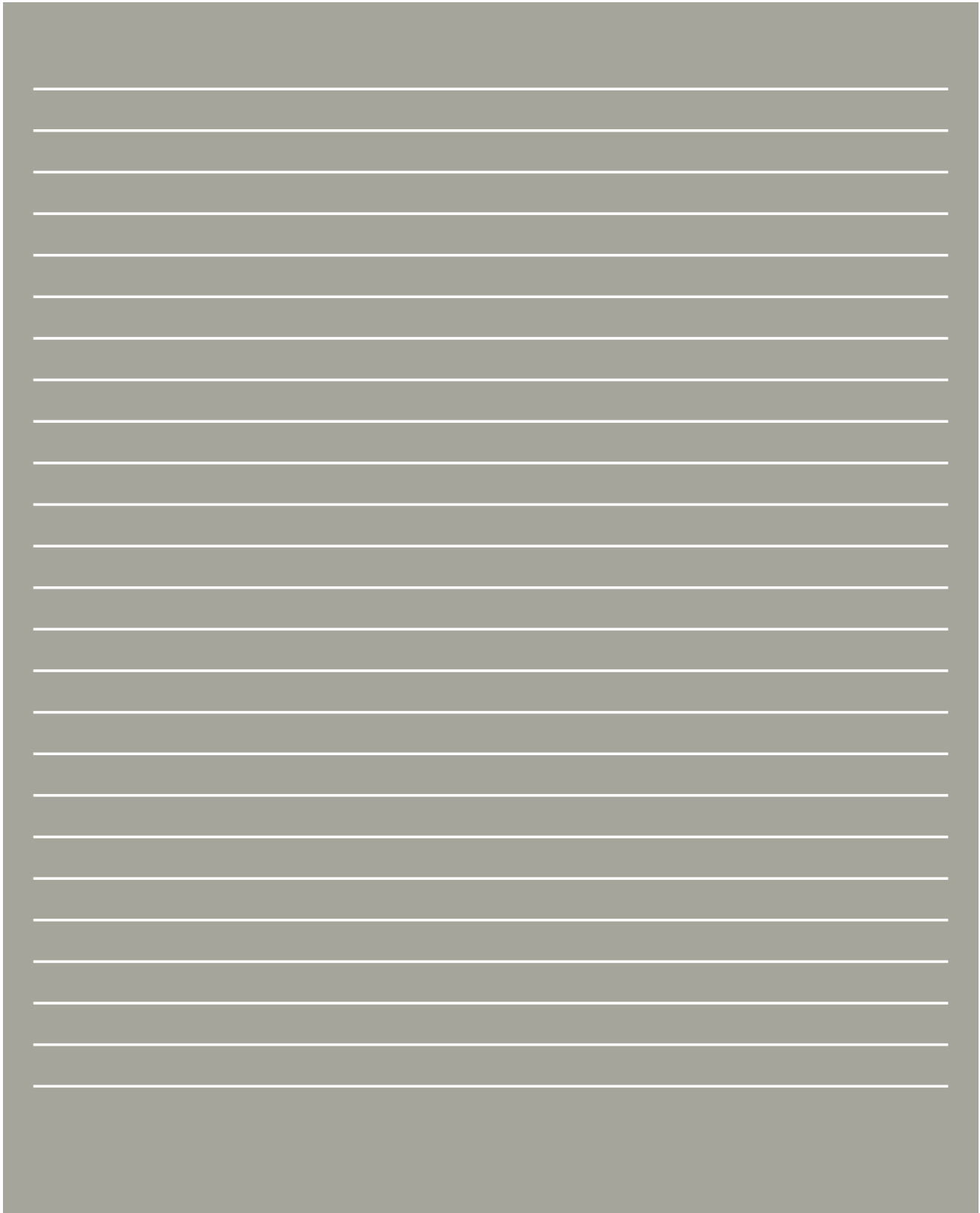


## MINDING PEACE MOMENT

when did you first learn about peace?  
how can you be an instrument of peace?

# Gratitude, mindfulness, and journaling: Mapping Peace

Use this template to write down at least one thing or person you are grateful for in your life and/or something that is bringing you peace today...

A large gray rectangular area containing horizontal white lines for writing. The lines are evenly spaced and run across the width of the gray area, providing a template for journaling.



