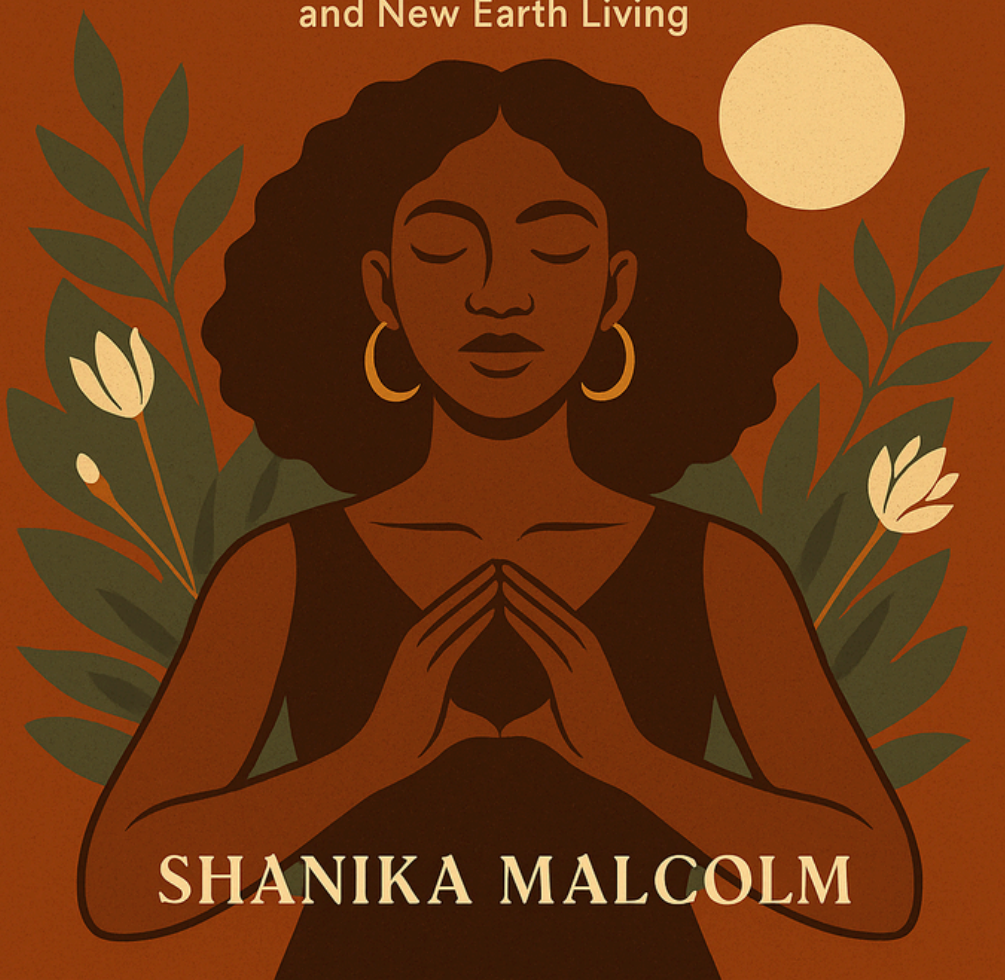


THE
LOVE &
LIBERATION
MANIFESTO

A Soul-Led Guide to Healing, Sovereignty,
and New Earth Living



SHANIKA MALCOLM

THE JOURNEY..

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Author's Note: Love & Liberation

**YOU CANNOT HAVE TRUE LIBERATION WITHOUT LOVE.
AND YOU CANNOT EMBODY REAL LOVE WITHOUT LIBERATION.**

Love is the feminine -the womb, the Earth, the open heart.
Liberation is the masculine - the sword, the fire,
the sacred act of reclaiming what was stolen.
And it is in their union that peace is born.

This manifesto is a call back to that divine balance, within
ourselves and upon the Earth.

The journey I have walked, consciously since the age of seventeen,
has been one of both love and liberation.
The loss of my daughter cracked me open.

Becoming a mother awakened my mission.
Walking the path of healing, truth, and remembrance
has shaped me into who I am today.

It is the love I hold, for myself, for humanity, & for this living planet,
that fuels my desire for liberation.
Not just mine, but ours.

I believe that when we reclaim our power, remember our roots,
and live in harmony with the Earth and each other,
we restore the balance our ancestors dreamed of.

This book is my offering to that vision.
A prayer.
A remembrance.
A blueprint.
A code.

May these words awaken the fire within you,
not just to survive, but to build a new world.

With love and liberation,

Shanika Malcolm

INTRO: The Default Life Is a Lie

THERE COMES A MOMENT WHEN YOU CAN NO LONGER PRETEND NOT TO KNOW. WHEN THE WEIGHT OF TRUTH BECOMES HEAVIER THAN THE ILLUSION. THAT MOMENT – WHEN YOU CHOOSE TO REMEMBER – IS THE BEGINNING OF EVERYTHING.

I used to think I was broken.

A teenage mother by 17. Grieving the loss of my first daughter at 20. Navigating systems that told me I was too much, too loud, too rebellious while simultaneously asking me to **shrink, conform, submit.**

But even then, something inside me refused.

Something deeper than willpower.
Something older than this lifetime.
A pulse of knowing that I came here for more.

Not more achievement.
Not more status or money.
But more **truth**. More **soul**. More **connection**.
More Life, as the Divine intended.

