

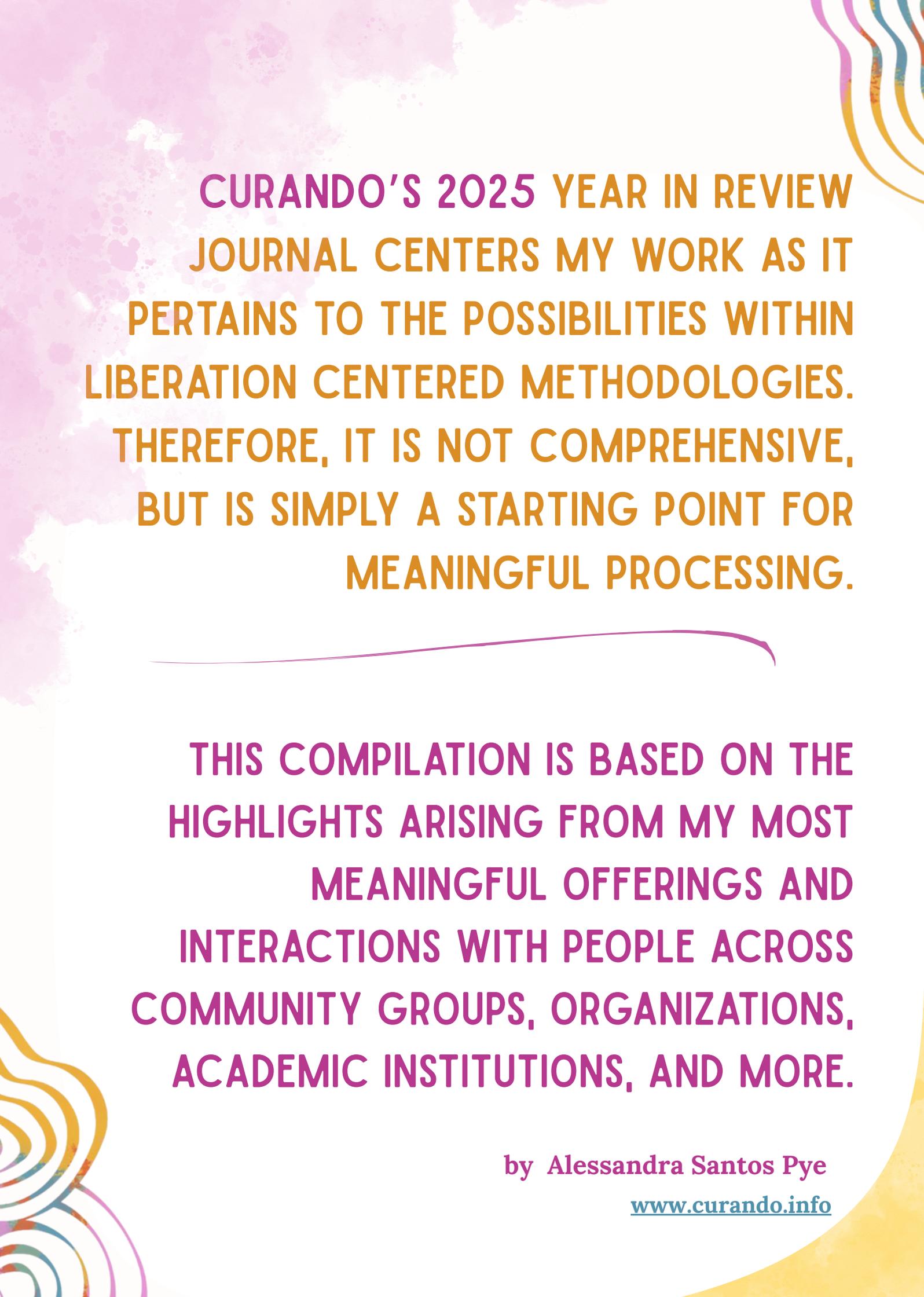


**2025
IN REVIEW**

Prompts

**Inspired by the year's
Offerings, Initiatives
& Collaborations**

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**CURANDO'S 2025 YEAR IN REVIEW
JOURNAL CENTERS MY WORK AS IT
PERTAINS TO THE POSSIBILITIES WITHIN
LIBERATION CENTERED METHODOLOGIES.
THEREFORE, IT IS NOT COMPREHENSIVE,
BUT IS SIMPLY A STARTING POINT FOR
MEANINGFUL PROCESSING.**

**THIS COMPILATION IS BASED ON THE
HIGHLIGHTS ARISING FROM MY MOST
MEANINGFUL OFFERINGS AND
INTERACTIONS WITH PEOPLE ACROSS
COMMUNITY GROUPS, ORGANIZATIONS,
ACADEMIC INSTITUTIONS, AND MORE.**

by **Alessandra Santos Pye**

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IN THIS COLLECTION...