## A conversation with Mindy Maslin

The Urban Tree Gap

By Cecilia M. Cardesa

[Cecilia@MappingOnward.com](mailto:Cecilia@MappingOnward.com)

## A conversation with Mindy Maslin: The Urban Tree Gap

I spent the month of May 2021 taking a tree tending class online with my mom through the Pennsylvania Horticultural Society (PHS). Every Wednesday, we would log in online and virtually join almost 100 participants in Zoom meetings for two hours. The PHS course was a phenomenal combination of blending horticultural curricula with practical application of the knowledge and skills we are acquiring.

We learned about tree biology, identification, planting, maintenance, as well as community engagement. For homework, my mom and I walked around identifying urban stress on trees, looking at volcano mulch around them and then having long conversations about life. I was so excited about my tree tending class that if I connected with you during the month of May for a meeting, chances are I shared with you about my course! It was such a phenomenal experience.

As I sat thinking about the theme for this month's journal, I started to reflect on how this course helped ground me. Reflecting on how trees and nature continue to shower me with healing in my trauma recovery, I knew I wanted others to learn more about the tree tending program at PHS, so what better than to connect with the program creator! But, as it tends to happen to me sometimes, there was a bigger reason, I think, why connecting with Mindy Maslin needed to happen.

While Mindy was attending a tree conference in Chicago in 1991, she imagined: what would it be like for trees to serve as a portal to citizen stewardship in our communities?

Mindy Maslin founded the PHS Tree Tenders program in 1993. Since that time, Tree Tenders have cared for more than 1,600 trees annually. Every planting season, approximately 60 Tree Tenders groups throughout Philadelphia and southeastern Pennsylvania organize their neighbors to increase, improve, and protect our vital tree canopy. The PHS tree tending program has been replicated in communities across the nation.

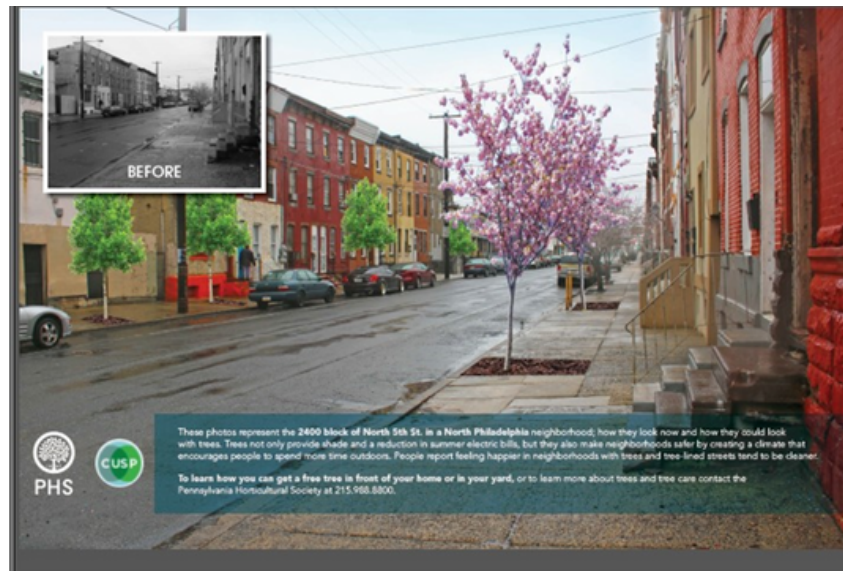
"I fell in love with the idea, and immediately knew that this was what Philadelphia needed," she says. "We needed a program that empowered citizens to take the lead in organizing their own neighborhoods".

30 years later, it seems to be working.

Mindy's Tree Tending program is an integral component of the global urban forestry movement.

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The program is at the forefront of an urban tree movement across the country and is one of the oldest, most respected volunteer urban tree-care programs in our nation. It offers affordable training in tree planting, care and advocacy in the five-county Philadelphia region, and affiliated trainings take place across Pennsylvania.



*Before and after photo of PHS' work in North Philadelphia*

Mindy and I met for a walk along one of the many trails in the Wissahickon Valley Park. We talked about my experience with the PHS tree tenders course. It was a joy to hear Mindy point out trees describing their names and growth patterns, point to canopies along the way, and say 'hello' to everyone we encountered (and their dogs); everyone seemed to know her. It was such a delight.