I call this moment “**cracking the matrix.**”

It doesn't come as a grand announcement. It creeps in through grief, burnout, or a subtle discontent. You might be doing all the “right things,” checking all the boxes, yet feeling hollow.

You start to question:

- Why am I really here?
- Why do I feel like I'm playing a role that's not mine?
- Is this all there is?

Then, one day, the veil lifts and you see it.

The default life is a lie.



The rules were never made for your liberation. The systems were built to extract your energy, your time, your magic. You were taught to trade your sacred instincts for approval. Taught to forget yourself in exchange for fitting in.

We were programmed to survive in a world designed to keep us small. From birth, we're indoctrinated:

- **To obey.**
- **To perform.**
- **To earn worth.**

Whether through school, religion, media, or family.

The message is the same:

Be good. Be quiet. Stay in line.

But staying in line doesn't lead to peace.
It leads to **spiritual sickness**.

And now... that sickness is global.

We are living in a time of **collective disillusionment**:

- Burnout is normal.
- AI is replacing creativity.
- Disconnection is rampant.
- People are starving for meaning.

And deep beneath it all, **our Souls are craving remembrance**.

I didn't write this book to teach you anything you don't already know.
I wrote it to help you *remember*.

To remember that you are not here to play by dead systems.

You're here to **birth something new**.



A way of living that's rooted in soul, not survival.

A path of healing, sovereignty, and reconnection.

A future where we thrive in community, in harmony
with Earth, with Spirit, with each other.

I've walked this path. I'm still walking it.
From grief to medicine.
From patriarchy to matriarchy.
From survival... to sovereignty.

Now I offer you this code , a reclamation code.
Not as a doctrine, but as an invitation:

To shed the lies.
To remember your power.

To return to the wisdom that lives in your blood, your bones, and your breath.
We are not here to play small anymore.

We are here to rise. Deeply rooted & together.



CHAPTER 1: Programming, Power & the NPC Life

THE GREATEST ILLUSION IS THAT THIS LIFE IS YOURS, WHEN IT WAS SCRIPTED BEFORE YOU COULD SPEAK

There's a reason most people feel numb.

They're not broken. They're programmed.

From the moment you enter this world, the world begins shaping you. Conditioning you. Telling you what's right, what's wrong, who you should be, and what makes you lovable. You're handed a script before you even understand what a story is.

- Go to school.
- Get the grades.
- Obey authority.
- Get a job.
- Buy the house.
- Be normal.
- Don't ask too many questions.

And if you do everything "right," you might earn a little safety, but never true freedom.

I call this the NPC life — Non-Player Character.

It's when you're alive, but not living.

Moving, but not free.

Reacting, but never truly choosing.



NPCs aren't bad people. They're simply sleepwalking through a dream that isn't theirs. Trapped in someone else's narrative. Speaking words that were given to them, thinking thoughts they never questioned.

And most of society rewards this sleep.

Because when you follow the script, you're predictable.

And when you're predictable, you're profitable.

But something happens when you stop going through the motions.
When you start asking questions the system can't answer.

Who am I *without* the programming?
What do I desire?
Why am I here?

That's when you start stepping into **Main Character Energy**.

Not ego. Not performance.
But **presence. Power. Choice.**

MCE is when you *reclaim the pen* and start writing your own story, from the inside out.



Most people aren't choosing their life.
They're simply repeating it.

And repetition is the enemy of liberation when you don't know you're doing it.

I know this pattern well, I lived in it for years.
It took the death of my daughter & deep pain to wake me up.
To stop living on default and start *remembering* who I am.

That remembrance changed everything.





Reflection Prompts:

What beliefs are you carrying that aren't truly yours?

Who would you be if you weren't performing for anyone?

Where in your life are you still reacting instead of responding?

What is one part of your script that you're ready to throw in the fire?

Ritual: Burn the Script

Take a piece of paper and write down all the beliefs, roles, and expectations you've been handed:

"I have to work hard to deserve rest."



"I must be liked to be safe."

"I need a title to be worthy."

Burn that paper.

Let the flames remind you that the past does not define your future.

You were never meant to fit the mold . You were born to break it.





Final Note:

The first step toward sovereignty isn't a new plan.

It's awareness.

Becoming conscious of the water you've been swimming in.

Because once you see the program,
you're no longer controlled by it.

And once you reclaim your power to choose, even the tiniest thought,
you've already begun your liberation.



CHAPTER 2: Colonization, Capitalism & the Loss of Soul

THE SICKNESS OF THE WORLD IS NOT JUST POLITICAL – IT IS SPIRITUAL. AND HEALING IT BEGINS WITH REMEMBERING WHO WE WERE BEFORE WE WERE CONQUERED.

We are all carrying things that didn't begin with us.

Beliefs that aren't ours.
Wounds that go deeper than this lifetime.
Pain that was passed down in silence, in struggle, in survival.

And most of it traces back to the same source:
Colonization. Capitalism. Empire.

Let's call it what it is:

A system designed to conquer land, extract resources, and disconnect people from their own power.

And it didn't just invade nations . It invaded *minds*.

It taught us to mistrust our bodies.
To fear the Earth.
To sever ourselves from spirit and compete for crumbs.

It turned soul beings into workers.
Communities into consumers.
Wombs into battlegrounds.