SYSTEM HARMONY

INNER LANDSCAPE AWARENESS

EXPRESSIVE ABUNDANCE

**GENTLE ENCOURAGEMENT
TOWARDS CREATIVITY**

SPIRIT SEEKING

SPIRITUAL EXPLORATION

RADICAL KINSHIP

GENERATIVE & LOVING COMMUNITY

FUTURE CRAFTING

A NEW WORLD AWAITS



SYSTEM HARMONY

INNER LANDSCAPE AWARENESS

1. NOTICE THE PACE YOU'VE BEEN MOVING AT LATELY AND HOW IT HAS SHAPED YOUR INNER LANDSCAPE. WHERE DO YOU EXPERIENCE BALANCE? ACTIVATION? DISCONNECTION?
2. TAKE A MOMENT TO TUNE INWARD AND NOTICE EACH LAYER OF SELF: **PHYSICAL BODY**, **ENERGY**, **THOUGHTS** AND **EMOTIONS**, YOUR **INNER WISDOM**, AND YOUR **SPIRITUAL** SELF. DRAW THESE LAYERS! WHERE IN YOUR LIFE DO YOU FEEL EACH IS NOURISHED OR NEGLECTED?
3. WHAT SMALL, INTENTIONAL ACTIONS (PAUSE, MOVEMENT, BREATH, MEDITATION, REFLECTION, PLANT MEDICINE, CONNECTION, HOBBIES...) COULD BRING HARMONY AND BALANCE TO YOUR NERVOUS SYSTEM?
4. WHEN DO YOU FEEL THE MOST FREE IN YOUR BODY? COULD YOU CREATE A MOVEMENT OR AN IMAGE TO EXPRESS THIS INNER SPACIOUSNESS? TAKE A MOMENT TO REFLECT ON THIS, PEELING ALL OF THE LAYERS!!



EXPRESSIVE ABUNDANCE

GENTLE ENCOURAGEMENT TOWARDS CREATIVITY

1. HOW DO YOU CURRENTLY ACTIVATE CREATIVE POTENTIAL IN YOUR LIFE AND WORK? (THINK OF ART, MOVEMENT, STORYTELLING, COOKING, FASHION, OR OTHER FORMS OF SELF-EXPRESSION)
2. WHERE MIGHT YOUR CREATIVITY FEEL BLOCKED OR CONSTRAINED, AND HOW COULD YOU INTENTIONALLY CULTIVATE MORE OPENNESS, CURIOSITY, AND PLAYFULNESS IN YOUR PRACTICE?
3. HAVE YOU EXPLORED THE POWER OF SYMBOLS IN YOUR EXPRESSIVE JOURNEY? HERE'S SOMETHING TO TRY: SCAN YOUR SURROUNDINGS AND NOTICE:
***PERSONAL SYMBOLS**- OBJECTS OR IMAGES THAT HOLD INTIMATE, PRIVATE MEANING. ***CULTURAL SYMBOLS**- SHARED IMAGERY OR MOTIFS FROM YOUR COMMUNITY OR HERITAGE. ***UNIVERSAL SYMBOLS**- ARCHETYPAL FORMS, MANDALAS, ELEMENTAL SHAPES, OR PATTERNS THAT RESONATE BEYOND THE INDIVIDUAL.
4. NEXT, CREATE A COLLAGE THAT REFLECTS THE LAYERS OF YOUR INNER WORLD OR THE DYNAMIC INTERPLAY BETWEEN SELF AND COLLECTIVE. LET THE PROCESS OF LAYERING, JUXTAPOSING, AND INTEGRATING GUIDE YOU, ALLOWING YOUR COLLAGE TO REVEAL A NARRATIVE THAT IS DISTINCTLY YOURS.



SPIRIT SEEKING

SPIRITUAL EXPLORATION

1. ARE THERE EXPERIENCES, PRACTICES, OR WAYS OF BEING (SUCH AS TIME IN NATURE, CREATIVITY, MEDITATION, MUSIC, PLANT MEDICINE) THAT HELP YOU FEEL CONNECTED TO SOMETHING LARGER THAN YOURSELF?
2. WHO OR WHAT SHAPES YOUR SENSE OF **BELONGING, VALUES, OR INNER COMPASS**?
3. HOW DO THESE INFLUENCES GUIDE THE WAY YOU THINK ABOUT CARE, HEALING, OR IMPORTANT DECISIONS DURING MAJOR LIFE TRANSITIONS?
4. IF YOU WERE TO INTENTIONALLY SET ASIDE TIME FOR CONTEMPLATION, WHAT PERSONAL OBJECTS, NATURAL ELEMENTS, REPRESENTATIONS OF **ANCESTORS, GUIDES, TEACHERS**, WOULD YOU GATHER INTO AN ALTAR? DURING THIS TIME OF FOCUSED PRESENCE, CURIOSITY, AND REFLECTION, HOW WOULD YOU BEGIN AND CLOSE THE PRACTICE?