It is no wonder that Mindy created the tree tending program. I do not know whether she chose it or it chose her. I am okay not knowing the answer, if you will; it was meant to be. She exudes peace, love and compassion. I was so moved by her heart.

When we came back from our walk and sat on a bench in front of her house, we talked about critical events in our lives that have uprooted us. Like the urban trees we studied in the course, we also experienced tremendous stress and hurt in our lives and, similarly to our beloved trees, we began to take root once again, oftentimes needing to prune ourselves along the way to make room for new growth in the tree called life.

We talked about how our walking can help heal our trauma. But we also shared how so many neighborhoods in our city do not have trees. There is a racial urban tree gap.

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“Everyone deserves to live where there is access to green spaces,” Mindy shared in our conversation. “The fact that tree cover has become another form of environmental racism must be addressed; the power for change is in the hands of community activists, we just provide resources.”

While the practice of redlining neighborhoods ended in the 1970s, cities across the nation are still reeling from the negative, racist and discriminatory practice. Building tree equity is a pathway to counter the legacy of redlining.

Most often, climate change frameworks of reference in the news are discussed in the context of the weather related to rise in temperatures and sea level changes. These are real and meaningful conversations we need to have, but we also need to engage in dialogue around the racial effects of climate change: flooded homes, vanishing sources of drinking water, higher levels of pollution, weaker immune systems, disrupted local economies, and extreme heat waves. A June 2020 Washington Post [article](#) quotes a study conducted by the Proceedings of the National Academies of Sciences stating that “Black and Hispanic communities in the U.S. are exposed to far more air pollution than they produce through actions like driving and using electricity.” Click [here](#) to read the Report in its entirety.

The late South African Archbishop Desmond Tutu, 1984 Nobel Peace Prize Laureate, wrote in a United Nations Development Program blog where he equaled climate injustice to [climate apartheid](#). Last year, Princeton University’s Student Climate Initiative wrote an article on how [“climate change disproportionately affects those who suffer from socioeconomic inequalities, including many people of color”](#). Listening to Mindy describe our urban desert crisis, I recalled testimonial videos at the onset of the Covid-19 lockdown when individuals shared wildlife coming out of their natural habitats into city streets. Yale University’s School of the Environment has great resources and articles to learn more about [how cities can help solve the biodiversity crisis](#).

[Dr. Ayana Elizabeth Johnson](#), marine biologist, policy advisor, and founder and CEO of the consultancy Ocean Collectiv, published an article in The Washington Post where she [stated](#): the “intersection of race and climate doesn’t get talked about nearly enough.”

With a background and training in social work, Mindy designed the Tree Tenders program 30 years ago as a citizen diplomacy instrument for social justice in mind (and heart). She wanted to create an initiative for citizen action. She describes Tree Tenders

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as, “a decentralized program where people are provided with the tools, both educational and physical, to make changes in their own communities.” That is one way of mapping peace, building a culture of peace, and engaging in peace making; one tree at a time.



*“Planting trees not only creates a healthier environment physically, but it also brings neighbors together, creating a cohesive, happier and safer neighborhood.”*  
- Mindy Maslin

I shared with Mindy that in 2006, I was grateful to hear 2004 Nobel Peace Prize Laureate Wangari Maathai speak at the University of Pennsylvania. Dr. Maathai was the first African woman to receive the Nobel Peace Award for her work in sustainable development, democracy and peace. As it happens, Mindy met Dr. Wangari Maathai, and shared that “Getting a hug from [her] was a highlight of my career with PHS Tree Tenders.”

Dr. Wangari Maathai founded Kenya’s Green Belt Movement in 1977 with the goal of transforming the Sahel belt through the planting of trees. Over the decades of existence, the Green Belt Movement has planted millions of trees in Kenya “... to promote environmental conservation; to build climate resilience and empower communities, especially women and girls; to foster democratic space and sustainable livelihoods.”

Reflecting on Dr. Maathai’s work internationally and Mindy’s work locally, I cannot help but draw comparisons to the intentional planting of trees as a means to help make our world—our neighborhoods, barrios, blocks—more beautiful, more sustainable, and more peaceful.

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We have an urban tree gap disproportionately affecting communities of color across our nation and tree tending initiatives such as Mindy's program at PHS are ways to help us close this gap.

We need to continue to think innovatively, progressively and creatively about ways to repair the urban tree gap and, in doing so, cultivate a world that is sustainable, just and equitable.