As a Jamaican-born Black woman, I carry the blood memory of both resilience and rupture.

The ancestors whisper through me.
Not just their suffering,
but their wisdom.

Not just their trauma,
but their triumph.

Still, this world has tried to make me forget.
It tries to make all of us forget.



Forget that we are children of Earth.
Forget that we are connected.
Forget that success is not accumulation. It's alignment.

Capitalism sells us a dream, but it costs our aliveness.

And the lie is loud:
If you work hard enough, grind long enough, perform good enough -
you'll be safe, accepted, successful.

But the truth is this:

- Capitalism was never built to free you.
- It was built to feed on you.

And the damage goes deeper than economics.

The systems of patriarchy, white supremacy, and capitalism have created
spiritual amnesia.

They cut us off from:

- Our intuition
- Our ancestral medicine
- Our instinct to live in harmony with the Earth
- Our natural rhythms as women, as mothers, as creators

We stopped listening to the land.
We stopped trusting ourselves.
And we started outsourcing our worth.

But we are remembering now.

This reclamation is not just about politics or economy. It's a soul-level healing.

To reclaim our power, we must first **see** the invisible architecture that keeps us
bound.

To truly be free, we must unlearn what we were taught to
believe about ourselves, our bodies, our value.





Soul Practice: Wisdom in the Bloodline


Sit in silence. Close your eyes. Place your hands on your heart and womb/solar plexus. .
Call on your ancestors. Feel into your lineage – not just the pain, but the strength. The love. The knowing. Ask:

What wisdom lives in my blood?

What am I here to heal?

What am I here to carry forward?

Action Step: Deprogram Colonial Beliefs



Reflect on & choose one belief that was passed down through colonized culture or patriarchy and commit to releasing it.

Examples:


“My worth comes from how productive I am.”

“Showing emotion is weakness.”

“Spirituality must be separate from leadership.”

Write it down. Cross it out. Replace it with your truth.

Say it out loud.
Claim your voice.
Claim your mind.





Final Note:

The loss of soul isn't permanent , it's a forgetting.

And forgetting is a wound that can be healed through remembrance.

The Earth remembers you.

Your ancestors remember you.

Your soul remembers you.

Now, it's time to remember yourself.



CHAPTER 3: Reclaiming Sovereignty

SOVEREIGNTY ISN'T ABOUT ISOLATION. IT'S ABOUT KNOWING WHO YOU ARE (ESPECIALLY IN RELATION TO COMMUNITY), OWNING YOUR POWER, AND REFUSING TO OUTSOURCE YOUR WORTH

You were never meant to be ruled.

Not by systems.

Not by shame.

Not by fear pretending to be safety.

But if you're like most of us, you've been trained to abandon your power before you even knew it was yours.

Sovereignty is your divine inheritance.

But we've confused it with control, independence, or rebellion.

Let me be clear:

Sovereignty isn't separation. It's **self-remembrance**.

It's a return to wholeness.

It's knowing who you are beyond conditioning, and having the courage to live that truth.

True sovereignty is *spiritual, emotional, financial, and relational*.

It's not just how you speak or what you own. It's how you choose, respond, and relate.

I began reclaiming mine when I realized how often I'd been waiting.

Waiting for permission to rest.

Waiting for validation to speak.

Waiting for the "right time" to follow my calling.

Waiting to be less afraid before I changed my life.

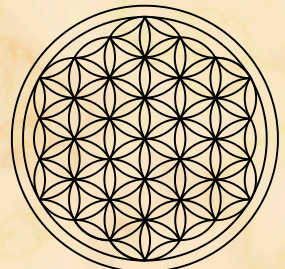
But sovereignty doesn't wait.

It decides.

And in that decision, your energy shifts.

Your timeline shifts.

Your life shifts.



The Three Pillars of Sovereignty

To reclaim your sovereignty, you need more than information. You need **awareness, access, and agency.**

1. Awareness

You cannot heal what you're unwilling to see.

Awareness is the sacred noticing. The moment you recognize a pattern and say, "No more."

It's the mirror. It's the remembering.

It's the whisper of your soul pulling you toward something more real.

2. Access

Power means nothing if you're disconnected from it.

Access is about your tools. Your rituals. Your connection to Source.

It's the breath. The prayer. The Earth.

It's knowing how to tap into your own life force, again and again.

3. Agency

You are not here to react to life. You are here to create it.

Agency is the sacred "I choose."

It's action, not from programming, but from presence.

It's breaking the loop. Embodying the truth.

Becoming the author of your own becoming.

For centuries, we've been told that sovereignty belongs to kings, to governments, to the wealthy.

But the new world is being built by women who remember that their yes and their no are holy.

By people who stop asking for permission and start moving in truth.





Journal Prompts:

Where in your life are you still waiting for permission?

When was the last time you truly chose yourself?

What would change if you knew your power was yours to claim right now?

Embodiment Practice: Claiming the Crown

Light a candle. Stand tall. Take a deep breath and place your hands on your heart or womb/solar plex.

Speak these words aloud:

“I am sovereign.

My energy is mine to direct.



My choices are sacred.

My truth is enough.

I no longer shrink to fit systems I was born to transform.

I remember who I am and I rise.”

Say it until your cells believe it. Deeply feel this frequency of reclaiming & declaring your sovereignty.