RADICAL KINSHIP

GENERATIVE & LOVING COMMUNITY

1. CONSIDER HOW YOU RELATE TO HEALING AND COMMUNITY, NOT JUST IN THEORY, BUT IN YOUR BODY AND DAILY LIFE. WHAT WISDOM ARE YOU CARRYING FROM PAST EXPERIENCES, AND WHAT SUPPORT OR PERSPECTIVE MIGHT HELP YOU INTEGRATE IT MORE FULLY?
2. HOW MIGHT TENDING TO YOURSELF IN THIS MOMENT ALSO BE AN ACT OF CARE FOR THE WIDER COMMUNITY AND THE LIVING WORLD AROUND YOU?
3. TAKE A MOMENT TO BREATHE AND FEEL INTO THE INTERCONNECTED WEB OF YOUR LIFE: YOUR **BODY, MIND, COMMUNITY, AND THE NATURAL WORLD**. NOTICE HOW YOUR PRESENCE TOUCHES OTHERS, AND HOW OTHERS' PRESENCE TOUCHES YOU. NOW TAKE A MOMENT TO DESCRIBE THIS IMAGE TO SOMEONE YOU TRUST.
4. CONSIDER YOUR ROLE IN THE LARGER **FIELD OF INTERBEING**. WHAT SMALL GESTURES, PRACTICES, OR INTENTIONS MIGHT YOU OFFER TO BRING HEALING BOTH WITHIN YOURSELF AND INTO THE WORLD AROUND YOU?

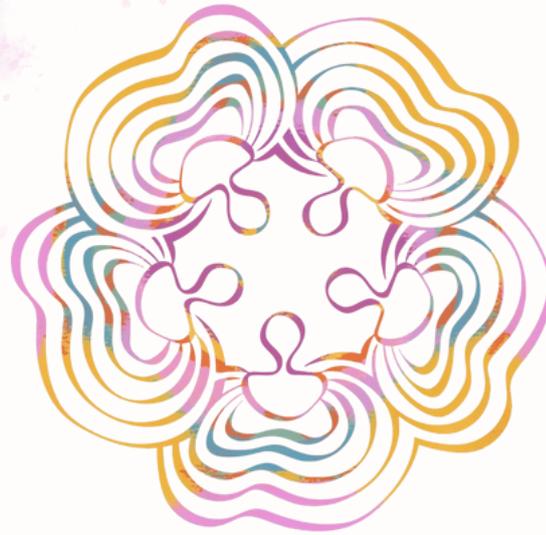


FUTURE CRAFTING

A NEW WORLD AWAITS

1. WHAT BEINGS, PRACTICES, PLACES, OR EXPERIENCES HAVE HELPED ME REMEMBER MY BELONGING TO LIFE, AND HOW DOES THIS GRATITUDE CALL ME TO **PROTECT** AND **NURTURE** WHAT I LOVE IN THE WORLD RIGHT NOW?
2. WHERE DO I FEEL GRIEF, OR FEAR ABOUT THE CURRENT STATE OF THE WORLD AND WHAT DOES THIS PAIN **REVEAL** ABOUT THE VALUES AND FUTURE I LONG TO SERVE?
3. WHEN I REMEMBER A MOMENT WHERE MY VOICE OR ACTIONS CREATED POSITIVE CHANGE, WHAT DOES THAT TEACH ME ABOUT MY CAPACITY TO **INFLUENCE** SYSTEMS, RELATIONSHIPS, OR CULTURE TOWARD JUSTICE AND CARE?
4. FROM THIS MOMENT FORWARD, WHAT ROLE FEELS MOST ALIGNED FOR ME IN THE PRACTICE OF FUTURE CRAFTING AND WHAT IS ONE CONCRETE, EMBODIED STEP I AM WILLING TO TAKE TO BRING THAT ROLE INTO THE WORLD?





**I HOPE YOU'VE ENJOYED CURANDO'S
2025 YEAR IN REVIEW JOURNAL!
IF YOU ARE INTERESTED IN WORKING
WITH ME IN ANY CAPACITY, PLEASE FEEL
FREE TO BROWSE THROUGH MY WEBSITE
AND REACH OUT!**



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