To learn more or get involved with the PHS Tree Tenders Program, click [here](#).

To sign up for the PHS Fall Tree Tenders Program, click [here](#).

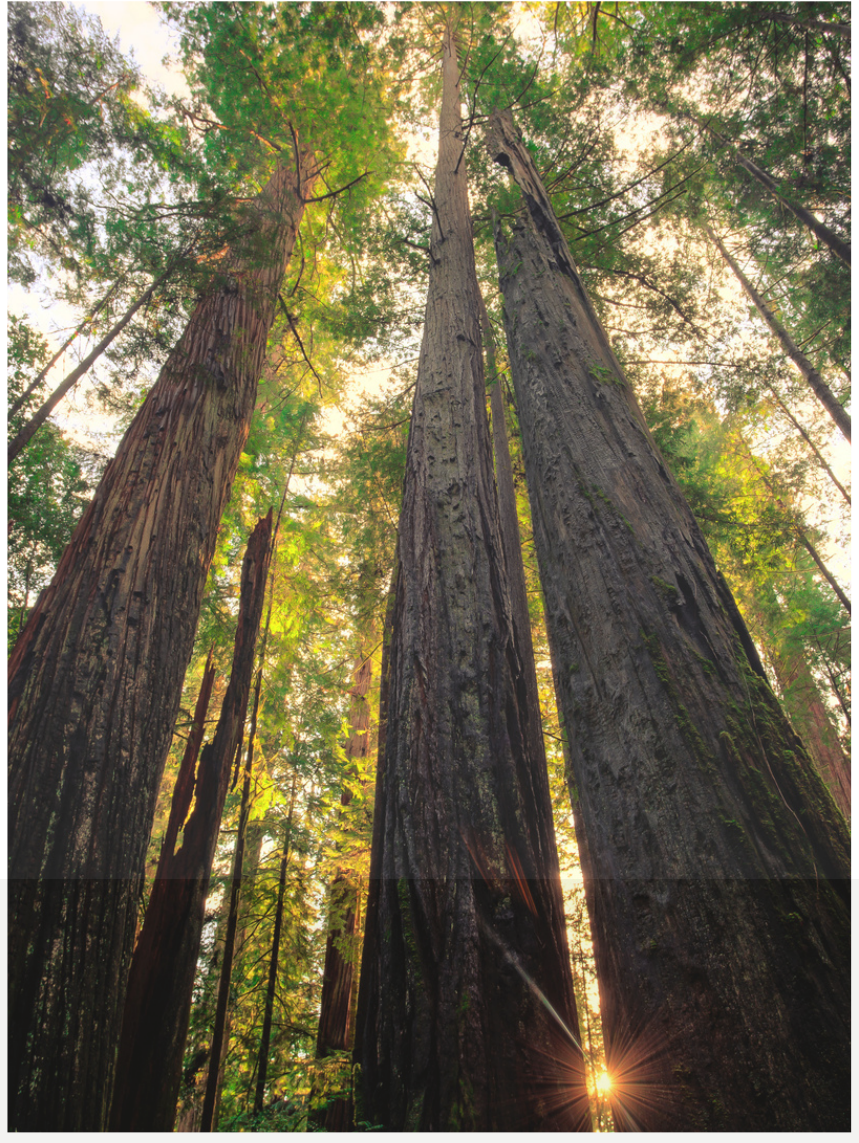
To donate to PHS, please click [here](#).

Plant a tree. Tend to a tree. Hug a tree. It will do wonders for you, and for generations to come.



*"Tree Tenders during PHS' spring planting; Image from PHS' website*





## Nature's Wisdom

By Şelale Anapa

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## Nature's Wisdom



I recently learned that although the Redwoods only have roots that are five to six feet deep (shallow in comparison to other trees), they are the tallest in the world. Nature calls them to do this incredible thing—weave their roots together. Their interwoven communal roots share nutrients to build strength that outlasts hundreds of years of seasonal change.

Imagine if we, humanity, were to do the same. Weave our roots together to outlast even the strongest of winds.

There is so much to learn from nature.