Final Note:

Reclaiming your sovereignty is not a one-time act. It's a daily devotion.

You will be tested. You will be tempted to forget.

But every moment is a chance to choose again.

This is not about becoming someone new. It's about returning
to the soul of who you've always been.

You are not lost.

You are simply on the path back to your throne.



CHAPTER 4: The Path of True Healing

HEALING ISN'T BECOMING SOMEONE NEW – IT'S REMEMBERING WHO YOU WERE BEFORE THE WORLD TAUGHT YOU TO FORGET.

You don't need fixing.
You are not broken.
You are not too much.
You are not behind.

You are *healing*.
And healing is not a trend.
It's not a checklist.
It's not something you do just to feel better.

True healing is a **revolution**.

It is a spiritual and political act.
Because to heal in a world that profits off your pain,
to reclaim your body, your voice, your joy,
is to declare that the system no longer owns you.

I didn't come to healing through books or degrees.
I came to it through **grief**.
Through childbirth. Through silence.
Through my body breaking down from what I had held for too long.

My healing began the day I stopped pretending I was fine.
The day I allowed myself to *feel*.

Healing Looks Like...
Saying no without guilt

Crying without apology

Dancing your pain into power

Speaking the truth even when your voice shakes

Forgiving yourself, again & again & again

Healing isn't linear.

It's spiral.

It will circle back and ask you to go deeper.
But every round brings more light.



Generational Pain Lives in the Body

We carry the wounds of our ancestors.

The traumas that were never grieved.

The shame that was passed down in looks, in silence, in fear.

The fight-or-flight responses that feel normal but are far from natural.

And here's what most people miss:

Healing isn't just mental.

It's somatic.

It's energetic.

It's spiritual.

You can't just think your way into freedom.

You have to feel your way through.

Healing Is Revolutionary

Your healing is not just for you.

It ripples across time.

Every pattern you break,

every truth you speak,

every boundary you set,

every tear you let fall

Is a liberation for your bloodline.

You are healing backward in time, for the ancestors who didn't have

the tools. And healing forward in time, for the descendants

who will now be born through a different frequency.



This is sacred work.

This is ancestral rebellion.

This is what it means to be a living altar.

A body of remembrance, redemption, and return.





Journal Prompts: Ancestral & Generational Healing

What generational dysfunction or pain are you being called to bring to awareness and heal?

What patterns have repeated in your family, in relationships, emotions, survival, or silence?

What tools, rituals, or practices help you feel connected to your ancestors?

What would it mean to be the one who ends the cycle, and begins a new one?

What wisdom do you sense is hidden beneath the wounds of your lineage?

Daily Healing Practice: Nervous System Ritual


Each morning, place your bare feet on the ground.

Close your eyes and take 5 deep breaths,
slowly in and out through your nose.

As you breathe, say to yourself:

“I am safe to feel.
I am safe to rest.
I am safe to be here.”

Let this be your anchor.
Return to it every time life feels too loud.



Forgiveness as a Portal

Forgiveness isn't about condoning harm.

It's about setting yourself free.

When you carry resentment, you carry energetic bondage.

It binds you to the wound, to the old story.

Forgiveness cuts the cord.

It says: I choose freedom over retribution.

I choose peace over pride.

I choose to stop bleeding for wounds I didn't create.

Forgive not for them but for you.

Ancestral Medicine & Tools

There is no one path, but there are ancient tools that guide us home:

Breathwork — to clear the emotional residue

Kambo — to purify the body, release trauma, reset the nervous system

Ancestral Connection — to retrieve lost fragments of self

Plant Medicine — to soften the veil between ego and essence

Earth Time — to regulate your field and remember the rhythm of nature

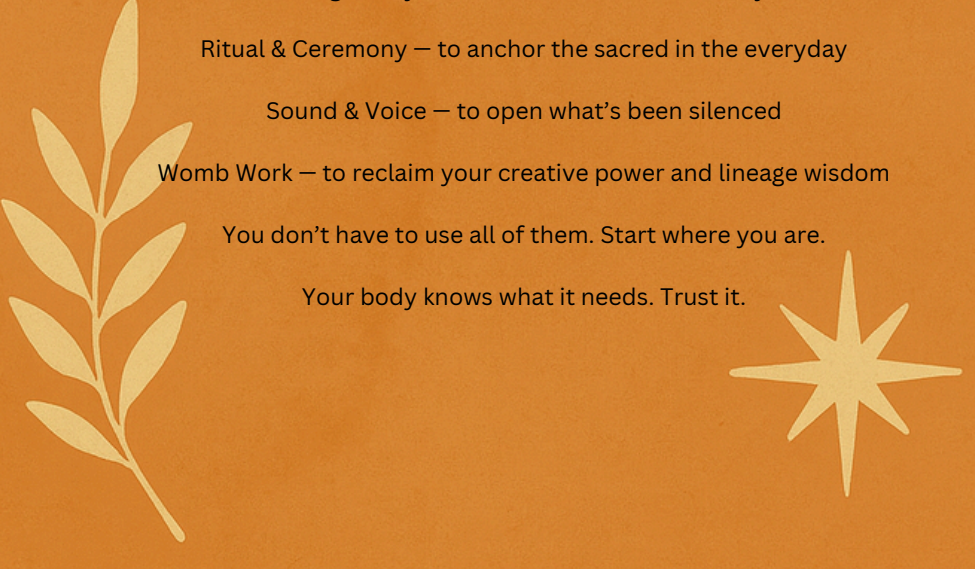
Ritual & Ceremony — to anchor the sacred in the everyday

Sound & Voice — to open what's been silenced

Womb Work — to reclaim your creative power and lineage wisdom

You don't have to use all of them. Start where you are.

