



Three Breath, Three Thank Yous Practice

Written by: Tiara Cash (She, Her, Hers)

Instructions:

With these three thank yous, please have the participants consider three things (where ever you are in the world):

1. Who are the original people of your land and space?
2. Who are the historical groups that helped cultivate the economy and institutions that we serve, but who aren't always acknowledge or who weren't fairly compensated for that sacrifice?
3. Who are you?/Where do you come from?

Facilitator – begin by stating the thank you's out loud to acknowledge the groups of where the event is being held. You will then invite everyone (including yourself) to take a breath in together and a breath out together, while thanking each group silently.

The thank yous should be thoroughly researched and considered specifically for the place of the event. The outline and flow are below:

Thank you to the individuals/communities' lands for (place of event) is located and that we gather; the (unceded traditional territories/nations/tribes of....) peoples. May they be honored, remembered and continued to be reconciled.

Let us also thank the people of enslavement, indentured servitude, and those subjected to human taxation who helped to build the (economies, buildings, institutions, and universities) that we have the privilege of serving. May they be remembered for their sacrifice and honor.

I'd like to thank each of our ancestors for the collective work they have done to make sure that we could gather and share here today. May we be their wildest dreams.

Continue with the three breaths:

Breathe in – thank you to the indigenous people whose lands we occupy. Breathe out.

Breathe in – thank you to the enslaved, indentured, and those subjected to human taxation who built economies, institutions and buildings we serve. Breathe out.

Breathe in – thank you to our ancestors for doing the work for us to be here. Breathe out.