*The trees are telling us to remember the beauty of connection and community. We are interconnected. The more we invest in our community, the more we can fertilize peace in our world and within ourselves.*

“The more love we consistently plant, the more fragrant our Earth becomes.” —

A. Helwa, *Secrets of Divine Love: A Spiritual Journey into the Heart of Islam*



*Photo from 2017 Sierra Club trail restoration trip in the John Muir Wilderness (next up, the Redwoods!)*



## Sowing Seeds of Peace

By Elder Mark V. Scott

# Sowing Seeds of Peace

dedicated to all the gardeners in my life

To all the gardeners of my life; my wife, Jay, my sister Sharon, and my neighbor, Judy. Especially to the first gardeners, my mother and father, Ed and Sylvia Scott. Mom and dad cultivated a garden in our backyard in accordance with the traditions of the South Side of Chicago, Mississippi; a tradition Michelle Obama carried all the way from the South Side to the White House.



My people are a slave people, a liberated agrarian people who knew, among many other skills, how to farm. When they immigrated from the Confederacy, refugees in their native land, they brought their love of the earth and their ability to cultivate a garden that yielded plenty of good food that lasted through the winter. Gardens that grew lima beans, hugh tomatoes, pole beans, cucumbers, green peppers, string beans, mustard greens, carrots, collards, corn, okra, and turnip greens.

Also from the South Side of Chicago, Mississippi comes Richard Wright's words: "I would hurl words into this darkness and wait for an echo, and if an echo sounded, no matter how faintly, I would send other words to tell, to march, to fight, to create a sense of the hunger for life that gnaws in us *all*, to keep alive in our hearts a sense of the inexpressibly human".

I hurl words as seeds seeking the echo, not the darkness. Today's seed is peace.

I hurl peace into my heart hoping the seed nestles in fertile soil yielding 100 pieces of peace.

I often fail to yield a harvest of peace. Why?

Our gardens must grow in various environmental conditions. We have sown in an environment of tears, we are with the Psalmist "those who go out weeping, carrying seed to sow." The wisdom within the Book of Ecclesiastes advises, rise early and "sow seed in the morning and at evening let" our hands not be idle for we do not know which will succeed, whether this or that, or whether both will do equally well.

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Jesus has taught me, if I do not understand peace, it is snatched away.

If I am overwhelmed with fear from trauma and consumed by the worries of this life; if I am shallow, if my heart has become hard, peace struggles to root. The deceitfulness of wealth chokes peace.

I must listen to understand to yield a harvest of peace hundred times what was sown. And even then, the enemy of peace comes to sow weeds.

We must sow like we know that there is only one who causes things to grow. There is a river that nurtures deep roots holding tall trees that spread wide, able to bear fruit among leaves that last. I have learned the sweaty way that there is as much tree below the ground as there is tree above the ground when my wife asks me to relocate plants in our garden. Listen as Paul tells the Colossian church and us (Colossians 2:7) to “let our roots grow down into him”.

Psalms is a collection of songs of sorrow, gratitude, wisdom, repentance, and praise sung between God and his people. The first song of the book calls us to delight in the Word and become evergreen trees rooted deeply along this nutrient rich riverbank able to bear fruit every season.

The good seed planted in good soil, roots, grows up wide and tall trees, its fruit—love, joy, and peace—lasts into eternity (Galatians 5:22 – 23).

Peter repeats the call from eternity of the one who causes things to grow, “be holy because I am holy”. The only Holy One’s character is peace.

*Peace calls us to peace.*

When I listen to understand the call of peace, even though I sow in tears overwhelmed by fear distracted by the worries of this life and deceived by wealth; I have the power to join we and the Psalmist with “our mouths ... filled with laughter our tongues with songs of joy” as God brings back the refugees (Psalm 126).



## MINDING PEACE MOMENT

how do you define peace?  
reflect on a moment you felt peace, what did it feel like?  
what could bring you peace of mind and to mind?  
what is one thing you can do today to feel peace?

# Gratitude, mindfulness, and journaling: *Mapping Peace*

## Seven days of mindfulness - weekly planner

Use this template to write down at least one thing or person you are grateful for in your life and/or something that is bringing you peace today...

