

Welcome

Welcome to the "Equality" section, gorgeous to have you here. There are billions of ways to do this life, each and every one of us is beautifully unique and individual. "Normal" is an illusion that has never actually been there and in this ever-expanding melting pot of individualism we are slowly, yet ever so surely, awakening to this. We each have a right, I believe, to live a life filled with opportunity, that is safe and free. This download is a space to expand our understanding of our brothers and sisters, to explore the inner realms of our beliefs, our consciousness, and our defaults, and maybe stretch our thinking toward greater levels of harmony with all of our global family across the world.

We are most definitely far away from a fair and equal world, however what appears to be getting worse, for me, is the depths of our shadows coming to the light. There is much work to do, many wounds to heal, a great deal of forgiveness to be shown, and a whole heap of light to be shone inwards, to really examine what lies within... where are we judging, projecting, holding, shaming, benefiting from inequality... to others and to ourselves, but I hold with trust in my heart each area that becomes a little more lit, we edge closer and closer to a truly fair world.

As with all the sections, this is far from complete, barely a beginning in many ways, it simply offers a starting point for self-inquiry. An invitation to think critically, and to take your space in sovereignty. For me, this involves examining things from all angles of the coin, at least as best we can. So for each perspective, I have aimed to include a variety of voices, so you can make your own decisions of where along the line you sit for each topic and line of thinking.

There can be a lot of strong emotions woven into this work so tread gently and remember, if something elicits a strong response there may be greater levels of inquiry needed, some of which may be better supported by a specialized coach or a therapist.

Any comments or questions, or if something is missing from here that you feel should absolutely be included, please reach out to me HERE

Equality in General

There are many specialist areas to explore however these resources speak to equality in general. Resources that speak to equality as an overall piece rather than a specificity, or merely explore critical thinking to help foster a more balanced and sovereign view...

PODCAST - Rebel Wisdom - Exploring Sensemaking & Philosophy

BOOK - Read This To Get Smarter - Blair Imani

YOUTUBE - The Practice of Nonduality - Rev Deborah Johnson

BOOK - Rachel Ricketts - Do Better

PODCAST - Coleman Hughes - Conversations around all things Race & Culture

Equality for ALL Human Races

We are a world divided on so many levels, different cultural backgrounds, skin tones, ancestral lineages, and heritages all continue to be cause for separation, judgment, and friction. As the world has become smaller and more and more differing communities have moved closer this has become amplified. Here I've included various voices on different topics for you to tune into. Through my exploration, all of these resources have had nuggets of magic that have been highly beneficial in expanding my thinking and self-understanding.

BOOK – How to Be An Antiracist – Ibram X Kendi
BOOK – Me and White Supremacy – Layla F Saad
WEBSITE – Mashable List of Online Anti-Racist Courses
BOOK – Malcolm X – The Biography – Jalen Thomas
YOUTUBE – Coleman Hughes at Lafayette – Anti-Racism and Humanism
WEBSITE – Theory of Enchantment
BOOK – I Know Why The Caged Bird Sings – Maya Angelou
YOUTUBE – Chloe Valdary – Theory of Enchantment interview w Jordan Peterson
YOUTUBE – BLM: The Revolution Will Not Be Criticised – Zan Kriegman interview with Coleman Hughes
BOOK – The Autobiography of Martin Luther King
RESOURCE – Martin Luther King – I Have a Dream Speech
WEBSITE – The King Centre
BOOK – The Teachings of Don Juan – Carlos Castenada
YOUTUBE – Native Americans: We Shall Remain – LoVina Louie
YOUTUBE – Jubilee – Israel and Palestine | Middle Ground Round Table
YOUTUBE – Gabor, Aaron & Daniel Maté in Conversation – Gaza Besieged, Jews Divided, and a World in Pain

Equality for ALL Genders

Here we explore some different resources that can express the disparity we still experience of the sexes... Women, Men, Transgender, there is much to uncover. With many

different ways to express ourselves and how we relate to the body we were gifted at birth, these resources aim to help us to explore where the inequalities may still be present, tune into the perspectives of others, and also understand further why these topics can be so divisive in these modern times and where we hold attachments to how things ought to be.

YOUTUBE – Elizabeth Nyamayaro – An Invitation to Men who Want a Better World for Women
BOOK – David Dieda – The Way of The Superior Man
YOUTUBE – Paula Stone Williams – I've Lived as a Man & a Woman; Here's What I Learned
BOOK – Alison Armstrong – The Queens Code
YOUTUBE – Marilyn York – What Representing Men in Divorce Taught me About Fatherhood
BOOK – Alison Armstrong – The Keys to the Kingdom
YOUTUBE – Kelly Brogan – Shadow of Feminism interview w Aubrey Marcus
YOUTUBE – Cassie Jaye – Meeting the Enemy; A Feminist Comes to Terms with Men's Rights Movement
YOUTUBE – The Real Pain and Tragedy faced by Transgender Youth – Daniella Carter
YOUTUBE – Trans Rights – What's in it for you? Ramona Peel
YOUTUBE – Trans-forming our thoughts on gender – Katrina Sawyer
YOUTUBE – Helen Joyce – Transgender Revolution interview w Coleman Hughes
YOUTUBE – Chappelle & Trans Activism, Katie Herzog
YOUTUBE – Moving Beyond the Binary of Sex and Gender – Ugly Stefania
YOUTUBE – Saying Goodbye to Binary Gender – Panic Farvid
YOUTUBE – The Missing Piece in the Gender Equality Puzzle – Joselyn DiPetta

Equality for ALL Love

Who we love continues to create judgments and disharmony in the minds of some. Love continually expands outside of boxes that have been created across societies. These resources share some stories, perspectives and thoughts that, to me, showcase that love is LOVE.

YOUTUBE – Dr Lisa Diamond – Why the "Born This Way" Argument Doesn't Advance LGBT Equality

YOUTUBE – LZ Granderson – The Myth of the Gay Agenda

YOUTUBE – Jenni Chang & Lisa Dazols – This is What LGBT Life is Like Around the World

YOUTUBE – iO Tillett Wright – Fifty Shades of Gay

Equality for ALL Bodies

The vessel we find ourselves navigating this life with often brings much expectation, judgment, and more often than not is at the mercy of popularity and trend rather than true health and wellbeing. Here we have some resources to challenge some of that, with some inspirational stories of those with disabilities or body differences that have gone on to thrive.

RESOURCE – Body Image Movement – Embrace The Documentary
YOUTUBE – Lindsay Kite – Body Positive or Body Obsession? Learning to See More & Be More
YOUTUBE – Turia Pitt – Burn Survivor
YOUTUBE – Nick Vujicic – Motivational Story
YOUTUBE – Zaid – Thriving After Severe Burns
YOUTUBE – Jessica Fox – Limb-itless: Pilot Born with No Arms
YOUTUBE – Erik Weihenmayer – Blind Mountaineer who Conquered Everest



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