Your body knows what it needs. Trust it.





Final Note:

True healing is not about perfection.

It's about presence.

It's about making space in your life and your body for your soul to live fully again.

You are not behind.

You are not weak.

You are in the sacred process of remembering.

This is the holy work.

And you are doing it.



CHAPTER 5: Ecovillage Living & Decentralized Futures

THE REVOLUTION WILL NOT BE CENTRALIZED – IT WILL BE COMMUNAL, ROOTED IN LAND, GUIDED BY LOVE, AND BUILT BY PEOPLE WHO REMEMBER HOW TO LIVE IN HARMONY WITH EARTH AND EACH OTHER.

There comes a time when healing naturally pulls you toward the land.
Toward simplicity.
Toward kinship.
Toward the sacred rhythm of nature and community.

That time is now.

Because individual healing is only the beginning.
Liberation isn't meant to happen in isolation. It happens in relation.
We are not just healing ourselves. We are reclaiming how we live.

I believe ecovillage life is a core part of the future.
Not a fantasy, but a **blueprint**. A way of living that:

- honors the Earth
- decentralizes power
- rebuilds trust
- nourishes body, spirit, and community
- redefines “wealth” as wellness, connection, and reciprocity



Why Ecovillages Matter

When we live in harmony with land and community:

- We remember that nature is not a resource. She is a relative.
- We remember that we are not meant to hustle alone. We are meant to co-create.
- We remember that healing is not an event or destination. It is a way of life.

Ecovillages give us the space to unlearn capitalism, patriarchy, and individualism.

To grow food instead of chasing money.

To raise children in a village, not in isolation.

To reconnect to the Earth as teacher, mother, and mirror.

I've felt this truth in my bones for years.

That the way forward isn't more tech, more control, or more noise.
It's remembering ancient ways and infusing them with conscious innovation.
It's not about escaping the world. It's about reimagining it.

And that reimagining must be rooted in:

1. Earth stewardship
2. Regenerative living
3. Shared value
4. Emotional intelligence
5. Ceremony, culture, and care.

Decolonizing Our Lifestyles

Living in an ecovillage (or building your life like one) is about reorienting your values. **Ask yourself:**

1. Who grows your food?
2. Who educates your children?
3. How is waste handled?
4. Do you know your neighbors?
5. What is your relationship to land, labor, and love?

Decolonization isn't just activism. It's embodiment.

Every choice becomes an act of sovereignty:

- Choosing barter over currency
- Choosing healing over hustle
- Choosing community over competition
- Choosing land-based solutions over top-down systems

You Don't Have to Wait for Land

Not everyone is ready to move to an intentional community and that's okay.

You can start where you are.

Start by gathering.

Start by sharing meals.

Start by building a skill exchange.

Start by sitting in circle.

Start by creating a culture of care right where you live.

We don't just need more land we need more people
willing to live differently.





Reflection Questions:

What does a soul-aligned lifestyle look like to you?

How do you long to live, love, and lead in harmony with Earth?

What fears or beliefs are holding you back from community or land-based living?

What simple step could you take now to decentralize your life or reconnect with nature?

Pathways to Begin:

Join or create a local community circle

Visit or volunteer at a nearby eco-retreat, permaculture farm, or village

Begin learning about permaculture, regenerative design, or community governance

Host potlucks or skill-sharing gatherings in your neighborhood

Start a healing or spiritual micro-village online as a transitional space





Final Note:

The systems we've inherited are not sustainable.
They were never meant to nurture us, only to use us.

But there is another way.

And it's not new.

It's ancient.

We are being called back to the village.

Back to the soil.

Back to each other.

Because when we return to the land,
we return to Life itself.



CHAPTER 6: Agency as a Spiritual Practice

**YOU ARE NOT HERE TO BE A PASSIVE PARTICIPANT IN YOUR LIFE
YOU ARE HERE TO BE A CONSCIOUS CREATOR. AGENCY IS THE
SOUL'S WAY OF SAYING: I REMEMBER THAT I HAVE A CHOICE**

Most people don't realize how much they're reacting.

To their past.

To their triggers.

To what someone else expects.

To a system they don't even believe in.

They think they're making choices

But really, they're just replaying conditioning on loop.

Agency breaks that loop.

Agency says: I can choose something else.

I don't need to wait.

I don't need to ask.

I don't need to explain.

Agency Is Sacred

Agency is what separates unconscious survival from conscious living.

It is a spiritual muscle and like all muscles, it grows with practice.

Every time you act from truth instead of fear, you strengthen it.

Every time you listen to your body and honor it, you affirm it.

Every time you break a cycle instead of repeating it, you reclaim it.

And here's what's radical:

Your power is not in how perfectly you live.

It's in how consciously you *choose*.



From Reaction to Response

The world conditions us to react.
To be in fight, flight, freeze, or fawn.
To numb out. To lash out.

To avoid the discomfort of truth.

But healing invites us into a higher frequency: response.
A sovereign response is rooted in awareness, not programming.
It comes from presence, not panic.
From soul, not script.