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**MONDAY:**

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**TUESDAY:**

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**WEDNESDAY:**

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**THURSDAY:**

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**SATURDAY:**

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**NOTE:**

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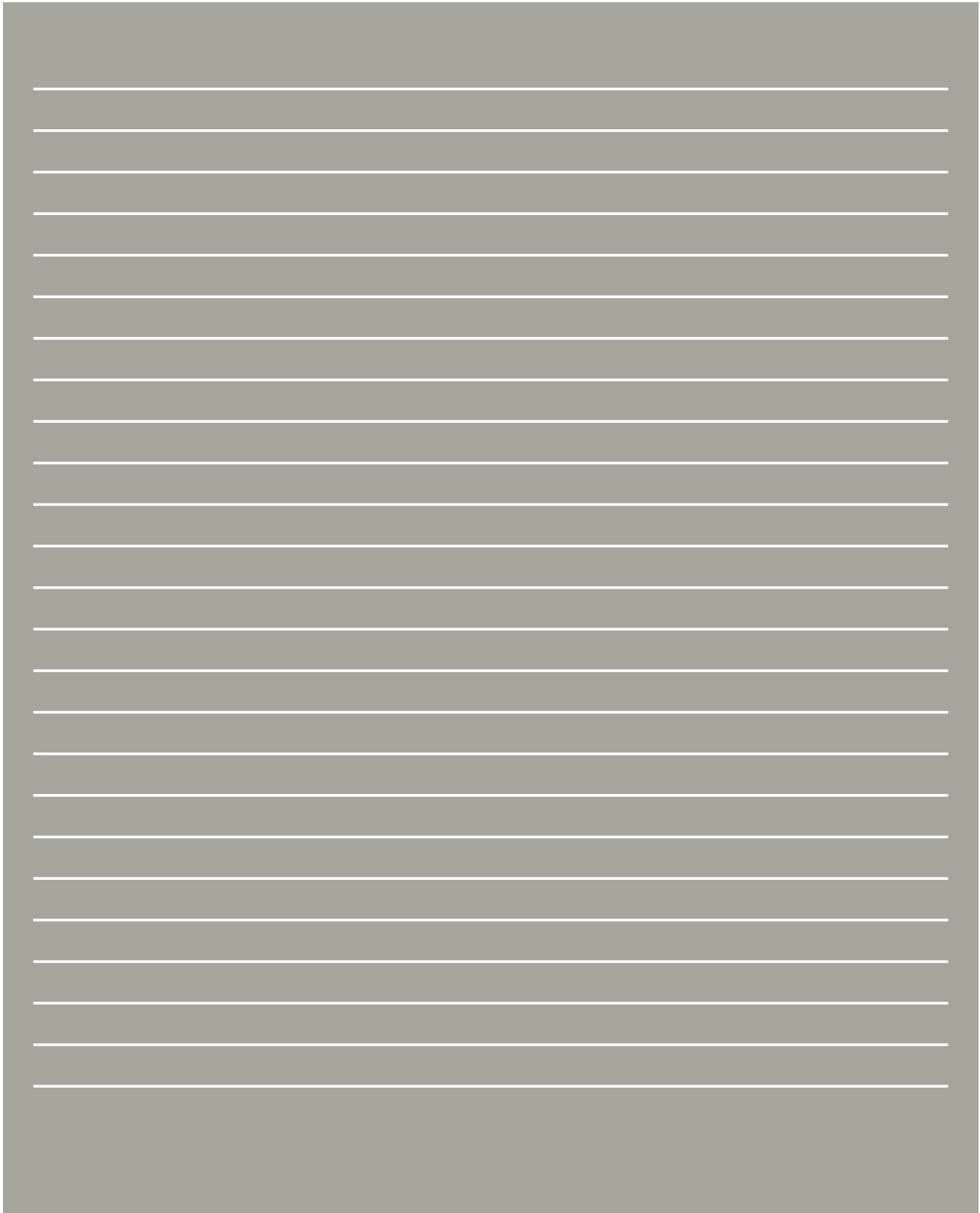
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# Gratitude, mindfulness, and journaling: Mapping Peace

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food for thought



Dr. Cardesa in Kisumu, Kenya (selfie; 2019)

**on will power and way power**  
by Cecilia M. Cardesa



A couple of weeks ago I led a webinar where 680 participants registered to hear me share thoughts on cultivating a growth mindset. My gratitude to Women Unlimited for inviting me.

One of the slides presented elements on psychological capital. We spent some time discussing the business case for hope: hope theory, hope and productivity, and the role of hope among leaders.

Thinking about hope, we talked about the difference between will power and way power. That reflection reminded me of a conversation I had some months ago with Dr. Angi Yoder-Maina, Executive Director of the Green String Network.

