

# Name the Oppressor

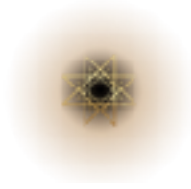
As you prepare yourself to share your medicine with the world, is important to understand that through your work, you do not aim to fix, heal or even awake anyone.

Is important to understand that each Soul has its own path, its own rhythm and absolute free will to choose to awaken, to heal and to rise, or not.

Our job as Luminaries is to share ourselves and our medicine so powerfully and generously, that it becomes contagious to those already **READY** to be activated by it, by us.

Let's move into the world knowing that every single human has everything needed for fulfilling its soul purpose, its healing, its happiness.

With our medicine, we want to address the sytemic oppression we have been or ar still part of, and help other to see it too. Recognising that they are not the problem, but the solution.



Our sacred, secret revolution as Luminaries is to calm the hearts, open the minds and give people new eyes to see themselves, their lives, relationships and divine humanity.

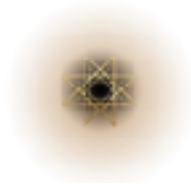
So let's explore and address some of the systems of oppressions that your medicine will help to dissolve.

What is it ?

**Systemic oppression** is institutionalised oppression that is enforced by the law. Institutional oppression happens when laws, customs, and practices cause inequality based on social identity groups.

Systemic oppression becomes "**normal**", and we start to identify with it. It eventually creates "**stereotypes**", that creates **judgment, separation** and of course, **discrimination**.

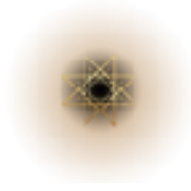
In the following pages you'll find some of the "systems" I recognise, and will invite you to reflect and detect the ones you are familiar with, the ones you set yourself free from, and the ones you may not even realise you are part of.



# Social & Cultural Systems of Oppression

★ These are some of the systems that I recognise and I offer for reflection and self enquiry. You may recognise your own.

1. Body Image
2. Poor Consciousness
3. All hierarchical structures (power, money, and the new age trend to measure consciousness level)
4. Racism (towards people of color, immigrants, social "status")
5. Ego Identities based on external validation
6. Female | Men Empowerment
7. Sexual Empowerment
8. Anything about empowerment
9. Anything promising liberation
10. Nutrition | Fitness | Travel | Expatriate »»» Lifestyles

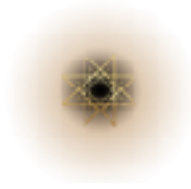


*“In the New Earth, Oneness means the Embodied Acceptance of Diversity.” - Samiel*

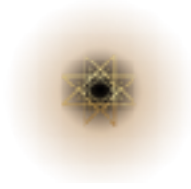
What do the above have in common ? They create labels, stereotypes, and of course, expectations that soon or later become self imposed expectations... Let's take a look at what creates separation from our own essence and power, and from others...

- ★ With which ones do you felt oppressed in the past, or feel oppressed now? How did or does the oppression feel ? How does the separation feel ?





- ★ What was/were the biggest pain for you that you would like to address and dismantle with/through your medicine ? For example, for me, one of the biggest pains is body image; second, it would be identification with material/superficial things; and the third and very recent adopted, the female/male war to empowerment. I would say that these three are the ones who have fuelled and informed my work since 2009. They are evolving, living systems, and for sure there are and there will be more in the future that will be added.  
What are yours ? What are the three main pains that fuell and inform your medicine today ? List them below :



- ★ How could you address them in a way that will inspire others to see them and eventually liberate themselves from them ?