It asks: What is true for me right now?

The Good Science Model

Here's a framework I love – not just for science, but for **sovereignty**.

Goal → Guess → Act → Reflect → Adjust

It mirrors how nature evolves.
It honors *process* over perfection.

You don't have to "get it right".
You just have to begin.

Agency is a dance:


**intention → action →
reflection → recalibration**

When you trust the cycle,
failure becomes sacred.
Because even when you
"mess up," you're still learning.

Still growing.

Still reclaiming your power.





Journal Prompts:

Where in your life are you still reacting instead of responding?

What decisions are you avoiding out of fear or perfectionism?

What is one small area where you can start reclaiming your agency today?

How do you want to feel as the main character in your life?

The 30-Day Power Practice: Sovereignty Challenge

For the next 30 days, make one conscious decision
each day that affirms your agency.

Big or small.

It could be:

Saying no when you usually say yes

Choosing rest over hustle

Speaking your truth without softening it

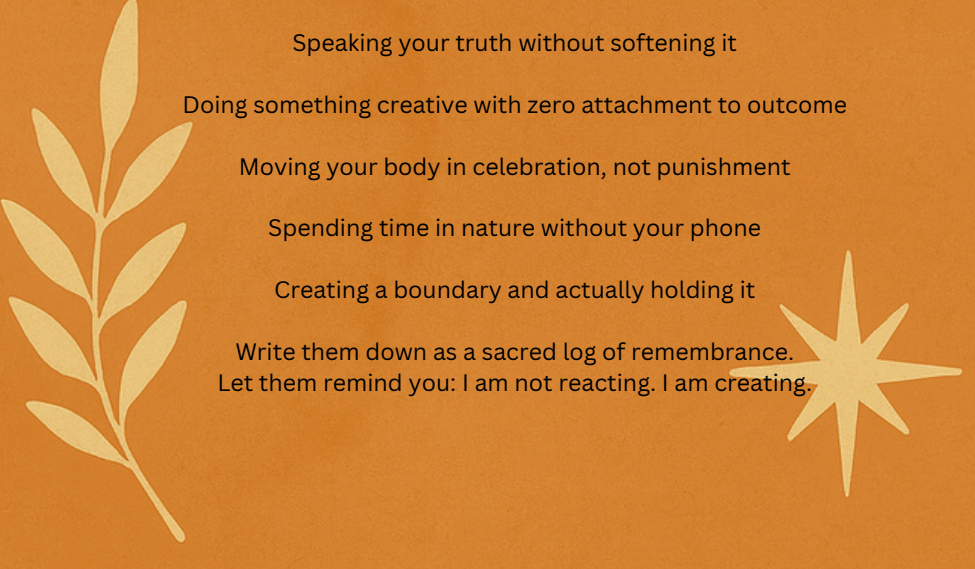
Doing something creative with zero attachment to outcome

Moving your body in celebration, not punishment

Spending time in nature without your phone

Creating a boundary and actually holding it

Write them down as a sacred log of remembrance.
Let them remind you: I am not reacting. I am creating.





Final Note:

Agency is not loud.

It doesn't need to prove itself.

It is steady.

Rooted.

Clear.

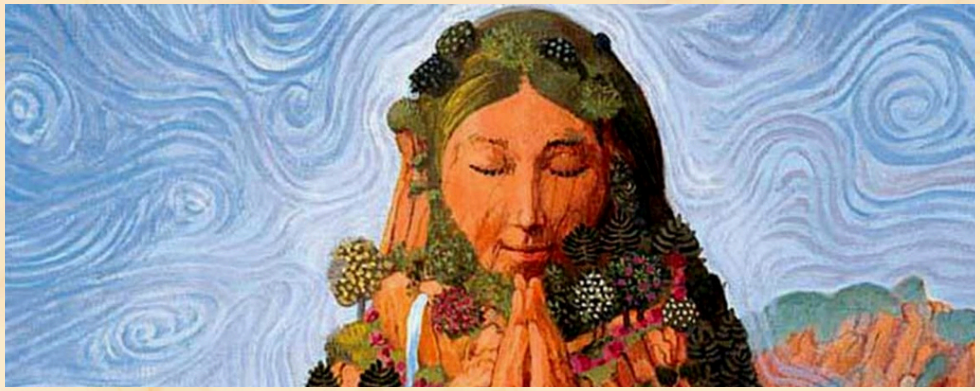
It is the energy of I know who I am, and I trust myself to choose.

And as you deepen your agency, you begin to align with a deeper truth:

You are not a victim of this life.

You are the architect of it.





CHAPTER 7: Becoming the Architect of a New World

**YOU WERE NOT BORN TO CONFORM TO A CRUMBLING WORLD
YOU WERE BORN TO BUILD A NEW ONE**

There comes a moment on the healing path where you look around and realize...

This world was never built for your thriving.

Not the economy.
Not the education system.
Not the way we raise our children, birth our babies,
treat our elders, or treat the Earth.

You see the cracks in the matrix,
and you realize
you're not here to fix it.

You're here to replace it.
To become the architect of something more beautiful, more just, more whole.

We are the builders of the *next world*,
a world led by soul, not ego.
By harmony, not hierarchy.
By vision, not fear.

This isn't about utopia.
It's about *remembered truth*.