Angi and I talked about (and connected on) an image the Green String Network utilizes when engaging in healing-centered peace building, which, for me, goes something along like this:

We often ask each other, are you a glass half-empty or a half-full type of person. Usually meaning, how do you look at life, are you an optimist? Well, we are asking the wrong question. Here is why:

When we answer that question, we go within and reflect on how we are hopeful or hard working or resilient or filled with conviction and grit; even faith and trust that things (life) will work out. These are beautiful and meaningful character traits, ones I consider, believe in, and aspire to employ every day.

There is nothing 'wrong' with feeling this way. But here is the thing, however. What happens when we fill our lives with these emotions, traits, and commitment to see the glass half-full and, still, despite our optimism for life, we cannot reach personal internal peace or external professional goals?

I believe that asking whether we are a glass half-full or half-empty kind of person is not trauma-conscious. For one, the glass is always half-full if we consider water + air. From a trauma-conscious perspective, it is not about how we see the glass—it is the glass.

*The problem is the glass is cracked.*

# on will power and way power

Meaning, no matter how hard we work to nourish the glass of life with amazing elements, the vessel holding the water has cracks in it, it leaks. The leaks are the personal, collective, and structural wounds needing repair, understanding, and healing.

When we begin to understand the leaks, we begin to repair the glass, the vessel, the space holding our water. When we begin to unveil the glass and our wounds, we begin to humanize our experience within the contours of our encounters with others, with life. That is at the core of being healing-centered.

The image that the Green String Network uses in their work is incredible.



Green String Network's Healing Centered Peacebuilding Approach Graphic by @graphicharvest posted to their [Instagram](#) April 23, 2021

When we begin to heal the glass, it can safely hold all of our emotions, it can hold enough water to nourish our bodies, it can be used to carry more water from the well, it can be used as a watering tool to grow flowers, and we can gift it others with it when we use it as a base to hold flowers we picked from the blooming garden we built.

For me, my work is about willpower, hoping and trusting my steps toward humanizing

## on will power and way power



trauma, raising awareness about mental health and the implications of being trauma affected.

Each day is a new step, and that brings me to how will power is both a journey and a destination in trauma healing. For me, it has also been about my way power.

I grew up hearing this adage in Spanish: “Caminante no hay camino, se hace el camino al andar”, which the literal translation is: walker, there is no path, you make the path by walking.

When not knowing which way to go, I paused to hold space when riddled with anxiety or fear. I paused to discern which path to take when I have been persecuted and terrified in my life. I also paused and cherished the countless moments of love and joy I experienced in my life.

Will power in tow, I walked one foot in front of the other. Walking freely is such a powerful experience for me because I grew up with military checkpoints, questioning our every move or needing permission to go from one point to the next.

Sometimes I did not know where the walk would take me, but I always believed it would be the way for me to live out a meaningful life: my own destination and feeling of peace.

Walking for me is meaningful because of how walks in the city or in nature have guided my steps.

Walking is always meaningful for me because of my work in refugee resettlement at the beginning of my career; walking with others toward a safe destination.

When I was conducting my doctoral field research in Liberia in 2013, I was talking with entrepreneurs about post-trauma rebuilding through business ventures. One of the individuals I met asked why I was talking with them now, during the “dawn” of Liberia, after its dark nights.



