

THE BODY IS NOT AN APOLOGY

Radically Unapologetic Healing Challenge 4 Us (RUHCUS) Project

The Radically Unapologetic Healing Challenge 4 Us (RUHCUS) project is a 30 day Transformational Healing project designed to launch the journey of radical healing over areas of shame, trauma, fear, and pain in our emotional, spiritual, and physical bodies.

The RUHCUS project is designed to help us identify and begin to untangle the narratives of shame, victim, powerlessness, and bondage that manifest in our lives. It seeks to engage humans on a global scale in **introspection, community building,** and **collective healing.**

A RUHCUS may:

- Address issues such as distress, shame, or negative beliefs about a specific portion of one's body or the physical self as a whole.

A RUHCUS may:

- Seek to dismantle emotional bondage regarding sexuality, abuse, neglect, historical fear, or other emotional pains.

A RUHCUS may:

- Be used to address spiritual trauma, pain and fear.

Whatever issue one may seek to explore through a RUHCUS project, the endeavor is designed to open the possibility of healing by taking audacious, courageous steps in that desired direction. **A RUHCUS is not a cure for anything.** It will not heal trauma, pain, shame or fear unto itself. It does however; seek to engage individuals in the

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process of exploration, willingness, and freedom seeking while creating expanded awareness of our interconnectedness and the necessity of existing in community to achieve true global transformative healing.

Elements of a RUHCUS

Element 1. Identify the wound

Create a list of 4 things you have PAIN, SHAME, FEAR, or TRAUMA about in your life that you TRULY wish to heal from.

- What is the thing in you that still hurts when you allow yourself to visit it?
- What thoughts do you not allow yourself to visit because of the discomfort?
- What things do you not allow yourself to do because of what you feel about it or what you believe others will think about it?
- What are you hiding from yourself or the world?

In the endeavor of healing we often feel lost as to where to start. For some, there is so much historical pain or such low esteem that it all feels too big and deep to find a starting point. In such cases, it may be necessary to begin at an obvious point of issue and grapple with that specific piece i.e. "I hate my thighs and have not worn a skirt in 15 years." Issues may be of a larger more historical scale i.e. "I am unable to accept full intimacy in my life as a result of abuse." Whether general or specific, list the most present/pressing issues in your current life. It must, however, be things you BELIEVE it is possible to heal from.

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Once you have assembled this list, let it speak to you. *What on this list do you feel like at this moment you would potentially be willing to engage in an effort of RADICAL UNAPOLOGETIC action around? Remember it must also be something you are willing to do for 30 days and be in some level of community openness about.* When you have identified that item on the list write it separately. You will then create a list of 3 to 5 ways this issue impacts, shows up, and makes itself known in your life.

Element II. Radical Action and Ritual in a Loving Community

The second element of a RUHCUS project is to engage community as you commit to taking a Radical Unapologetic Step toward your healing. This portion involves a ceremony or ritual where you request the help of your community as you work on this issue. Elements of the ritual or ceremony are:

- Invite 5 to 10 loved ones to be present at this intentionally created event
 - (people you care deeply about, people who care deeply about you) friends, family, partners etc
 - use technology to invite folks from other areas if need be.
- Engage in a ceremonial activity that **accepts, honors, and releases** you from your shame, pain, hurt, fear, and trauma.
 - Think of an activity that is tactile, symbolic, and visual, i.e. writing, cutting, posting etc) to address your RUHCUS issue.

Ceremonial Examples include: In a bowl you will have written on separate slips of paper all the reasons you adopted the issue you want healing from: *What do you feel*

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like it gave you? What historical pains are attached to it? In the presence of the group you will read aloud each sheet of paper. After each one you will say aloud how it is no longer serving you. You will then pass the basket around and each person in the ceremony will take one of the slips, rip it, while stating that they wish to release you from whatever is on the sheet. *Ex. "Today I release you from ... words of shame that were spoken to you as a teenager. I replace that with a belief that whole, vibrant and loved.* Each person in the space will do this. At the end you all will burn the ripped sheets of paper and toast to your journey of healing. Spend the rest of the evening in celebration of your bravery.

ELEMENT III. Exist in Action in Community

Element III is designed to actively live in the RELEASE phase of the RUHCUS project. This includes concrete actions that counter the holds of shame, pain, fear, hurt and trauma. These actions should be BOLD. They should make you UNCOMFORTABLE. They should be UNAPOLOGETIC. What allows one to thrust into their healing is the willingness to be in some discomfort. We have often kept shame and trauma because at least on the surface it is comfortable. We have adjusted to its specific ache. A RUHCUS project asks that we step into the scary places, trusting that in community we may find our way out.

- You will create a list of action steps that you will engage in or not in engage in over those 30 days to pursue radical healing. They may include:
 - Reading about the issue
 - Sharing with folks who have similar issues

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- Identify and engage in activities that put you face to face with your fear etc.
- Tell people about the RUHCUS process you are in

As a point of personal reflection and as an element of community building through shared experience, you will write or vlog the process as OFTEN as possible. Daily is ideal but at minimum 4 times per week. Include in your video or writings:

- reflections of moments when your issue shows up
- what you did to counter those moments
- how the individual steps and activities in the process makes you feel
- what you are hoping to gain at the end of the 30 days
- new revelations that come up for you
- anything else you find important

Each aspect of this process is essential because RUHCUS is about healing through community. We cannot do it alone! And when we heal we have an obligation to help others heal as well.

KUDOS on creating a RUHCUS IN YOUR LIFE!