***It's about letting Spirit move through your hands, your voice, your choices.
It's about knowing your life is part of a larger prayer for liberation.***

Aligning with Your Soul Gifts

Each of us carries a piece of the blueprint.

Some of us are visionaries.

Some are healers.

Some are builders, teachers, space-holders, weavers, artists, midwives, farmers, dreamers...

You don't need to do everything.

But you do need to do what you were called here to do.

When you align your gifts with collective liberation,
you move from survival to sacred service.

Your life becomes a lighthouse.

From Competition to Collaboration

The old world taught us to compete.

To compare.

To fight for scraps of attention and validation.

But in the New Earth, we return to **village consciousness**.

Where we lift each other.

Where we co-create.

Where we understand that *no one wins until we all rise*.

Feminine leadership, ancestral wisdom, spiritual creativity,
these are not luxuries.

They are the tools of our rebirth.

We are no longer fighting for a seat at their table.

We are building our own.

Rooted in the soil, surrounded by a
soul family, blessed by the Divine.





Reflection Questions:

What does the New World you dream of look like?

What soul gifts are you called to offer in service of it?

Where are you still holding back out of fear, doubt, or conditioning?

What are you ready to build, birth, or become in this next chapter?

Manifestation Practice: Dream the Future Village into Being

Find a quiet space. Place your hands on your heart or womb. Breathe deeply.
Now visualize:

A world where children are raised in love, not control

Where birth is sacred, death is honored, and all life is respected

Where wealth is shared, land is stewarded, and no one is disposable

Where you wake up with purpose, live in community, and create with joy

Where healing is woven into everyday life



Where you are fully YOU, unmasked, unbound, and home

Feel this world in your body.

Write down what you see.

This is not a fantasy, it is a seed.

And you are here to plant it.





Final Note:

You don't need to wait for the world to change

You are the change.

You are the altar.

You are the architect.

You are the living prayer.

The future isn't found – it's remembered, then created.

Let your life be the blueprint.

Let your soul be the architect.

Let your love be the revolution.





CHAPTER 8: Revibe: From Manifesto to Living Village

Love and liberation are not abstract ideals. They are lived, practiced, and **transmitted through culture**.

One of the deepest wounds we carry, often unnamed, is **cultural loss**. Through colonization, capitalism, and forced disconnection from land and lineage, many of us were severed from the village structures that once taught us how to live well, relate wisely, and belong in right relationship with life.

What was lost was not just tradition, but **transmission**:

- How to become **initiated adults**
- How to **regulate** ourselves before **relating** to others
- How to raise children in community
- How to **resolve conflict** and **repair harm**
- How to **live in reciprocity with the Earth**



In the absence of village, many of us have been left to figure this out alone, carrying adult responsibilities without the guidance, rituals, and collective support that once made adulthood coherent.

Revibe was born as a response to this loss. Revibe is a living experiment in **cultural repair**, a return to village not as nostalgia, but as necessity.

Revibe as Cultural Repair

Revibe is both:

- a **virtual village**, and
- a vision for a future **ecovillage hub**

It exists to restore what modern systems failed to transmit, not through dogma or hierarchy, but through **practice, presence, and relationship**.

As a virtual village, Revibe functions as a **Life School for the Great Turning**, a place where people can:

- Relearn how to live in awareness and self-responsibility
- Practice emotional and relational maturity
- Participate in shared rituals, teachings, and integration
- Remember how to be human together

As an ecovillage hub in the making, Revibe is oriented toward **place-based regeneration**, land, food, family, education, and culture woven back into coherent village life.

The virtual village is not a substitute for land, it is a bridge.

A place to heal, remember, and re-pattern so that when we come together physically, we do so with greater maturity, awareness, and care.

The Great Turning

The phrase “The Great Turning” comes from the work of **Joanna Macy**, who named it as the collective shift humanity is undergoing, a transition away from systems of domination, extraction, and separation, and toward life-sustaining cultures rooted in interconnection, care, and reverence for the Earth.

The Great Turning is not a single event, but a long, imperfect process, one that **requires inner transformation**, cultural repair, and new forms of community capable of supporting life in a changing world.

Revibe exists as a response to this moment.

Will you choose to join us?



Sunday School & the Return of Transmission

At the heart of Revibe is what I call Sunday School, a reimagining of the old tradition, not as religious instruction, but as **wisdom for living**.

Sunday School is the **ceremonial classroom** of Revibe.

It is where we gather to explore the foundations of self-mastery, inner healing, relational responsibility, and village culture.

This is not content consumption.

It is transmission.

Through shared learning, embodied practice, ritual, and reflection, we begin restoring the missing **cultural framework** that once initiated people into adulthood and community life.

A Maternal Gift Economy

Revibe is rooted in a maternal gift economy, one guided by care, reciprocity, and **collective wellbeing** rather than extraction or exclusion.

This means:

- Access is not limited to financial privilege
- Support is offered with **dignity**
- Those with **abundance** help hold the field for others

Village has always functioned this way.

Revibe is simply remembering it.

An Invitation to Network & Co-Create

Revibe is not a finished structure.

It is an ever **evolving ecosystem**.

I am actively inviting:

- Community builders
- Elders and culture carriers
- Educators, healers, artists, and organizers
- Those working toward ecovillages, regenerative projects, & new cultural models

If you feel resonance, whether to participate, collaborate, teach, host, or help build, you are welcome to reach out.