## on will power and way power



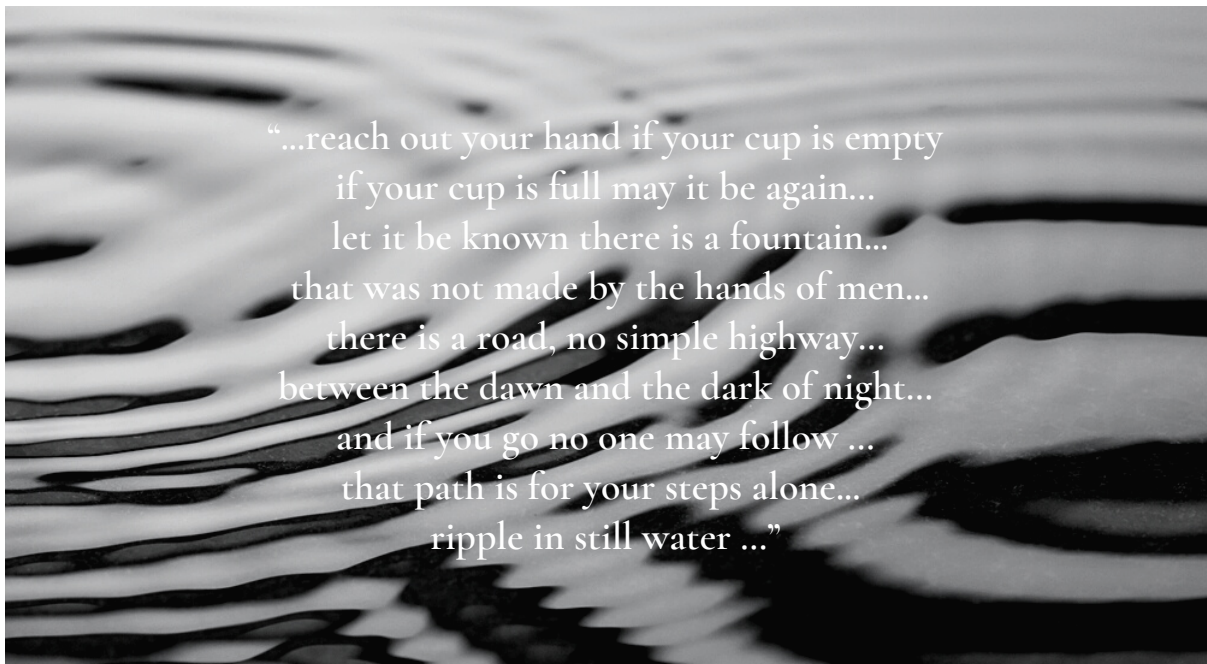
One of the people who had arranged the meeting on my behalf, replied before I could respond to him. She said, “Ceci was with us during the war; she walked with us in the bush when we were fleeing.” The man looked at me and asked no additional questions. He knew I knew. He knew I cared. He knew I had been walking with them.

That sharing, that moment, is one I will never forget for many reasons. First, the bond we shared. Second, the trust we were able to build together. Third, the hope we hoped for moving forward after the way (ways) the war had changed his lives, their lives, my life. Lastly, I thought about growing up during the Dirty War, I felt like no one, the international community, had not walked with me and I felt abandoned.

In spiritual discernment, there is the concept of accompaniment when you walk with someone. As a secular Franciscan observer, I felt that I accompanied others in their walk and just as many accompanied me on my way to heal.

Be kind to yourself today in the ways that you map peace in your journey.

In the words of Jerry Garcia in the song Ripple:



Take and make time to heal.

Honoring the Franciscan way, I am wishing Pace e Bene to you today.



## current playlist

Helwa Ya Baladi, Dalida

A long walk, Jill Scott

J'veux d'la musique tout le temps, Les Nubians

Al vaivén de mi carreta, Kuero

A Change is Gonna Come, Sam Cooke

Higher ground, Stevie Wonder

Freedom, Beyoncé featuring Kendrick Lamar

Dear Brother, Nahko And Medicine For The People (feat. Xiuhtezcatl)

Brown Girl, Aaradhna

Nelson Mandela, The Specials

Papeles mojados, Chambao featuring Lila Down

Love today, Mika

Born this way, Lady Gaga

We are made of stars, Moby

In your eyes, Peter Gabriel

Wildflowers, Tom Petty

Helwa Ya Baladi, Stephany El Khoury, DJ Yammix

## submitting to MappingOnward



Have your story featured in the next issue of  
MappingOnward.

MappingOnward is a healing-centered literary journal  
designed to be an experience, where each element  
intentionally maps us onward.

The journal highlights first-person accounts on healing  
through interviews and introduces readers to innovative  
scholarship on trauma, life-altering events, healing, and well-  
being, or ideas we find cool, innovative,  
thought-provoking or exciting.

Nestled throughout the journal are sections on self-care,  
including: breaks for mental health and a playlist.

At its core, MappingOnward is a platform to uplift new voices  
and discover how individuals are transforming and/or have  
transformed trauma in their lives. We are interested in quality  
essays and articles.

Submit your piece to [Cecilia@MappingOnward.com](mailto:Cecilia@MappingOnward.com). Visit our  
website for more details and the submission guidelines.



# Mapping Onward

a healing-centered publication  
of TraumaVenture

