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TO MAKE YOUR ZINE

PRINT PAGE 1

**FOLD USING THE
GUIDE ON PAGE 2**



<https://linktr.ee/selahmbeman>

Sacred Rage is rooted in love. We can wield it thoughtfully & intentionally, as architects of progress, to destroy what no longer serves us and build something beautiful, without becoming oppressors or abusers.

Sacred Rage is about what you are building and protecting, as well as what you are destroying

The willingness to create after destroying allows life's evolutionary wisdom to guide the process.

This is how we maximize safety in the volatile process of evolution.

Through expression, rage loses its fixation on destruction and reunites with the fierce and protective love that inspired its creation.

With
Sacred Rage,
we
DESTROY
in order to
CREATE
a better world
FOR ALL OF US



Sacred rage is a catalyst; a substance that increases the rate of a chemical reaction. Rage is necessary to increase the rate of social change. But rage is a volatile substance.

RAGE CAMP MANIFESTO

RAGE CAMP IS A SOMATIC PRACTICE SPACE & THE EMBODIED BELIEF THAT:

RAGE IS HELPFUL

RAGE IS HEALTHY

RAGE IS LIFE-AFFIRMING

SYSTEMIC OPPRESSION TURNED RAGE INTO ABUSE, BUT

WE*CAN*TRANSFORM*

FIRE IS HOPE

FIRE INSPIRES PROGRESS

FIRE CATALYZES CHANGE

PASSION BENEFITS ALL LIFE

AS WE EXPRESS AND CATALYZE RAGE INTENTIONALLY, WE RELEASE THE PAST AND BIRTH THE WORLD WE WANT, NOW

RAGE CAMP

Destruction clears space for aliveness to create something new. But Stagnant Rage stays focused on destruction, and neglects the love that created it.

After we tear down the systems of oppression, what will we build in their place?

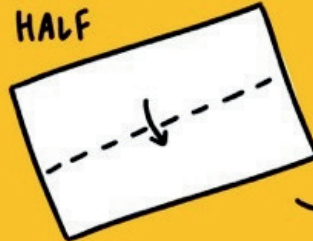
SACRED RAGE

zine #2

To catalyze rage, we feel and express it. Expression transforms rage's potent energy from a destructive force to a generative one...

HOW TO MAKE A ZINE

1. FOLD IN HALF



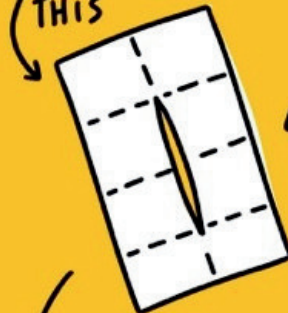
2. FOLD IN HALF (AGAIN)



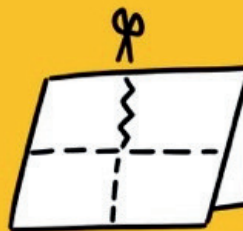
3. FOLD IN HALF (AGAIN)



6. UNFOLDED, IT SHOULD LOOK LIKE THIS



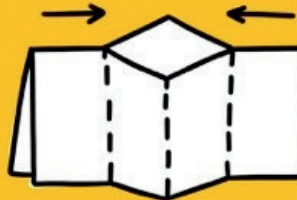
5. FOLD IN HALF + CUT THE CENTRE



4. UNFOLD TO FIND 8 PAGES



7. FOLD IN HALF AND PUSH TOGETHER



8. NUMBER YOUR PAGES IN THE RIGHT ORDER + ROTATION



By Daisy Wakefield
for 42nd Street