Village is not built alone.

It is built through relationship.

This is not the end of the manifesto.

It is the beginning of a living culture.



BONUS SECTION: Resources & Next Steps

THE REMEMBERING DOESN'T END HERE. THIS IS JUST THE BEGINNING.

You've journeyed through the lies, the loss, the reclamation, the healing, and the new vision.

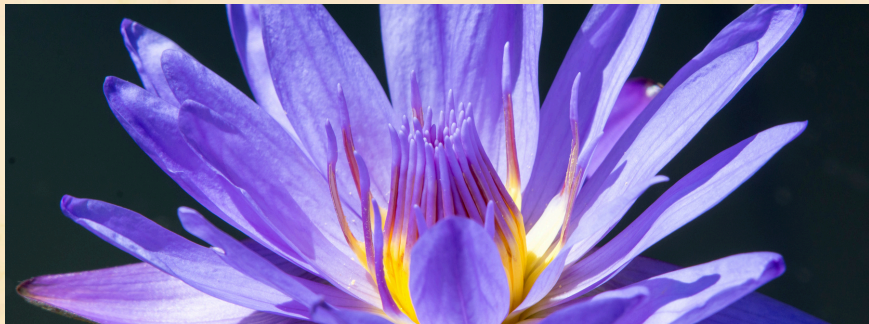
Now it's time to integrate, embody, and live it.
This path is not linear.

It spirals.

You will return to these pages again and again.
Each time seeing with clearer eyes, deeper knowing, wider love.
So here are tools, practices, and next steps to keep you rooted and rising.

PRACTICES TO STAY ALIGNED

- **Daily Grounding:** 5-minute barefoot connection with the Earth each morning. Breathe. Feel. Anchor.
- **Womb Wisdom Ritual:** Sit with your womb or sacral space. Ask what it remembers. Journal or move.
- **Forgiveness Practice:** Every Full Moon, release resentment or judgment that blocks your power. Chant "Ho'oponopono (my favorite version is by Jennifer Ann on Soundcloud)
- **Sovereignty Check-In:** Ask yourself weekly — Where am I giving away my power? What am I ready to reclaim?
- **Build Community:** Find and build community in your daily life.



BOOKS & WISDOM KEEPERS

- **Sacred Instructions by Sherri Mitchell**
- **Braiding Sweetgrass by Robin Wall Kimmerer**
- **The Golden Future by Diana Cooper**
- **The Four Agreements by Don Miguel Ruiz**
- **Women Who Run With the Wolves by Clarissa Pinkola Estés**
- **My Grandmother's Hands – Resmaa Menakem**
- **Sister Outsider – Audre Lorde**
- **We Do This 'Til We Free Us – Mariame Kaba**
- **The Healing Wisdom of Africa – Malidoma Patrice Somé**
- **Teachings from Indigenous Elders, Afro-diasporic lineages, and Earth-based traditions**

(Trust your intuition to guide you to what resonates now.)

JOURNEYS & COMMUNITY WITH ME

Ready to go deeper?

Here are ways you can continue walking this path with me:

Shedding the Patriarchy, Embracing the Matriarchy

A 5-week transformational journey for women reclaiming their voice, power, and sacred feminine essence. Includes live teachings, ritual, sisterhood, and soul reprogramming.

I'm also currently developing a similar container for men as well. Stay tuned...

Source Vital Energy Reports

Receive a personalized energetic blueprint based on your Soul's essence, gifts, and origin.

Private Healing Retreats in Colombia

Come immerse yourself in medicine, nature, & sacred space. Kambo, plant allies, river ceremonies, & deep nervous system restoration.



Ancestral Tools: Build Your Altar

Create a sacred space in your home that reminds you:
I am sacred. My healing is holy.
Your altar is a portal, a place to ground your energy,
channel your intentions, and connect with what's real.
It doesn't have to be fancy.
It just has to be yours.

Your altar might include:

A candle – to ignite your inner fire

Earth elements – like a stone, plant, or flower

A photo of an ancestor – for remembrance and guidance

A written affirmation or prayer – to speak life into your space

An object of liberation – anything that symbolizes your truth and freedom

Let this be your spiritual home base,
a sanctuary to return to, again and again,
to remember who you are and what you're here to embody.



**The most important altar is an open heart. The one that lives within you.
The second is the altar you tend to in your physical space,
a sacred reflection of your inner devotion.
Your altar is a portal.
It represents your connection to Spirit & your commitment
to walk in alignment. Tend to it daily. Keep it clean. Let it evolve.
Add or remove objects depending on the season,
your intention, or your soul's focus.**



Final Blessings:

You are not behind.

You are not lost.

You are arriving,
to yourself,

to your power,

to the life your soul has always known was possible.

Walk this path with love.

Lead with truth.

Live like the world you dream is already here.

Because it is.

And you are part of the reason why.

STAY CONNECTED

You're not meant to walk this alone.

Let's stay in communion:

Instagram: @moonchildhealing_sm

Email: Goddesst@shanikaheals.com

Subscribe for updates, circles, & new offerings

Revibe Community: www.shanikaheals.com/revibe

And if this book moved you — share it. Tag me.

. Let's spread the code of love and liberation far and wide. Proceeds from this book support my work & family & I'm deeply grateful for you.

