

## Sangha: Taking Refuge in Readiness

by Max Sunanda Airborne

Getting ready to face what's to come. Buckling down and reaching out. Things have been hard for so many already, and we know they are going to get even harder. I want to do everything I can to build our individual and collective strength, resilience, resistance, and ability to be truly “in it together.” We need each other, now more than ever.

The lightning bolt, for me, symbolizes both the energy of our collective power and my personal commitment. This is taking refuge in sangha, helping us be ready, together.

Here is some of what getting ready means to me right now:

- Spending time with my beloved disability justice community. Learning to listen to and trust the wisdom of the body. Learning to value, appreciate and know the body itself before the capitalist idea of it. Learning to honor the needs of the body in the ways I show up, and similarly honoring the ways other people show up. Listening to and learning about disabled histories and realities. Committing to centering disability, disabled people and [disability justice](#).
- Participating in bystander intervention training with friends. Available from [Girl Army](#).
- Ongoing exploration of white conditioning, its harmfulness and how to heal from it. Currently meeting with a group of 5 to do the [“Healing from Toxic Whiteness” training](#).
- Commitment to sharing resources and offering space for supportive community building.
- Learning how to support immigrants who are facing increased threats and deportation. [ICE resistance training](#).
- Supporting the [UndocuHealing Project](#). Their mission is to fortify and rejuvenate the lives and political movements of immigrant and undocumented communities.

- Learning more about reparations. Seeking out “[people skool](#)” for folks with privilege from Poor Magazine.
- Developing more of the skills needed to create websites in support of projects that connect and strengthen us. Anyone want to join me in learning JavaScript and PHP?
- Commitment to connecting with my neighbors on how we can prepare together to support one another.
- Learning about alternatives to calling the police, and developing shared options with my neighbors. Commitment to participating in the [Oakland Power Projects](#)’ KNOW YOUR OPTIONS workshop series.
- Learning about community self defense. Watching the “[Deacons for Defense](#)” and “[Screaming Queens](#)” on YouTube with my community and discussing their implications for our communities today.
- Continuing to help develop the [East Bay Meditation Center](#) community as one that fully engages with the practice of collective liberation.
- Commitment to developing my skills at communicating with people outside my comfort zone, having difficult conversations, listening, facilitating.
- Learning about our history and the history of our liberation movements by studying in groups and seeking out holders of relevant knowledge and wisdom.
- Buddying up with folks to renew my passport, and get my health care power of attorney and living will stuff filled out.
- Commitment to Mushim Ikeda’s [Vow Not to Burn Out](#).
- Supporting Lightning Bolt as a way to get people together to create and defend a world where we can all thrive. <http://www.lightningbolt.vision>

What does getting ready mean for you? Let’s do it! I’m excited to connect and build, block and be with you all!